
Sarah M Camhi, PhD, FAHA, FACSM, ACSM-EP, ACSM-EIM2

Current Position: Full Professor, Kinesiology Department, University of San Francisco

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EDUCATION & TRAINING

Post-Doctoral Research Fellow 2008-2010

Pennington Biomedical Research Center, Baton Rouge, LA

Population Science, Physical Activity and Obesity Epidemiology Lab

Mentor: Dr. Peter T. Katzmarzyk

Ph.D. Kinesiology 2008

University of Maryland, College Park, MD

Dissertation: The Effects of Low-Fat Diet and Exercise on C-Reactive Protein and Metabolic Syndrome: Findings from a Randomized Controlled Trial

Advisor: Dr. Deborah Rohm Young

M.S. Exercise Management (Clinical Exercise Physiology) 2001

University of Queensland, Brisbane, Australia

B.S. Kinesiology 1999

The University of Michigan, Ann Arbor, MI

FELLOWSHIPS

Fellow, Centers for Disease Control 2010

Physical Activity and Public Health Researcher's Course, Park City, UT

Fellow, American Heart Association 2009

Seminar on the Epidemiology and Prevention of Cardiovascular Disease, Tahoe City, CA

AWARDS & HONORS

Fellow of the American College of Sports Medicine 2015

Fellow of the American Heart Association 2014

Innovation in Community Engaged Teaching Award

University of Massachusetts, Boston 2014

Outstanding Teaching Assistant

Department of Kinesiology, University of Maryland, College Park 2008

Center for Teaching Excellence Distinguished Teaching Assistant

University of Maryland, College Park 2007 & 2008

PROFESSIONAL EXPERIENCE

Academic Appointments

University of San Francisco, San Francisco, CA, Kinesiology Department

Full Professor (tenured)	2024-present
Associate Professor (tenure-track)	2020-2024

University of Massachusetts, Boston; Exercise and Health Sciences Department

Adjunct Professor	2020-2021
Associate Professor (tenured)	2016 - 2020
Assistant Professor (tenure-track)	2010 - 2016
EHS Lab Director	Fall 2012-Spring 2013; Fall 2014–2020

Other Professional Experience

University of Maryland, Kinesiology Department, School of Public Health, College Park, MD

Research Project Manager/Coordinator	May-Aug 2008
Graduate Teaching Assistant	Sept 2004-May 2008
Graduate Research Assistant	Sept 2004-May 2006
Hydrostatic Weighing Technician	Sept 2006-May 2007

Muir Orthopaedic Specialists, Inc, Walnut Creek, CA

Exercise Physiologist	Jan 2002-Aug 2004
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University of Queensland, Brisbane, Australia

Graduate Student Instructor	Jan-Dec 2001
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Exercise Program Director, Pregnancy Exercise Program

The Wesley Hospital, Brisbane, Australia

2001

Breast Cancer Rehabilitation Exercise Instructor

Presidio Sport & Medicine, San Francisco, CA

Physical Therapy Aide	2000-2001
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Preventive Cardiology, Frankel Cardiovascular Center at Domino's Farms, Ann Arbor, MI

Cardiac Rehabilitation Intern	Jan-May 2000
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Division of Kinesiology, University of Michigan, Ann Arbor, MI

Undergraduate Teaching Assistant	1999
Undergraduate Research Opportunities Program (UROP)	1996-1998

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

Memberships

Southwest American College of Sports Medicine (SWACSM)	2020 - present
New England American College of Sports Medicine (NEACSM)	2013 - 2020
Boston Nutrition and Obesity Research Center (BNORC)	2011 - 2020
American Heart Association (Council: Lifestyle and Cardiometabolic Health)	2009 - present
The Obesity Society (TOS)	2008 - 2013
American College of Sports Medicine (ACSM)	2000 - present

Certifications

QPR Gatekeeper (Suicide Prevention)	2023 - present
ACSM: Exercise is Medicine Level 2	2021 - present

ACSM: Exercise is Medicine Health Ambassador

2018 - present

ACSM: Certified Exercise Physiologist

2000 - present

American Red Cross CPR and AED Adult and Pediatric certified

1998 - present

RESEARCH & SCHOLARSHIP

Publications: Original Peer-Reviewed Research

Key: # *Lead Author*^ *Senior author** *Mentored Student*

1. Newsome, A.M., Batrakoulis, A., Camhi, S.M., Sansone, J., McAvoy, C., Reed, R., (2024) 2025 ACSM Worldwide Fitness Trends: Future Directions of the Health and Fitness Industry. *ACSM's Health and Fitness Journal*, 28(6), 11-25.
2. Ethier, B. *, Shi, L., Wilson, J.S., **Camhi, S.M.**, Troped, P. (In Press, 2024). An analysis of built environment characteristics in daily activity spaces and associations with bike share use. Accepted 6/2024 to *Travel Behaviour and Society*.
3. Barudin, A.*, **Camhi, S.M.**, Lindsay, A., Shih, L., Wright, J.A. (2024). Acute Effects of Walking and Standing on Executive Function in Children with Attention Deficit/Hyperactivity Disorder: A Feasibility Study, *Children*, 11(341), 1-13.
4. Burdick, A.* and **Camhi, S.M.** (2024). The Effects of a Guided Mindful Walk on Mental Health in University Students. *International Journal of Exercise Science*, 17(5), Issue 5, 390-401.
5. Kompf, J.*, **Camhi, S.M.**, Wright, J., Brennar, P., Whiteley, J.W. (2024) Mechanisms of Behavior Change for a Digital Resistance Training Intervention: A Mediation Study *Translational Journal of the American College of Sports Medicine*. 9 (1), 1-6. **2024 Paper of the Year.**
6. Zhang, Y. *, Leveille, S., **Camhi, S.M.**, Shi, L. (2023) Association of oral care with periodontitis and glycemic control among US adults with diabetes. *BMC Oral Health*, Nov 21;23(1):903. doi: 10.1186/s12903-023-03580-0.
7. Bajdek, N. *, Merchant, N.*, **Camhi, S.M.**, Yan, H. (2023) Racial differences in blood pressure and autonomic recovery following acute supramaximal exercise in women. *International Journal of Environmental Research and Public Health*. 20(9),5615, DOI: [10.3390/ijerph20095615](https://doi.org/10.3390/ijerph20095615).
8. Kompf, J.*, Whiteley, J.W. Wright, J., Brennar, P., **Camhi, S.M.** (2023) Resistance training behavior amongst novices is enhanced with self-regulation based digital coaching. *Journal of Physical Activity and Health*. 20, 6. DOI: [10.1123/jpah.2022-0367](https://doi.org/10.1123/jpah.2022-0367)

9. Stahley, L.* , **Camhi, S.M.**, Wright, J.M., Troped, P. (2022) Correlates of bike sharing and its association with weight status at an urban university. *PLoS One*. 17(8): e0270870.
<https://doi.org/10.1371/journal.pone.0270870>
10. Garvey, M.E.* , Shi, L., Gona, P., Troped, P.J., **Camhi, S.M.** ^, (2022) Associations of bone mineral density with lean mass, fat mass, and physical activity in young overweight and obese women - A feasibility study. *International Journal of Exercise Science*: Vol. 15 : Iss. 7, Pages 585 - 598. Available at: <https://digitalcommons.wku.edu/ijes/vol15/iss7/4>
11. Filanowski, P.M, Slade, E., Iannotti, R.J. **Camhi, S.M.**, Milliken, L.A., (2022).˙ The impact of ActiGraph’s low-frequency extension filter on measurement of children’s physical activity, *Journal of Sports Sciences*. Vol. 40; Iss 12; 1406-1411, DOI: 10.1080/02640414.2022.2081404
12. Barudin-Carreiro, A.* , **Camhi, S.M.**, Lindsay, A., Wright, J.A. (2022) Physical activity and executive function in children with ADHD: A systematic review. *Translational Journal of the American College of Sports Medicine*. Vol. 7, No. 1, Winter 2022.
13. Garvey, M.E.* , Shi, L., Lichtenstein, A.H., Must, A., Hayman, L.L., **Camhi, S.M.** ^, (2021). Age, sex, and race/ethnicity associations between fat mass and lean mass with bone mineral density: NHANES. *International Journal of Environmental Research and Public Health*. 18(23), 12606. <https://doi.org/10.3390/ijerph182312606>
14. **Camhi, S.M.** #, Debordes-Jackson, G*. Andrews, J.* , Lindsay, A., Troped, P.J., Wright, J., Hayman, L.H., (2021) Socioecological factors associated with an urban exercise prescription program for under-resourced women: A mixed methods community-engaged research project. *International Journal of Environmental Research and Public Health*. 18(16), 8726; <https://doi.org/10.3390/ijerph18168726>
15. Zhang, Y.* , Leveille, S., Shi, L., and **Camhi, S.M.**, (2021) Disparities in preventive oral health care and periodontal health among adults with diabetes. *Preventing Chronic Disease*. 18(E47):1-9. <http://dx.doi.org/10.5888/pcd18.200594>.
16. Filanowski, P.M.* , Iannotti R.J., **Camhi S.M.**, Whiteley, J.M., Milliken L. (2021) Predictors and acceptability in shared physical activity in parent-child dyads. *Translational Journal of the American College of Sports Medicine*. Spring 6 (2):1-9. doi: 10.1249/TJX.0000000000000154
17. Filanowski, P.M.* , Iannotti R.J., **Camhi S.M.**, Whiteley, J.M., Milliken L. (2021) Physical activity and enjoyment in parent-child dyads during shared physical activity. *Res Q Exerc Sport* March, 92(1):127-136. doi: 10.1080/02701367.2020.1712316. [Epub ahead of print] PMID:32083981
18. **Camhi, S.M.** # , Troped, P.J., Garvey, M.* , Hayman, L.L., Must, A., Lichtenstein, A.H., Crouter S.E. Associations between Walk Score and objective measures of physical activity in urban overweight and obese women. (2019) *PLoS One*. Mar 28; 14(3):e0214092. doi: 10.1371/journal.pone.0214092. eCollection 2019. PMID: 30921337.

19. **Camhi, S.M.**[#], Must, A., Gona, P., Hankinson, A., Odegaard, A., Reis, J., Gunderson, E.P., Jacobs, D.R., Carnethon, M. (2019). Duration and stability of metabolically healthy obesity over 30 years. *International Journal of Obesity* (Lond). September; 43; 9; 1803-1810. doi: 10.1038/s41366-018-0197-8. PMID: 30158567.
20. Ogawa, E. *, Leveille, S., Wright, J., Shi, L. **Camhi, S.**, You, T. Physical activity domains/recommendation and leukocyte telomere length in U.S. adults. (2017) *Medicine and Science in Sports and Exercise*. Jul; 49(7):1375-1382. PMID: 28263285.
21. Minges, K., Strait, K., **Camhi, S.M.**, Lorenze, N., Dreyer, R., Curtis, J., Lichtman, J., Dunstan, D., Owen, N., Krumholz, H. Physical activity trends, determinants, and gender differences following acute myocardial infarction: Insights from the VIRGO study. (2017) *European Journal of Preventive Cardiology*. Jan; 24(2):192-203. PMID: 27885060.
22. Murthy, V.L., Abbasi, S.A., Siddique J., Colangelo, L.A., Reis, J., Venkatesh, B.A., Carr, J.J., Terry, J.G., **Camhi, S.M.**, Jerosch-Herold, M., de Ferranti, S., Das, S., Freedman, J., Carnethon, M.R., Lewis, C.E., Lima, J.A., Shah, R.V. (2016). Transitions in metabolic risk and long-term cardiovascular health: Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Journal of American Heart Association*; Oct 13; 5(10):e003934; doi 10.1161/JAHA.116.003934.
23. Young, D.R., Hivert, M.F., Alhassan, S, **Camhi, S.M.**, Ferguson, J., Foody, J., Katzmarzyk, P.T., Lewis, C., Siddique, J., Yong, C. (2016) Sedentary behavior and cardiovascular morbidity and mortality: The state of the science. American Heart Association Science Advisory Manuscript. *Circulation*. Sep 27; 134 (13): e262-79. PMID: 27528691.
24. **Camhi, S.M.**[#], Crouter, S., Hayman, L.L., Must, A., Lichtenstein, A.H. (2015) Lifestyle behaviors in metabolically healthy and unhealthy overweight and obese women. *PLoS One*. Sep 18; 10(9): e0138548. doi: 10.1371/journal.pone.0138548. eCollection 2015. PMID: 26383251.
25. **Camhi, S.M.**[#], Evans, W.E., Hayman, L.L., Lichtenstein, A., Must, A. (2015). Dietary intake and patterns between metabolically healthy and unhealthy BMI groups in adolescents and young adults. *Preventive Medicine*, Aug; 77, 23-29.
26. **Camhi, S.M.**[#] & Katzmarzyk, P.T. (2014). Differences in body composition between metabolically healthy obese and metabolically abnormal obese adults. *International Journal of Obesity* (Lond) 38(8): 1142-5.
27. **Camhi, S.M.**[#], Sisson, S.B., Waring, M., Hayman, L.L., Must, A. (2013). Physical activity and screen time in metabolically-healthy-obese phenotypes in adolescents and adults. *Journal of Obesity*. Epub Sep 11, Article ID 984613, 10 pages, 2013. doi:10.1155/2013/984613. PMCID: PMC3786460.
28. Sisson, S.B., Shea, C., **Camhi, S.M.**, Short, K. Whited, T. (2013). Sitting and cardiometabolic risk factors in U.S. adolescents. *Journal of Allied Health*. Winter; 42(4): 236-42.

29. **Camhi, S.M.**[#], Katzmarzyk, P.T., Church, T.S., Broyles, S., Hankinson, A.L., Sternfeld, B., Carnethon, M. Lewis, C.B. (2013). Association of metabolic risk with longitudinal physical activity and fitness: CARDIA. *Metabolic Syndrome and Related Disorders*. Jun; 11(3): 195-204.
30. Young, D.R., **Camhi, S.**, Wu, T.T., Hagberg, J.M., Stefanick, M.L. (2013). Relationships among changes in C-reactive protein and cardiovascular disease risk factors with lifestyle interventions. *Nutrition, Metabolism and Cardiovascular Diseases*, 23, 857-863. PMCID: PMC3502629.
31. **Camhi, S.M.**[#], & Katzmarzyk, P.T. (2012). Total and femoral neck bone mineral density and physical activity in a sample of men and women. *Applied Physiology, Nutrition, and Metabolism*. Oct; 37(5): 947-54.
32. Tudor-Locke C., **Camhi, S.M.**, Troiano, R.P. (2012). A catalog of rules, variables, and definitions applied to accelerometer data in the National Health and Nutrition Examination Survey, 2003-2006. *Preventing Chronic Disease*. Jun; 9: E113. PMCID: PMC3457743.
33. Sisson, S.B., **Camhi, S.M.**, Tudor-Locke, C. Johnson, W.D., Katzmarzyk, P.T. (2012). Characteristics of step-defined physical activity categories in U.S. Adults. NHANES: 2005-2006. *American Journal of Health Promotion*, 26(3): 152-9.
34. Tudor-Locke, C., **Camhi, S.M.**, Leonardi, C. Johnson, W.D., Katzmarzyk, P.T, Earnest, C.P., Church, T.S. (2011). Patterns of adult stepping cadence in the 2005-2006 NHANES. *Preventive Medicine*, 53(3): 178-81.
35. **Camhi, S.M.**[#], & Katzmarzyk, P.T. (2011). Prevalence of cardiometabolic risk factor clustering and body mass index in adolescents. *Journal of Pediatrics*, 159(2): 303-7.
36. **Camhi, S.M.**[#], Phillips, J. & Young, D.R. (2011). The influence of body mass index on long-term fitness from physical education in adolescent girls. *Journal of School Health*, 81(7): 405-412.
37. **Camhi, S.M.**[#], Sisson, S.B., Johnson, W.D., Tudor-Locke, C., Katzmarzyk, P.T. (2011). Accelerometer-determined moderate intensity lifestyle activity and cardiometabolic health. *Preventive Medicine*, 52(5): 358-60.
38. **Camhi, S.M.**[#], Broyles, S. Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., Berenson, G.S. (2011). Subclinical atherosclerosis and metabolic risk: role of BMI and waist circumference. *Metabolic Syndrome and Related Disorders*, 9(2): 119-25. PMCID: PMC3125568.
39. **Camhi, S.M.**[#], Bray, G.A., Bouchard, C., Greenway, F.L., Johnson, W.D., Newton, R.L. Jr., Ravussin, E., Ryan, D.H., Smith, S.R., Katzmarzyk, P.T. (2011). The relationship of BMI and waist circumference to visceral, subcutaneous, and total body fat: sex and race differences. *Obesity*, 19(2): 402-8. PMCID: PMC3960785.

40. **Camhi, S.M.[#]**, Sisson, S.B., Johnson, W.D., Katzmarzyk, P.T., Tudor-Locke, C. (2011). Accelerometer-determined lifestyle activities in US adults. *Journal of Physical Activity and Health*, 8(3): 382-9.
41. Sisson, S.B., **Camhi, S.M.**, Church, T.S., Tudor-Locke, C. Johnson, W.D., Katzmarzyk, P.T. (2010). Accelerometer-determined steps/day and metabolic syndrome. *American Journal of Preventive Medicine*, 38(6): 575-582.
42. **Camhi, S.M.[#]**, Stefanick, M.L., Katzmarzyk, P.T., Young, D.R. (2010). Metabolic syndrome and changes in body fat from a low-fat diet and/or exercise randomized controlled trial. *Obesity*, 18(3): 548-554. PMCID: PMC4279708.
43. **Camhi, S.M.[#]**, Broyles, S. Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., Berenson, G.S. (2010). Predicting adult body mass index-specific metabolic risk from childhood. *Metabolic Syndrome and Related Disorders*, 8(2): 165-172. PMCID: PMC3035100.
44. **Camhi, S.M.[#]** & Katzmarzyk, P.T. (2010). Tracking of cardiometabolic risk factor clustering from childhood to adulthood. *International Journal of Pediatric Obesity*, 5, 122-129.
45. **Camhi, S.M.[#]**, Ridker, P.M., Stefanick, M.L. Young, D.R. (2010). Changes in C-reactive protein from a low-fat diet and/or physical activity in men and women with and without metabolic syndrome. *Metabolism*, 59(1): 54-61. PMCID: PMC2789861.
46. Sisson, S.B., **Camhi, S.M.** Church, T.S., Martin, C.K., Tudor-Locke, C., Smith, S.R., Bouchard, C., Earnest, C.P., Rankinen, T., Newton, R.L., Katzmarzyk, P.T. (2009). Leisure time sedentary behavior, occupational/domestic physical activity and metabolic disease risk in U.S. men and women. *Metabolic Syndrome and Related Disorders*, 7(6): 1-8. PMCID: PMC2796695.
47. Lohman, T.G., Ring, K., Pate, R., **Camhi, S.**, Pfeiffer, K., Pratt, C., Arredondo, E., Webber, L. (2008). Relationships among fitness, body composition, and physical activity. *Medicine and Science in Sports and Exercise*, 40(6): 1163-70. PMCID: PMC2561299.
48. **Camhi, S.M.[#]**, Kuo, J., Young, D.R. (2008). Identifying adolescent metabolic syndrome using body mass index and waist circumference. *Preventing Chronic Disease*, 5(4): A115. PMCID: PMC2578768.

Publications: Letters to the Editor and Commentaries

49. **Camhi, S.M.[#]** (2010). Potential mechanisms linking diet, inflammation and metabolic syndrome (*Reply to Editor's Letter*). *Metabolism*, 59(3): 454-456.
50. Hayman, L.L., **Camhi, S.M.** (2013). Commentary on: Ideal cardiovascular health in childhood and cardiometabolic outcomes in adulthood: the Cardiovascular Risk in Young Finns Study. *Circulation*. 2012 Apr 24; 125(16):1971-8. *Evidence Based Nursing Journal*. Jan; 16(1): 24-5.

Blogs

51. **Camhi, S.M.[#]**, and Chiofar, L. (Dec 2020) *It takes a village! Creating and installing our community-engaged University of Massachusetts Boston Harborwalk Grace Trail*. America Walks Guest Blog <https://americawalks.org/it-takes-a-village-creating-and-installing-our-community-engaged-university-of-massachusetts-boston-harborwalk-grace-trail/>

Submitted

Vittor, D.G.* , Wilson, J.S., Crouter, S.E., Ethier, B.G., Shi, L., **Camhi, S.M.**, Troped, P.J., Associations between the built environment in GPS-derived activity spaces and sedentary behavior and light and moderate-to-vigorous physical activity: A pilot study. *Submitted to Sports Medicine and Health Science July 2024*.

Manuscripts In Preparation

Kaminsky, L. Evans, E., Giguori, G., Arena, R., **Camhi, S.M.**, Hillman, C., Konrad, A., Robinson, L., Alhassan, S., Hillis, P., Garber, C., Church, T., Feito, Y., Behm, D., Magal, M., Ross, R., Jankowski, C., Shanely, A., Riebe, D. Updating the Components of Physical Fitness: A Consensus Statement by the American College of Sports Medicine

Camhi, S.M.[#], Cooper, S.L., and Crouter, S. Physical activity patterns during a University Fitness Challenge in University Faculty and Staff.

Camhi, S.M.[#], Cooper, S.L., and Crouter, S. Physical activity patterns during a University Fitness Challenge in College-aged students: PROJECT GO.

Cooper, S.L., **Camhi, S.M.**, and Crouter, S. Changes in mental health in college students in a month-long physical activity challenge: PROJECT GO.

Camhi, S.M.[#], Must A., Gona P., Hankinson A., Odegaard A., Reis J., Gunderson E.P., Jacobs D.R., Carnethon M. Factors associated with stability of metabolically healthy obesity: the Coronary Artery Risk Development in Young Adults (CARDIA) Study.

Camhi, S.M.[#], Must A., Gona P., Odegaard A., Reis J., Carnethon M. Coronary artery calcification presence and progression by obesity phenotypes: the Coronary Artery Risk Development in Young Adults (CARDIA) Study.

Garvey, M.E.*, Shi, L., Gona, P., Troped, P.J., Spartano, N., Samelson, E., Kiel, D.P., **Camhi, S.M.** Bone mineral density in relation to physical activity in a large population-based sample.

Garvey, M.E.*, Shi, L., Gona, P., Troped, P.J., Spartano, N., Samelson, E., Kiel, D.P., **Camhi, S.M.**, Associations of adipose biomarkers with volumetric bone measurements.

Lamberti-Corso, L.M.*, McCaffery, J., **Camhi, S.M.**, Lewis, C. Carnethon, M. Predictive value of inflammatory biomarkers in metabolically unhealthy obesity: The Coronary Artery Risk Development in Young Adults (CARDIA) Study.

Odegaard, A., Carnethon, M., **Camhi, S.M.**, Chow, L., Hankinson, A., Gross, M.D., Jacobs, D.R., The role of lifestyle in the development of high cardiovascular disease risk in a population with obesity.

Yoon, C.^{*}, **Camhi, S.M.**, Jacobs, D.J. Problematic eating behaviors related to eating and food (PREF) and metabolically healthy obesity (MHO): the Coronary Artery Risk Development in Young Adults (CARDIA) Study

Iannotti, R.J., **Camhi, S.M.**, Grayton, C., Liu, D., Pratt, C., Haynie, D.L., Simons-Morton, B., Adolescent body mass index, waist circumference and waist-to-height ratio as longitudinal predictors of cardiometabolic risk in young adults.

Camhi, S.M.[#], You, T., Hayman, L.L., Must, A., Lichtenstein, A.H., Pro- and anti-inflammatory adipocytokines in metabolically healthy obesity.

Invited Research Presentations

1. New England American College of Sports Medicine Keynote Speaker, October 17th, 2024, Springfield, MA: *Exercise is Medicine on Campus: A “How To” Guide for Creating University Resources for Mind and Body.*
2. Southwest American College of Sports Medicine, October 30th, 2022, Costa Mesa, CA: Invited Lecture with William Boyer from California Baptist University: *Resistance Training and Health: A summary of the epidemiologic literature and suggestions for future research.*
3. ACSM Brown Bag Series April 14th, 2022 (Virtual Live and Recorded Presentation) Title: *Metabolically Healthy Obesity: Can we really be healthy and obese?* **Note: Highest registration and attendance to date of any offered seminar; 2.5 times the average response (5 years)** [Presentation available online](#)
4. ACSM Exercise is Medicine Research Learning Collaborative November 17, 2021 (Virtual Live and Recorded Presentation) Title: *EIM in the Real World: Community-Engaged Research on an Urban Exercise Prescription Program for Under-Resourced Women.* [Presentation available online](#)
5. Children’s Hospital Boston, Boston MA Preventive Cardiology Grant Rounds May 21st 2015 (in-person): *Metabolically Healthy Obesity: The Role of Lifestyle Behaviors.*
6. Community Engagement & Research Symposium, UMass Center for Clinical and Translational Session. November 7, 2014. *Recruitment of Young Adult African American Women in Health Research: Best Practices and Lessons Learned (PROJECT HEALTH).* Presentation prepared by: Sarah M. Camhi, presented by Laura L. Hayman.
7. New England American College of Sports Medicine Annual Meeting, November 15th, 2013, Providence, RI: Invited Lecture: *The Continuum of Obesity and Cardiometabolic Risk: Current Concepts and Future Directions.*

Local Research Presentations

1. Burdick, A.,* and Camhi, SM. The effects of a guided mindful walk on stress, mindfulness, and physical activity in university students. Poster presented at Creative Arts and Research Day (2023) University of San Francisco, May 5th, 2023.
2. Burdick, A.,* and Camhi, SM. The effects of the guided Urban Trail on stress, mindfulness and physical activity: Pilot Project. Poster presented at Creative Arts and Research Day (2022), University of San Francisco, May 4th, 2022.
3. Jackson, E.,* Camhi, S.M., and Cooper, S.L. Effects of a university physical activity challenge on levels of anxiety, depression, stress, and perceived dependency of wearing a physical activity tracker. Poster presented at Creative Arts and Research Day (2022), University of San Francisco, May 4th, 2022.
4. Sorenson, A.,* and Camhi SM., Program evaluation of the guided URBAN Trail: A USF community-engaged health promotion project. Poster presented at Creative Arts and Research Day (2022), University of San Francisco, May 4th, 2022.
5. Vigouroux, R.,* Cooper, S.L., and Camhi, S.M., Student engagement with University of San Francisco's Go Dons Get Fit Health promotion program: PROJECT GO. Poster presented at Creative Arts and Research Day (2022), University of San Francisco, May 4th, 2022.
6. Westbrook, E.,* Cooper, SL and Camhi, SM., Changes in self-reported physical activity and sleep among university students enrolled in Go Dons Get Fit Health Promotion Program: PROJECT GO. Poster presented at Creative Arts and Research Day (2022), University of San Francisco, May 4th, 2022.

Peer Reviewed Abstracts & Professional Presentations

Regional

1. Jackson, E.,* Camhi, S.M., and Cooper, S.L. (2022) Effects of a university physical activity challenge on levels of anxiety, depression, stress, and perceived dependency of wearing a physical activity tracker. *International Journal of Exercise Science Conference Proceedings*. Volume 14, Issue 2. Poster presentation at the Southwest Chapter of the American College of Sports Medicine Annual Conference, October 29, 2022. ****NOTE: Emily was supported by the SWACSM 2022 Student Travel Grant.**
2. Burdick, A.,* and Camhi, SM. The effects of a guided mindful walk on stress, mindfulness, and physical activity in university students. (2022) *International Journal of Exercise Science Conference Proceedings*. Volume 14, Issue 2. Poster presentation at the Southwest Chapter of the American College of Sports Medicine Annual Conference, October 29, 2022. ****NOTE: Ashley was supported by the SWACSM 2022 Student Travel Grant.**
3. Merchant, N.,* Emmons, N.,* **Camhi, S.M.**, Zou, K., and Yan, H. Racial differences in arterial stiffness following repeated bouts of maximal anaerobic cycling exercise in women. Abstract submitted to the New England American College of Sports Medicine Annual Conference, October 2020.

4. Emmons, N.,* Merchant, N.,* **Camhi, S.M.**, You, T., and Yan, H. Racial differences in blood pressure and autonomic recovery following acute maximal anaerobic cycling exercise in women. New England American College of Sports Medicine Annual Conference, October 2020. **Note: Winner of the Student Investigator Award in the Master's category.**
5. Debordes-Jackson, G.,* Andrews, J.,* Hayman, L.L., Troped, P.J., Lindsay, A.C., Wright, J.A., **Camhi, S.M.** A community-engaged approach to understanding factors impacting health care providers and the exercise prescription referrals. Poster Presentation: University of Massachusetts Medical School Center for Clinical and Translational Science (CCTS) Annual Community Engagement and Research Symposium, March, 2020 (cancelled due to COVID-19).
6. Zhang, Y.,* Leveille, S. Shi, L., Gona, P., **Camhi, S.M.** Health disparities in periodontal disease prevalence and prevention among US adults aged 30 and over with diabetes. Abstract submitted to Annual Scientific Sessions, Eastern Nursing Research Society, Boston MA, March 26-27th 2020 (Virtual Conference due to COVID-19). *Nursing Research* 69 (3), E62-E63.
7. **Camhi, S.M.** Exercise is Medicine in the Real World: Barriers and facilitators for exercise prescription use in urban minority women, New England American College of Sports Medicine Tutorial Lecture, November 8, 2019.
8. Keye, S.A.,* Trudeau, G.C.,* Hayman, L.L., Troped, P.J., Lindsay, A.C., Wright, J.A., **Camhi, S.M.** Associations of self efficacy, social support, and stage of change with exercise prescription adherence. Presented at the NEACSM Annual Meeting, Providence, Rhode Island. November 9th 2018.
9. Trudeau, G.C.,* Keye, S.A.,* Hayman, L.L., Troped, P.J., Lindsay, A.C., Wright, J.A., **Camhi, S.M.** Associations of personal, home and family factors with exercise prescription utilization in minority women. Presented at the NEACSM Annual Meeting, Providence, Rhode Island. November 9th 2018.
10. Garvey, M.E.,* Shi, L., Gona, P.N., Troped, P.J., Spartano, N., Samelson, E., Kiel, D.P., and **Camhi, S.M.** Associations of adipose biomarkers with volumetric bone measurements. Presented at the NEASM Annual Meeting, NEACSM, Providence, RI, November 2018
11. **Camhi, S.M.**, Wright, J., Lindsay, A.C., Troped, P.J. Saunders, G., Hayman, L.L., Using mixed-methods to examine factors that influence exercise prescription referrals from health care providers: A community-engaged research project. University of Massachusetts Medical School Center for Clinical and Translational Science (CCTS) 7th Annual Community Engagement and Research Symposium, March 9, 2018.
https://escholarship.umassmed.edu/chr_symposium/2018/posters/1/
12. Garvey, M.,* and **Camhi, S.M.** Age differences in the relationship of bone mineral density to lean body mass and fat mass. Poster presentation at the New England American College of Sports Medicine Annual Conference, Providence RI, October 15-16, 2015.

13. Ogawa, E.,* Gona, P., Shi, L. **Camhi, S.**, Wright, J., Leveille, S., You, T. Age-related associations between physical activity and telomere length in the National Health and Nutrition Examination Survey, 1999-2002. Poster presentation to New England American College of Sports Medicine Annual Conference, Providence RI, October 15-16, 2015.
14. Garvey, M.,* and **Camhi, S.M.** Race differences in the relationship of bone mineral density to lean body mass and fat mass. Poster presentation at New England American College of Sports Medicine, Providence RI, November 13-14, 2014.
15. Godbout, T.,* Lob, L.,* **Camhi, S.M.** Differences among self-reported and measured height and weight in young overweight and obese women. Poster presentation at New England American College of Sports Medicine, Providence RI, November 13-14, 2014.
16. Sisson, S.B., **Camhi, S.M.**, Tudor-Locke, C., Johnson, W.D. Katzmarzyk. P.T. (2009) Characteristics of step- defined physical activity categories in U.S. adults. Central State Chapter American College of Sports Medicine Annual Meeting, Columbia, MO, November 5-6, 2009.

National/International

1. Cooper, S.L., Crouter, S.E., and **Camhi, S.M.** The impact of a 4-week physical activity challenge on physical activity levels, anxiety, depression, energy, fatigue, and stress in university students. Submitted 11/12/24 to the American College of Sports Medicine Annual Meeting, Atlanta, GA May-June 2025.
2. **Camhi, S.M.**, Cooper, S.L., Crouter, S.E., Filanowski P.M. 24-hour patterns of physical activity, sedentary behavior, and sleep during a university program for faculty and staff. Oral Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA May 31st, 2024.
3. Filanowski P.M., Cooper, S.L., Crouter, S.E., **Camhi, S.M.** Physical activity and sedentary behavior during a university-wide faculty and staff movement campaign. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA May 29th, 2024.
4. Whitworth J.W., **Camhi, S.M.**, Marx B.P., McKeown, N., Logue M., Pebole, M.M., Cripe, B.G., Fortier C.B., Association of physical activity with PTSD diagnosis and symptoms. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA May 29th, 2024.
5. Zhang, Y.,* Leveille, S., Shi, L., **Camhi, S.** Oral care behaviors among the US Population with diabetes. Poster presentation at Scientific Sessions of American Diabetes Association. San Diego, CA June 2023.
6. Bajdek, N., Merchant, N., **Camhi, S.M.**, Yan, H. Racial differences in autonomic recovery following acute maximal anaerobic exercise in women: a preliminary investigation. Poster presentation at the American College of Sports Medicine Annual Meeting, San Francisco CA, May/June 2023.

7. **Camhi, S.M.;** Cooper, S.L., Crouter, S.E. 24-hour movement patterns during a university physical activity promotion program for students. Poster presentation at the American College of Sports Medicine Annual Meeting, Denver, CO, May 31st, 2023.
8. Corso, L., Lewis, C., Carnethon, M., **Camhi, S.M.**, Huedo-Medina, T.; McCaffery, J., Inflammatory biomarkers associate with incident metabolically unhealthy obesity: The *CARDIA* study. Poster presentation at the American Diabetes Association Annual Meeting Scientific Sessions, Washington DC. June 25-39, 2021.
9. Filanowski, P.* Slade, E., **Camhi, S.M.**, Whiteley, J.A., Iannotti, R.J., Milliken, L. Understanding associations of children's and parents' enjoyment with their subsequent co-participation in physical activity. Poster presentation at the American College of Sports Medicine Annual Meeting, San Francisco CA, May 27th, 2020 (virtual due to COVID-19).
10. Garvey, M.,* Shi, L., Troped, P.J., **Camhi, S.M.** The relationship between measure of bone mineral density and body composition in young adults. Poster presentation at the American College of Sports Medicine Annual Meeting, San Francisco CA, May-June, 2020 (virtual due to COVID-19).
11. **Camhi, S.M.**, Wright, J., Lindsay, A.C., Troped, P.J. Saunders, G., Hayman, L.L, Individual, interpersonal and environmental factors associated with exercise prescription use in urban minority women. Poster presentation at the American College of Sports Medicine Annual Meeting, San Francisco CA, May 28th, 2020 (virtual due to COVID-19).
12. Odegaard, A.O., Carnethon, M.R., **Camhi, S.M.**, Chow, L.S., Gross, M.D., Jacobs, D.R. Jr. Body Mass Index (BMI, kg/m²) v. Body Fat % (BF%): Battle of obesity classification metrics to inform underlying cardiometabolic risk. Poster presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Phoenix, AZ March 2020.
13. **Camhi, S.M.** Must A., Gona P., Hankinson A., Odegaard A., Reis J., Carnethon M. Coronary artery calcification presence and progression by obesity phenotypes: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. Poster presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Phoenix, AZ, March 4th, 2020.
14. Zhang, Y.,* Leveille, S., Shi, L., **Camhi, S.** Oral health disparities among adults with diabetes in the U.S. Oral presentation at the American Public Health Association's Annual Meeting and Expo, Philadelphia, PA, November 2019.
15. Filanowski P.M.,* **Camhi S.M.**, Whiteley, J.A., Iannotti R.J., Milliken L.A., Predictors and acceptability of shared physical activity in parent-child dyads. Poster presentation at the ACSM 2019 Meeting in Tampa FL, May 2019.
16. Merchant N.,* Filanowski, P.*, Iannotti R.J., **Camhi, S.M.**, Whiteley, J.A., Milliken, L. Physical activity enjoyment during different physical activities in parent-young child dyads exercising together. Poster presentation at the American College of Sports Medicine National Conference, Minneapolis, MN, May/June 2018.

17. Filanowski, P.*, Merchant, N.*, Iannotti, R.J., **Camhi, S.M.**, Whiteley, J.A., Milliken, L. Objectively measured physical activity in parent-child dyads exercising together in five activities. Poster presentation at the American College of Sports Medicine National Conference, Minneapolis, MN, May/June 2018.
18. **Camhi, S.M.**, Must, A., Gona, P., Hankinson, A., Odegaard, A., Reis, J., Gunderson, E.P., Jacobs, D.R., Carnethon, M. Factors associated with stability of metabolically healthy obesity: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. Poster presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, New Orleans, LA, March 2018.
19. **Camhi, S.M.**, Must, A., Gona, P., Hankinson, A., Odegaard, A., Reis, J., Gunderson, E.P., Jacobs, D.R., Carnethon, M. Duration of metabolically healthy obesity over 25 years in the Coronary Artery Risk Development in Young Adults (CARDIA) Study: Race and Sex Differences. Oral presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Portland, OR, March 2017.
20. Ogawa, E.,* Gona, P., Shi, L. **Camhi, S.**, Wright, J., Leveille, S., You, T. Age-related associations between physical activity and telomere length in the National Health and Nutrition Examination Survey, 1999-2002. May;48 (5 Suppl 1):232. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
21. Garvey, M.,* Troped, P.J., **Camhi, S.M.** Associations of physical activity environment with vitamin D in overweight and obese biracial women. May;48 (5 Suppl 1):147. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston May/June 2016.
22. **Camhi, S.M.**, Garvey, M.,* Crouter, S., Troped, P.J., Associations between walk score and physical activity in overweight and obese women. May;48 (5 Suppl 1):759. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
23. Wright, J. **Camhi, SM**, Troped, P.J., Parental factors associated with children meeting the physical activity guidelines. May;48 (5 Suppl 1):1060-1. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
24. Stahley, L.H.,* **Camhi, S.M.**, Wright, J.A., Troped, P.J. Correlates of awareness and use of a bike share program and association with weight status. May;48 (5 Suppl 1):304. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
25. **Camhi, S.M.**, You, T., Hayman, L.L., Must, A., Lichtenstein, A.H., Adipocytokines and vitamin D in a biracial sample of young metabolically healthy obese and metabolically abnormal obese women. Poster presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Phoenix, AZ, March 4th, 2016.

26. Minges, K., Strait, K., **Camhi, S.**, Owen, N. Dunstan, D. Lichtman, J. Dreyer, R. Geda, M. Bueno, H. Curtis, J., Krumholz, H. Physical activity trajectory and determinants following acute myocardial infarction: Insights from the VIRGO study. Poster presentation at the American Heart Association Joint Meeting of Epidemiology and Prevention, and Lifestyle and Cardiometabolic Health, Baltimore, MD March 3-6, 2015.
27. **Camhi, S.M.**, Crouter, S., Hayman, L.L. Lichtenstein, A.H, Must, A. Physical activity and sedentary behavior in MHO young women. Poster preparation at American Heart Association Joint Meeting of Epidemiology and Prevention, and Lifestyle and Cardiometabolic Health, Baltimore, MD March 3-6, 2015.
28. **Camhi, S.M.**, Evans, E.W., Hayman, L.L. Lichtenstein, A.H. Must, A. Healthy eating index and metabolically healthy obesity in U.S. adolescents and adults. Poster presentation at h American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, San Francisco, CA March 18-21st, 2014.
29. Zhang, L., **Camhi, S.M.** Shi, L., Hayman, L.L. Dietary quality and obesity: Is there a socioeconomic gradient in U.S. adults. Oral presentation at the Annual Meeting of Experimental Biology, Boston, MA, March 20-23rd, 2013.
30. **Camhi, S.M.** & Katzmarzyk, P.T. Differences in body composition between metabolically healthy obese and metabolically abnormal obese phenotypes. Moderated poster presentation at the American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, New Orleans, LA, March 19-23rd, 2013.
31. **Camhi, S.M.**, Waring, M., Shi, L., Hayman, L. Physical activity behaviors of BMI-specific metabolic risk in US adolescents. *Medicine and Science in Sports and Exercise*, 44(S25S), p.676. Poster Presentation at the American College of Sports Medicine Annual Meeting, 2012, San Francisco CA, May 30-June 2.
32. Wright, J.A., Shi, L., **Camhi, S.M.**, Nixon-Silberg, T., Whiteley, J.A. Factors contributing to parents' underestimation of their child's weight status. Poster presentation at Society of Behavioral Medicine Annual Meeting, New Orleans, LA, April 11-14, 2012.
33. **Camhi, S.M.**, Katzmarzyk, P.T., Church, T.S., Broyles, S., Hankinson, A.L., Lewis, C.B., Sternfeld, B., Carnethon, M. The association of metabolic risk and physical activity trajectories: CARDIA. Poster presentation at the American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, San Diego, CA, March 13-16th, 2012.
34. Young, D.R., **Camhi, S.M.**, Wu, T.T., Hagberg, J.M., Stefanick, M.L. Associations of diet and cardiorespiratory fitness with C-reactive protein change. *Medicine and Science in Sports and Exercise*, 43(5), S398. Poster presentation at American College of Sports Medicine Annual Meeting, 2011, Denver CO, May 31-June 4.

35. Tudor-Locke, C., **Camhi, S.M.**, Leonardi, C. Johnson, W.D., Katzmarzyk, P.T, Earnest, C.P., Church, T.S. Patterns of stepping cadence in the 2005-2006 NHANES. *Medicine and Science in Sports and Exercise*, 43(5), S480. Poster presentation at American College of Sports Medicine Annual Meeting, 2011, Denver CO, May 31-June 4.
36. **Camhi, S.M.** & Katzmarzyk, P.T. Prevalence of body mass index-specific metabolic risk in United States adolescents. Poster presentation at the American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, Atlanta, GA, March 22-25, 2011.
37. **Camhi, S.M.**, Sisson, S.B., Johnson, W.D., Tudor-Locke, C., Katzmarzyk, P.T. Associations of accelerometer-determined lifestyle activity with cardiovascular risk factors and metabolic syndrome. *Medicine and Science in Sports and Exercise*, 42(5), S56. Oral presentation at the American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2-5, 2010.
38. **Camhi, S.M.**, & Katzmarzyk, P.T. Independent influences of physical activity and total body fat on bone mineral density. Poster presentation at International Conference on Physical Activity and Public Health, Toronto, Canada, May 5-8, 2010.
39. **Camhi, S.M.**, Broyles, S. Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., Berenson, G.S. (2010). Subclinical atherosclerosis and BMI-specific metabolic risk. Conference Program, pg 170, P284. Poster presentation at the American Heart Association's Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, San Francisco, CA, March 2-5, 2010.
40. **Camhi, S.M.**, Bray, G.A., Bouchard, C., Greenway, F.L., Johnson, W.D., Newton, R.L. Jr., Ravussin, E., Ryan, D.H. Smith. S.R., Katzmarzyk, P.T. (2009). Gender and ethnic differences in the relationship between anthropometry and depot-specific adiposity. *Obesity*, 17(S2), 391-P. Poster presentation at The Obesity Society Annual Scientific Meeting, Washington DC, October 24 -28, 2009.
41. **Camhi, S.M.**, Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., & Berenson, G.S. (2009). Predicting metabolically obese normal-weight (MONW) adults from childhood: findings from the Bogalusa Heart Study. *Circulation*, March, 119(10), e279-e280. Oral presentation at the American Heart Association Joint Conference Epidemiology and Nutrition, Physical Activity and Metabolism: Palm Harbor, FL, March 10-14, 2009.
42. **Camhi, S.M.**, Young, D.R., Stefanick, M.L. (2008). Effects of low-fat diet and physical activity on C-reactive protein in men and women with elevated cardiovascular risk. *Obesity*, 16(S1), 352-P. Poster presentation at The Obesity Society Annual Scientific Meeting, Phoenix, AZ, October 3 -7, 2008.
43. Bibeau, W. S., **Camhi, S.M.**, Mitchell, N., Kuo, J., Young, D.R. (2008). Examining the role of physical activity, cardiovascular fitness, and neighborhood stress on BMI and waist circumference. *Medicine and Science in Sports and Exercise*, 40(5), S1, S359. Poster presentation at American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28-31, 2008.

44. Kuo, J., **Camhi, S.M.**, Young, D. R. (2007). Relationship between decreases in physical activity with race and weight in urban adolescent girls. *Medicine and Science in Sports and Exercise*, 39(5), S57. Poster presentation at American College of Sports Medicine Annual Meeting, New Orleans, LA, May 30-June 2 2007.
45. **Camhi, S.M.**, Kuo, J., Phillips, J., Young, D.R. (2007). Longitudinal changes in fitness from physical education in adolescent girls. *Medicine and Science in Sports and Exercise*, 39(5), S17. Oral presentation at: American College of Sports Medicine Annual Meeting: New Orleans, LA, May 30-June 2 2007.
46. **Camhi, S.M.**, Douglass, L., Young, D.R. (2006). Changes in physical fitness and metabolic syndrome in adolescent girls. *Medicine and Science in Sports and Exercise*, 38(5), S201. Poster presentation at the American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 3, 2006.
47. **Camhi, S.M.**, Kuo, J., Young, D.R. (2005). Evaluating BMI and waist circumference cutpoints to identify urban female adolescents at risk for metabolic syndrome. *Medicine and Science in Sports and Exercise*, 37(5), S69. Poster presentation at the American College of Sports Medicine 52nd Annual Meeting, Nashville, TN, June 1-3, 2005.

Current Research Support

Faculty Development Funds, University of San Francisco

Title: Community-Engaged Creation and Installation of USF Grace trail (URBAN Trail)

Role: Principal Investigator

Awarded: \$3989.76 Fall 2020; \$3991.76 Spring 2022; \$3997.88 Fall 2022

Summary: Create and install a mindful walking trail based on and in collaboration with USF alumni Hal Urban's book "*The Power of Good News*". The URBAN trail was a community engaged project involving myself, students Campus Ministry, Office of Marketing and Communications, GoUSF, Landscaping, Facilities and Human Resources and the USF campus community. This community-engaged research project was previewed with guided walks in October 2021 with my KIN330 class. I also conducted pilot research on the effects of the guided format walking trail on stress, anxiety and mindfulness in my Fall 2021 and then with a follow-up study in my classes in Spring 2022. Abstracts for the pilot project was presented by research assistant Ashley Burdick at Creative Activity and Research Day (CARD) at USF in May 2022, and for the full study at Southwest American College of Sports Medicine in Fall 2022 and at CARD 2023. We have submitted a research manuscript for publication in May 2023.

Undergraduate Research Assistants: Tiffany Ngo (KIN), Nicole Morgan (KIN), Ava Sorenson (BIO), Ashley Burdick (KIN), Kyle Cantave (PSY)

Jesuit Foundation Grant

Awarded December 2021

Role: Principal Investigator

Amount: \$5000

Title: Development and Evaluation of the Self-guided Expansion of the URBAN Trail

Summary: Funding to adapt the guided URBAN Trail to a self-guided trail that anyone can access anytime. Feedback from the USF community was collected to revise the guided trail as part of a quality improvement project to finalize the self-guided version. **Status:** Signage finalized with Office of Marketing and Communications in June 2023; printing and installation set for July 2023.

Undergraduate Research Assistants: Ashley Burdick (Kin)

Donation from Hal Urban**Awarded** December 2021**Role:** Beneficiary**Amount:** \$1000

Summary: Hal Urban donated funds to utilize for the URBAN Trail promotional materials. We utilized these funds to design and print stickers and magnets for promotion at health fairs and events on campus to recruit for research and quality improvement projects.

Faculty Development Funds, University of San Francisco

Title: Exercise is Medicine on Campus: The Long-Term Effects of a Step Challenge on Physical Activity in University Students (PROJECT GO)

Role: Principal Investigator**Awarded:** 3839.84 Fall 2020

Summary: The purpose of this project is to evaluate the effects of the Go Dons Get Fit Challenge, a university wide campaign to encourage physical activity in students. **Status:** We completed data collection in November 2021. Three abstracts were presented at Creative Activity and Research Day (CARD) at USF in May 2022 by research assistants. Abstract presented to American College of Sports Medicine in May 2023 by Dr. Camhi. Manuscript in preparation for submission in Fall 2023.

Collaborators: Scott Crouter (University of Tennessee, Knoxville), Stephanie Cooper (University of San Francisco)

Undergraduate Research Assistants: Eva Westbrook (KIN), Emily Jackson (KIN) and Romane Vigouroux (KIN)

Faculty Development Funds, University of San Francisco

Title: Exercise is Medicine on Campus: The Long-Term Effects of a Step Challenge on Physical Activity in University Faculty and Staff (PROJECT GO 2.0)

Role: Principal Investigator, USF and Xavier**Awarded:** \$3991.99 Fall 2022

Summary: The purpose of this project is to evaluate the effects of the GO MOVE, a Jesuit-university wide campaign to encourage physical activity for faculty/staff. This project replicates our PROJECT GO study in faculty staff and is multi-site (Xavier University). **Status:** Data collection completed March 2023, data analysis in summer 2023 with plans to submit abstracts to Southwest American College of Sports Medicine and ACSM National for Fall 2023.

Collaborators: Patrick Filanowski (Xavier University), Scott Crouter (University of Tennessee, Knoxville), Stephanie Cooper (University of San Francisco)

Undergraduate Research Assistants: Patricia Gonzaga (BIO), Jamie Lin (BIO) and Sidney Saito (KIN)

RX-19-007 (Career Development Award)**Funding period:** 6/2021-6/2025**Role:** Co-Mentor**Amount:** \$1,037,448**Funding Agency:** Department of Veterans Affairs

Title: Impact of Lifestyle on Cardiovascular and Metabolic Risk Factors in Trauma Exposed Post-9/11 Veterans (IK2 RX003564-01A1)

Specific Aims: To assess whether physical activity participation attenuates the deleterious effect of PTSD on cardiometabolic risk factors and functioning in trauma exposed post-9/11 Veterans 2: To examine cross-sectional relationships between CRF, nutrition, PTSD symptoms, cardiometabolic risk factors and functioning in trauma exposed post-9/11 Veterans 3: To explore the combined longitudinal influence of physical activity, CRF, and nutrition on cardiometabolic risk factors and functioning in trauma exposed post-9/11 Veterans.

Collaborators: Dr. James Whitworth (PI: Boston University); Brian Marx & Mark Logue, (Veteran's Affairs Boston Healthcare System); Nicola McKeown (Boston University)
Status: Data collection ending summer 2023, plans for data analysis in Fall 2023.

Completed Research Support

Community Change Grant

Funding period: 1/2020-12/2020

Role: Co-PI

Amount: \$1500

Funding Agency: AmericaWalks

Title: GRACE Trail Installation at University of Massachusetts HarborWalk

Collaborators: Linda Chiofar (University Health Services, University of Massachusetts, Boston)

Public Service Grant

Funding period: 1/2018-12/2018

Role: Principal Investigator

Amount: \$9,998

Funding Agency: UMass Boston Competitive Internal Grants Program

Title: Developing strategies to improve communication between patients, health care providers and community-based physical activity facilities.

Collaborators: Laura Hayman, Julie Wright, Ana Lindsay (University of Massachusetts, Boston)

Community Research Innovative Scholars Program

Funding Period: 4/2018-3/2019

Funding Agency: UMass Boston; UMass Medical CTSA, NIH 1 U54TR00344

Role: Principal Investigator

Amount: \$15,000

Title: Examining factors that influence adherence to exercise program referrals from health care providers among urban obese African American women: A needs assessment

Collaborators: Laura Hayman, Julie Wright, Phil Troped (University of Massachusetts, Boston)

Small Grants Program

Funding Period: 11/2017 -9/2018

Funding Agency: Boston Nutrition Obesity Research Center

Amount: \$3,000

Role: Mentor/Collaborator to PhD Student (Meghan Garvey)

Title: The Associations between physical activity, body composition, and bone health in men and women

Collaborators: Meghan Garvey (PI, University of Massachusetts, Boston; UMB), Sarah M. Camhi (UMB), Nicole Spartano (Boston University; Framingham Heart Study, FHS), Ling Shi (UMB), Phil Troped (UMB), Phil Gona (UMB), Laura Hayman (UMB), Lisa Samelson (FHS), Douglas Kiel (FHS), Mary Bouxsein (FHS), Joanne Murabito (FHS), and Ramachandran Vasan (FHS)

Proposal Development Award

Funding period: 5/1/2013-12/30/2014

Funding Agency: UMass Boston Competitive Internal Grants Program

Amount: \$14,992

Role: Principal Investigator

Title: Physical activity, sedentary behavior and diet in metabolically healthy and unhealthy obese young african american women

Collaborators: Aviva Must and Alice Lichtenstein (Tufts University); Ling Shi, Scott Crouter and Barbara Lewis (University of Massachusetts, Boston)

Dean's Incentive Award**Funding period:** 1/2012-6/2013**Funding Agency:** College of Nursing and Health Studies, University of Massachusetts, Boston**Role:** Principal Investigator**Amount:** \$3,000**Title:** Body Composition and C-Reactive Protein Among Metabolically Healthy Obese**Collaborators:** Tongjian You and Ling Shi (University of Massachusetts, Boston)**TEACHING & MENTORING**

Course Development**University of San Francisco, San Francisco, CA**

KEY: * New course preparation

+ New course format **-or-** re-design of existing course major components/projects**CORE Area B1:** University core course: Applied Laboratory Science for non-Sciences designation**CD:** Cultural Diversity Designation**CEL:** Community Engaged Learning Format**Undergraduate Courses****Remote Teaching****Fall 2020***+KIN 120: Introduction to Kinesiology (4 Credits; online **lecture**)*+KIN 325: Exercise and Disease (4 Credits; **CD**; online **lecture**)**Spring 2021**KIN 120: Introduction to Kinesiology (4 Credits; online **lecture**)KIN 325: Exercise and Disease (4 Credits; **CD**; online **lecture**)**In-Person Teaching****Fall 2021**+KIN 120: Introduction to Kinesiology (4 Credits; **lecture with lab**)

- Designed 5 new labs/workshops, created and organized Kinesiology Faculty Panel, piloted student mentoring program with KIN330

*+ KIN 330: Exercise and Health Promotion (4 Credits; **CEL**; **project-based learning**)

- Inaugural CEL format; 7 new community partners, piloted partnership with COM369: Communication and Health Disparities (Dr. Evelyn Ho)

Spring 2022*KIN 110: Fitness and Wellness (4 Credits; **Core Area B1**; **lecture with lab**)+KIN 120: Introduction to Kinesiology (4 Credits; **lecture with lab**)

- Designed 3 new labs/workshops, partnered with other section of KIN120 for community building

Fall 2022+KIN 120: Introduction to Kinesiology (4 Credits; **lecture and lab**)

- Designed 2 new labs/workshop and redesigned career project and 2-4 year Graduation Plan for Kinesiology Department

+KIN 325: Exercise and Disease (4 Credits; **CD; lecture**)

Spring 2023

KIN 110: Fitness and Wellness (4 Credits; **Core Area B1; lecture with lab**)

KIN 330: Exercise and Health Promotion (4 Credits; **CEL; project-based learning**)

- 1 new community partner collaboration and re-design of class projects

NOTE: On leave Fall 2023 and Spring 2024

Fall 2024

KIN 110: Fitness and Wellness (4 Credits; **Core Area B1; lecture with lab**)

+KIN 325: Exercise and Disease (4 Credits; **CD; lecture**)

Guest Lectures

Spring 2024

1. KIN330: Exercise and Health Promotion- URBAN Trail walk (Feb 23rd, 2024)
2. KIN325: Sport & Exercise Psychology - USF Garden Tour (Feb 23rd, 2024)

University of Massachusetts, Boston, MA

2010-2020

Undergraduate Courses:

EHS160: Fitness and Wellness (3 credits; lecture and lab)

EHS300: Fitness Assessment (4 credits; lecture and lab)

Note: Developed new course design in 2013 to separate lab and lecture components (from 3 credit course to 4 credit course) and develop labs to be more in-depth and hands-on.

EHS350: Obesity and Weight Management (3 credits; lecture)

EHS420: Pediatric Exercise (3 credits; lecture)

Note: Developed new course format to involved service-learning component in local community (Health Ambassadors Program).

EHS421: Pediatric Exercise Externship (1 credit; service learning in community)

Note: Course re-design to service learning component in Fall 2016

Graduate Courses:

EHS620: Pediatric Exercise (3 credits; lecture)

EHS630: Advanced Fitness and Nutrition Assessment (3 credits; lab course)

Note: Course re-design from a lecture-based course with occasional labs to a completely hands-on laboratory-based course in Fall 2018.

University of Maryland, College Park, MD

Undergraduate Courses:

KNES360: Exercise Physiology (4 credits; lecture and lab; Summer 2007)

Teaching Grants

Civic Engagement Scholars Initiative (CESI) **Funding period:** 9/1/2013-12/30/2014

Funding Agency: University of Massachusetts Boston Provost's Office and the Massachusetts Department of Higher Education

Amount: \$9,000

Role: PI

Title: Health Ambassadors Program

Specific Aims: Allow students enrolled in EHS420: Pediatric Exercise, a hands-on real world experience with children and adolescents in the local UMass Boston community.

Collaborators: Roger Clapp Innovation School, Tenacity, Playworks, Healthworks Community Fitness

Guest Lectures**University of Massachusetts, Boston, MA**

EHS691/891: Master's/PhD Seminar in EHS

Metabolically Healthy Obesity

2014

University of Maryland, College Park, MD

KNES498: Physical Activity Interventions:

2005-2006

Health Behavior Theories in Physical Activity Interventions

KNES461: Body Composition

- *BMI, Waist Circumference, Waist-Hip-Ratio Measurement* 2005-2006
- *Skinfolds & BIA Measurement*
- *Effects of Dietary Interventions on Weight Loss and Body Composition*
- *Metabolic Syndrome and Obesity*
- *Metabolic Syndrome and Physical Activity Interventions*

Teaching Assistant**University of Maryland, College Park, MD**

KNES497: Independent Study Seminar, CORE Capstone Course 2008

Senior Thesis course, Kinesiology undergraduate graduation requirement

KNES360: Exercise Physiology Laboratory 2005-2008

Head Teaching Assistant (2006-2008)

KNES260: Cardiovascular Health and Physical Activity Discussion 2006-2008

Head Teaching Assistant (2007)

KNES161: Beginning and Intermediate Conditioning 2006

KNES131: Beginning Jogging 2004-2006

KNES131: Intermediate Jogging 2005

KNES190/289: Personal Fitness and Wellness 2004

University of Queensland, Brisbane, Australia

2001

HMST1000: Physical Activity and Health

HMST1910: Socio-cultural Foundations of Human Movement

Teaching Professional Development**University of San Francisco, San Francisco, CA****SEPAL Scientific Teaching Summer Institute**

Summer 2024

The Science Education Partnership & Assessment Laboratory from San Francisco State University is a 3 day summer intensive workshop where STEM instructors collaboratively explore a wide variety of strategies surrounding assessment, inclusion, active learning, and lesson planning to support innovative undergraduate STEM teaching and learning.

CELT**Fall 2022 – Spring 2023**

The McCarthy Center's Community-Engaged Learning and Teaching (CELT) Fellowship brings together faculty from across disciplines and with varying levels of community engagement expertise to participate in an intensive interactive learning community. The program is designed to foster faculty learning about community-engaged principles, pedagogies, and practices; cultivate supportive and reciprocal relationships with peers and community partners; facilitate critical dialogue about the nature of community engagement and social justice; and generate high-quality community-engaged learning opportunities for students. Content is shared through readings, discussions, interactive activities, multimedia presentations, guest speakers, written reflections, and panels. This group meets monthly for 90 minutes for Fall semester and every other month in Spring semester. Individual reflections are written and presentations are given throughout the program

Moment to Movement (M2M)**Fall-Spring 2023**

Faculty workshop series, sponsored by the Office of the Dean of the College of Arts & Sciences and Jesuit Foundation Grant-supported Faculty in Conversations on Race Pedagogy (CoRPs) project. I was one of 14 term, pre-tenure, and tenured faculty from nine departments across both the Arts and Sciences who convened for over 40 hours throughout the year to discuss and develop anti-racist pedagogy at on-campus dinner workshops in the Fall 2022, intensive 3-day overnight retreat during the Intercession, and on-campus post-retreat dinner workshop in the Spring 2023. I helped co-facilitate two sessions on Positionality Issues.

Additional Teaching Professional Development Workshops**USF Specific Technology and Platform Workshops (Total Training Time: 13 hours)**

- USF COVID-19 CANVAS Module (2 hrs)
- Canvas Essentials (1.5 hrs)
- Canvas Gradebook (1.25 hrs)
- Creating online Assessments in Canvas (1 hr)
- Collaboration with Google drive (1.5 hrs)
- Canvas New Quizzes (1 hr)
- Virtual New Faculty Luncheon: Research Resources (1.25 hrs)
- Virtual New Faculty Luncheon: student services (1.25 hrs)
- Virtual New Faculty Luncheon: Diversity Engagement and Community Outreach (1.25 hrs)
- Virtual New Faculty Luncheon: Office of Assessment & Accreditation (1.25 hrs)

Remote Learning Training (Total Training Time: 16.25 hours)

- Introduction to Zoom Web Conferencing (1 hr)
- Engagement Tools in your Zoom Classroom (1 hr)
- Fall 2020 Faculty Remote Instruction Intensive Workshop (4 hrs synch + 2 hrs asynchronous)
- Secure your Zoom Meeting (1 hr)
- Respondus Exam Lockdown Browser (1 hr)
- Zoom Webinar (1 hr)
- Technology Check Consultation (0.75 hrs)
- ETS Continuity of Instruction Online Workshop (viewed video on my own) (2 hrs)
- Hyflex virtual class ETS: HyFlex Instruction for the HyFlex Classroom Basics (1 hr)
- Using HyFlex Classroom Technology (In-person training) (1.5 hrs)
- Panopto (1 hr)
- Doing more with Panopto (1 hr)

Classroom Tools (Total Training Time: 26 hours)

- Podcast Like a Pro for the Classroom (1.5 hrs)
- Closed Captioning for Video (1 hr)
- USF blogs (2 hrs)
- Google Forms (1.5 hrs)
- Lunch and Learn Online Proctoring (1 hr)
- ETS Lunch and Learn: Science Lab Instruction using Virtual (1 hr)
- Digital Storytelling for the Classroom (1 hr)
- Adobe Spark for the Classroom (1 hr)
- Medgraphics Training (4 hrs)
- ChatGBT and AI Training (2 hrs)
- Antiracist Approaches to Grading (6 hrs)
- Active Shooter Training (2 hrs)

Student Engagement (Total Training Time: 11 hours)

- Engage Your Students with Poll Everywhere (1.5 hrs)
- CTE: Trauma-Informed Teaching: Tips and Techniques for Creating a Resilient Classroom” (2 hrs)
- Next Level Video Lectures workshop (2 hrs)
- Supercharge Learning in Breakout Groups workshop (2 hrs)
- Balancing Sync & Async Course Components workshop (2 hrs)
- Faculty-Student Roundtable Maximizing Student Engagement (1 hr)

University of Massachusetts, Boston**Active Learning Seminar** (Fall 2018)

Seminar to discuss and learn to incorporate active learning strategies with technology

Community of Practice Online Teaching Seminar (Spring 2018)

Best practices seminar for online learning platforms

CIT Course (Center for Innovative Teaching) (Fall 2013)

Seminar to provide opportunities for un-tenured junior faculty members to work collaboratively on issues of teaching, learning and professional development

Civic Engagement Scholars Initiative (CESI) Intro Course (Spring 2013)

Seminar to implement of Community based teaching and learning

University of Maryland, College Park, MD**University Teaching Learning Program**, University of Maryland’s Center for Teaching Excellence (2005-2008)

Attended workshops, conferences and seminars related to teaching and learning and completed projects to further teaching/learning practices including mentoring, re-designing course materials and curriculum, and observations of “master” teachers

Student Mentoring**Undergraduate Students University of San Francisco****Research Project: URBAN Trail HIIT Program****Students: Wyatt Dunaway (KIN)**

Developed a high intensity interval training program on URBAN Trail course

Research Project: URBAN Trail

Students Tiffany Ngo (KIN), Nicole Morgan (KIN), Ava Sorenson (BIO), Ashley Burdick (KIN) and Kyle Cantave (PSY)

Developed a mindful walking trail on USF campus utilizing a USF alumni's book by Hal Urban called "The Power of Good News" (2021)

Research Project: PROJECT GO

Students: Eva Westbrook (KIN), Emily Jackson (KIN) and Romane Vigouroux (KIN)

Evaluating the physical activity, sedentary behavior, sleep and mental health effects of Go Dons Get Fit Challenge in students

Research Project: PROJECT GO2.0

Students: Patricia Gonzaga (BIO), Jamie Lin (BIO), Sidney Saito (KIN)

Evaluating the physical activity, sedentary behavior, sleep and mental health effects of Go Move Challenge in faculty/staff

University of Michigan Kinesiology Alumni Mentoring Program

Rachel Bres

2020-2021

Undergraduate Honors Students, University of Massachusetts Boston

Michael Maloney, (EHS Department)

Role: Primary Research Mentor & Chair for Honors Thesis

Thesis Title: The relationship between subjectively motivational music and various exercise variables while running at maximal speed

Completed Spring 2013; Currently a Physical Therapist, DPT

Rachel Mclellan, (EHS Department)

Role: Honor's Thesis Committee Member

Committee Chair: Dr. Scott Crouter

Title: Accelerometer-determined segmented physical activity patterns of 11-14 yr boys
Completed Spring 2011; Currently a Rehabilitation Aide at South Shore Hospital

Master's Degree Students, University of Massachusetts, Boston

Noelle Merchant, (EHS Department)

Role: Thesis Committee Member

Master's Thesis Title: Racial Differences in Arterial Stiffness During Recovery

Following Repeated Bouts of Maximal Anaerobic Cycling Exercise

Defended Summer 2020; Currently an Instructor at UMass Boston

Nicole Emmons (Bajdek) (EHS Department)

Role: Thesis Committee Member

Master's Thesis Title: Blood pressure and autonomic recovery following acute maximal anaerobic exercise in African American and Caucasian American women.

Defended Summer 2020; Currently a Research Investigator at Brigham Women's Hospital and instructor at UMass Boston

Ben Ethier, (EHS Department)

Role: Thesis Committee Member

Master's Thesis Title: Examining associations between bike share use and the built environment: A dynamic spatial approach.

Completed Summer 2019; Current position: Research Assistant at Healthcare and Human Services Consulting

Shelby Keye, (EHS Department)

Role: Thesis Committee Chair

Master's Thesis Title: The relationship between enjoyment and physical activity during a community based youth physical activity program

Completed Spring 2019; Graduate of Kinesiology PhD at University of Illinois, Urbana Champaign 2023; Current Faculty at UIUC

Leddy Gallagher, (EHS Department)

Role: Project Committee Member

Master's Project Title: Promotion, implementation and evaluation of adaptive physical activity and sport programs

Completed Spring 2017; Currently an exercise physiologist working at Wave Fitness

Molly Flynn, (EHS Department)

Role: Project Committee Chair

Master's Project Title: UMASS Boston pilot workshop series for the ACSM EP-C

Completed Spring 2017; Currently Fitness Director at Healthworks Fitness, Inc,

Lawrence Staley, (EHS Department)

Role: Thesis Committee Member

Committee chair: Dr. Phil Troped

Master's Thesis Title: The correlates of awareness and utilization of the Hubway bike share program by the UMB community

Completed Summer 2015; Currently an Athletic Trainer At Precision Athletic Training

Doctoral Degree Students University of Massachusetts, Boston

Note: MS program began at UMB in Fall 2013; PhD program began in Fall 2014

Justin Kompf (EHS Department)

Role: Dissertation Committee Member

Dissertation Title: A digital health action process approach intervention to promote resistance training in healthy adult novices

Defended Summer 2021; Currently Postdoctoral Fellow at Brandeis University

Amanda Barudin (EHS Department)

Role: Dissertation Committee Member

Dissertation Title: Effects of walking and standing on executive function in children with attention deficit/hyperactivity disorder

Defended Summer 2020; Currently faculty at Bridgewater State University

Yuqing (Wendy) Zhang, (Nursing Department)

Role: Dissertation Committee Member

Dissertation Title: A study to examine factors and outcomes associated with oral self-care among adults with or without diabetes in the United States.

Defended Summer 2020; Currently faculty at University of Cincinnati

Meghan Garvey, (EHS Department)

Role: Primary Mentor and Dissertation Chair

Dissertation title: Associations of body composition and physical activity with bone health

Defended Spring 2019; Currently with Leidos as Human Performance Specialist and Researcher with Massachusetts Army National Guard

Pat Filanowski, (EHS Department)

Role: Dissertation Committee Member

Dissertation title: Families Spending Time Together (FASTT) Exercising: A family-based study to examine the intensity, enjoyment, and acceptability of physical activities.

Defended Spring 2018; Currently Assistant Professor at Xavier University, OH

Rhonda Hodge, (Nursing Department)

Role: Capstone Project Committee Member

Research Project: Implementation of a nutrition and physical activity wellness program into the mental health setting

Completed Summer 2019; Currently Owner of Harmony Psychiatric Services, NH

Doctoral Degree Comprehensive Exams Committee

Jamie Faro

Patrick Filanowski

Meghan Garvey

Milko Ivanovich

Internship AdvisorAmanda Niemann, (EHS Department)

Role: Internship Advisor

Main Project: Evaluated recruitment and enrollment of Project Health with data analysis

Completed Spring 2014; Currently Clinical Systems Analyst at Fenway Health

Jessica Sullivan, (EHS Department)

Role: Internship Advisor

Main Project: Performed phlebotomy and wrote an article about Project Health for online recruitment efforts

Completed Fall 2013; Currently Nurse Practitioner

Hali Kovich, (EHS Department)

Role: Internship Advisor

Project: Development of personalized health report for Project Health

Completed Summer 2013; Currently Nurse Practitioner

Undergraduate: Independent Study (EHS485) Advisor, University of Massachusetts, Boston**Research Project: Movement Breaks at Dever Elementary School**Julia Longo & Leah Marum (Spring 2020)

Developed and created online movement break resources and videos to support elementary school teachers to provide movement breaks during remote learning; LM currently pursuing a sonography associate's degree to work in cardiac rehabilitation

Meghan Donelan (Spring 2019)

Developed tools and resources to support elementary school teachers to provide movement breaks; led movement breaks in classrooms; Currently Occupational Therapy Assistant

Research Project: Project Exercise PrescriptionJoy Meija (Spring 2019)

Developed informational brochure for Healthworks Community Fitness on resources for members; Currently a Nurse at Massachusetts General Hospital

Research Project: Hubway (PI: Troped)Jacquelyn Pourroy LaVallee (Fall 2014)

Developed fitness assessment protocol and training for data collection; Currently pursuing PhD in Biochemistry and Biophysics at Brandeis University, MA Lab Manager at Howard Hughes Medical Institute

Sarah Dowcett (Fall 2014)

Developed fitness assessment protocol and training for data collection; Currently pursued Master's degree in Exercise and Sports Studies at Smith College, MA

Research Project: Project Health (PI: Camhi)Lauren Lob (Spring 2014 and Fall 2014)

Screening, scheduling, measurement of anthropometrics, data collection and data entry; Abstract presented as poster at NEACSM (11/2014); Currently working at Massachusetts General Hospital

Tania Godbout (Spring 2014 and Fall 2014)

Screening, scheduling, data collection and data entry; Abstract presented as poster at NEACSM (11/2014); Currently Nurse Practitioner

John Hathaway (Fall 2013 and Spring 2014)

Data collection and data entry; Currently Supervisor at Schnitzer Steel, Boston MA

Jessica Sullivan (Summer 2013)

Developed phlebotomy protocols and measurement; Currently Nurse Practitioner

Keiani Gomes (Spring 2014)

Local marketing and recruitment efforts; Currently Occupational Therapist

Ryan Kohl (Summer 2013, Fall 2013, Spring 2014)

Created marketing and recruitment materials, and also assisted in recruitment, screening, and data collection; created training protocols for new research assistants; Currently Occupational Therapist

Vivian Onyechi (Summer 2013)

Created and delivered marketing and recruitment efforts in the local communities; Received MSc in Project Management

Amanda Neiman (Spring 2013)

Developed protocols for measurement of anthropometry; Currently Clinical Systems Analyst at Fenway Health

Hali Kovich (Spring 2013)

Assisted in creating a manual of procedures and personalized health reports; Currently Nurse Practitioner

Research Project: Pediatric ExerciseJoseph Pasquantonio (Spring 2012)

Exercise adaptations in children/adolescents with type II diabetes (guest lecture in EHS420: Pediatric Exercise); Pursued a Master's in Public Health

Stephanie Braudis (Spring 2012)

Exercise adaptations in children/adolescents with congenital heart defects (guest lecture in EHS420: Pediatric Exercise); Pursued a Master's in Public Health

Undergraduate Open Lab Coordinator

Role: Mentored peer tutors for EHS300, who held “open lab” where students could practice skills/protocols; and made instructional videos to support student learning.

Jason Yuen, Spring 2014

Kristina Barbaro, Fall 2012

Christopher Theng, Spring 2014

Christine DeSantos, Fall 2012

Keiani Gomez, Spring 2013

Ryan Kohl, Fall 2012

Reagan Li, Spring 2013

Josh Clark, Fall 2012

Jessica Sullivan, Spring 2013

Alyson Price, Fall 2012

High School Student MentoringVisaury Moreta (Summer 2013)

Continuing Umbrella for Research Experiences (CURE)

Role: Abstract Committee Member

Title: Effectiveness of school-based obesity interventions for female adolescents

Online Learning & Technology Expertise

- Learning Platforms: Canvas, WebCT and Blackboard
- Audience Response Systems: i-clicker, Poll Everywhere
- Website: Adobe Spark, Google sites and USFblogs
- Lecture capture: Adobe Presenter, Voicethread, Echo360 asynchronous and synchronous lecturing, Zoom
- Video editing: Adobe Spark/Express
- Content Editing: Canva, Adobe Spark/Express

Laboratory Skills (Fitness Assessment)

- **Calorimetry:** Various methods/interfaces (Douglass Bags, COSMED, Parvomedics) for energy expenditure outputs (VO₂, calories, METS, RMR) for rest and exercise
- **Physical Activity:** Objective/subjective methods (accelerometers (Actigraph software), pedometers, HR monitors, wearable devices, questionnaires)
- **Body Composition:** Hydrostatic weighing, anthropometrics, skinfolds, BIA, ADP (BodPod)
- **Cardiorespiratory Fitness:** Max/submax treadmill and cycle protocols, lab/field, direct/indirect protocols
- **Cardiovascular Risk Factors:** Heart rate, blood pressure, blood analysis for lipid/glucose (finger stick), basic ECG
- **Muscular Fitness:** Strength (i.e., 1-RM direct and indirect), muscular endurance (push-ups, sit-ups, 1-RM estimate), anaerobic power (i.e., wingate, sprint; vertical jump); (lab/field; submax/max)
- **Flexibility/Balance:** Direct/indirect field methods (i.e., sit and reach, goniometry)

SERVICE

*Key: *Leadership position*

University of San Francisco (USF)**Department Level (Kinesiology)**

KIN Step Challenge* Director	Fall 2020
Faculty Mentor for 1 st year/Transfer Mentoring Circles	2020 – 2021
Faculty Advisor for ~30 students/semester	2021 – present
College Major Advising Fair	Fall 2021
Re-design Advising Forms and Graduation Plan Template*	Spring 2022
Travel Grant Committee (co-lead)	Spring 2023
Geraldine Laura Service Award Committee	Spring 2024
Kinesiology Student Appeal Process Committee Chair	Spring 2024

College Level (College of Arts and Sciences)

Diversity in STEM Council Committee Member	2020 – present
Faculty Survey* - Co-Created first faculty survey administered in Jan 2022 (n=76); analyzed and summarized data and created summary report	Spring 2022
Creative Activity and Research Day (CARD) Poster Judge	2022 - present
Poster Presentation Judge; Oral Presentation Moderator	

University Level (University of San Francisco)

Campus Nature Rx Lead Advisor*	2023 – present
Girl Gains Student Club Co-Advisor*	2022 – 2023
USSFA Science Policy Board Representative (elected 3 year term)	2022-2025
Committee on Committees	
Provost's USF Strategic Plan Working Group #5:	2022 - 2023
Equitable and Extraordinary Place to Work (appointed)	
Go USF Committee Member	2020 – present
Consultant for Go Move, Go Dons Get Fit and other monthly wellness event/initiatives	
Projects: Young Minds@Work Summer 2021, Stress Less Day 2022, Health Fair 2022	
Exercise is Medicine on Campus Committee* (Co-Chair)	2021 - present
Projects: Project Go, URBAN Trail	
<i>NOTE: Achieved Silver Status 2021 and 2022</i>	
URBAN Trail Creator/Director*	2021 – present
A mindful walk around campus co-created with the USF campus community; provide guided walks and rock painting Freshman Seminar USF101, Honors Classes, CASA workshops, and for events on campus such as Stress Less Day and the Health Fair	

University of Massachusetts Boston**Department Level (Exercise and Health Sciences)**

Department Mentoring Plan Committee (co-chair)*	2019 – 2020
Departmental Bylaws Committee	2019 – 2020
GoKids Steering Committee	2019
Online Certificate Program Working Group	2018 – 2019
Departmental Personnel Committee Chair*	2019 – 2020
EHS Laboratory Director*	2012 – 2020
Note: Position Co-chaired Fall 2013-Spring 2014	
Undergraduate Program Committee (AQUAD review 2013)	2012-2019
Graduate Ad-Hoc Committee Policies and Procedures	2016-2017
Departmental Personnel Committee	2016-2017
Faculty Search Committee (2 Assistant Professor, 1 Open Rank)	2015-2016
Undergraduate Program Committee (Chair*)	2014-2015
Faculty Search Committee (1 Full Professor Tenure Track Position; 1 Instructor)	2013-2014
Faculty Co-Advisor*, EHS Student Club	2012-2013
Tenure Track Faculty Search Committee (2 Open Rank Tenure Track Positions; 1 Assistant/Associate Professor Tenure Track Position)	2011-2012
Graduate Program Committee (MS and PhD programs)	2011-2012
Ad Hoc Committee, Department Personnel Committee	2011-2012
Faculty Search Committee (Assistant Professor Tenure Track)	2010-2011

College Level Service (Nursing and Health Sciences)

First Year Scholars Steering Committee	2019 – 2020
Director*, Movement Break Pilot Program with Dever Elementary School	2019 – 2020
College Senate Committee: The Academic Policy and Programs	2018 – 2020
Co-Chair, Tenure Stream Group	2017-2019
Dean Search Committee	2016-2017
CNHS Awards Committee	2014-2015
Research Day Committee	2014-2015

College Statistician Search Committee (Summer)	2014
Coordinator* BNORC Journal Club	2013
Director/Moderator*: Weight of the Nation Screenings (2 events) with Expert Panel	2013
GoKids Strategic Planning Committee	2012
GoRed! Committee	2012
Student Affairs Committee	2011-2013

University Level Service (University of Massachusetts, Boston)

Grant Reviewer, Public Service Grant	2019 – 2020
Faculty Advisor for Exercise is Medicine on Campus (Bronze 2019; Silver 2020)	2018 – 2020
High Impact Practices (HIP) Teaching	2018 – 2019
Campus Wellness Committee	2018 – present
UMB Wellness Collaborative	2013
Writing Proficiency Exam Grader	2011

Regional Service

California

University of California San Francisco

Sonography Program Advisory Board	2024-present
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Southwest American College of Sports Medicine Executive Committee*

Member-at-Large Abstracts and Awards Committee (elected 3 year term) 2021-2024

Roles: Lead and Run Jeopardy Student Bowl (write questions, external review, coordinate and run event; Assist and review Abstracts; Assist with Student Research Competition; Assist with Research Grants; Assist with Travel Awards

Massachusetts

New England American College of Sports Medicine

External Reviewer for College Bowl	2021
Co-Chair College Bowl Committee	2019-2020
Member-At-Large (Elected Co-Chair of Free Communications Committee)*	2016-2018
Re-Naming of David Camaione Scholarship Committee	2018-2019
Massachusetts State Representative	2014-2016
*Chair 2015-2016	
Student Competition Judge/Abstract Grader	2016; 2019-present
Invited Guest Mentor at the Student Luncheon Providence, RI (November 2013)	2013

National Service

Grand Canyon University

Clinical Exercise Physiology Master's Degree Advisory Board

American College of Sports Medicine

ACSM Trends Workgroup	2024-present
ACSM Student Jeopardy College Bowl Committee	2022-present
Roles: Write and review questions; assist with running of event	
ACSM Expert Panel: Updating the Components of Physical Fitness: A Scientific Roundtable	2022-present
Strategic Health Initiative for Women Mentor	2021-present

Mentoring Women to Fellowship Program
 Mentee 2021-22: Dr. Jacqueline Dawson, CSU Long Beach
 Mentee 2022-23: Dr. Jenevieve Roper, Loyola Marymount (Fellowship in 2024)
 Exercise is Medicine Education Committee 2020-2023
 Pronouncements Committee 2017-2023
 Two 3-year terms; Executive Committee 2020-2023

Speaker: Annual Meeting Invited Student Colloquium panel member, “Building a Bridge to your Future” June 1, 2012. 2012

American Heart Association

Scientific Sessions Program Committee
 Cardiometabolic Health and Diabetes Committee (2 year term) 2022-2023
Roles: Assist in selecting themes, sessions, and panel speakers, grading abstracts; organized physical activity specific panel session

Lifestyle & EPI Conference Program Committee of the Council on Lifestyle and Cardiometabolic Health; (two-2 year terms) 2020-2023
Roles: Assist in selecting themes, sessions, and panel speakers for physical activity sessions; Review Abstracts and Select Winner for Sandra A. Daugherty Award; Review Abstracts and Select Winner for Gerald Stamler Awards; Moderator for Physical Activity Oral Presentation and Moderated Poster Sessions

Physical Activity Committee, Lifestyle and Cardiometabolic Health Council 2014-2018 (two-2 year terms)

Invited Guest Mentor at Connection Corner, American Heart Association Annual Conference (March 21, 2014) 2014

American Heart Association, Early Career Committee, Nutrition, Physical Activity and Metabolism Council, Physical Activity Committee Liaison (2 year term) 2012-2014

International Service

Coordinator of the Scientific Program Committee for the 3rd International Congress on Physical Activity and Public Health, Toronto Canada 2010

Peer Reviewer

Journal Guest Editor

International Journal of Environmental Research and Public Health
Guest Editor for Special Issue: Physical Activity and Public Health: Addressing Gaps in Research for Special Population Subgroups
https://www.mdpi.com/journal/ijerph/special_issues/Phys_Act_Public_Health 2021-2022

Conference Abstract Reviewer

American Heart Association Epidemiology/Lifestyle & Cardiometabolic Health 2009 – present
 American Heart Association Scientific Sessions 2016-2017; 2021
 International Congress on Physical Activity and Public Health 2010
 The Obesity Society Annual Meeting 2010-2013

Journal Manuscript Reviewer**Year service began**

American Journal of Preventive Medicine	2012
Annals of Epidemiology	2013
Biomedical and Environmental Sciences	2017
European Journal of Nutrition	2014
Healthcare	2021
International Journal of Obesity	2013
International Journal of Pediatric Obesity	2013
International Journal of Environmental Research and Public Health	2020
Journal of Applied Physiology	2010
Journal of Diabetes Research	2017
Journal of Physical Activity and Health	2013
Journal of Obesity	2011
Journal of School Health	2011
Healthcare	2021
Medicine and Science in Sports and Exercise	2011
Nutrients	2016
Nutrition, Metabolism and Cardiovascular Diseases	2010
Obesity	2011
Pediatrics	2015
Pediatric Obesity	2016
Postgraduate Medicine	2016
Preventing Chronic Disease	2007
Preventive Medicine	2010

Local Community Service**California Bay Area****Girls on the Run (Bay Area) (Associate Board Member)****2022-2023**

Girls on the Run, a national 501(c)(3) nonprofit organization, is a physical activity-based positive youth development (PA-PYD) program designed to enhance girls' social, emotional and physical skills and behaviors to successfully navigate life experiences. The Associate Board drives the organization mission of inspiring girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running by mobilizing their time, talents, resources, and networks. The Associate Board is a group of emerging Bay Area leaders who advance the organization through: Volunteerism, Organizational Resource & Support, Fundraising, Awareness Generation

Committees: Program Engagement Committee 2022-2023; Recruitment Committee 2023

Girls on the Run (Bay Area) Coach**Spring 2021**

The program's intentional curriculum places an emphasis on developing competence, confidence, connection, character, caring and contribution in young girls through lessons that incorporate running and other physical activities. The life skills curriculum is delivered by caring and competent coaches who are trained to teach lessons as intended (8 week coaching program with a 5K event)

Berkeley Humane Society Volunteer for Adoption Center, Canine and Feline Care

(~10 hours/year)

2022 – present

Berkeley Humane is a private, nonprofit 501(c)(3) organization governed by a dedicated volunteer Board of Directors that work on behalf of Berkeley Humane and the animals in our community. Adoption Center and canine and feline care involve supporting cleaning, stocking, laundry, disinfecting, feeding, and walking. Assist with community events like Paw Pride Parade

Massachusetts Boston Area**Dever Elementary School**

2019 – 2020

Program Funding period: 9/2019-8/2024**Role:** Lead Faculty**Amount:** Year 2: \$300,000**Funding Agency:** Trefler Foundation**Title:** Community Outreach for Health and Wellness Initiatives in Boston Public Elementary School**Collaborators:** Dr. Linda Thompson and Dr. Joseph Burger (Co-PI, University of Massachusetts, Boston), Colleen Wiggins, Todd Fishburn (Dever Elementary School)**Healthworks Fitness (~ 15 hrs/year)**

2013 – 2020

Cambridge Member Advisory Board Member*

Dress for Success Clothing Drive (4 clubs)*

Organized “Forever Fit and Healthy Workshop” for older adults*

Junior League of Boston (JLB) (~50 hrs/year)

2011-2015

Mission: The JLB is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

2014-15 Active Member, Provisional Advisor*

Mentor 20 incoming JLB members

2013 Active Member, Research and Development Committee

Project: Developed a Physical Activity Resource Manual (online and print) to train JLB members and community members in physical activity information

2012 Active Member, Kids in the Kitchen Committee

Project: Delivered two 6 month long curriculum of nutrition and physical activity to middle school girls

2011 Provisional Member, Training Committee

Project: Facilitated training workshops and seminars that fit with JLB mission and membership requirements

Boston Cares, Community Volunteer (~20 hour/year)

2011-2015

Description: Boston Cares is a member of the HandsOn Network, an alliance of volunteer organizations working to transform individuals and communities through service and civic engagement.

Volunteer Placements: park improvements, farming/gardening, serving and preparing food, literacy projects, and volunteering in an animal shelter).

Invited Community Presentations and Publications

Boston WGBH Body Composition and Weight Loss Podcast Interviewee	2019
GoKids Family Dinner, Boston, MA. Lecture: <i>How to be Physically Active with a Busy Schedule.</i>	2011
Washington Post Fitness Consultant Article: <i>A YouTube Workout</i> (printed Tuesday, April 17, 2007; Page HE05).	2007
Marriotts Ridge High School Honors and Advanced Placement Students, College Park, MD. Lecture and Lab: <i>Exercise Physiology Testing: The Components of Fitness.</i>	2007
Howard County Health Department, MD: Nutrition and Physical Activity Coalition, Guest Speaker: <i>Truth, Lies and Exercise: Understanding Fitness Certifications.</i>	2006
De La Salle High School, Walnut Creek, CA. Guest Speaker: <i>Research and Teaching Careers Relating to Exercise Science.</i>	2004

Pennington Biomedical Research Center, Baton Rouge, LA

Holiday Party Planning Committee – Canned Food Drive Coordinator*	2009
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University of Maryland, College Park, MD

Health and Human Performance Testing and Evaluation Co-Coordinator	2006-2007
Teaching Lab Coordinator*	2006-2008
Faculty Search Committee Member (student member), Epidemiology	2007
Department of Kinesiology Executive Committee – Teaching Laboratory Member*	2007