

## John A. Bernhart

Research Assistant Professor  
Health Promotion, Education, & Behavior  
Arnold School of Public Health  
University of South Carolina  
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803-576-5810

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*Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!*  
Psalm 27:14

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### **Education**

PhD Exercise Science Health Aspects of Physical Activity 08/2019	University of South Carolina Department of Exercise Science Arnold School of Public Health <i>Dissertation: Leveraging For-Cause Physical Activity Events for Physical Activity Promotion: An Investigation Using Self-Determination Theory</i>
MPH Community Health Education 05/2016	Baylor University Department of Health, Human Performance, and Recreation Robbins College of Health and Human Sciences <i>Internship:</i> Baylor Wellness Department <i>Thesis: Investigating How the Family Influences Physical Activity in a Low-income, Central Texas Community</i>
BSEd Exercise Physiology 05/2014 Magna Cum Laude	Baylor University Department of Health, Human Performance, and Recreation School of Education <i>Internship: Cross-cultural community health education in churches and schools in Brazil</i> Graduate of the Baylor Interdisciplinary Core (BIC)

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### **Professional Experience**

2022-current	<b>Research Assistant Professor</b> Health Promotion, Education, and Behavior Co-Investigator: NEW Soul D&I (NHLBI)	University of South Carolina Columbia, SC
2018-current	<b>Assistant Coach – High School Cross Country</b> <b>Assistant Coach – High School Track &amp; Field</b>	Lexington High School Lexington, SC

2020-2024	<b>Assistant Coach – High School Basketball</b>	Ben Lippen School Columbia, SC
2021-2022	<b>Adjunct Instructor</b> Health Promotion, Education, and Behavior	University of South Carolina Columbia, SC
2019-2022	<b>Postdoctoral Fellow</b> NHLBI	University of South Carolina Columbia, SC
2016-2019	<b>Graduate Research Assistant</b>	Prevention Research Center University of South Carolina
2014-2016	<b>Facilities Graduate Assistant</b>	Campus Recreation Baylor University
2013-2016	<b>Operations Manager</b> Spades Media Group	Roots of Wisdom, LLC Waco, TX

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## **Certification & Training**

**United States Track & Field Coach, Level 2 – Youth Specialization.** 2022

United States Track & Field Association.

**Certified Health Education Specialist.** 2016-current (renewal: 2026)

National Commission for Health Education Credentialing, Inc.

**Preparing Future Faculty.** 2019

Center for Teaching Excellence & The Graduate School at the University of South Carolina.

**United States Track & Field Coach, Level 1.** 2018

United States Track & Field Association.

**RRCA Certified Running Coach.** 2018

Road Runners Club of America (RRCA).

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## **Peer-reviewed articles**

Student\* or Community member\*\*\* lead or co-author at primary time of writing and work

35 publications, 18 as first author

Link to publications: <https://www.ncbi.nlm.nih.gov/myncbi/john.bernhart.1/bibliography/public/>

35. Keseko, E.A., Turner-McGrievy, G. M., **Bernhart, J.A.**, Bell, A., Bailey, S., Kim, Y. S., Okpara, N., Wilcox, S., & Frongillo, E. A. (2025). Connections between Diet and Mental health: Comparing Participants Randomized to Vegan and Omnivorous Diets in the NEW Soul study. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/15598276251377720>

34. Day, K.R., Wilcox, S., Decker, L., **Bernhart, J.A.**, Baruth, M., Kaczynski, A., Pelligrini, C. (2025) Church Leaders' Health Behaviors and Program Implementation in the Faith, Activity, and Nutrition Program. *Journal of Preventive Medicine and Public Health*. 58(2) 146-155.
33. **Bernhart, J.A.**, Turner-McGrievy, G.M., Davey, M., Okpara, N., Harrell, E.G.\* Bailey, S., Wilcox, S. (2025). The NEW Soul study: implementation and evaluation impact from the secular trend of the COVID-19 pandemic. *Journal of Public Health Management and Practice*. 31(3), 406-413. DOI: 10.1097/PHH.0000000000002071
32. Sentman, C.,\* **Bernhart, J.A.**, Carswell, J., Turner-McGrievy, G.M., Aldamuy, C.,\*\*\* Williams, K.,\*\*\* Carswell, I.\*\*\* (2024). New Soul for Families: A Hands-on Plant-Based Nutrition Program for Children and Families. *Progress in Community Health Partnerships: Research, Education, and Action*. 2024;18(4):533-540.
31. Day, K.R., **Bernhart, J.A.**, Wilcox, S. (2024). Barriers and Facilitators to 24-Month Maintenance and Intent to Maintain the Faith, Activity, and Nutrition Program. *Journal of Religion and Health*. 2024 Aug;63(4):3134-3157. Advance article available online March 25, 2024: <https://link.springer.com/article/10.1007/s10943-024-02012-9>.
30. **Bernhart, J.A.**, Turner-McGrievy, G.M., Dubois, K.E., Sentman, C.,\* Rudisill, C., Okpara, N., Wilcox, S., Clemons, B.D. (2024). Community Health Worker Implementation and Cost-Analysis of a Plant-based Nutrition Program. *Journal of Nutrition Education and Behavior*. 2024 Apr;56(4):256-264 Advance article available online February 2, 2024. <https://doi.org/10.1016/j.jneb.2023.12.009>
29. Fowler, L.A., Quinones-Cordero, M.M., Sidani, J.E., **Bernhart, J.A.**, Mendoza-Vasconez, A.S., Bannon, S.M., Unni, E.J. (2023). The Urgency of Restructuring the Landscape of Behavioral Medicine: Commentary from Early-Career Diversity Institute Scholars. *Translational Behavioral Medicine*. 2024 Feb 23;14(3):149-155. Published online October 2023. <https://doi.org/10.1093/tbm/ibad068>
28. **Bernhart, J.A.**, Quattlebaum, M.,\* Eustis, S.,\* Okpara, N., Wilson, M.J., Sentman, C.,\* Turner-McGrievy, G.M. (2023) "It's gonna be okay" – A qualitative exploration of the COVID-19 pandemic's effects on African American participants in a dietary intervention study. *Journal of the Academy of Nutrition and Dietetics*. December 2023. 123. Issue 12. Pages 1763-1771. Epub ahead of print: <https://doi.org/10.1016/j.jand.2023.07.003>
27. **Bernhart, J.A.**, Fellers, A.,\* Wilson, M.J., Hutto, B., Bailey, S., Turner-McGrievy, G.M. (2023) COVID-19 pandemic associations on mental and physical health in African Americans participating in a behavioral intervention. 2023 Dec;10(6):3070-3076. Published online December 2022. 10(3070-3076). *Journal of Racial and Ethnic Health Disparities*. <https://link.springer.com/article/10.1007/s40615-022-01481-6>
26. Turner-McGrievy, G.M, Wilcox, S., Frongillo, E.A., Murphy, E.A., Hutto, B., Wilson, M., Davey, M., **Bernhart, J.A.**, Okpara, N., Bailey, S., Hu, E. (2023) Effect of a plant-based versus omnivorous soul food diet on weight and lipid levels among African American adults: A randomized clinical trial. *JAMA Network Open*. 2023;6(1):e2250626 doi:10.1001/jamanetworkopen.2022.50626

25. Wilcox, S., Saunders, R.P., Stucker, J., Kaczynski, A.T., Day, K., Kinnard, D., Decker, L., **Bernhart, J.A.** (2023) A process for converting an in-person training to increase church capacity to implement physical activity and healthy eating practices and policies to an online format. *Translational Behavioral Medicine*. Published online January 2023. 13(226-235). <https://doi.org/10.1093/tbm/ibac102>
24. **Bernhart, J.A.**, Turner-McGrievy, G.M., Wilson, M.J., Sentman, C.,\* Wilcox, S., Rudisill, C. (2023). NEW Soul in the Neighborhood – Reach and Effectiveness of a Dissemination and Implementation Feasibility Study. *Translational Behavioral Medicine*. Epub ahead of print January 23, 2023. 13(123-131). doi.org/10.1093/tbm/ibac080
23. Turner-McGrievy, G.M., Wirth, M.W., **Bernhart, J.A.**, Aydin, H. (2022). The Fasting and Shifted Timing (FAST) of Eating Study: A pilot feasibility randomized crossover intervention assessing the acceptability of three different fasting diet approaches. *Appetite*. Epub Jun 16, 2022. Vol.176. 106135. doi: 10.1016/j.appet.2022.106135
22. **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Stucker, J., Kinnard, D. (2022). The FAN Program Plan: Creating a Healthy Church Environment for Physical Activity and Healthy Eating. *Dialogues in Health*. Epub available: <https://doi.org/10.1016/j.dialog.2022.100019>
21. **Bernhart, J.A.**, Fellers, A.W.,\* Turner-McGrievy, G.M., Wilson, M.J., Hutto, B. (2022). Socially Distanced Data Collection: Lessons Learned Using Electronic Bluetooth Scales to Assess Weight. *Health Education & Behavior*. 49(5): 765-769. Epub ahead of print August 15, 2022. <https://doi.org/10.1177/10901981221104723>
20. Wilcox, S., Day, K.R., Saunders, R.P., Jake-Schoffman, D.E., Kaczynski, A.T., Stucker, J., Dunn, C.G., **Bernhart, J.A.** (2022). The Faith, Activity, and Nutrition (FAN) dissemination and implementation study: Predictors of 24-month organizational maintenance in a statewide initiative. *International Journal of Behavioral Nutrition and Physical Activity*. 19(1): 23. <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01253-9>
19. **Bernhart, J.A.** Wende, M.E., Kaczynski, A.T., Dunn, C.G., Wilcox, S., Hutto, B. (2022) Assessing the Walkability Environments of Churches in a Rural Southeastern County of the United States. *Journal of Public Health Management & Practice*. 28(1), E170-E177. Epub ahead of print October 31, 2019. <http://doi.org/10.1097/PHH.0000000000001076>
18. **Bernhart, J.A.**, Wilcox, S., McKeever, B.W., Ehlers, D.K., O’Neill, J.R. (2025). A Self-Determination Theory Application to Physical Activity in Charity Sports Events. *American Journal of Lifestyle Medicine*. Vol 19, Issue 2. Pages 242-252. Epub ahead of print February 28, 2022. <https://journals.sagepub.com/doi/full/10.1177/15598276221077204>
17. **Bernhart, J.A.**, Wilcox, S., Decker, L. Ehlers, D.K., McKeever, B.W., O’Neill, J.R. (2022) “It’s having something that you’ve done it for” – Applying Self-Determination Theory to participants’ experiences in a for-cause physical activity event. *Journal of Health Psychology*. January 2022; 27(1), 119-134. Epub ahead of print August 6, 2020. <https://doi.org/10.1177/1359105320947811>.
16. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S.,\* Wilson, M.J., Hutto, B., Wilcox, S. (2021) Physical Activity Assessment in African Americans Participating in a Dietary Weight Loss Trial Focused on Soul Food. *Journal of Public Health: From Theory to Practice*. 2023. Vol 31. 1373-1380 Epub ahead of print November 13, 2021: <https://link.springer.com/article/10.1007/s10389-021-01666-z>

15. **Bernhart, J.A.**, Turner-McGrievy, G.M., Wirth, M.D., Shivappa, N., Hébert, J.R. (2021) The IMAGINE Intervention: Impacting Physical Activity, Body Fat, Body Mass Index, and Dietary Inflammatory Index. *Translational Journal of the American College of Sports Medicine*. 2022; 7(1) e000181. doi: 10.1249/TJX.0000000000000181
14. Hutto, B., Saunders, R.P., Wilcox, S., Jake-Schoffman, D., **Bernhart, J.A.**, Dunn, C.G., Kaczynski, A.T., James, K. (2021) Pathways of Influences Leading to Adoption and Non-Adoption of the Faith, Activity and Nutrition (FAN) Program in a Statewide Initiative. *Evaluation and Program Planning*. <https://doi.org/10.1016/j.evalprogplan.2021.101941>
13. Turner-McGrievy G.M., Hutto B., **Bernhart J.A.**, Wilson M.J. (2021) Comparison of the Diet ID platform to the Automated Self-Administered 24-Hour (ASA24) Dietary Assessment Tool for assessment of dietary intake. *Journal of the American College of Nutrition*. doi: 10.1080/07315724.2021.1887775
12. **Bernhart, J.A.**, Wilcox, S., Saunders, R.P., Hutto, B., Stucker, J. (2021) Program Implementation and Church Members' Health Behaviors in a Countywide Study of the Faith, Activity, and Nutrition Program. *Preventing Chronic Disease*. 2021;18:200224. <http://dx.doi.org/10.5888/pcd18.200224>
11. Turner-McGrievy, G.M., Wilson, M., Bailey, S., **Bernhart, J.A.**, Wilcox, S., Frongillo. E, Murphy, E.A, Hutto, B. (2021) Effective recruitment strategies for African American men and women: The Nutritious Eating with Soul study. *Health Education Research*. April 2021; 36(2), 206-211. <https://doi.org/10.1093/her/cyab003>
10. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S.,\* Wilson, M.J., Hutto, B., Wilcox, S., Frongillo, E.A., Murphy, E.A. (2020) Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. *Lifestyle Medicine*. 1:e16. Epub available December 17, 2020. <http://dx.doi.org/10.1002/lim2.16>
9. **Bernhart, J.A.**, Ylitalo, K.R., Doyle, E.I., Umstattd Meyer, M.R., Wilkinson, L.R., Stone, K.W. (2020). Leveraging Household Structure for Increasing Adult Physical Activity in a Low-Income, African American Community. *Health Promotion Practice*. July 2020; 21(4), 582-590. Epub ahead of print November 28, 2018. <https://doi.org/10.1177/1524839918814731>
8. Wende, M., Kaczynski, A.T., **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Hutto, B. (2020) Examining the Relationship Between the Church Environment and Perceptions, Self-efficacy, and Physical Activity and Healthy Eating Behaviors of Church Attendees. *International Journal of Environmental Research and Public Health*. 17(10), 3598; Epub available at <https://doi.org/10.3390/ijerph17103598>.
7. Dunn, C.G., Wilcox, S., **Bernhart, J.A.**, Blake, C.E., Kaczynski, A.T., Turner-McGrievy, G.M. (2020). Church Leaders Views of Obesity Prevention Efforts for Children and Youth. *Journal of Nutrition Education & Behavior*. 52(3):259-268 Epub ahead of print October 31, 2019. [doi.org/10.1016/j.jneb.2019.09.019](https://doi.org/10.1016/j.jneb.2019.09.019)

6. **Bernhart, J.A.**, La Valley, E.A.,\* Kaczynski, A.T., Wilcox, S., Jake-Schoffman, D.E., Peters, N., Dunn, C.G., Hutto, B. (2020). Investigating Socioeconomic Disparities in the Healthy Living Environments of Churches. *Journal of Religion and Health*. 59(2), 1065-1079. Epub ahead of print August 21, 2018. <http://link.springer.com/article/10.1007/s10943-018-0687-y>
5. Sharpe, P.A., Wilcox, S., Stucker, J., Kinnard, D., **Bernhart, J.A.** James, K.L. (2019) Community health advisors' characteristics and behaviors, role performance, and volunteer satisfaction in a church-based healthy eating and physical activity intervention. *Journal of Community Health*. February 2020. 45 (1), 88-97. Epub ahead of print August 10, 2019. <https://link.springer.com/article/10.1007%2Fs10900-019-00722-w>  
\*\*\*Featured in the Association of Schools & Programs of Public Health Friday Letter. November 22, 2019. <https://www.aspph.org/south-carolina-study-examines-community-health-advisors-role-in-healthy-eating-and-physical-activity-intervention/>
4. **Bernhart, J.A.** & O'Neill, J.R. (2019). Walking and Running to Benefit Breast Cancer: Descriptive Characteristics of Participants in the 2017 Walk for Life Events. *Perspectives in Public Health*. November 2019; 139(6): 303-307. Epub ahead of print May 9, 2019 <https://doi.org/10.1177/1757913919833717>
3. **Bernhart, J.A.** Dunn, C.G., Wilcox, S., Saunders, R.P., Sharpe, P.A., Stucker, J. (2019). Church Leaders' Barriers and Facilitators Before and After Implementing a Physical Activity and Nutrition Intervention. *Health Education Research*. April 2019; 34(2): 188-199. Epub ahead of print January 2, 2019. <https://doi.org/10.1093/her/cyy051>  
\*\*\*Featured in the Association of Schools & Programs of Public Health Friday Letter. April 5, 2019. <https://www.aspph.org/south-carolina-researchers-examine-church-leaders-barriers-and-facilitators-before-and-after-implementing-a-physical-activity-and-nutrition-intervention/>
2. Umstattd Meyer, M.R., Meyer, A.M., Wu, C., **Bernhart, J.A.** (2018) When Helping Helps: Exploring Health Benefits of Cancer Survivors Participating in for-Cause Physical Activity Events. *BMC Public Health* 18. May 29, 2018: 663. <https://doi.org/10.1186/s12889-018-5559-6>
1. Patterson, M. S., Patterson C. A., Walsh, S. M., **Bernhart, J. A.** (2017). A Five-year Evaluation of the Bearfit Worksite Physical Activity Program. *Occupational Medicine & Health Affairs*, 5(3):308. November 17, 2017. <https://doi.org/10.4172/2329-6879.1000308>

### **Peer-reviewed articles under review**

Student\* or Community member\*\*\* lead or co-author at primary time of writing and work

1. Turner-McGrievy, G.M., **Bernhart, J.A.**, Aydin, H.Z., Carter, K.M., Okpara, N., Jones, M., Sarzynski, M., Wilcox, S., Friedman, D.B., Liese, A. (under review). Creating and implementing a behavioral nutrition intervention from the 2020-2025 US Dietary Guidelines for African American adults: Practice and Policy Implications. *Translational Behavioral Medicine*. Submitted October 31, 2025.
2. **Bernhart, J.A.**, Bell, A.\*, Wilcox, S., Rudisill, A.C., Etheredge, J.\*\*\*, Alexander, G.\*\*\*, Day, D.\*\*\*, Turner-McGrievy, G.M.. (under review). Nutritious Eating with Soul Dissemination and Implementation Study: Design and methods of a type II hybrid effectiveness trial implemented in vegan restaurants. *Contemporary Clinical Trials*. Submitted September 24, 2025.

- Bell, A., **Bernhart, J.A.**, Yesil, K., Keseko, E., & Turner-McGrievy, G. (under review). The Association Between Power of Food Scale Scores and Weight Among Black/African American Individuals Consuming a Vegan or Low-Fat Omnivorous Diet. *Journal of Nutrition and Metabolism* Submitted March 3, 2025.
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## **Funding** – External

### *Under review*

- National Institute of Diabetes, Digestive, and Kidney Diseases**  
Building on the Dietary Guidelines: 3 Dietary Pattern (DG3D) study-Testing a Teaching Kitchens and Food is Medicine Approach for Type 2 Diabetes Prevention  
Project Number: R01DK129302  
PI: Turner-McGrievy  
Co-Is: **Bernhart**, Monroe, Wilcox  
Submitted: November 2025  
Funding Dates: 2026-2031  
Outcome: To be reviewed April 2026
- National Institute of Diabetes, Digestive, and Kidney Diseases**  
Improving dietary quality and diet self-monitoring adherence: Building on the results of the mobile Lifestyle Intervention for Food and Exercise (mLife) study  
Project Number: R01DK129302  
PI: Turner-McGrievy  
Co-Is: **Bernhart**, McCoy, Rudisill, Wilcox  
Submitted: February 2025  
Impact score: 38  
Outcome: Not funded  
Resubmitted: November 2025  
Funding Dates: 2026-2031  
Outcome: To be reviewed February 2026
- National Institute of Diabetes, Digestive, and Kidney Diseases**  
Teaching children to be role models for healthy eating  
Project Number: 1 R01 DK145770-01A1  
PI: **Bernhart**  
Co-Is: Turner-McGrievy, Armstrong  
Submitted: February 3, 2025  
Outcome: Not discussed  
Resubmitted: October 30, 2025  
Outcome: To be reviewed April 2026

### *In progress*

- National Heart, Lung, and Blood Institute**  
Expanding the reach of the Nutritious Eating with Soul (NEW Soul) program: A Type 2 hybrid effectiveness-implementation trial  
R01 – PAR-19-274 Dissemination and Implementation Research in Health  
GRANT: 13394677

R01HL163714  
Submitted: June 15, 2021  
PI: Turner-McGrievy  
Co-Is: **Bernhart**, Rudisill, Wilcox  
4/2022-3/2026

*Completed*

1. **National Heart, Lung, and Blood Institute – Supplement**  
Research supplement to study Dissemination and Implementation of the Nutritious Eating with Soul (NEW Soul) study.  
R01HL135220-04S1  
5/2020 – 4/2022  
PI: Bernhart  
Amount: \$226,740
2. **Nutritious Eating with Soul (NEW Soul) Study**  
National Heart, Lung, and Blood Institute  
R01HL135220-03  
PI: Turner-McGrievy  
**Role:** Postdoctoral Fellow  
09/2019 – 04/2020
3. **Faith, Activity, and Nutrition Dissemination and Implementation Study (PI: Wilcox)**  
Centers for Disease Control and Prevention  
Prevention Research Center Network  
U48DP005000  
**Role:** Graduate Research Assistant  
08/2016 – 09/2019

*Unfunded*

1. **Prisma Seed Grant (PI: Bernhart)**  
NEW Soul for Families: Improving health inequities in South Carolina through plant-based nutrition education  
Submitted: August 30, 2024  
Role: Primary Investigator  
Amount: \$20,000
2. **NEW Soul For Families: Teaching children to model healthy eating behaviors for the family**  
Medical University of South Carolina (PI: Bernhart)  
Community Engaged Scholars Program  
Amount: \$10,000  
Submitted: January 24, 2024
3. **National Institute of Diabetes, Digestive, and Kidney Diseases (PI: Bernhart)**  
K99/R00 – Maximizing Opportunities for Scientific and Academic Independent Careers (MOSAIC)  
Postdoctoral Career Transition Award  
ASSIST: 1014058  
GRANT: 13388498

Understanding how African American children can be a role model for healthy eating behaviors for their parents

Submitted: June 9, 2021

Meeting dates: October 20-21, 2021, January 26-27, 2022

Update: October 22, 2021

Impact score: 53

Percentile: N/A

4. **Episcopal Health Foundation, September 2015**

Mission Waco/Mission World: Increasing Health Literacy Program (PI: eAbel)

Amount: \$215,404.03

Role: Co-Investigator

Status: Not funded

**Funding** – Internal

*Under review*

*N/A*

*In progress*

1. **Magellan Scholar Award – Menstrual Symptom Severity in Black/African American Women Participating in a Nutrition Intervention**

# 15400-25-70031

Office of Undergraduate Research

University of South Carolina

Amount: \$2500

Role: Mentor

Student PI: Mallory Gedeon

1/2025-12/2025

*Completed*

1. South Carolina Honors College Research Grants

Spring 2024, Fall 2024

Role: Mentor

Student PI: Mallory Gedeon

2. **NEW Soul for Families: Developing a Healthy Eating Soul Food Program for the Family in Partnership with EdVenture Children’s Museum**

#115400-21-56836

Advanced Support Program for Innovative Research Excellence-I (ASPIRE)

Office of Vice President for Research

University of South Carolina

Amount: \$5000

PI: **Bernhart, J.A.**

07/2021-09/2022

3. **COVID-19 Pandemic: Effects on participants' physical activity, diet, and stress in the Nutritious Eating with Soul study**  
#115700-20-54014  
Office of the Vice President for Research  
University of South Carolina  
Amount: \$11,625  
Co-PIs: Turner-McGrievy, G.M., **Bernhart, J.A.**  
05/2020-4/2021
4. **Magellan Guarantee – Tasty Tuesdays: Helping Children Be Role Models for Healthy Eating**  
Office of Undergraduate Research  
University of South Carolina  
Amount: \$1500  
Role: Mentor  
Student PI: Jordyn J. Livingston  
11/2020-5/2021
5. **Magellan Scholar Award – Examining the Effects of an After-School Physical Activity Program on Elementary School Students' Well-Being**  
#15400-21-55962  
Office of Undergraduate Research  
University of South Carolina  
Amount: \$2750  
Role: Mentor  
Secondary Mentor: Sarah Burkart, PhD  
Student PI: Evan Robinette. Awardee for the Discover USC 2021 Outstanding Undergraduate Presentations.  
1/2021-5/2021
6. **Magellan Mini Grant Award – Tasty Tuesdays: Helping Children Be Role Models for Healthy Eating**  
Office of Undergraduate Research  
University of South Carolina  
Amount: \$1000  
Role: Mentor  
Student PI: Jordyn Livingston  
1/2021-5/2021
7. **Graduate Student Travel Award**  
University of South Carolina  
Graduate School (2019) – \$500  
Department of Exercise Science – \$300.00 (2019) \$200 (2017)  
Arnold School of Public Health – \$300 (2019) \$300 (2017)
8. **Graduate Student Travel Award 2016**  
Baylor University  
Robbins College of Health and Human Sciences – \$800.00  
Department of Health, Human Performance, and Recreation – \$300.00  
Campus Recreation – \$500.00
9. **Professional Development 2015**

Baylor University Graduate School  
Robbins College of Health and Human Sciences – \$75.00

10. **Graduate Assistantship**

Baylor University  
Full tuition and stipend support  
Role: Facilities Graduate Assistant  
05/2014 – 05/2016

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**Presentations** (student)

1. **Bernhart, J.A.**, & Turner-McGrievy, G.M., (2026). Children helping parents eat healthy – development of the Reverse Role Modeling for Healthy Eating Scale. Accepted as a poster presentation at the Society of Behavioral Medicine Annual Meeting. Chicago, IL. April 22-2026.
2. Gedeon, M., **Bernhart, J.A.**, (2025). Reflections on Menstrual Symptom Severity Interviews After a Plant-Based Nutrition Intervention. Poster presentation at the Summer Research Symposium at the University of South Carolina. July 31, 2025.
3. Gedeon, M., **Bernhart, J.A.**, (2025). Sleep Onset Latency and Diet Quality in African American Adults: Insights from a Plant-based Nutrition Intervention. Poster presentation at the James E. Clyburn and Discover USC 2025 events. April 4 and April 25, 2025.
4. **Bernhart, J.A.**, Bell, A., Sentman, C., Wilcox, S., Rudisill, A.C., Turner-McGrievy, G.M., (2025). Black/African American adults attended more nutrition classes when offered online versus in-person in the 12-week NEW Soul study. Poster presentation at the International Society of Behavioral Nutrition and Physical Activity. Auckland, New Zealand. June 11-14, 2025.
5. Gedeon, M., **Bernhart, J.A.** (2025). Menstrual Symptom Severity in Black/African American Women Participating in a Nutrition Intervention. Rapid oral and poster presentation at the USC Nutrition Symposium. March 20, 2025.  
Mallory won 1<sup>st</sup> place in the Second Session of the Undergraduate Rapid-fire Oral Presentations.
6. **Bernhart, J.A.**, Turner-McGrievy, G.M., Bell, A., Keseko, E., Sentman, C., Wilcox, S., Rudisill, C. (2024) Partnering with vegan restaurants to deliver nutrition programs: Adapting through recruitment setbacks. Poster presentation at the American Society for Nutrition. Chicago, IL. June 29-July 2, 2024.
7. Gedeon, M., **Bernhart, J.A.** (2024). Description of Menstrual Symptom Severity in African American women participating in a Nutrition Intervention. Poster Presentation at Discover USC 2024. April 19, 2024.  
Mallory won 2<sup>nd</sup> place for the category of Health Sciences during her poster session.
8. Keseko, E., **Bernhart, J.A.**, Shiba, B., Wilson, M.J., Okpara, N., Wilcox, S., Turner-McGrievy, G.M. (2024). Connections between diet and mental health: Comparing participants randomized to vegan and omnivorous diets in the NEW Soul Study. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Philadelphia, PA. March 13-16, 2024.

9. Bell, A., **Bernhart, J.A.**, Wilcox, S., Okpara, N., Turner-McGrievy, G. (2024). The Association Between Power of Food Scale Scores and Weight Among Individuals Consuming a Vegan or Low-Fat Omnivorous Diet. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Philadelphia, PA. March 13-16, 2024.
10. Wilson, M., **Bernhart, J.**, Carswell, J., Turner-McGrievy, G.M. (2022) Virtual versus in-person attendance in a teaching kitchen dietary guidelines intervention for African American adults. Accepted as a poster presentation at the Teaching Kitchens Research Conference, poster presentation, to be presented October 18-19, 2022. Los Angeles, CA.
11. Wilson, M., **Bernhart, J.**, Okpara, N., Aydin, H., Carswell, J., Turner-McGrievy, G.M. (2022) Incorporating cultural relevance into a teaching kitchen’s dietary guidelines intervention for African American adults. Accepted as a poster presentation at the Teaching Kitchens Research Conference. October 18-19, 2022. Los Angeles, CA.
12. **Bernhart, J.A.**, Carswell, J., Aldamuy, C., Williams, K. October 18-19, 2022. “NEW Soul for Families: A Feasibility Study to Develop a Community Partnership to Teach Children Nutrition and Cooking Skills.” Accepted as a Participant Impact Video presentation at the *Teaching Kitchens Research Conference*. Los Angeles, CA.
13. **Bernhart, J.A.**, Turner-McGrievy, G.M., Sentman, C., Wilson, M., Clemons, B. (2022) Implementing a Plant-based Nutrition Program through a Restaurant Partnership and Community Health Worker. Accepted as an oral presentation to the Scientific Retreat on Dissemination and Implementation (D&I) Science. Medical University of South Carolina. September 9, 2022.
14. **Bernhart, J.A.**, Sentman, C., Turner-McGrievy, G.M. (2022). “NEW Soul for Families: A Pilot Study of a Child-focused Nutrition Intervention Focused on Plant-based Soul Food.” Accepted as a poster presentation at the *Discover USC* research event. April 22, 2022.
15. Sentman, C., **Bernhart, J.A.** (2022). “NEW Soul for Families: An Analysis of Class Satisfaction and Attendance Data in a Child-Focused Nutrition Intervention.” Accepted as a poster presentation at the *Discover USC* research event. April 22, 2022.
16. **Bernhart, J.A.**, Fellers, A., Quattlebaum, M., Eustis, S., Okpara, N., Wilson, M.J., Hutto, B., Bailey, S., Turner-McGrievy, G.M. (2022). “It’s gonna be okay” – COVID-19 effects on mental and physical health in African Americans: a mixed methods study. Accepted as a poster presentation at the *Society of Behavioral Medicine* Annual Meeting. Baltimore, MD. April 6, 2022.
17. **Bernhart, J.A.**, Clemons, B., Alexander, K., Wilson, M.J., Turner-McGrievy, G.M. (2021) Nutritious Eating with Soul @ Rare Variety Café – Reach and Effectiveness of a Dissemination and Implementation Pilot Study. Accepted as a poster presentation for the *14<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health*. December 14-16, 2021.
18. Sentman, C., **Bernhart, J.**, Turner-McGrievy, G., Wilson, M. (2021) NEW Soul in the Neighborhood: Recruiting African Americans to a Diet Program. Presented as a poster presentation for the NIH Virtual Workshop - *Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*. September 21-23, 2021.
19. Chauvenet, C., **Bernhart, J.**, Turner-McGrievy, G., Wilson, M. (2021) Food Insecurity and Diet Quality in a Culturally Tailored Nutrition Intervention. Presented as a poster presentation for the NIH

Virtual Workshop - *Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*. September 21-23, 2021.

20. **Bernhart, J.A.**, Wilson, M., Clemons, B. (2021) The NEW Soul Study - Addressing the Disparity of Heart Disease in African Americans. Accepted as a panel presentation for the *19th Annual Chronic Disease Prevention Symposium*. June 3, 2021.
21. **Bernhart, J.A.**, Wilson, M., Clemons, B., Alexander, K. (2021) The NEW Soul Study - Addressing the Disparity of Heart Disease in African Americans. Presented as a panel presentation for the *Eat Smart, Move More South Carolina Leadership Summit for Healthy Communities + Youth Edition*. May 12, 2021.
22. Wilcox, S., Day, K.R., Saunders, R.P., Kaczynski, A.T., Stucker, J., Dunn, C.G., **Bernhart, J.A.** (2021) Twenty-four Month Maintenance of the Faith, Activity, and Nutrition (FAN) Program in South Carolina United Methodist Churches. Accepted for research talk presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
23. Wilson, M.J., Turner-McGrievy, G.M., Bailey, S., **Bernhart, J.A.** (2021). Conducting Clinical Assessments for the NEW Soul Study during COVID-19. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
24. Turner-McGrievy, G.M., Wilson, M., Bailey, S., **Bernhart, J.A.**, Wilcox, S., Frongillo, E., Murphy, E.A., Hutto, B. (2021) Effective recruitment strategies for African American men and women: The Nutritious Eating with Soul study. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. Virtual. April 14-17, 2021.
25. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S., Frongillo, E., Murphy, E.A. (2021) Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
26. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S. (2021) Comparing the IPAQ-SF and Accelerometer in African Americans Participating in a Weight Loss Trial. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
27. **Bernhart, J.A.**, Wilcox, S., Saunders, R.P., Sharpe, P.A., Stucker, J., Hutto, B. April 1-4, 2020. *Associations between program implementation and member health behaviors in the Faith, Activity, and Nutrition program*. Accepted for a poster presentation to the *Society of Behavioral Medicine Annual Meeting*. San Francisco, CA.
  - a. Annual Meeting cancelled due to COVID-19.
28. **Bernhart, J.A.**, Wilcox, S., Decker, L., Ehlers, D.K., McKeever, B.W., O'Neill, J.R. *Applying Self-Determination Theory to participants' experiences in for-cause physical activity events: A qualitative study*. Accepted for a poster presentation to the *Society of Behavioral Medicine Annual Meeting*. San Francisco, CA. April 1-4, 2020.
  - b. Annual Meeting cancelled due to COVID-19.
29. Decker, L., Wilcox, S., **Bernhart, J.** *An Examination of Health Behaviors in a Sample of Church Leaders*. Accepted for a poster presentation at the *Active Living Research Annual Conference*. Orlando, FL. February 2-5, 2020.

30. **Bernhart, J.A.**, Wilcox, S., Ehlers, D.K., McKeever, B.W., O'Neill, J.R, Hutto, B. *Physical activity in participants of a for-cause physical activity event: An application of Self-Determination Theory.* Poster presented at the *Active Living Research* Annual Conference. Orlando, FL. February 2-5, 2020.
31. **Bernhart, J.A.** Dunn, C.G., Stucker, J., Wilcox, S., Saunders, R.P., Sharpe, P.A. Barriers and facilitators to implementing a healthy living program in churches. 3-Minute Thesis (3MT) presentation competition oral presentation at *Discover USC*. Columbia, SC. April 26, 2019.
32. Dunn CG, Wilcox S, **Bernhart J.A.**, Blake CE, Kaczynski AT, Turner-McGrievy GM. Church leaders' views of health promotion efforts for children and youth. Poster presented at the *Society of Behavioral Medicine* Annual Meeting. Washington DC. March 6-9, 2019.
33. **Bernhart, J.A.** Dunn, C.G., Stucker, J., Wilcox, S., Saunders, R.P., Sharpe, P.A. "Barriers and facilitators to implementing a faith-based physical activity and healthy eating intervention." Poster presented at the *Active Living Research* Annual Conference. Charleston, SC. February 17-20, 2019.
34. Wende, M., Kaczynski, A. Dunn, C., **Bernhart, J.**, Wilcox, S. Examining the relationship between the church environment and church attendees' perceptions, self-efficacy, and physical activity and healthy eating behaviors. Poster presented at the *Active Living Research* Annual Conference. Charleston, SC. February 17-20, 2019.
35. **Bernhart, J.A.**, Dunn, C.G., Kaczynski, A.T., Wilcox, S. Windshield surveys of church neighborhoods to assess potential for physical activity promotion. Oral presentation at the *Active Living Research* Annual Conference. Charleston, SC. February 17-20, 2019.
36. Wilcox, S., Saunders, R.P., Dunn, C.G., **Bernhart, J.A.** The Faith, Activity, and Nutrition Program: Results of 24-month maintenance interviews. Poster presented at the *11th Annual Conference on the Science of Dissemination and Implementation in Health*. Washington, DC. December 3-5, 2018.
37. **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Stucker, J. Social-ecological overview of churches' plans for implementing healthy environment changes. Poster presented at the 39th Annual Meeting of the *Society of Behavioral Medicine*. New Orleans, LA. April 11-14, 2018.
38. Dunn, C.G., **Bernhart, J.A.**, Hutto, B., Wilcox, S., Baruth, M. Relationship between the church environment and church leader health characteristics. Poster presented at the *Active Living Research* Annual Conference. Banff, Canada. February 11-14, 2018.
39. Wilcox, S., Saunders, R.P., Kaczynski, A.T., Jake-Schoffman, D., Forthofer, M., Kinnard, D., Stucker, J., Goodwin, C., Sharpe, P.A., Hutto, B., Condrasky, M., Kennedy, V., Dunn, C., & **Bernhart, J.** The Faith, Activity, and Nutrition (FAN) dissemination and implementation (D&I) study: Phase 1 adoption, reach, implementation, and effectiveness. Poster presented at the *CDC Prevention Research Center 2017 Network Meeting*. Atlanta, GA. November 2017.
40. Meyer, A., Umstadd Meyer, M.R., Wu, C., **Bernhart, J.** We believe in strength: benefits of participating at LIVESTRONG physical-activity events. Oral presentation at the 2017 *North American Society for the Sociology of Sport* Conference. Windsor, Ontario. November 1-4, 2017.
41. La Valley, E.A., **Bernhart, J.A.**, Kaczynski, A.T., Jake-Schoffman, D.E., Dunn, C., Peters, N., Hutto, B., Wilcox, S. Exploring Physical Activity and Healthy Eating Opportunities in Churches. Presented as a poster at *Discover USC*. Columbia, SC. April 21, 2017.

42. **Bernhart, J.A., La Valley, E.A.,** Kaczynski, A.T., Jake-Schoffman, D.E., Dunn, C., Peters, N., Hutto, B., Wilcox, S. Investigating socioeconomic disparities in the healthy living environments of churches. Poster presented at the 17<sup>th</sup> Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
43. Walsh, S.M., Umstattd Meyer, M.R., Wu, C., McClendon, M.E., Miller, A., Nelon, J., Morehead, T., **Bernhart, J.,** & Bridges, C. Still sitting at a desk all day? Applying theory to understand work-standing behaviors among sedentary employees. Poster presented at the 16<sup>th</sup> Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
44. McClendon M. E., Umstattd Meyer M. R., Wu C., Walsh S. M., Bridges C., Miller A., Nelon J., Morehead T. P., & **Bernhart J.A.** Perceived severity of sitting too much and value beliefs of standing at work: Understanding sedentary behavior of American working adults. Poster presented at the 16<sup>th</sup> Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
45. **Bernhart, J.,** Ylitalo K.R., Umstattd-Meyer, M.R., Doyle, E., Stone, K. Family structure and adult physical activity level in a low-income community. Poster presented at the *American Academy of Health Behavior* Conference. Ponte Vedra Beach, FL. February 21-24, 2016.
46. Doyle, E., Williams, S., Bridges, C., **Bernhart, J.,** Nelon, J., Viso, B. Using bilingual freeze-frame skits to promote lead poisoning Awareness in mixed-language parent groups. Oral presentation at the *Texas Society for Public Health Education* Conference. Austin, TX. October 23, 2015.

## **Teaching**

### *Teacher of Record*

Introduction to Health Promotion, Education, & Behavior (HPEB 300)  
-Renamed Planning Health Promotion Programs in Fall 2025  
Community Health Problems (HPEB 553)  
-Renamed Community Health in Spring 2025  
Honors Community Health Problems (HPEB 553H)

### *Guest Lectures*

### Undergraduate

Policy, Environment, and Obesity Prevention (HPEB 511)  
Applied Aspects of Human Nutrition (HPEB 502)  
Psychological Aspects of Physical Activity (EXSC 410)  
Public Health 101 (Columbia College)

### Graduate

Grant Writing for Epidemiologists (EPID 802)  
Social and Physical Environments for Health Interventions (HPEB 824)  
Health Communications (Mercy College)  
Healthy Eating & Physical Activity Interventions: Key Populations & Settings (West Virginia University)

## **Invited presentations**

1. Turner-McGrievy, G.M., **Bernhart, J.A.**, Wilson, M.J., Delgado-Diaz, C. What's going on in the BRIE lab? HPEB Colloquium Series. Fall 2022.
  2. **Bernhart, J.A.** Leveraging Charity 5Ks and Walks for Physical Activity Promotion. *Exercise Science Seminar Series*. University of South Carolina. November 30, 2018.
  3. Dorrel-Ritter, S., Aspy, S., **Bernhart, J.**, Dandridge, L., Koehn, A. September 22, 2015. *Panel on Physical Health*. Presented as a panel speaker for the Baylor Interdisciplinary Core, Baylor University, Waco, TX.
  4. Patterson, M.S., Arterburn, D., Dorrell-Ritter, S., **Bernhart, J.** Summer 2015. *The Buzz on Relationships at Baylor*. Presented as a breakout session during Freshmen Orientation, Baylor University, Waco, TX.
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## **Academic Service / Mentoring**

2022-current    Editorial Board Member  
Translational Behavioral Medicine

*Department*    Student Engagement Committee (2022-current)  
Undergraduate Education Committee (2022-current)  
Tenure-track professor Search Committee (Fall 2023)  
Center for Healthcare Quality Search Committees for postdoctoral fellows and research Associate (Fall 2024-Spring 2025)  
Department Chair Search Committee (Spring 2026)  
Center for Healthcare Quality Search Committee for Research Assistant Professor (Spring 2026)

### *Funding Agency Reviewer*

Current            SPARC Grant Reviewer  
University of South Carolina  
Fall 2023 and 2024 Application Cycle

2023              ASPIREinG Grant Reviewer  
University of South Carolina School of Medicine Greenville  
Spring 2023 Application Cycle

Current            Undergraduate Student Magellan Scholar Review Committee  
University of South Carolina  
Spring and Fall 2021 Application Cycles

### *Graduate Students*

2020              Sarah Eustis  
*NEW Soul @ Rare Variety Café Dissemination and Implementation Trial*  
Role: MPH Applied Project Experience Supervisor

- 2020 Mary J. Quattlebaum  
*NEW Soul COVID-19 Research Initiative*  
University of South Carolina BBIP Lab Rotation  
Role: Research supervisor
- 2020 Ashley Fellers  
University of South Carolina School of Medicine M1 student  
SOAR internship for *NEW Soul Study*  
University of South Carolina  
Role: Research Mentor
- Undergraduate Students*
- 2026 Alex Compton  
Honors Thesis Second Reader  
Complete Comprehension: Assessing the Readability and Navigability of the University of South Carolina’s Public Health Department Websites to the General Public
- 2026 Ryleigh Caroline Williams  
Honors Thesis Second Reader  
Regulation of Endocrine Disrupting Food Additives in the US.
- 2025 Lauren McClure  
Honors Thesis Second Reader  
Effects of Caffeine Consumption in Young Adolescents and How Marketing Influences this Consumption
- 2024-2026 Mahrukh Iftikhar  
Honors Thesis Primary Advisor – student withdrew in January 2026  
South Carolina Honors College Research Grant  
*NEW Soul Dissemination & Implementation Study*
- 2023-current Mallory Gedeon  
Recipient, 2025 HPEB Undergraduate Student Researcher Award  
Honors Thesis Primary Advisor  
South Carolina Honors College Research Grant  
*NEW Soul Dissemination & Implementation Study*
- 2020-2023 Claudia Sentman  
University of South Carolina  
Recipient, 2023 HPEB Undergraduate Student Researcher Award  
*Fasted and Shifted Timing of Eating (FAST) Study*  
*Diet Guidelines: 3 Diets Study*  
*NEW Soul Study*  
*NEW Soul @ Rare Variety Café Study*  
*NEW Soul for Families Study*  
*NEW Soul Dissemination & Implementation Study*
- 2020-2021 Evan Robinette  
University of South Carolina  
*NEW Soul @ Rare Variety Café* (Role: Honors Thesis Second Reader)

*Magellan Scholar Award (Role: Primary Mentor)*

- 2020-2021 Jordyn Livingston  
University of South Carolina  
*Magellan Guarantee Award (Role: Primary Mentor)*  
*Magellan Mini-Grant Award (Role: Primary Mentor)*
- 2020 Sarah Eustis  
Recipient, 2020 HPEB Undergraduate Student Researcher Award  
*Fasted and Shifted Timing of Eating (FAST) Study*  
*NEW Soul Study*  
University of South Carolina  
Role: Research supervisor
- 2020 Ashley Long  
*Fasted and Shifted Timing of Eating (FAST) Study.*  
University of South Carolina  
Role: Research supervisor
- 2019-2020 Carly Fassler  
*Eating Plant-Based in Columbia, SC: A review & booklet.*  
University of South Carolina  
Role: Honors Thesis Second Reader.
- 2019-2020 Kathleen Hill  
University of South Carolina  
Role: Honors Thesis Statistical Analysis.
- 2019-2020 Sarah Eustis  
University of South Carolina  
Role: Honors Thesis Statistical Analysis

*High School Students*

- 2022 Grace Harrell  
Lexington High School  
Internship with the BRIE Lab  
Role: Research Supervisor

*Conference presentation reviewer*

- 2023, 2025 Poster presentation reviewer for Nutrition Consortium. **USC.**
- 2020-2021 Abstract Reviewer. **Society of Behavioral Medicine..**  
2023, 2024
- 2019 Abstract Reviewer. **Active Living Research.**
- 2019-2025 Poster presentation reviewer. **Discover USC.**
- 2016-2018 Abstract Reviewer. **American Academy of Health Behavior.**

*Journal Reviewer*

Progress in Community Health Partnerships: Research, Education, and Action (2019)  
Health Promotion Practice (2020)  
Journal of Public Health: From Policy to Practice (2020-2021)  
Journal of Public Health (2021)  
Journal of Healthy Eating and Active Living (2021)  
International Journal of Behavioral Medicine (2022)  
Public Health Management & Practice (2021)  
Preventive Medicine Reports (2021)  
Journal of Healthcare for the Poor and Underserved (2022)  
Journal of Health Psychology (2022)  
Perspectives in Public Health (2022)  
Health Education Research (2022)  
American Journal of Lifestyle Medicine (2022-2023)  
Journal of Racial and Ethnic Health Disparities (2023)  
Health and Social Care in the Community (2023)  
World Leisure Journal (2024)  
Journal of Physical Activity and Health (2024)  
PLOS One (2024)  
Journal of Nutrition Education and Behavior (2023-2025)  
Translational Behavioral Medicine (2022-2026)

*Public Health Organizations*

2015-2016      Physical Activity Policy Co-chair, Student Division. **APHA.**

*Community*

2019-2025      Associate Deacon, Member, Volunteer. **First Baptist Church.** Columbia, SC

2026-present      Deacon, Member, Volunteer, **First Baptist Church.** Columbia, SC

**Professional Memberships**

2025              International Society of Behavioral Nutrition and Physical  
Activity

2024              American Society of Nutrition

2020-current      United States Track & Field

2019-2024,  
2026              Society of Behavioral Medicine

2020-2021      Academy Health

**Recognitions**

2024	<i>2023 South Carolina Assistant Cross Country Coach of the Year</i>	South Carolina Track and Field and Cross Country Coaches' Association
2021	<i>Brooks Inspiring Coach of the Year</i>	Brooks
2021	<i>Ann Johnson Institute Magellan Faculty Fellow</i>	University of South Carolina
2019	<i>Member inductee</i>	Delta Omega Honor Society University of South Carolina
2016	<i>James Huckins Award for Outstanding Graduate Assistant</i>	Division of Student Life Baylor University
2014	<i>Outstanding Senior Man in Health, Human Performance, and Recreation</i>	Department of Health, Human Performance, and Recreation Baylor University
2014	<i>Outstanding Student Service</i>	School of Education Baylor University
2012	<i>Excellence in Student Involvement</i>	Baylor University
2012	<i>Norman and Halve Frederick Scholarship</i>	School of Education Baylor University
2012	<i>AA &amp; Marjorie Hyden Scholarship</i>	School of Education Baylor University
2012	<i>Alpha Lambda Delta Sophomore Scholarship</i>	Baylor University
2010-2014	<i>Dean's List</i>	Baylor University
2010-2014	<i>Baylor University President's Gold Scholarship</i>	Baylor University
2010	<i>Cleft-Palate Foundation Scholarship</i>	Cleft-palate foundation Chapel Hill, NC
2010	<i>Valedictorian</i>	Trinity Christian School Morgantown, WV

### **Select Professional Development**

2023	<i>Foundations of Online Teaching</i>	University of South Carolina
2022-2023	<i>Institute for Emerging Leaders</i>	Society of Behavioral Medicine
2020	<i>Designing for Implementation 6-week course</i>	The Center for Implementation Virtual
2018	<i>Healthy Campus Summit - Fueling Bodies &amp; Minds</i>	University of South Carolina Columbia, SC
2017	<i>Healthy Campus Summit - Generation Z &amp; College Health</i>	University of South Carolina Columbia, SC
	<i>Venture Expeditions: Mentoring Project Tour</i> <a href="https://bernhartmentoringproject.blogspot.com/">https://bernhartmentoringproject.blogspot.com/</a>	Asheville, NC, to Nashville, TN
2016	<i>Healthy Campus Summit – Building a Better Future</i>	University of South Carolina Columbia, SC
	<i>Venture Expeditions: Bicycle Across America Tour</i> <a href="https://bernhartbikeacrossamerica.blogspot.com/">https://bernhartbikeacrossamerica.blogspot.com/</a>	Los Angeles, CA, to Jacksonville, FL