

CURRICULUM VITAE

Colleen J. Chase

Formerly Colleen J. Sands

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EDUCATION

- 2020 – Ph.D. in Kinesiology, University of Massachusetts Amherst
Concentration: Physical Activity
Anticipated completion: May, 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

- 2022 – The Science of Human Animal Interaction - First Year Seminar
(SPHHS191 FY1)
- 2021 – Anatomy and Physiology I (KIN270). Enrollment: 260
- 2021 – Health in Gen Z - First Year Seminar (SPHHS191 FY1)
- 2021 Physical Activity Health & Disease (KIN247 – Summer Session)
- 2020 – Public Health: Fact versus Fiction – First Year Seminar (SPHHS191
PUBH21)
- 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 Seminar

Head Graduate Laboratory Instructor

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

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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

- 2022 Instructional Innovation Fellow. University of Massachusetts Amherst.
- 2022 Conference Travel Registration Award Recipient. Center for Research on Families. University of Massachusetts Amherst.
- 2022 Finalist. 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.
- 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.

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- 2020 National Masters Scholar Award Recipient. American Kinesiology Association.
- 2019 Mark Connolly Memorial Masters Scholarship. New England American College of Sports Medicine Fall Meeting, Providence, RI.
- 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 21st Century Leaders Award. University of Massachusetts Amherst.
- 2017 – 2018 Committee Member, Chancellor's Undergraduate Advisory Committee. University of Massachusetts Amherst.
- 2017 Nominee for UMass Athletics Excellence in Leadership Award. Athletic Department, University of Massachusetts Amherst.
- 2016 – 2018 Athletic Scholarship. Cross Country & Track and Field Program, University of Massachusetts Amherst.
- 2015 – 2018 Commissioner's Honor Roll. Atlantic 10 Athletic Conference.
- 2015 – 2018 Dean's List Award. University of Massachusetts Amherst.
- 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

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
Amount: USD \$910.00

In Preparation

To Be Submitted: December 2022

CURRICULUM VITAE

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. 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>.
2. **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.
3. **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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.

Revise & Resubmit

1. 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. Cadence-based classification of minimally moderate intensity during overground walking in 41- to 85-year-old adults. *Submitted August 2022; Revise & Resubmit*

Submitted for Publication

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1. **Chase C.J.**, Aguiar E.J., Moore C.C., Chipkin S.R., Staudenmayer J, Tudor-Locke C, Ducharme S.W. Cadence as an indicator of the walk-to-run transition. *Submitted July 29th, 2022*
2. McAvoy C, Miller T, Aguiar E.J., Ducharme S.W., Moore C.C., Schuna J.M., Barreira T.V., **Chase C.J.**, Gould Z.R., Amalbert-Birriel M.A., Chipkin S.R., Staudenmayer J, Tudor-Locke C, Mora-Gonzalez, J. Cadence (steps/min) and relative intensity in 61 to 85-year-olds: The CADENCE-Adults study. *Submitted July, 2022*

Journal Review Board Member

2021 – American Journal of Health Behavior

CONFERENCE PRESENTATIONS

Symposium

1. 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

2. 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.

Published Abstracts

1. **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.
2. 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*.
3. 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.
4. **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.

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5. 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.
6. 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.
7. 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.
8. 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.
9. **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.
10. 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.**, 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.
2. Potter K., **Chase C.J.**, Martini D. “Does dog ownership impact Alzheimer's dementia risk factors and biomarkers?” *International Society for Anthrozoology Conference*. July 7 - 9, 2022. Oral Presentation. Virtual.
3. **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.
4. **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**

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5. **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.
6. **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.
7. 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) Thresholds Across the Adult Lifespan: The CADENCE-Adults study." *Southeast American College of Sports Medicine Annual Meeting*. Virtual. Feb 17-19, 2021.
8. **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**
9. 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.
10. **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.
11. 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.
12. **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 28th, 2019. Poster Presentation.
13. 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 28th, 2019. Poster Presentation.
14. 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
15. 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
16. 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

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- Cadence-Entrained Overground Walking”. *New England American College of Sports Medicine Fall Conference*, Providence, RI, Nov 8-9, 2018. Oral Poster Presentation
17. **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
 18. **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.
 19. **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.
 20. 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.
 21. **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.
 22. **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

- | | |
|--------|---|
| 2021 – | Anatomy and Physiology I (KIN270). Enrollment: 240 |
| 2021 – | Health in Gen Z - First Year Seminar (SPHHS191 FY1) |
| 2021 | Physical Activity Health & Disease (KIN247 – Summer Session) |
| 2020 – | Public Health: Fact versus Fiction – First Year Seminar (SPHHS191 PUBH21) |
| 2019 | Anatomy and Physiology I (KIN270 – Summer Session) |

Program Instructor

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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)
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.** Family Dog Ownership and Youth Physical Activity. Seminar Presentation. *Kinesiology Department, University of Massachusetts Amherst, Amherst MA.* Sep 13, 2021.
2. **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.
3. **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.
4. **Chase, C.** Mental Health & Physical Activity. *Physical Activity & Public Health Course, University of Massachusetts Amherst, Amherst, MA,* Mar 5, 2020.
5. **Chase, C.** Cadence & Physical Activity. *Physical Activity, Health & Disease Course, University of Massachusetts Amherst, Amherst, MA,* Feb 10, 2020.
6. **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

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MENTORSHIP

Committee Chair – Undergraduate Honors Colloquium

2022: Declan Hastings

Committee Co-Chair – Undergraduate Honors Thesis

2021 – 2022: Emily Smith-Kaufman

2021 – 2022: Rebecca Wolf

2021 – 2022: Kelsey Jarvis

Committee Member – Undergraduate Honors Thesis

2020 – 2021: Grace McCarthy

Independent Study Mentor

2020 – 2021: Kelsey Jarvis

PROFESSIONAL ASSOCIATIONS

2017 Committee Member, Chancellor's Undergraduate Advisory Committee, University of Massachusetts Amherst

2017–2018 Captain, Cross Country & Track Program, University of Massachusetts Amherst

2014–2018 Member, Cross Country & Track Program, University of Massachusetts Amherst

2015–2018 Committee Member, Student Athlete Advisory Committee, Athletic Department, University of Massachusetts Amherst

2014–2016 Member, Kinesiology Club, Department of Kinesiology, University of Massachusetts Amherst

SERVICE

University Service

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

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- 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

Professional Development

- 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

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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 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

Katie Potter, PhD
Director, Behavioral Medicine Laboratory
Department of Kinesiology
University of Massachusetts, Amherst
Amherst, MA 01002
United States
E: katie.potter@umass.edu

M.S. Mentor

Catrine Tudor-Locke, PhD, FACSM, FNAK

CURRICULUM VITAE

Dean of College of Health and Human Services

University of North Carolina at Charlotte, NC

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Laboratory Supervisor

Elroy Aguiar, PhD

Assistant Professor

College of Education

Department of Kinesiology

University of Alabama

Tuscaloosa, AL 35487

United States

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Primary Instructor

Jay Gump, PhD

Senior Lecturer

Anatomy & Physiology

159C Totman Building

University of Massachusetts

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