

DINESH JOHN

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EDUCATION

2007- 2009

University of Tennessee

Knoxville, TN.

Doctor of Philosophy

- Concentration: Exercise Science
- Cognate: Nutrition
- Dissertation: Treadmill desks: An obesity intervention?
- GPA: 3.81
- Graduation: August 2009

2003-2006

Ithaca College

Ithaca, NY.

Master of Science

- Major: Exercise and Sport Sciences (Exercise Physiology)
- Thesis: Heart rate measurement after group exercise
- GPA: 3.31
- Graduation: August 2006

1992- 1995 *S.I.E.S College of Arts, Science, and Commerce (University of Mumbai) India*

Bachelor of Arts

- Major: Economics and Politics
- Graduation: May 1995

EXPERIENCE

2006- present

University of Tennessee

Knoxville, TN.

Graduate Teaching Associate

- Prepared and taught laboratory sections for undergraduate courses in *Exercise Physiology* and *Fitness Testing and Exercise Prescription* and a graduate course in *Exercise Testing and Prescription*. Responsibilities also included preparing and grading examinations.

Graduate Research Assistant

- Carried out data collection, management, and analyses for research supported by an NIH R21 grant awarded to Dr. David R. Bassett. This research examined outputs from four different objective monitors of physical activity (Actigraph, Actical, Sensewear Armband, and Stepwatch).

Research Experience

- Designed and executed a research protocol to examine if using treadmill workstations resulted in weight loss among overweight and obese office workers.
- Designed and executed a research protocol to examine the effects of using treadmill workstations on work productivity.
- Designed and executed a research protocol to determine if differences exist within 4 different generations of Actigraph accelerometers (7164 and 3 different models of the GT1M).
- Assisted in a research project examining the accuracy of the Nike +[®] physical activity monitor.
- Assisted in a research project comparing steps per day among normal, overweight, and obese adults using the Stepwatch, Yamax Digiwalker, and NL2000.
- Assisted in a research project comparing steps per day among normal, overweight, and obese children using the NL2000.

2003-2006

Ithaca College

Ithaca, NY.

Graduate Teaching Assistant

- Prepared and taught laboratory sessions for an undergraduate course in *Anatomy and Physiology*. Responsibilities included administering and grading quizzes and examinations.

Research experience

- Conducted a study to examine if palpated recovery heart rate measures reflected actual exercise heart rate in participants from a group exercise class. Data from this study was used to determine correction factors to account for the delay that exists before palpated heart rates are obtained. This study was a Masters Thesis project.
- Research assistant for a study conducted by Dr. Jeffrey Ives, which examined the relationship between Kinesthesia & Body Image.
- Heart Rate Response to Focused vs. Non-Focused Slide Board Activity- Research study for a graduate exercise physiology class.
- Horizontal Velocity & Stride Length for the Final Stride and Take-Off in a College Aged Long Jumper in Comparison to Elite Athletes: A Case Study- Research study for an undergraduate biomechanics class.

Work Experience

- Ithaca College Fitness Center- Building supervisor.
- Information & Technology Services- General Consultant for computer labs.

1995-2003

Asian Paints India Ltd.

Bombay, India

Other Work Experience

- Senior Wood Finish Executive (2001-2003) overlooking sales and marketing for the city of Bombay. Responsibilities included designing and organizing marketing events for the 'Large Business User' segment, design promotional schemes for authorized dealers, and resolving end user grievances.
- Territory Sales In-charge (1997-2000) overlooking sales for designated areas in Bombay city. Responsibilities included management of sales and accounts with authorized dealers.

1995-1996

Ace Athletic Club

Bombay, India

- Assistant coach for jump events.

1991-1994

Maharashtra State Amateur Athletic Association

Bombay, India

Other Experience

- Represented Bombay city and Maharashtra state at the state and national athletics championships, respectively, in high jump for four consecutive years.

- Held state high jump record for boys under 22years (6ft and 5in).
- Stood third at the national track and field championships in 1994.
- Represented Bombay University at several inter-varsity track and field competitions.

Research Publications

Articles in Refereed Journals

- **John, D.**, Sforzo, G.A., and Swensen, T. Monitoring exercise heart rate using manual palpation. *ACSM's Health and Fitness Journal*. 11(6), 14-18, 2007 (November/December).
- **John, D.**, Bassett, D. R., Thompson, D. L., Fairbrother J. T., and Baldwin D. B. Effect of using a treadmill workstation on the performance of simulated office work tasks. *Journal of Physical Activity and Health*. 6(5), 617-624, 2009.

Manuscripts in Press

- **John, D.**, Bassett, D. R., and Tyo, B. Comparison of output from four Actigraph accelerometers during walking and running. *Medicine and Science in Sports and Exercise*.

Manuscripts under Review

- Kane, N. A., Simmons, M. C., **John, D.**, Thompson, D.L., and Bassett, D. R. Accuracy of an in-shoe device for assessing speed, distance, and energy expenditure. *International Journal of Sports Medicine*.

Manuscripts in Progress

- **John, D.**, Bassett, D.R., Thompson, D.L., Bielak, K.M., and Raynor, H. Treadmill workstations: A worksite weight-loss intervention?
- **John, D.**, Sefchick, S.C., Bassett, D.R., and Thompson, D.L. Steps per day in normal, overweight, and obese children using a piezoelectric pedometer.
- Bassett, D. R., Crouter, S. E., Haas, J., **John, D.**, and Dudley, P. Physical activity assessment using variability in accelerometer counts.
- Dudley, P., **John, D.** Bassett, D. R., and Crouter, S. E. Accuracy of the Sensewear Armband in estimating energy expenditure for eighteen different activities.

- Crouter, S. E., Bassett, D. R., **John, D.**, and Dudley, P. Estimating energy expenditure from an ankle-worn Stepwatch.
- Simmons, M. C., Kane, N. A., **John, D.**, Thompson, D. L., and Bassett, D. R. Accuracy of walking and running distances measured by the Nike +[®] monitor in calibrated and uncalibrated conditions.
- Hunter, S.D., Bassett, D.R., Fitzhugh, E.C. Thompson, D.L., and **John, D.** Isokinetic Strength and Anaerobic Performance in African-American and Caucasian Males
- Tyo, B. Thompson, D.L., Fitzhugh, E.C., Bassett, D.R., and **John, D.**, and Feito, Y. Effects of BMI and step rate on pedometer error in the free-living environment.
- Bassett,D.R., **John, D.**, Fitzhugh, E.C., and Maples, J. Time trends in physical activity and nutrition: Implications for the obesity epidemic.

Presentations

Presentations at Scholarly Meetings

- **John, D.**, Tyo, B., Bassett, D. R., Thompson. Comparison of output from four Actigraph accelerometers during walking and running. Poster presentation. *National meeting for the American College of Sports Medicine*. Seattle, WA, May 30, 2009.
- Hunter, S.D., Bassett, D.R., Fitzhugh, E.C. Thompson, D.L., and **John, D.** Isokinetic Strength and Anaerobic Performance in African-American and Caucasian Males. Poster presentation. *National meeting for the American College of Sports Medicine*. Seattle, WA, May 30, 2009.
- Dudley, P., **John, D.** Bassett, D. R., and Crouter, S. E. Accuracy of the Sensewear Armband in estimating energy expenditure for eighteen different activities. Poster presentation. *National meeting for the American College of Sports Medicine*. Seattle, WA, May 30, 2009.
- **John, D.**, Bassett, D. R., Thompson, D. L., Fairbrother J. T., and Baldwin D. B. Effect of using a treadmill workstation on the performance of simulated office work tasks. Poster presentation. *National meeting for the American College of Sports Medicine*. Indianapolis, IN, May 28, 2008.

- Kane, N. A., Simmons, M. C., **John, D.**, Thompson, D.L., and Bassett, D. R. Accuracy of the Nike +[®] during walking and running in active adults. Poster presentation. *National meeting for the American College of Sports Medicine*. Indianapolis, IN, May 28, 2008.
- Simmons, M. C., Kane, N. A., **John, D.**, Thompson, D. L., and Bassett, D. R. Accuracy of walking and running distances measured by the Nike +[®] monitor in calibrated and uncalibrated conditions. Poster presentation. *National meeting for the American College of Sports Medicine*. Indianapolis, IN, May 28, 2008.
- **John, D.**, Sforzo, G. A., and Swensen, T. Postexercise heart rate measurement after group exercise. Poster presentation. *National meeting for the American College of Sports Medicine*. Denver, CO, May 29, 2006.

Honors and Awards

- Outstanding Presentation Award (\$500 travel award): Comparison of four Actigraph accelerometers during walking and running. Oral presentation. *Comparative and Experimental Medicine and Public Health Research Symposium*. University of Tennessee. June 15th, 2009.
- Andy Kozar Graduate Research Scholarship Award (\$2000). *Department of Exercise Sport, and Leisure Studies*. University of Tennessee. April 22nd, 2009.
- Edward A. Capen Award for research achievements (\$100). *Department of Exercise Sport, and Leisure Studies*. University of Tennessee. April 22nd, 2009.

Grants

Completed

- Accuracy of predicting exercise heart rate from postexercise measures. Equipment grant worth \$4402 grant from Polar, Inc. October 2005.
- Travel grant (\$800) from Ithaca College Graduate Student Funds for the National meeting for the American College of Sports Medicine. Denver, CO, May 29, 2006.

Memberships

2008-present

- American College of Sports Medicine

2006- present

- Southeast Chapter of the American College of Sports Medicine

2003-2006

- Mid-Atlantic Chapter of the American College of Sports Medicine

1991-1994

- Maharashtra State Amateur Athletic Association

Research Interests

Objective monitoring of physical activity; Obesity interventions with emphasis on low intensity physical activity and energy balance.

References

David R. Bassett Ph.D.

Professor

Department of Exercise, Sport, and Leisure Studies

1914 Andy Holt Avenue

Knoxville, TN-37996

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Dixie L. Thompson Ph.D.

Professor and Dept. Head

Department of Exercise, Sport, and Leisure Studies

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Edward T. Howley Ph.D.

Professor Emeritus

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