

OHIO SENATE

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STATE OF OHIO

2023 AUG -8 AM 9:47

Executive Department

OFFICE OF THE GOVERNOR

Columbus

I, Mike DeWine, Governor of the State of Ohio, do hereby appoint Lara M. Boman, from Ashland, Ashland County, Ohio, as a Member of the Kent State University Board of Trustees for a term beginning July 28, 2023 and ending at the close of business May 16, 2025, replacing Haley M. Crews, whose term expired.



IN WITNESS WHEREOF, I have hereunto subscribed my name and caused the Great Seal of the State of Ohio to be affixed, at Columbus, this 28th day of July in the year of our Lord, Two Thousand and Twenty Three.

Mike DeWine
Governor

LARA BOMAN, MA, CSCS

PhD Student | Exercise Physiology

Kent State University | Kent, OH

lboman@kent.edu | 952-607-8407

EDUCATION

PhD, Exercise Physiology, Kent State University, OH	2022-
MA, Kinesiology & Sport Management (Exercise Science), Univ. of South Dakota, SD	2017-2019
BS, Physics, Univ. of South Dakota, SD	2014-2018

CERTIFICATIONS

Certified Strength & Conditioning Specialist, Natl. Strength & Conditioning Association	2020-
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ACADEMIC EXPERIENCE

Graduate Research Assistant, School of Health Sciences, Kent State University	2023-
Exercise Interventionist, SPARX Study of Parkinson Disease in Exercise	2023-
Adjunct Instructor, School of Education, University of South Dakota	2022-
Life Calling Career Coach, Student Affairs, Ashland University (OH)	2022-2023
Visiting Assistant Professor, School of Education, University of South Dakota	2020-2022
Graduate Teaching Assistant, School of Education, University of South Dakota	2018-2019

COACHING AND FITNESS EXPERIENCE

Volunteer Assistant Coach, Track & Field and Cross Country, Univ. of South Dakota	2019-2022
Fitness Specialist, Wellness Center, University of South Dakota	2019-2020
Strength and Conditioning Specialist, Avera Health (SD)	2018-2019
Intern Strength Coach, Strength & Conditioning, Univ. of South Dakota	2017

HONORS AND AWARDS

United States Olympic & Paralympic Committee Tuition Grant Recipient (\$4,500)	2023
United States Olympic & Paralympic Committee Tuition Grant Recipient (\$4,500)	2022
Belbas-Larson Award for Excellence in Teaching Nominee, Univ. of South Dakota	2022
School of Education Award for Excellence in Teaching Nominee, Univ. of South Dakota	2022
NCAA DI Google Cloud First-Team Academic All-American	2019
Carl & Hazel Hoy Award, Athletic Department, Univ. of South Dakota	2019
Honors Program University Scholar, Univ. of South Dakota	2014-2018
NASA Educational Stipend Winner, South Dakota Space Grant Consortium	2016

RESEARCH EXPERIENCE

Projects

SPARX3 Study of Parkinson Disease in Exercise (Phase 3 Clinical Trial), Exercise Interventionist	2023-
Patient-Specific Adaptive Dynamic Cycling for Parkinson's Disease	2023-
Optimization of the SMART Dynamic Bike	2023-
Evaluating the Segmental Contribution to Whole-Body Center-of-Mass Movement in Depth Jumping, Master's Thesis	2018-2019
Association Between Neuromuscular Characteristics of Agility in Jumping Tasks	2017-2018
Mathematical Modeling of Macrophage Polarization	2016
Radon Detection in Vermillion, South Dakota	2016
Symptomatic Hyperammonemia with Erwinia chrysanthemi-derived Asparaginase in Pediatric Leukemia Patients	2015

Publications (1)

1. Gossai, N., Richards, M., Boman, L., Messinger, Y., Gernbacher, S., Perkins, J. and Bostrom, B. (2018). Symptomatic Hyperammonemia With Erwinia chrysanthemi-derived Asparaginase in Pediatric Leukemia Patients. *Journal of Pediatric Hematology/Oncology*, **40**, 312-315. DOI: 10.1097/MPH.0000000000001062.

Presentations

1. Boman, L. Evaluating the Segmental Contribution to Whole-Body Center-of-Mass Movement in Depth Jumping. Master's Thesis Defense, May 2019, Vermillion, SD.
2. Boman, L. Association Between Neuromuscular Characteristics of Agility in Jumping Tasks. Honors Thesis Defense, June 2018, Vermillion, SD.
3. Boman, L. and Gnimpieba, E. Mathematical Modeling of Macrophage Polarization. South Dakota Undergraduate Research Symposium, July 2016, Pierre, SD.

Academic Conferences

1. Rosburg, J., Banks, N., Preuss, J., Boman, L., and Louder, T. Alternate Forms Reliability of Reactive Strength Assessments during Depth and Repetitive Countermovement Jumping. ACSM National Meeting, May 2018, Minneapolis, MN.
2. Boman, L., Preuss, J., Rosburg, J., Banks, N., and Louder, T. Identifying the Effects of Sex on Reactive Strength Scores using Receiver Operating Characteristic (ROC) Curves. ACSM National Meeting, May 2018, Minneapolis, MN.

Refereed Abstracts

1. Louder, T., Kroll, M., Preuss, J., Rosburg, J., and Boman, L. (2019). Effects of Stroboscopic Vision on Reactive Strength Index Scores in Female NCAA Division I Volleyball Players. *Medicine and Science in Sports and Exercise*, **51**, 62-62.
2. Rosburg, J., Banks, N., Preuss, J., Boman, L., and Louder, T. (2018). Alternate Forms Reliability of Reactive Strength Assessments during Depth and Repetitive Countermovement Jumping. *Medicine and Science in Sports and Exercise*, **50**, 687-687.
3. Boman, L., Preuss, J., Rosburg, J., Banks, N., and Louder, T. (2018). Identifying the Effects of Sex on Reactive Strength Scores using Receiver Operating Characteristic (ROC) Curves. *Medicine and Science in Sports and Exercise*, **50**, 439-439.

Internally Funded Grant Proposals (\$640)

1. Boman, L., Liu, J. and Saunders, N. (2016). Radon Detection in Vermillion, SD. Undergraduate Research and Creative Scholarship Mini-Grant, University of South Dakota, Vermillion, SD. Funded: \$640.

Professional Development

How to Apply for Grants, Graduate College, Kent State University	2023
Women's Health 101: Busting Myths, United States Olympic & Paralympic Committee	
Women's Health Task Force	2022

TEACHING EXPERIENCE

University of South Dakota: Instructor of Record

Summer 2022: HLTH 370 (Stress Management, online)

Spring 2022: KSM 454 (Biomechanics), KSM 300 (Intro to Research), HLTH 370 (Stress Management, online), KSM 244 (American Sport in the 21st Century), PE 271 (Intro to Coaching Men and Women)

Fall 2021: KSM 300 (Intro to Research), HLTH 370 (Stress Management), KSM 244 (American Sport in the 21st Century), PE 271 (Intro to Coaching Men and Women)

Summer 2021: HLTH 370 (Stress Management, online)

Spring 2021: KSM 454 (Biomechanics), KSM 300 (Intro to Research), KSM 244 (American Sport in the 21st Century), PE 271 (Intro to Coaching Men and Women)

Fall 2020: KSM 300 (Intro to Research, hybrid), HLTH 370 (Stress Management), KSM 244 (American Sport in the 21st Century), PE 271 (Intro to Coaching Men and Women, hybrid)

Spring 2019: HLTH 370 (Stress Management), PE 200 (Professional Preparation: Fitness)

Fall 2018: PE 203 (Professional Preparation: Team Activities)

Professional Development

Effective Lecturing, Center for Teaching and Learning, Kent State University	2023
Building a First-Gen Foundation: Preparing Classrooms & Curricula, TRiO & Center for Teaching and Learning, Univ. of South Dakota	2022
Creating a First-Gen Friendly Syllabus, Center for Teaching and Learning, Univ. of South Dakota	2021

SERVICE

Boards and Committees

Graduate Student Senate, Kent State University, Second Alternate Senator	2023-
Intl. Travel Award Review Committee, Graduate Student Senate, Kent State Univ.	2023-
Eagle Well Committee, Recreation and Wellness, Ashland University (OH)	2022
Nominating Committee, School of Education, Univ. of South Dakota	2021-2022
Scholarship Committee, Univ. of South Dakota	2015-2016
Physics Club, Univ. of South Dakota, Vice President and Secretary	2015-2016

Speaking Engagements

Lunch & Learn, Ashland University Recreation and Wellness	2023
Forza Athletics Podcast, Episode 45	2022

PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine (ACSM)	2023-
National Strength & Conditioning Association (NSCA)	2020-
Brain Health Research Institute, Kent State University	2023-
Design & Innovation Hub, Kent State University, Collaborator	2023-

ATHLETICS

Professional Track & Field (Hammer/Weight Throw)

Top-40 World Athletics (IAAF) Event Ranking	2022
Top-20 US All-Time Event List	2022
USATF Indoor Championships Bronze Medalist	2022
United States Olympic Trials Finalist	2021
Top-10 Track & Field News US Event Ranking	2021
USATF Indoor Championships Finalist	2020
Velaasa Track Club Sponsored Athlete	2019-2022

NCAA DI Track & Field

University of South Dakota	
Event Group (Throws) Leadership Council	2018-2019
NCAA DI First-Team Academic All-American	2019
USATF Outdoor Championships Qualifier	2018, 2019
NCAA DI Second-Team All-American	2019
NCAA Honorable Mention All-American (2x)	2018, 2019
Summit League Conference Record-Holder (Indoor/Outdoor)	2018, 2019

University of South Dakota School Record-Holder (Indoor/Outdoor)	2018, 2019
First-Team Summit League All-Conference (Indoor/Outdoor)	2018, 2019
Scholarship Student-Athlete	2019
Walk-On Student-Athlete	2017-2018

NCAA DI Soccer

University of South Dakota	
Scholarship Student-Athlete	2014-2016

COMMUNITY SERVICE

Ashland (OH) Young Professionals, Professional Development Committee	2022
Summit League Track & Field, Conference Meet Official	2022
Track & Field and Cross Country, Univ. of South Dakota, Meet Official	2019-2022
Univ. of South Dakota Coyote Track & Field Camps, Coach	2016-2022
City Sweep (Vermillion, SD), Landscaping	2018-2019
South Dakota High School Football Championship Playoffs, Crowd Control	2018
Services & Support for People with Disabilities, Volunteer	2017
Welcome Table (Vermillion, SD), Server	2016-2017
Univ. of South Dakota Coyote Soccer Camps, Coach	2014-2016

GOVERNOR'S APPOINTMENTS TO BOARDS AND COMMISSIONS

Appointment Date: 7/28/2023

Name of Appointee: Lara M. Boman

Address: 1727 1/2 State Route 60
Ashland, OH 44805
Ashland County
(H) – 9526078407
(W) –
(M) – 9526078407
(E) – lboman@kent.edu

Name of Commission: Kent State University Board of Trustees

Charlene K. Reed, Ph.D., Vice President and University Secretary
(330) 672-2210
Executive Offices, Second Floor Library (P.O. Box 5190)
Kent, OH 44242-0001
330-672-2050

Term Begins: 5/17/2023

Term Ends: 5/16/2025

Party Affiliation: Independent

Senate Confirmation: Appointed by the Governor, confirmed by the Senate

Financial Disclosure: Confidential disclosure required

Vice: Haley M. Crews