

## CURRICULUM VITAE

### **Colleen J. Chase**

*Formerly Colleen J. Sands*

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P: +1 (978) 400 8412

#### **EDUCATION**

- 2020 – Ph.D. in Kinesiology, University of Massachusetts Amherst  
Concentration: Physical Activity  
*Anticipated completion: December 2024*
- 2020 Master of Science in Kinesiology, University of Massachusetts Amherst
- 2020 Higher Education Leadership & Management Certificate, University of Massachusetts Amherst
- 2018 Bachelor of Science in Kinesiology, University of Massachusetts Amherst  
Commonwealth Honors College

#### **PROFESSIONAL APPOINTMENTS**

**University of Massachusetts Amherst** (Amherst, MA)  
*Department of Kinesiology*

##### **Primary Instructor on Record**

- 2024 – Physical Activity Health and Disease (KIN247). Enrollment: 160
- 2022 – The Science of Human Animal Interaction - First Year Seminar (SPHHS191 FY1). Enrollment: 20
- 2021 – Anatomy and Physiology I (KIN270). Enrollment: 300
- 2021 – Health in Gen Z - First Year Seminar (SPHHS191 FY1). Enrollment: 20
- 2021 Physical Activity Health & Disease (KIN247 – Summer Session)
- 2020 – Public Health: Fact versus Fiction – First Year Seminar (SPHHS191 PUBH21). Enrollment: 20
- 2019 Anatomy and Physiology I (KIN270 – Summer Session)

##### **Program Instructor**

- 2023 Summer Pre-College Program
- 2021 Winter Pre-College Program
- 2019 Summer Pre-College Program
- 2018 Education USA Summer Program Seminar

##### **Head Graduate Laboratory Instructor**

- 2022 – Anatomy and Physiology I & II (KIN270 & KIN272)

## CURRICULUM VITAE

### **Graduate Teaching Assistant**

- 2021 Physical Activity & Public Health (KIN440)
- 2021 Human Performance & Nutrition (KIN110)
- 2019 – 2021 Physical Activity in Health & Disease (KIN247)
- 2019 – 2020 Anatomy and Physiology I (KIN270)
- 2018 – 2020 Anatomy and Physiology II (KIN272)
- 2017 – 2018 Wearable Technologies in Physical Activity and Health Honors Thesis Seminar (KIN499E & KIN499F)

### **Laboratory Manager**

- 2017 – 2019 Physical Activity and Health Laboratory

### **Research Assistant**

- 2020 – Behavioral Medicine Laboratory
- 2016 – 2019 Physical Activity and Health Laboratory

### **Shriners Hospitals for Children (Springfield, MA)**

- 2017 – 2018 Rehab Tech Assistant

### **Central Mass Physical Therapy (West Boylston, MA)**

- 2016 – 2018 Medical Receptionist
- 2015 – 2018 Intern

## **HONORS AND AWARDS**

- 2024 Linda Pescatello Doctoral Scholarship. New England American College of Sports Medicine.
- 2023 Finalist. 3-Minute Thesis Competition. University of Massachusetts Amherst.
- 2023 Finalist. 3-Minute Rapid Fire Oral Abstract Competition. American Heart Association's EPI/Lifestyle Annual Meeting.
- 2023 Nominee. Distinguished Teaching Award. University of Massachusetts Amherst.
- 2022 Instructional Innovation Fellow. University of Massachusetts Amherst.
- 2022 Conference Travel Registration Award Recipient. Center for Research on Families. University of Massachusetts Amherst.
- 2022 Nominee. Distinguished Teaching Award. University of Massachusetts Amherst.
- 2022 Nominee. School of Public Health and Health Sciences College Outstanding Graduate Student Teaching Award. University of Massachusetts Amherst.
- 2021 Graduate Student Travel Grant Recipient. University of Massachusetts Amherst.

## CURRICULUM VITAE

- 2021 Finalist. PhD Student Investigator Competition. New England American College of Sports Medicine Fall Meeting.
- 2020 Finalist. Master's Student Investigator Competition. New England American College of Sports Medicine Fall Meeting.
- 2020 National Masters Scholar Award Recipient. American Kinesiology Association.
- 2019 Mark Connolly Memorial Masters Scholarship. New England American College of Sports Medicine.
- 2018 Dr. Priscilla Clarkson Undergraduate Travel Award. American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- 2018 Senior Leadership Award. University of Massachusetts Amherst Alumni Association, University of Massachusetts Amherst.
- 2018 Rising Researcher Award. University of Massachusetts Amherst.
- 2018 Nominee for 21<sup>st</sup> Century Leaders Award. University of Massachusetts Amherst.
- 2017 – 2018 Committee Member, Chancellor's Undergraduate Advisory Committee. University of Massachusetts Amherst.
- 2017 – 2018 Captain. Cross Country & Track and Field Programs, University of Massachusetts Amherst, NCAA Division 1.
- 2017 Nominee. UMass Athletics Excellence in Leadership Award. Athletic Department, University of Massachusetts Amherst.
- 2015–2018 Nominated Committee Member, Student Athlete Advisory Committee, Athletic Department, University of Massachusetts Amherst
- 2015 – 2018 Commissioner's Honor Roll. Atlantic 10 Athletic Conference.
- 2015 – 2018 Dean's List Award. University of Massachusetts Amherst.
- 2016 – 2018 Member. Cross Country & Track and Field Programs, University of Massachusetts Amherst, NCAA Division 1.
- 2014 – 2018 Kenneth L. O'Brien Scholarship. Commonwealth Honors College, University of Massachusetts Amherst.
- 2014 – 2018 John and Abigail Adam's Scholarship. University of Massachusetts Amherst.

## **GRANT SUPPORT**

### **Funded**

2023 PI: **Chase, C.C.**  
Mentor: Potter, K.

## CURRICULUM VITAE

Agency: School of Public Health and Health Sciences, The University of Massachusetts  
Funding mechanism: Dean's Summer Dissertation Completion Fellowship  
Title: The KID Study: Kids Interacting with Dogs  
Amount: USD \$7000.00

2022      PI: **Chase, C.C.**  
Mentor: Potter, K.  
Agency: Graduate School Office of Professional Development, The University of Massachusetts  
Funding mechanism: Dissertation Grant  
Title: The KID Study: Kids Interacting with Dogs  
Amount: USD \$993.00

2021      PI: **Chase, C.C.**  
Mentor: Potter, K.  
Agency: Graduate School Office of Professional Development, The University of Massachusetts  
Funding mechanism: Predissertation Grant  
Title: The KID Study: Kids Interacting with Dogs (Pilot)  
Amount: USD \$910.00

### **Not Received**

Submitted December 8th, 2022  
PI: **Chase, C.C.**  
Mentor: Potter, K.  
Agency: National Institutes of Health  
Funding mechanism: F31 Grant  
Title: The KID Study: Kids Interacting with Dogs

## **PUBLICATIONS**

### **Peer-reviewed Journal Articles**

1. Nikoumanesh, N., **Chase, C.**, Nagarajan, R., Potter, K., Martini, D. N. 2024. Frontal Cortex Neurometabolites and Mobility in Older Adults. *Experimental Brain Research*. 242, 2013-2022. <https://doi.org/10.1007/s00221-024-06881-0>
2. **Chase, C.J.**, Burkart, S., Salvadore, A., Potter, K. 2024. The KID Study (Kids Interacting with Dogs): Piloting a Novel Approach for Measuring Dog-Facilitated Youth Physical Activity. *Journal for the Measurement of Physical Behaviour*. <https://doi.org/10.1123/jmpb.2023-0014>.
3. McAvoy C.R., Miller T.A., Aguiar E.J., Ducharme S.W., Moore C.C., Schuna J.M. Jr., Barreira T.V., **Chase C.J.**, Gould Z.R., Amalbert-Birriel M.A., Chipkin S.R., Staudenmayer J, Tudor-Locke C, Mora-Gonzalez J. 2023. Cadence (steps/min) and relative intensity in 61 to 85-year-olds: The CADENCE-Adults study. *International Journal of Behavioral Nutrition and Physical Activity*, 20(141). <https://doi.org/10.1186/s12966-023-01543-w>
4. **Chase C.J.**, Aguiar E.J., Moore C.C., Chipkin S.R., Staudenmayer J, Tudor-Locke C, Ducharme S.W. 2023. Cadence (steps/min) as an indicator of the walk-to-run transition. *Human Movement Science*, 90, 103117. <https://doi.org/10.1016/j.humov.2023.103117>.
5. Aguiar E.J., Mora-Gonzalez J, Ducharme S.W., Moore C.C., Gould Z.R., **Chase C.J.**, Amalbert-Birriel M.A., Chipkin S.R., Staudenmayer J, Tudor-Locke C. 2022. Cadence-based classification of moderate intensity overground walking in 41- to 85-year-old adults. *Scandinavian Journal of Medicine and Science in Sports*. 00:1-11. DOI: 10.1111/sms.14274

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- Potter K, Rajala C, **Chase C.J.**, LeBlanc R. 2022. Testing leash walking training as a physical activity intervention for older adult dog owners: a feasibility study. *Geriatrics*, 7(120); <https://doi.org/10.3390/geriatrics7060120>.
- Chase C.J.**, Potter K. Leveraging the human-dog bond to support physical activity across the lifespan. 2022. *American College of Sports Medicine Health and Fitness Journal*, 26(4); 17-22.
- Chase C.J.**, Mueller M.K., Garvey C, Potter K. 2022. Family dog ownership and youth physical activity levels: a scoping review. *Current Sports Medicine Reports*, 21(1);18-27.
- Tudor-Locke C, Mora-Gonzalez J, Ducharme S.W., Aguiar E.J., Schuna J.M. Jr., Barreira T.V., Moore C.C., **Chase C.J.**, Gould Z.R., Amalbert-Birriel M.A., Chipkin S.R., Staudenmayer J. 2021. Walking cadence (steps/min) and intensity in 61-85 year olds: The CADENCE-Adults study. *International Journal of Behavioral Nutrition and Physical Activity*, 18;129.
- McAvoy C.R., Moore C.C., Aguiar E.J., Ducharme S.W., Schuna J.M. Jr., Barreira T.V., **Chase C.J.**, Gould Z.R., Amalbert-Birriel M.A., Chipkin S.R., Staudenmayer J, Tudor-Locke C, Mora-Gonzalez J. 2021. Cadence (steps/min) and relative intensity in 21 to 60-year-olds: The CADENCE-Adults study. *International Journal of Behavioral Nutrition and Physical Activity*, 18(1);27.
- Tudor-Locke C, Ducharme S.W., Aguiar E.J., Schuna J.M. Jr., Barreira T.V., Moore C.C., **Chase C.J.**, Gould Z.R., Amalbert-Birriel M.A., Chipkin S.R., Staudenmayer J, Tudor-Locke C, Mora-Gonzalez J. 2020. Walking cadence (steps/min) and intensity in 41-60 year olds: The CADENCE-Adults study. *International Journal of Behavioral Nutrition and Physical Activity*, 17;137.
- Perry D.C., Moore C.C., **Sands C.J.**, Aguiar E.J., Gould Z.R., Tudor-Locke C, Ducharme S.W. 2019. Using music-based cadence entrainment to manipulate walking intensity. *Journal of Physical Activity & Health*, 16;1039-1046.
- Ducharme S.W., **Sands C.J.**, Moore C.C., Aguiar E.J., Hamill J, Tudor-Locke C. 2018. Changes to gait speed and the walk ratio with rhythmic auditory cueing. *Gait and Posture*, 66;255-259.

### **Journal Review Board Member**

2021 – American Journal of Health Behavior

### **CONFERENCE PRESENTATIONS**

#### **Symposium**

- Potter, K., **Chase C.J.**, Sylvia, A. “The Physical Activity and Health Benefits of Human-Animal Interaction for Youth.” *New England Chapter of the American College of Sports Medicine Regional Meeting*. Springfield, MA. October 17 - 18, 2024. Symposium.
- Potter, K., **Chase C.J.**, Sylvia, A. “Hounds, Hooves, and Human Health: Studying the Physical Activity and Health Benefits of Human-animal Interaction.” *New England Chapter of the American College of Sports Medicine Regional Meeting*. Providence, RI. October 13 - 14, 2022. Symposium.

#### **Tutorial Lecture**

- Potter K., **Chase C.J.** “Mutt Motivation: The Role of Dogs in Supporting Physical Activity across the Lifespan.” *American College of Sports Medicine Annual Meeting*. San Diego, CA. May 31 – June 4, 2022. Tutorial Lecture.

## CURRICULUM VITAE

### Published Abstracts

1. **Chase, C.J.**, Martini, D.N., & Potter, K. “Does Dog Ownership Impact Older Adult Physical Activity, Brain And Cognitive Health?” *Medicine & Science in Sports & Exercise*, 2024. *American College of Sports Medicine Annual Meeting*, Boston, MA, USA, May 28-May 31, 2024. Poster Presentation.
2. Yousefi, S., Patel, S., **Chase, C.J.**, & Potter, K. “Pairing activPAL and self-report data to quantify dog walking volume and intensity in older adults.” *Medicine & Science in Sports & Exercise*, 2023. *American College of Sports Medicine Annual Meeting*, Denver, CO, USA, May 30-June 2, 2023. Poster Presentation.
3. **Chase, C.J.**, Potter K. “Findings from a Scoping Review Examining Family Dog Ownership and Youth Physical Activity Levels.” *Medicine & Science in Sports & Exercise*, 2022, 54. *American College of Sports Medicine Annual Meeting*, San Diego, CA, USA, May 31-June 4, 2022. Poster Presentation.
4. McAvoy C., Moore C.C., Aguiar E.J., Ducharme S.W., Schuna J., Barreira T.V., **Chase C.J.**, Gould Z.R., Amalbert-Birriel A.M., Chipkin S.R., Staudenmayer J., Tudor-Locke C. & Mora-Gonzales J. “The Relationship Between Cadence (Steps/Min) and Rate of Perceived Exertion in Older Adults: The CADENCE-Adults study.” *Medicine & Science in Sports & Exercise*, 2021. *American College of Sports Medicine Annual Meeting*.
5. Moore C.C., Aguiar E.J., Ducharme S.W., Gould Z.R., Amalbert-Birriel M.A., **Chase C.J.**, Chipkin S.R., Staudenmayer J., Barreira T.V., Schuna J.M. Jr., Tudor-Locke C. “Device-Specific Cadence Thresholds for Moderate and Vigorous Intensity Walking: The CADENCE-Adults Study.” *American College of Sports Medicine Annual Meeting*, Virtual (COVID-19). e-Poster Presentation.
6. **Sands C.J.**, Ducharme S.W., Aguiar E.J., Moore C.C., Gould Z.R., Tudor-Locke C. Is Cadence a Better Predictor of the Walk-to-Run Transition than Speed and/or the Froude Number? *Medicine & Science in Sports & Exercise*, 2019. *American College of Sports Medicine Annual Meeting*, Orlando, FL, USA. Poster Presentation.
7. Ducharme S.W., Aguiar E.J., McCullough A.K., Moore C.C., **Sands C.J.**, Amalbert-Birriel M.A., Gould Z.R., Schuna J.M., Tiago V.B., Chipkin S.R., Tudor-Locke C. Do Older Adults Achieve Moderate Intensity When Walking At Their Self-selected Pace? *Medicine & Science in Sports & Exercise*, 2019, 51(5S):241. *American College of Sports Medicine Annual Meeting*, Orlando, FL, USA, May 28-June 1, 2019. Poster Presentation.
8. Gould Z.R., Ducharme S.W., McCullough A.K., Moore C.C., **Sands C.J.**, Amalbert-Birriel M.A., Aguiar E.J., Schuna J.M., Barreira T.V., Chipkin S.R., Tudor-Locke C. Cadence (steps/min) Thresholds for Relative Intensity Indicators In Older Adults. *Medicine & Science in Sports & Exercise*, 2019, 51(5S):164. *American College of Sports Medicine Annual Meeting*, Orlando, FL, USA, May 28-June 1, 2019. Poster Presentation.
9. Amalbert-Birriel M.A., Moore C.C., McCullough A.K., Ducharme S.W., Gould Z.R., **Sands C.J.**, Aguiar E.J., Schuna J.M., Barreira T.V., Chipkin S.R., Tudor-Locke C. Device-specific Cadence (steps/min) Thresholds For Metabolic Intensities of Walking. *Medicine & Science in Sports & Exercise*, 2019, 51(5S):296. *American College of Sports Medicine Annual Meeting*, Orlando, FL, USA, May 28-June 1, 2019. Poster Presentation.
10. Ducharme S.W., Aguiar E.J., Moore C.C., Amalbert-Birriel M.A., **Sands C.J.**, Gould Z.R., McCullough A.K., Tudor-Locke C. Relationship between gait capacity and posture profiles in older adults. *Innovation in Aging*, 2018, 2(S1):886. *Gerontological Society of America Annual Scientific Meeting*, Boston, MA, Nov 14 – 18. Poster Presentation.

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11. **Sands C.J.**, Ducharme S.W., Perry D.C., Aguiar E.J., Moore C.C., Tudor-Locke C. Does Music-Based Cadence Entrainment Alter Metabolic Intensity? *Medicine & Science in Sports & Exercise*, 2018, 50(5S):68. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, USA. Poster Presentation.
12. Ducharme S.W., Perry D.C., **Sands C.J.**, Aguiar E.J., Moore C.C., Tudor-Locke C. Does music-based rhythmic auditory cueing alter the correlation structure of stride times? *Medicine & Science in Sports & Exercise*, 2018, 50(5S):816. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, USA. Poster Presentation.

### Conference Proceedings

1. **Chase C.J.**, Martini D.N., Potter K. "Does Dog Ownership Impact Older Adult Physical Activity, Brain and Cognitive Health?" *New England Chapter of the American College of Sports Medicine Fall Conference*. Springfield, Massachusetts. October 12-13, 2023. Poster Presentation.
2. McDonnell P., Caruso G., **Chase C.J.**, Potter K., Martini D.N. "Does Dog Ownership Impact Physical Activity Levels and Fall Risk Among Older Adults?" *The International Society of Posture and Gait Research*. Brisbane, Australia. July 9-13, 2023. Virtual Poster Presentation.
3. **Chase C.J.**, Martini D.N., Potter K. "Does Dog Ownership Impact Older Adult Brain and Cognitive Health?" *University of Massachusetts Amherst School of Public Health and Health Sciences Research Day*. Amherst, Massachusetts. April 14, 2023. Poster Presentation.
4. **Chase C.J.** "The KID Pilot Study: Kids Interacting with Dogs." American Heart Association's EPI/Lifestyle Annual Meeting. Boston, Massachusetts. February 28-March 3, 2023. Oral presentation.  
**\*Finalist: 3-Minute Rapid Fire Oral Abstract Competition.**
5. **Chase C.J.**, Burkart S., Potter K. "A Novel Approach to Quantifying Dog-Facilitated Physical Activity in Youth." *International Society for Anthrozoology Conference*. July 7 - 9, 2022. Oral Presentation. Virtual.
6. Potter K., **Chase C.J.**, Martini D.N. "Does dog ownership impact Alzheimer's dementia risk factors and biomarkers?" *International Society for Anthrozoology Conference*. July 7 - 9, 2022. Oral Presentation. Virtual.
7. **Chase C.J.**, Potter K. "Family Family Dog Ownership & Youth Physical Activity Levels: Scoping Review Findings." *University of Massachusetts Amherst School of Public Health and Health Sciences Research Day*. April 6, 2022. Poster.
8. **Chase C.J.**, Potter K. "A Review of Literature Examining Family Dog Ownership and Youth Physical Activity Levels." *New England Chapter of the American College of Sports Medicine Fall Conference*. Providence, Rhode Island. October 21, 2021. Oral presentation.  
**\*Top 3 Finalist: PhD Student Investigator Award**
9. **Chase C.J.**, Potter K. "Family Dog Ownership & Youth Physical Activity Levels: a Scoping Review." *International Society for Anthrozoology*. Virtual. June 22-24, 2021. Oral e-Presentation.
10. **Chase C.J.**, Potter K. "Family Dog Ownership & Youth Physical Activity Levels: a Scoping Review." *University of Massachusetts Amherst School of Public Health and Health Sciences Research Day*. Virtual. April 16, 2021. e-Poster.
11. McAvoy C., Moore C.C., Aguiar E.J., Ducharme S.W., Schuna J.R. Jr., Barreira T.V., **Chase C.J.**, Gould Z.R., Amalbert-Birriel A.M., Chipkin S.R., Staudenmayer J., Tudor-Locke C., Mora-Gonzalez J. "Relatively-Defined Moderate Intensity Associated Cadence (Steps/Min)

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- Thresholds Across the Adult Lifespan: The CADENCE-Adults study.” *Southeast American College of Sports Medicine Annual Meeting*. Virtual. Feb 17-19, 2021.
12. **Chase C.J.** “Simpler is Better: Cadence is a Better Predictor of the Walk-to-Run Transition.” *New England American College of Sports Medicine Fall Conference*. Virtual. Oct 15-16, 2020. Oral e-Poster.  
**\*Top 3 Finalist: Master’s Student Investigator Award**
  13. Garvey C., **Chase C.J.**, Potter K., Rajala C. “Dog Walking Obedience Course Increases Physical Activity of Inactive Older Adults.” *New England American College of Sports Medicine Fall Conference*. Virtual. Oct 15-16, 2020. e-Poster.
  14. **Sands C.J.**, Ducharme S.W., Aguiar E.J., Moore C.C., McCullough A.M, Gould Z.R., Amalbert-Birriel M.A., Tudor-Locke C. “Cadence as a Predictor of the Walk-to-Run Transition”. *University of Massachusetts Amherst School of Public Health and Health Sciences Research Day*. April 2nd, 2019. Poster Presentation.
  15. Gould Z.R., Moore C.C., Ducharme S.W., Aguiar E.J., McCullough A., Amalbert-Birriel M.A., **Sands C.J.**, Tudor-Locke C. “Accuracy and Bias of Consumer and Research Grade Wrist-Worn Accelerometers”. *University of Massachusetts Amherst School of Public Health and Health Sciences Research Day*. April 2nd, 2019. Poster Presentation.
  16. **Sands C.J.**, Ducharme S.W., Aguiar E.J., Moore C.C., McCullough A.M., Gould Z.R., Amalbert-Birriel M.A., Tudor-Locke C. “Walk to Run Transition Cadence Thresholds for Wearable Devices”. *UManage Center 2019 Conference: Managing, Measuring, and Monitoring – Critical Issues in Activity, Sleep, and Fatigue*. Amherst, MA. March 28<sup>th</sup>, 2019. Poster Presentation.
  17. Gould Z.R., McCullough A., Ducharme S.W., Moore C.C., Aguiar E.J., Amalbert-Birriel M.A., **Sands C.J.**, Tudor-Locke C. “Accuracy of Step Detection in Older Adults Using a Low Frequency Extension Filter”. *UManage Center 2019 Conference: Managing, Measuring, and Monitoring – Critical Issues in Activity, Sleep, and Fatigue*. Amherst, MA. March 28<sup>th</sup>, 2019. Poster Presentation.
  18. Amalbert-Birriel M.A., McCullough A., Moore C.C., Aguiar E.J., Ducharme S.W., Gould Z.R., **Sands C.J.**, Tudor-Locke C. “Estimating Energy Expenditure from Device-Determined Cadences”. *New England American College of Sports Medicine Fall Conference*, Providence, RI. November 8-9, 2018. Oral Presentation
  19. Gould Z.R., Aguiar E.J., Moore C.C., Ducharme S.W., **Sands C.J.**, Tudor-Locke C. “Effect of Music-Based Rhythmic Auditory Cueing on Gait Variability”. *New England American College of Sports Medicine Fall Conference*, Providence, RI, Nov 8-9, 2018. Oral Poster Presentation
  20. Moore C.C., Ducharme S.W., Aguiar E.J., **Sands C.J.**, Gould Z.R., Tudor-Locke C. “Cadence (Steps/Min) and Metabolic Intensity During Unconstrained and Cadence-Entrained Overground Walking”. *New England American College of Sports Medicine Fall Conference*, Providence, RI, Nov 8-9, 2018. Oral Poster Presentation
  21. **Sands C.J.**, Ducharme S.W., Aguiar E.J., Moore C.C., Gould Z.R., Tudor-Locke C. “Cadence as a Predictor of the Walk-to-Run Transition”. *New England American College of Sports Medicine Fall Conference*, Providence, RI, Nov 8-9, 2018. Oral Presentation
  22. **Sands C.J.**, Ducharme S.W., Aguiar E.J., Moore C.C., Gould Z.R., Tudor-Locke C. “Does Running in a Group Change Individual Cadence?” *International Society for Physical Activity and Health Annual Conference*. London, England. October 15–17, 2018. Poster Presentation.
  23. **Sands C.J.**, Ducharme S.W., Moore C.C., Gould Z.R., Tudor-Locke C., Aguiar E.J. “Expected Values For Steps/Day In Special Populations Living with Chronic Disease or Disability: An Updated Systematic Review.” *University of Massachusetts Amherst School of Public Health and Health Sciences Research Day*. April 3, 2018. Poster Presentation.



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24. Perry D.C., Ducharme S.W., **Sands C.J.**, Aguiar E.J., Tudor-Locke C. "Music-Based Cadence Entrainment and Walking Intensity". *New England Chapter of the American College of Sports Medicine Conference*. Providence, Rhode Island. October 19, 2017. Poster Presentation.
25. **Sands C.J.**, Aguiar E.J., Ducharme S.W., Han H., Moore C.C., Hamill J., Tudor-Locke C. "Impact of Cadence-Based Metronome Entrainment on Walking Speed". *New England Chapter of the American College of Sports Medicine Conference*. Providence, Rhode Island. October 19, 2017. Poster Presentation.
26. **Sands C.J.**, Tudor-Locke C. "Validity of Wearable Devices at Varying Running Intensities". *Massachusetts Undergraduate Research Conference*. Amherst, Massachusetts. April 28, 2017. Poster Presentation.

## TEACHING EXPERIENCE

### Courses Taught

#### University of Massachusetts Amherst, USA

##### Primary Instructor on Record

- 2024 – Physical Activity Health and Disease (KIN247). Enrollment: 160
- 2022 – The Science of Human Animal Interaction - First Year Seminar (SPHHS191 FY1). Enrollment: 20
- 2021 – Anatomy and Physiology I (KIN270). Enrollment: 300
- 2021 – Health in Gen Z - First Year Seminar (SPHHS191 FY1). Enrollment: 20
- 2021 Physical Activity Health & Disease (KIN247 – Summer Session)
- 2020 – Public Health: Fact versus Fiction – First Year Seminar (SPHHS191 PUBH21). Enrollment: 20
- 2019 Anatomy and Physiology I (KIN270 – Summer Session)

##### Program Instructor

- 2021 Winter Pre-College Program
- 2019 Summer Pre-College Program
- 2018 Education USA Summer Program

##### Graduate Teaching Assistant

- 2021 – Physical Activity & Public Health (KIN440)
- 2021 – Human Performance & Nutrition (KIN110)
- 2019 – 2021 Physical Activity in Health & Disease (KIN247)
- 2019 – 2020 Anatomy and Physiology I (KIN270)

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- 2018 – 2020 Anatomy and Physiology II (KIN272)  
2017 – 2018 Wearable Technologies in Physical Activity and Health Honors Thesis Seminar (KIN499E & KIN499F)

### INVITED LECTURES

1. **Chase, C.** The Science of Human-Animal Interaction and Human Health. Seminar Presentation. *Kinesiology Department, University of Massachusetts Amherst, Amherst MA.* Feb 6, 2023.
2. **Chase, C.** Family Dog Ownership and Youth Physical Activity. Seminar Presentation. *Kinesiology Department, University of Massachusetts Amherst, Amherst MA.* Sep 13, 2021.
3. **Chase, C.** Part II: Sedentary Behavior, Physical Activity & Management. *Clinical and Public Health Implications of Obesity Course, University of Massachusetts Amherst, Amherst, MA,* Apr 9, 2020.
4. **Chase, C.** Part I: Sedentary Behavior, Physical Activity & Management. *Clinical and Public Health Implications of Obesity Course, University of Massachusetts Amherst, Amherst, MA,* Apr 7, 2020.
5. **Chase, C.** Mental Health & Physical Activity. *Physical Activity & Public Health Course, University of Massachusetts Amherst, Amherst, MA,* Mar 5, 2020.
6. **Chase, C.** Cadence & Physical Activity. *Physical Activity, Health & Disease Course, University of Massachusetts Amherst, Amherst, MA,* Feb 10, 2020.
7. **Chase, C.** Physical Activity & Cancer. *Physical Activity, Health & Disease Course, University of Massachusetts Amherst, Amherst, MA,* Dec 9, 2019.

### INDUSTRY-SPONSORED RESEARCH PROJECT

PI: Tudor-Locke C.  
Co-I: Aguiar E.J.  
Research Assistant: **Sands, C. J.**  
Agency: EHE International  
Funding mechanism: Industry sponsored project grant  
Title: Best practices for using wearable technologies to promote workplace physical activity  
Amount: USD \$7,500

### MENTORSHIP

#### Committee Chair – Undergraduate Honors Colloquium

2022: Declan Hastings

#### Committee Co-Chair – Undergraduate Honors Thesis

2023 – 2024: Monica Botros

2021 – 2022: Emily Smith-Kaufman

2021 – 2022: Rebecca Wolf

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2021 – 2022: Kelsey Jarvis

### **Committee Member – Undergraduate Honors Thesis**

2023 – 2024: Griffin Yas

2020 – 2021: Grace McCarthy

### **Independent Study Mentor**

2020 – 2021: Kelsey Jarvis

## **SERVICE**

### **University Service**

- 2023 – Curriculum Committee Member, School of Public Health and Health Sciences, University of Massachusetts Amherst.
- 2022 Invited Panelist. Grad School Night: Tips and Tools for Applying to Graduate School. Office of Career Services, University of Massachusetts Amherst.
- 2021 Departmental Search Committee for Department Chair. Department of Kinesiology, University of Massachusetts Amherst.

### **Community Service**

- 2014 – 2020 Assistant Coach, Wildwood Running Club (Amherst, MA)
- 2018 Invited Panel Member: Student-Athlete Graduate Student Panel (Amherst, MA)
- 2018 Leader and Presenter, Leadership Workshop, University of Massachusetts Athletic Department (Amherst, MA)
- 2015 – 2017 Founder and Coach, Kids' Summer Running Club (Princeton, MA)
- 2017 – 2018 Volunteer, Arbors Assisted Living Home (Amherst, MA)
- 2014 – 2018 Volunteer, Wildwood Walk to School Day (Amherst, MA)
- 2014 Volunteer, Red Cross Blood Drive (Amherst, MA)

### **Professional Memberships**

- 2017 – American College of Sports Medicine
- 2017 – American College of Sports Medicine New England Chapter
- 2017 – 2018 International Society for Physical Activity and Health

## CURRICULUM VITAE

### **Professional Development**

- 2022 Anti-Racist Teaching Strategies in the Classroom. University of Massachusetts, USA
- 2022 Teaching at Teaching Intensive Institutions Conference, Westfield State University, USA
- 2021 Teaching Distracted Minds, Office for Professional Development, University of Massachusetts, USA
- 2021 Getting the Most From Your Reading, Office for Professional Development, University of Massachusetts, USA
- 2018 Contributing to Productive Meetings and Discussions. Office for Professional Development, University of Massachusetts, USA
- 2018 Practicing Your Elevator Pitch. Office for Professional Development, University of Massachusetts, USA
- 2018 How to Demonstrate “Fit” on the Academic Job Market. Office for Professional Development, University of Massachusetts, USA

### **Institutional Trainings**

*University of Massachusetts Amherst, USA*

- 2018 CPR and AED training
- 2017 Conflict of interest training
- 2016 Biomedical responsible conduct of research. Collaborative Institutional Training (CITI)
- 2016 Group 1 Biomedical research investigators and key personnel. CITI
- 2016 Hazardous waste management and right to know training
- 2016 Laboratory safety training
- 2016 Fire safety training

### **Community Outreach and Media Appearances**

- 2019 Sit Less, Walk More: A Simple Solution for Reducing Your Cancer Risk. The

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Walk Blog. <https://medium.com/the-walk-blog/cancer-9979c155c121>

2019 Are You Walking Fast Enough? Walkolution article.  
<https://walkolution.com/articles/are-you-walking-fast-enough/>

### **PROFESSIONAL REFEREES**

#### **Ph.D Mentor**

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## CURRICULUM VITAE

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