

Christian John Thompson, Ph.D., FACSM

Department of Kinesiology
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EDUCATION

- May 2001 **University of Kansas**, Lawrence, KS
Ph.D., Exercise Physiology: Certificate in Gerontology
Dissertation Title (conferred with Honors): *Effects of an Eight-week conditioning program on fitness, club head speed, and perceptions of fitness and golf-related performance in male recreational golfers aged 55-79 years old.*
Dissertation Advisor: Wayne Osness, Ph.D.
- May 1997 **University of Oklahoma**, Norman, OK
M.S., Exercise Physiology & Health Promotion
Thesis Title: *Reliability and comparability of the accelerometer as a measure of upper body muscular power.*
Thesis Advisor: Michael Bemben, Ph.D.
- May 1993 **Cornell University**, Ithaca, NY
B.S., Atmospheric Science; Minor, Communications

PROFESSIONAL EXPERIENCE

- 2002-present **University of San Francisco**, San Francisco, CA
Department of Kinesiology (formerly Exercise & Sport Science)
Department Chair (2025-present, 2009-2011)
Professor (2024-present)
Received Promotion in March 2024
Tenured Associate Professor (2007-2024)
Received Tenure & Promotion in March 2007
Untenured Assistant Professor (2002-2007)
- 2016-present **University of California San Francisco Medical Center**, San Francisco, CA
Affiliate Researcher, Department of Neuroscience
- 2001-2002 **University of Kansas**, Lawrence, KS
Lecturer, Department of Health, Sport & Exercise Sciences
- 1996-2001 **University of Kansas**, Lawrence, KS
Research and Training Center for Independent Living
Physiology research assistant for CDC grant R04-CCR717707-01
- 1998-1999 **Kansas State University**, Manhattan, KS
Personal Actions to Health (PATH) Project, a Kansas Health Foundation grant
Consultant and Exercise Workshop Leader
- 1997-1999 **University of Kansas Fitness Evaluation Clinic**, Lawrence, KS
Clinic Director

- 1995-1996 **University of Pennsylvania Medical Center**, Philadelphia, PA
 Department of Neuroscience
 Clinical Research Assistant on NIH grant 034-RLR-890, PI: Dr. Mark D'Esposito
- 1993-1995 **University of Oklahoma**, Norman, OK
 Department of Health and Sport Science
 (HSS) Graduate Teaching Assistant
 Graduate Research Assistant

AWARDS & HONORS

- 2023 Fellow of the American College of Sports Medicine
 2009 Outstanding Young Researcher, Council on Aging & Adult Development

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

Memberships

- 2017-present Member, Southwest Chapter of American College of Sports Medicine
 1996-present Member, American College of Sports Medicine
 2003-2014 Member, Council on Aging & Adult Development

Certifications

- 2002-present ACSM Exercise Physiologist Certified
 1996-present American Red Cross CPR and AED certified

RESEARCH AND SCHOLARSHIP

PEER-REVIEWED RESEARCH MANUSCRIPTS

Thompson, C., Ghafury, F., Sasadeusz, K., Pitsch, E., Halabi, C., Gravier, M. & Ivanova, M. (2026). Feasibility of high-intensity functional training in individuals with post-stroke aphasia. BMC Neurology (In Review).

Ivanova, M., **Thompson, C.**, Pitsch, E., Gravier, M., Halabi, C. & Ghafury, F. (2026). The Aphasia Physical Exercise (APEX) study: feasibility of a new high-intensity functional interval training for stroke survivors with aphasia. Aphasiology. <https://doi.org/10.1080/02687038.2026.2703146>

Thompson, C., Porter Starr, K., Chmelo Kemp, E., Chan, J., Jackson, E. & Phun, J. (2023). Feasibility of virtually delivering functional fitness assessments and a fitness training program in community-dwelling older adults. International Journal of Environmental Research & Public Health, 20(11). <https://doi.org/10.3390/ijerph20115996>

Anguera J., Volponi, J., Simon, A., Gallen, C., Rolle, C., Anguera-Singla, R., **Thompson, C.**, & Gazzaley, A. (2022). Integrated cognitive and physical fitness training enhances attention abilities in older adults, npj Aging, 8(12). <https://doi.org/10.1038/s41514-022-00093-y>

Thompson, C., Simunovich, S, Harrington T., Wallenrod, S., & Corn, R. (2019). Effectiveness of a 12-week falls prevention program in reducing falls risk in community dwelling older adults. Translational Journal of ACSM, 4(3), 17-22. DOI: [10.1249/TJX.0000000000000078](https://doi.org/10.1249/TJX.0000000000000078)

Orri, J., **Thompson, C.**, & Sellmeyer, D. (2009). Aerobic exercise training reduces cardiovascular risk in older diabetic women: A case report of a 71-year old type 2 diabetic. Clinical Diabetes, 27(2), 88-90.

Froelich-Grobe, K., Figoni, S., **Thompson, C.**, & White, G. (2008). Exploring the health of women with mobility impairments. *Women and Health*, 48(1), 21-41.

Pre-Tenure Publications Below

Thompson, C., Myers Cobb, K., & Blackwell, J. (2007). Functional training improves club head speed and functional fitness in older golfers. *Journal of Strength and Conditioning Research*, 21(1), 131-137.

Huang, G., **Thompson, C.**, & Osness, W. (2006). Influence of a 10-week controlled exercise program on resting blood pressure in sedentary older adults. *Journal of Applied Research*, 6(3), 188-195.

Thompson, C. & Osness, W. (2004). Effects of an eight-week multimodal exercise program on strength, flexibility, and golf performance in 55 to 79-year old men. *Journal of Aging and Physical Activity*, 11(2), 144-156.

Figoni, S., **Thompson, C.**, Froelich, A., Nary, D., Marquis, J. & White, G. (2003). Preliminary validation of a mobility obstacle course for persons with mobility impairment. *Clinical Kinesiology*, Spring, 36-43.

Thompson, C. and Bemben, M. (1999). Reliability and comparability of the accelerometer as a measure of upper body muscular power. *Medicine and Science in Sports and Exercise*, 31(6), 897-902.

Dolezal, B., **Thompson, C.**, Schroeder, C., Haub, M., Haff, G., Comeau, M., & Potteiger, J. (1997). Laboratory testing for improving athletic performance. *Journal of Strength and Conditioning*, 19(6), 20-26.

PUBLISHED PEER-REVIEWED RESEARCH ABSTRACTS

Volponi, Simon, A., Colville, A.B., Javed, S. J., Larkin, B., Samplay, K. K., Park, S. K., Schachtner, J. N., Anguera, R., **Thompson, C.**, Anguera, J., & Gazzaley, A. (2018). The effect of a novel simultaneous cognitive-physical training video game on an older adult population. *Proceedings from BAMM! 2018*.

Thompson, C., Khan, C., Whitton-Martinez, L., Volponi, J., Anguera, J., & Gazzaley (2016). Physiological and Cognitive Adaptations to 8 Weeks of Training on a Movement-based Video Game. *Medicine and Science in Sports and Exercise*, 48(5, Supplement), S516-517.

Volponi, J. Rolle, C., Simon, A., Kingsbook, D., Skinner, S., Leggitt, A., Anguera, R., Clark, T., Khan, C., **Thompson, C.**, Anguera, J., & Gazzaley, A. (2015). Examining the benefit of a novel simultaneous cognitive-physical training video game. *Proceedings from BAMM! 2015*.

Pa, J., Skinner, S., Wais, P., **Thompson, C.** & Gazzaley, A. (2015). Exercise to enhance hippocampal function and memory in older adults: Proof of concept findings from a 12-week exercise intervention trial. *Alzheimer's and Dementia: The Journal of the Alzheimer's Association*, 11(7), P95-P96.

Thompson, C., Lattimore, D., Harrington, T., & Corn R. (2011). Effectiveness and fidelity of a 12-week exercise intervention taught by expert fitness professionals versus community volunteers. *Medicine and Science in Sports and Exercise*, 43(5, Supplement), S516-517.

Thompson, C., Simunovich, S., Wallenrod, S., Harrington, T., & Corn, R. (2010). Effects of a 12-week exercise intervention on falls risk in community-dwelling older adults. *Medicine and Science in Sports and Exercise*, 42(5, Supplement), S452.

Pre-Tenure Published Abstracts Below

Thompson, C., Herreweyers, J., & Howell, J. (2006). Efficacy of strength and balance training led by certified fitness professionals. *Medicine and Science in Sports and Exercise*, 38(5, Supplement), S283-284.

Thompson, C., & Blackwell, J. (2005). Effect of an eight-week functional training program on static balance in community-dwelling older adults. *Medicine and Science in Sports and Exercise*, 37(5, Supplement), S161.

Thompson, C., Blackwell, J., Kepesidis, I., & Myers Cobb, K. (2004). Effect of core stabilization training on fitness, swing speed, and weight transfer in older male golfers. *Medicine and Science in Sports and Exercise*, 36(5, Supplement), S204.

Thompson, C. (2003). Effects of an eight-week conditioning program on improving fitness, club head speed, and perceptions of fitness and golf-related ability in older, male recreational golfers aged 55-79 years. *Kinesiology Abstracts*, 16 (1), Micro- form Publications, International Institute for Sport and Human Performance, University of Oregon.

Thompson, C., Huang, G., Rajan, P., & Osness, W. (2001). The effect of varied exercise intensities on reaction time and coordination in older adults involved in a 10 week exercise training program. *Medicine and Science in Sports and Exercise*, 33(5, Supplement), S133.

Huang, G., **Thompson, C.,** Rajan, P., & Osness, W. (2001). Changes in pulmonary function responses to 10-week exercise intervention with varied intensities among older adults. *Medicine and Science in Sports and Exercise*, 33 (5, Supplement), S188.

Figoni, S.F, **Thompson, C.,** Froehlich, A.K., Marquis, J., & White, G.W. (2001). Physical activity intervention trial for women with mobility impairments. *Medicine and Science in Sports and Exercise*, 33(5, Supplement), S319.

Thompson, C., Figoni, S., Froelich, A., Nary, D., & White, G. (2000). Demographic and anthropometric characteristics of women with physical disability and motor impairment. *Medicine and Science in Sports and Exercise*, 32(5, Supplement), S229.

Figoni, S., **Thompson, C.,** Froelich, A., Nary, D., and White, G. (2000). Physical activities of women with physical disability and mobility impairment. *Medicine and Science in Sports and Exercise*, 32(5, Supplement), S161.

Osness, W. & **Thompson, C.** (1999). Interaction of fitness parameters related to functional capacity of older adults. *Medicine and Science in Sports and Exercise*, 31(5, Supplement), S185.

Thompson, C., Figoni, S. and White, G. (1999). Reliability and validity of an obstacle course for women with mobility impairments. *Medicine and Science in Sports and Exercise*, 31(5, Supplement), S363.

Figoni, S., **Thompson, C.**, Washburn, R., and White, G. (1999). Validity of a physical activity scale for persons with locomotor impairment (PASPLI). *Medicine and Science in Sports and Exercise*, 31(5, Supplement), S363.

Osness, W., Schroeder, J., Dalton, L., & **Thompson, C.** (1998). Age and sex related changes in functional performance parameters for persons over 60 years. *Medicine and Science in Sports and Exercise*, 30 (5, Supplement), S74.

GRANTS, CONTRACTS & RESEARCH SUPPORT

Current Grants, Contracts & Research Support.

2025-present	<i>Exercising language: Behavioral and neurophysiological changes after high-intensity exercise training in post-stroke aphasia (Funded 2025-2029).</i> \$2,500,000 for 5 years. National Institutes of Health R01 Award NIDCD R01DC022663). (Co-Investigator).
2023-2025	<i>Exercising language: Behavioral and neurophysiological changes after high-intensity exercise training in post-stroke aphasia (Funded).</i> \$695,000 for 1 year, National Institutes of Health R56 Award NIDCD R56DC020700 (Co-Investigator & Subcontractor).
2022	<i>Exercising language: Behavioral and neurophysiological changes after high-intensity exercise training in post-stroke aphasia (Not Funded).</i> \$4,280,295 for 5 years, National Institutes of Health R01 Katz Award (Co-Investigator & Subcontractor).
2022-2023	<i>Effectiveness of a Virtually-Delivered Exercise Program and Fitness Assessment for Community-Dwelling Older Adults (Funded).</i> \$3133.85, University of San Francisco Faculty Development Fund (PI).
2007-2025	<i>Always Active: Health Promotion in the San Francisco Senior Center Network.</i> \$200,000 per year (Funded for 17 years), Department of Aging and Adult Services, City of San Francisco (Subcontractor).

Previous Grants, Contracts & Research Support

2019	<i>Characterizing the synergistic effects of physical and cognitive training in children with inattention deficits.</i> \$507,000 per year for 2 years (Not Funded), National Institutes of Health R33 MH-18-704 (Co-PI & Subcontractor).
2018	<i>Characterizing the synergistic effects of physical and cognitive training in older adults.</i> \$200,000 per year for 2 years (Not Funded), National Institutes of Health R21 PA-18-177 (Co-PI & Subcontractor).
2014	<i>Effects of a 12-week Exercise Program on Falls Risk and Brain Function in Sedentary Older Adults.</i> \$800 (Funded). University of San Francisco Faculty Development Fund (PI).
2010-2013	<i>Active Start: A Group Exercise Program for Frail Elders.</i>

\$20,000 per year (**Funded**), Kaiser Permanente Community Benefit Foundation (Co-PI & Subcontractor).

2011-2012 *Exergaming - Wii and Wii Fit for Older Adults.*
\$5,000 training grant (**Funded**), Department of Aging and Adult Services, City of San Francisco (Program Coordinator & Subcontractor).

Pre-Tenure Grants, Contracts & Research Support Below

2005-2006 *The Effects of an Exercise Intervention on Cardiovascular Risk Factors in Postmenopausal Type 2 Diabetics.*
\$11,600 (**Funded**). University of San Francisco Faculty Development Fund (Co-PI).

2004-2006 *Senior Center Active Living Education (SCALE) Project.*
\$12,500 per year for 2 years (**Funded**), Western Athletic Clubs, Inc. Philanthropy Fund (PI).

BOOKS, MANUALS, ARTICLES & TRAINING COURSES

Thompson, C. (2025). Guidelines for exercise programming for older adults. AI-enabled CME Course (first ever accepted for CME). Evity Technologies in Joint Providership with Wayne State University School of Medicine.

Thompson, C. (2025). Exercise prescription for older adults. ACSM's Guidelines for Exercise Testing and Prescription (12th ed.), 222-234. Wolters-Kluwer.

Signorile, J. & **Thompson, C.** (2025). The "Power" of assessments for older adults. ACSM's Health Fitness Journal 29(5), 20-27.

Thompson, C. (2022). A Guide to the Assessment of Function and Fitness in Older Adults. ACSM's Health Fitness Journal 26(5), 45-57.

Thompson, C. (2021). Chapter 5 – Fitness Assessments for Active Older Adults. In National Academy of Sports Medicine Senior Fitness Specialization Certification Manual.

Thompson, C. (2019). Complete Guide to Balance Training. CEC Course - Functional Aging Institute.

Thompson, C. (2019). Complete Guide to Active Aging. CEC Course - Functional Aging Institute.

Thompson, C. (2016). Medicine Ball Power Training for Older Adults. ACSM's Health Fitness Journal 20(5), 41-43.

Thompson, C. & McGlynn, G. (2016). Wellness for Older Adults 101. Healthy Learning, Monterey, CA.

Thompson, C. & Alexander, J. (2012). Senior Fitness Specialist Certification Course, National Academy of Sports Medicine.

Pre-Tenure Books, Manuals, Articles & Training Courses Below

Blackwell, J.R., Heath, E.M., & **Thompson, C.** (2004). Effects of the Type 3 (oversize) tennis ball on heart rate, activity level, and shots per point during tennis play. In A. Lees (Ed.), *Science in Racket Sports III*, (pp. 37-42). New York: Routledge Press.

Thompson, C. (2003). Developing a Fitness Program for the Frail and Well Elderly. American Association for Active Lifestyles and Fitness (AAALF).

Thompson, C. (2002). The effect of muscle strength and flexibility on club head speed in older golfers. In E.Thain (Ed.), *Science in Golf IV: Proceeds of the 4th World Scientific Congress of Golf*, (pp. 35-44). New York: Routledge Press.

Froehlich, K., Figoni, S., Chase, T., Gonzalez, L., **Thompson, C.**, Nary, D., & White, G. (2002). Exercise for Persons with Disabilities: Getting Started On Your Fitness Plan. University of Kansas Research and Training Center on Independent Living. Lawrence, KS: University of Kansas Press.

Thompson, C. (1998). Endurance Capacity Development. In *Exercise for the Older Adult*, (pp. 116-129). New York: Kendall-Hunt.

Thompson, C. & Osness, W. (1998). Exercise and Arthritis. In *Exercise for the Older Adult*, (pp. 194-202). New York: Kendall-Hunt.

INVITED SCHOLARLY PRESENTATIONS (since 2011)

March 2023	<i>From Fit to Frail: Balance Training is for Everyone!</i> Presented to AAUW Lamorinda Chapter, Orinda, CA
February 2023	<i>Exercise for Active Aging.</i> Presented to the Olympic Club, San Francisco, CA
November 2022	<i>Older Adult Field Assessments On The Go.</i> Presented at the ACSM Webinar Series, Virtual Webinar.
October 2022	<i>Nail the Big Three: Assessment and Program Design for Older Adults.</i> Presented at NASM Optima, Virtual Zoom Conference.
June 2022	<i>Older Adult Virtual Exercise Training Done Right.</i> Presented at the Functional Aging Summit, Denver, CO.
June 2021	<i>Screening Older Adults Prior To Exercise Training.</i> Presented at the Functional Aging Summit, Virtual Zoom Conference.
May 2021	<i>Exercise is Medicine.</i> Presented at the Medical Lecture Series, Fromm Institute, Zoom Presentation.
June 2020	<i>Vestibular Training for Balance and Fall Prevention.</i> Presented at the Functional Aging Summit, Virtual Zoom Conference.
June 2020	<i>Brains and Balance Master Class.</i> Pre-Conference Presentation presented at the Functional Aging Summit, Virtual Zoom Conference.

September 2019	<i>Exercise Assessment and Programming for Fall Prevention.</i> Presented to The Sequoias CCRC, San Francisco, CA
August 2019	<i>Exercise Program Design for Fall Prevention.</i> Presented at the Medical Fitness Tour Conference, Seattle, WA
June 2019	<i>Get On Your Feet & Stay There: Balance Training for Older Adults.</i> Presented at the Aging Lecture Series, On Lok, San Francisco, CA.
June 2019	<i>Somatosensory Training for Balance and Fall Prevention.</i> Presented at the Functional Aging Summit, Albuquerque, NM
April 2019	<i>Brain Boot Camp.</i> Presented at the Art of Aging Gracefully Health Fair, JCC San Francisco
February 2019	<i>Aging Stronger - Exercise Program Design for Older Adults.</i> Pre-Conference Presentation presented at the Medical Fitness Tour Conference, Irvine, CA
January 2019	<i>Exercise Program Design for Fall Prevention.</i> Zoom Webinar, Functional Aging Institute
September 2018	<i>Exercise Program Design for Active Aging.</i> Presented at the Medical Fitness Tour Conference, San Francisco, CA
June 2018	<i>Exercise Program Design for Fall Prevention.</i> Presented at the Functional Aging Institute Summit, Orlando, FL
June 2018	<i>Brain Boot Camp.</i> Presented at the Brain Fitness Forum, JCC San Francisco
February 2018	<i>Exercise Program Design for Fall Prevention.</i> Presented at the Medical Fitness Tour Conference, Phoenix, AZ
August 2017	Symposium: <i>Resistance Training in Older Adults.</i> Presented at the IAGG Convention, San Francisco, CA.
August 2017	<i>Why Strength Training?</i> Presented to the Women's Health Series, On Lok, San Francisco, CA.
March 2017	<i>Workshop: Train the Body Train, the Mind.</i> Presented at the ACSM Health and Fitness Summit, San Diego, CA.
March 2017	<i>Oh the Places You'll Go: Careers in Health and Fitness.</i> Presented at the ACSM Health and Fitness Summit, San Diego, CA.
March 2016	<i>Preconference: Clinically Oriented Field Assessments.</i> Presented at the ACSM Health and Fitness Summit, Orlando, FL.
March 2016	<i>Oh the Places You'll Go: Careers in Health and Fitness.</i> Presented at the ACSM Health and Fitness Summit, Orlando, FL.

March 2015	<i>Live Long and Prosper: The Dr. Walter Bortz Lecture on Healthy Aging.</i> Presented at the ACSM Health and Fitness Summit, Phoenix, AZ.
March 2015	<i>Movement Analysis in Older Adults.</i> Presented at the ACSM Health and Fitness Summit, Phoenix, AZ.
March 2015	<i>Preconference: Clinically Oriented Field Assessments.</i> Presented at the ACSM Health and Fitness Summit, Phoenix, AZ.
March 2015	<i>Oh the Places You'll Go: Careers in Health and Fitness.</i> Presented at the ACSM Health and Fitness Summit, Phoenix, AZ.
October 2014	<i>Exercise Program Design for Falls Prevention.</i> Presented at the SWACSM Chapter Meeting, Costa Mesa, CA.
March 2014	<i>From Physical Therapy to Physically Fit: Post-rehabilitation strategies for exercise professionals.</i> Presented at the ACSM Health and Fitness Summit, Atlanta, GA.
March 2013	<i>Preconference: Metabolic Conditioning - The Science of Suspension Training</i> Presented at the ACSM Health and Fitness Summit, Las Vegas, NV.
March 2013	<i>Introducing Your Clients to the TRX.</i> Presented at the ACSM Health and Fitness Summit, Las Vegas, NV.
March 2013	<i>Using Assessment Results to Construct Individualized Falls Prevention Exercise Programs.</i> Presented at the ACSM Health and Fitness Summit, Las Vegas, NV.
March 2012	<i>Introducing Your Clients to the TRX.</i> Presented at the ACSM Health and Fitness Summit, Las Vegas, NV.
March 2012	<i>Gait Abnormalities and Gait Enhancement Exercises.</i> Presented at the AAHPERD National Convention, Boston, MA.
February 2012	<i>Exercise Program Design for Falls Prevention.</i> Presented at the San Mateo County Falls Prevention Task Force, San Mateo, CA.
November 2011	<i>Exercise for Posture and Balance.</i> Presented to residents at San Francisco Towers Retirement Home, San Francisco, CA.
October 2011	<i>The Road to Perfect Posture - Helpful Exercises.</i> Presented at Art of Aging Gracefully Wellness Fair, Jewish Community Center, San Francisco, CA.
July 2011	<i>Rehabilitation Strategies for Falls Prevention.</i> Presented as an in-service education session to the Kaiser San Francisco Physical Therapy Department, San Francisco, CA.

March 2011 *Falls Prevention Exercise Programming: Assessment and Implementation.*
Presented at the ACSM Health and Fitness Summit, Anaheim, CA.

DEPARTMENT, COLLEGE, UNIVERSITY, COMMUNITY & PROFESSIONAL SERVICE

Department Service - Kinesiology formerly Exercise & Sport Science (* indicates leadership position)

2020- 2022	*New Faculty Mentor Mentored Dr. Sarah Camhi
2020- 2022	Mentoring Circles Faculty Mentor for Freshmen/Transfer students during COVID-19 pandemic
2019-2020	Kinesiology Faculty Search Committee Member, Hired Sarah Camhi
2017- Present	Kinesiology Student Association *Faculty Advisor
2014	Department Curriculum Revision Committee – ESS to Kinesiology Member
2014	Kinesiology Faculty Search Committee Member, Hired Shannon Siegel
2012	Departmental Review Committee Member, Self-Study Committee
2009-2011	ESS Department *Chair

Pre-Tenure Department Service

2006	ESS Faculty Search Committee Member, Hired Julia Orri
2005	ESS Faculty Search Committee Member, No Hire
2003	ESS Faculty Search Committee Member, Hired Karen Francis

College of Arts & Sciences Service (* indicates leadership position)

2023	Gerontology Minor *Coordinator
2015-2016	Faculty Fundraising Committee Member
2012-2014	College Curriculum Committee Member

2012-2015	University Scholars Program Faculty Mentor
2010-2011	Sciences Council Committee (COSEC) *Chair
2010-2011	CORE Area B Committee *Chair
2010-2011	Students In The Sciences Poster Night Committee *Chair
2008	Biology Department Faculty Search Committee Member, No Hire
2007-2011	Gerontology Minor *Coordinator
2007-2011	Interdisciplinary Committee on Aging Member
2007-2011	Pre-Professional Health Committee Member

Pre-Tenure College of Arts & Science Service

2005-2006	Gerontology Minor *Co-Developer & Coordinator
2005-2006	Interdisciplinary Committee on Aging *Chair

University Service (* indicates leadership position)

2010	Wellness Steering Committee Member
2005-2006	Disability Awareness Week Committee Member

Professional Service (* indicates leadership position)

2020- Present	American College of Sports Medicine's Health and Fitness Journal Associate Editor
2017- Present	Functional Aging Institute Advisory Board Member
2017- Present	Translational Journal of the American College of Sports Medicine Associate Editor – Aging

2017- 2020	Medical Fitness Education Foundation Education Advisory Board Member
2013-2017	American College of Sports Medicine Member, Health & Fitness Summit Planning Committee
2012-2015	American College of Sports Medicine Member, Professional Education Committee
2011-2017	American College of Sports Medicine *Chair, Interest Group on Aging (2014-2017) *Co-Chair, Interest Group on Aging (2011-2013)
2000-2015	Council on Aging and Adult Development, AAHPERD *Executive Board Member (2006-2012) *Chair (2010-2012) Chair-Elect (2008-2010) Secretary (2006-2008)
2014	Respirology Journal Reviewer
2012-2019	International Journal of Exercise Science Reviewer

Pre-Tenure Professional & Community Service Positions Below

2003-2006	Clinical Kinesiology Journal Reviewer
2005-2007	Journal on Aging and Physical Activity Reviewer
2004	International Curriculum Guidelines for Instructors of Older Adults Committee Member, Author, Editorial Board
2003-2005	San Francisco Active Aging Task Force Committee Member

TEACHING AND CURRICULUM DEVELOPMENT

Note:	* = Community Engaged Learning ^ = CORE Area B1 + = New course format or redesign of existing course
Spring 2023	KIN 310: Exercise Physiology & Laboratory (5 units) *KIN 335: Physical Activity & Aging (4 units)
Fall 2022	^KIN 200: Measurement & Statistics (4 units) *KIN 335: Physical Activity & Aging (4 units)
Spring 2022	KIN 310: Exercise Physiology & Laboratory (5 units)

	*KIN 335: Physical Activity & Aging (4 units)
Fall 2021	KIN 310: Exercise Physiology & Laboratory (5 units) KIN 368: Nutrition for Exercise and Health (4 units)
Spring 2021	KIN 310: Exercise Physiology & Laboratory (5 units) *KIN 335: Physical Activity & Aging (4 units)
Fall 2020	+KIN 310: Exercise Physiology & Laboratory (5 units) *KIN 335: Physical Activity & Aging (4 units)
Spring 2020	+KIN 120: Introduction to Kinesiology (4 units) *+KIN 335: Physical Activity & Aging (4 units)
Fall 2019	KIN 310: Exercise Physiology & Laboratory (5 units) *KIN 335: Physical Activity & Aging (4 units)
Spring 2019	KIN 310: Exercise Physiology & Laboratory (5 units) KIN 368: Nutrition for Exercise and Health (4 units)
Fall 2018	Sabbatical Leave
Spring 2018	KIN 310: Exercise Physiology & Laboratory (4 units) KIN 368: Nutrition for Exercise and Health (4 units)
Fall 2017	KIN 310: Exercise Physiology & Laboratory (4 units) KIN 368: Nutrition for Exercise and Health (4 units)
Spring 2017	KIN 310: Exercise Physiology & Laboratory (5 units) KIN 310: Nutrition for Exercise and Health (4 units)
Fall 2016	KIN 120: Introduction to Kinesiology (4 units) *KIN 335: Physical Activity & Aging (4 units)
Spring 2016	KIN 310: Exercise Physiology & Laboratory (5 units) KIN 368: Nutrition for Exercise and Health (4 units)
Fall 2015	KIN 310: Exercise Physiology & Laboratory (5 units) *+KIN 390: Special Topics – Physical Activity & Aging (4 units)
Spring 2015	KIN 310: Exercise Physiology & Laboratory (5 units) KIN 368: Nutrition for Exercise and Health (4 units) +KIN 390: Special Topics – Research Practicum (4 units)
Fall 2014	ESS 240: Interdisciplinary Study of Human Aging (4 units) ESS 310: Exercise Physiology & Laboratory (4 units)
Spring 2014	ESS 240: Physical Activity & Aging (4 units) KIN 310: Nutrition for Exercise and Health (5 units)
Fall 2013	ESS 310: Exercise Physiology & Laboratory (5 units)

	ESS 368: Nutrition for Exercise and Health (4 units)
Spring 2013	ESS 240: Interdisciplinary Study of Human Aging (4 units) ESS 310: Exercise Physiology & Laboratory (5 units)
Fall 2012	ESS 310: Exercise Physiology & Laboratory (5 units) ESS 368: Nutrition for Exercise and Health (4 units)
Fall 2011 & Spring 2012:	Sabbatical Leave
Spring 2011	ESS 240: Interdisciplinary Study of Human Aging (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Fall 2010	ESS 310: Exercise Physiology & Laboratory (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Spring 2010	ESS 240: Interdisciplinary Study of Human Aging (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Fall 2009	ESS 310: Exercise Physiology & Laboratory (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Spring 2009	ESS 240: Interdisciplinary Study of Human Aging (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Fall 2008	ESS 310: Exercise Physiology & Laboratory (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Spring 2008	ESS 240: Interdisciplinary Study of Human Aging (4 units) ESS 368: Nutrition for Exercise and Health (4 units)
Fall 2007	ESS 310: Exercise Physiology & Laboratory (4 units) ESS 368: Nutrition for Exercise and Health (4 units)