

**Sofiya Alhassan, Ph.D.**  
Curriculum Vitae

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University of Massachusetts  
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## EDUCATION

- 2004 – 2007      Postdoctoral Research Fellow  
Stanford Prevention Research Center  
Stanford University School of Medicine, Stanford, CA  
Area of Concentration: Pediatric Obesity & Cardiovascular Disease Prevention
- 2000 – 2004      Doctor of Philosophy, Exercise Physiology  
Auburn University, Auburn, AL  
Area of Concentration: Lipid Metabolism
- 1997 – 2000      Master of Science, Exercise Physiology  
Auburn University, Auburn, AL  
Area of Concentration: Lipid Metabolism
- 1992 – 1996      Bachelor of Science  
Stetson University, DeLand, FL  
Area of Concentration: Exercise Science & Psychology

## RESEARCH INTERESTS AND EXPERTIS

**Research Focus:** My current research interest is in using physical activity in the prevention of pediatric obesity. In particular, the utilization of community family-based physical activity interventions to reduce early onset cardiovascular disease risk factors (obesity and type 2 diabetes mellitus) in ethnic-minority children. My research agenda also includes examining: 1) physical activity policy-base intervention in preschool-age children; 2) environmental and media influence on various health behaviors in ethnic-minority populations, and 3) after-school family-base intervention to improve physiological (obesity and diabetes risk) and psychosocial, and academic performance of minority pre-adolescents.

**Key Word:** *Physical activity intervention, health disparities, pediatric obesity, mother-daughter intervention, preschool-age children*

## **RESEARCH AND PROFESSIONAL EXPERIENCE**

- 2015 – Present     Director, Department of Kinesiology Graduate Program, University of Massachusetts, Amherst
- 2013 – Present     Associate Professor, Department of Kinesiology, School of Public Health and Health Sciences, University of Massachusetts, Amherst, MA
- 2007 – Present     Director, Pediatric Physical Activity Laboratory
- 2007 – 2013        Assistant Professor, Department of Kinesiology, School of Public Health and Health Sciences, University of Massachusetts, Amherst, MA
- 2006:                Fellow, Physical Activity and Public Health Course, Sponsored by the Centers for Disease Control and Prevention and University of South Carolina Prevention Research Center, Park City, UT.
- 2006:                Fellow, Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions, Office of Behavioral and Social Sciences Research (OBSSR), National Institutes of Health (NIH), Arlie, VA.
- 2005:                Fellow, 31<sup>st</sup> Ten-Day Seminar on the Epidemiology & Prevention of Cardiovascular Disease, American Heart Association (AHA), Tahoe City, CA.
- 2004 – 2006:        Data collector, Girls health Enrichment Multi-site Studies (GEMS), Stanford Prevention Research Center, Stanford, CA
- 1999 – 2001:        Assistant Graduate Office Coordinator, Department of Health & Human Performance, Auburn University, Auburn, AL
- 1997 – 2004:        Research Assistant, Department of Health & Human Performance, Auburn University, Auburn, AL
- 1997 – 2004:        Teaching Assistant, Department of Health & Human Performance, Auburn University, Auburn, AL

## **HONORS and AWARDS:**

- 2016:                University of Massachusetts, Center for Research on Families Scholar
- 2010:                American College of Sports Medicine: Leadership and Diversity Fellow
- 2008-2010:        University of Massachusetts, Amherst Chancellor Junior Faculty Fellow
- 2005:                Center for Disease Control Travel Grant
- 2004:                Auburn University, Health & Human Performance Outstanding Graduate Student
- 2001-2003:        President's Graduate Opportunities (Fellowship) Program
- 2001 & 2002:      Auburn University Travel Grant Award

1997 & 1998: Auburn University, Outstanding Minority Graduate Student Award

## RESEARCH GRANTS

### Active Grants

NIH-NHLBI (Spencer, PI) 07/01/2012 – 06/30/2017 \$2,000,00  
Benefit of naps on cognitive, emotional and motor learning in preschoolers- Phase II  
To examine the benefits of naps on cognitive, emotional and motor learning in preschoolers  
Role: Faculty collaborator

NIH-NHLBI (Spencer, PI) 07/01/2012 – 06/30/2017 \$2,017,722  
Benefit of naps on cognitive, emotional and motor learning in preschoolers  
To examine the benefits of naps on cognitive, emotional and motor learning in preschoolers  
Role: Faculty collaborator

### Completed Research Support

5 T 32 HL07034-29 (Fortmann, PI) 09/1/04 – 08/31/07  
NIH-NHLBI  
Cardiovascular Disease Prevention Training Program  
Role: Postdoctoral Research Fellow/Trainee

Faculty Research Grant (Alhassan, PI) 12/1/07 – 11/30/08  
University of Massachusetts \$26,716  
To examine the effects of additional outdoor structured physical activity program on total daily physical activity in preschool-age children  
Role: PI

Boston Children's Hospital (Freedson, PI) 5/1/08 – 8/31/09  
Contract \$82,646 (5% summary salary)  
To examine the effect of a 100 kcal/day recess based activity intervention to reduce weight gain in 2<sup>nd</sup> and 3<sup>rd</sup> grade children  
Role: Co-PI

Robert Wood Johnson Foundation (Alhassan, PI) 5/01/09-12/31/10  
Active Living Research \$50,000  
To examine the effects of classroom-teacher taught skill-based outdoor playtime physical activity program on overall daily physical activity levels of low socioeconomic status preschool-aged children  
Role: PI

3RO1CA121005-03S1 (Freedson, PI; Alhassan, PI) 6/13/08 -6/12/11  
NIH \$280,937

Research Supplement to Promote Diversity in Health Related Research. Parent Grant: R01 CA121005-01A1, P. Freedson (PI)

To develop neural network system to identify physical activities and estimate activity energy expenditure in children and adolescents

Role: PI

Robert Wood Johnson Foundation (Alhassan, PI)

01/15/11 – 11/14/13

Short Bouts of Exercise for Preschoolers

\$174,974

To examine the effects of short bouts of structured physical activity incorporated into the academic classroom on preschoolers' total daily physical activity.

Role: PI

NIH-NIDDK K01 (Alhassan, PI)

12/01/2010 – 12/31/2014

Mothers and Girls dancing together Trial (Magnet Trial)

\$448,782

To examine the feasibility of a 12-week randomized control daughter-mother afterschool afro-centric dance physical activity intervention and explore its impact on the physical levels of African-American girls.

Role: PI

## PUBLICATIONS

### Journal Articles: Peer-reviewed publications

**Alhassan, S.**, Reese, K.A., Mahurin, J., Plaisance, E.P., Hilsen, B.D., Garner, J.C., Wee, S.O., Grandjean, P.W. Blood lipid responses to plant stanol ester supplementation and aerobic exercise training. *Metabolism*, 2006, 55: 541-549.

Mestek, M.L., Garner, J.C., Plaisance, E.P., Hilsen, B.D., **Alhassan, S.**, Taylor, J.K., Wee, S.O., & Grandjean, P.W. Blood lipid responses after continuous & accumulated aerobic exercise. *International Journal of Sport Nutrition & Exercise Metabolism*, 2006, 16 (3): 245-254.

Gardner, C., Kiazand, A., **Alhassan, S.**, Kim, S., Stafford, R., Balise, R., Kraemer, H., & King, A. Comparison of the Atkins, Zone, Ornish and LEARN diets for change in weight and related risk factors among overweight premenopausal women. The A To Z weight loss Study: A randomized trial. *JAMA*, 2007, 297 (9): 969-977.

Plaisance, E.P., Taylor, J.K., **Alhassan, S.**, Abebe, A., Mestek, M.L., & Grandjean, P.W. Cardiovascular fitness and vascular inflammatory markers after acute aerobic exercise. *International Journal of Sport Nutrition & Exercise Metabolism*, 2007, 17: 152-162.

**Alhassan, S.**, Sirard, J., & Robinson, T. The effects of increasing outdoor playtime on physical activity in Latino preschool children. *International Journal of Pediatric obesity*, 2007, 2: 153-158.

**Alhassan, S.**, Kiazand, A., Balise, R., King, A., Reaven, G., & Gardner, C. Metabolic Syndrome: Do clinical criteria identify similar individuals among overweight premenopausal women? *Metabolism*, 2008, 57:49-56. PMID: PMC2254306

**Alhassan, S.**, Sirard, J., Spencer, T., Varady, A., & Robinson, T. Estimating physical activity from incomplete accelerometer data in field studies. *Journal of Physical Activity & Health*, 2008, 5 (Suppl 1): s112-s125.

- Alhassan, S.**, Kim, S., Bersamin, A., King, A., & Gardner, C. Dietary adherence and weight loss success among overweight women: Results from the A TO Z weight loss study *International Journal of Obesity*, 2008, 1-7.
- Santo, A.S., Cunningham, A.M., **Alhassan, S.**, Browne, R.W., Burton, H., Leddy, J.J., Grandjean, P.W., Horvath, S.M., & Horvath, P.J. NMR analysis does not increase sensitivity to the effect of soy protein on CVD risk when compared to the traditional lipid profile. *Applied Physiology, Nutrition and Metabolism*, 2008, 33 (3): 489-500.
- Sirard, J.R., **Alhassan, S.**, Spencer, T.R., & Robinson, T.N. Changes in physical activity from walking to school. *Journal of Nutrition Education and Behavior*, 2008, 40 (5): 324-326. PMID: PMC2556128
- Alhassan, S.** & Robinson, TN. Objectively measured physical activity and cardiovascular disease risk factors in African-American girls. *Ethnicity & Disease*, 2008 Autumn; 18(4):421-426. PMID: PMC3863587
- Alhassan, S.** & Robinson, TN. Defining accelerometer thresholds for physical activity in girls using ROC analysis. *Journal of Physical Activity and Health*, 2010: 7(1): 45-53. PMID: PMC3863586
- Robinson, TN., Matheson, DM., Kraemer, HC., Wilson, DM., Obarzanek, E., Thompson, NS., **Alhassan, S.** Spencer, TR., Haydel, KF., Fujimoto, M., Varady, A., Killen, JD. A Randomized controlled trial of culturally-tailored dance and reducing screen time to prevent weight gain in low-income African-American girls: Stanford GEMS. *Archives of Pediatrics & Adolescent Medicine*, 2010:164(11):995-1004. PMID: PMC3763243
- Howe, C.A., Freedson, P.S., **Alhassan, S.**, Feldman, H., Osganian S.K. A recess intervention to promote moderate-to-vigorous physical activity. *Pediatric Obesity*, 2012:7(1):82-88.
- Alhassan, S.**, Nwaokemeleh, O, Ghazarian, M., Roberts, J., Mendoza, A., & Shitole, S. Effect of locomotor-base physical activity program on minority preschoolers physical activity level. *Pediatric Exercise Science*, 2012:24(3):435-449.
- Alhassan, S.**, Nwaokemeleh, O., Mendoza, A., Shitole, S., Whitt-Glover, MC, & Yancey, AK. Design and baseline characteristics of the Short bouts of Exercise for Preschoolers (STEP) study. *BMC Public Health*, 2012:12:582-591. PMID: PMC3418210
- Alhassan, S.**, Lyden, K., Howe, C., Kozey, SL., Nwaokemeleh, O., & Freedson, PS. Accuracy of accelerometer regression models in predicting physical activity energy expenditure and METs in children and youth. *Pediatric Exercise Science*, 2012:24(4):519-536.
- Alhassan, S.**, Nwaokemeleh, O., Goldsby, T. Lyden, K., & Mendoza, A. The effects of additional structured outdoor playtime on preschoolers physical activity level. *Child Care in Practice*, 2013:1(Jan 2013):23-35.
- Lyden, K., Keadle, S., Staudenmayer, J., Freedson, P., **Alhassan, S.** Energy cost of common activities in children and adolescents. *Journal of Physical Activity & Health*, 2013:10(1):62-69.
- Alhassan, S.**, Greever, C., Nwaokemeleh, O., Mendoza, A., Barr-Anderson, DJ. Facilitators, barriers, and components of a culturally-tailored afterschool physical activity program in preadolescent African-American girls and their mothers. *Ethnicity & Disease*, 2014:24:8-13.
- Robinson, L., Webster, E., Whitt-Glover, M., Ceaser, T., & **Alhassan, S.** Are preschool and school-based obesity prevention interventions effective in African American Children and Youth? A Literature Review *Obesity Reviews*, 2014:5(Suppl 4):5-25.
- Alhassan, S.**, Whitt-Glover, MC. Intervention fidelity in a teacher-led program to promote physical activity in preschool-age children. *Preventive Medicine*, 2014:69(Suppl 1):S34-S36.

- Greever CJ, Sirard J, & **Alhassan S.** Objective Analysis of Preschoolers' Physical Activity Patterns During Free Playtime. *J Phys Act Health.* 2015;12(9):1253-1258.
- Barr-Anderson, D.J., Adams-Wynn, A.W., **Alhassan, S.**, Whitt-Glover, M.C. Culturally-appropriate, 9-month pilot, obesity intervention for African-American middle school girls and their mothers: a feasibility study. *Journal of Adolescent and Family Health.* 2014;6(2):article 6.
- Alhassan, S.**, Nwaokelemeh, O., Mendoza, A., Shitole, S., Elaine, P., Pfeiffer, K, Whitt-Glover, MC. Feasibility and effects of short activity breaks for increasing preschool-age children's physical activity levels. *Journal of School Health.* 2016;86:526-533.
- Sasaki, J.E., Howe, C., John, D., Hickey, A., Steeves, J., Conger, S., Lyden, K., Kozey-Keadle, S., Burkart, S., **Alhassan, S.**, Bassett Jr., B., Freedson, P.S. Energy expenditure for 70 activities in children and adolescents. *Journal of Physical Activity and Health.* 2016;13(Suppl 1):S24-8.
- Young, D.R., Hivert, M., **Alhassan, S.**, Camhi, S.M., Ferguson, J.F., Katzmarzyk, P.T., Lewis, C.E., Owen, N., Perry C.K. Siddique, J., Yong, C.M. Sedentary behavior and cardiovascular morbidity and mortality. *Circulation.* 2016;134(13):e262-79.
- Greever, C.J., Ahmadi, M., Sirard, J., Alhassan, S. Associations among physical activity, screen time, and sleep in low socioeconomic status urban girls. *Preventive Medicine Report.* 2017;5:275-278.
- Alhassan, S.**, Sirard, J.R., Kurdziel, L., Merrigan, S., Greever, C., Spencer, R. Cross-validation of two accelerometers for assessment of physical activity and sedentary time in preschool children. *Pediatric Exercise Science.* 2017;29(2):268-277.
- Burkart S, St. Laurent CW, **Alhassan S.** Process Evaluation of a Culturally-Tailored Physical Activity Intervention in African-American Mother-Daughter Dyads. *Prev Med Reports.* 2017;8:88-92.
- Burkart S, Roberts J, Davidson M, **Alhassan S.** Behavioral Effects of a Locomotor-Based Physical Activity Intervention in Preschoolers. *J Phys Act Health.* 2018;15(1):46-52.
- St. Laurent CW, Burkart S, **Alhassan S.** Effect of a School-Based Physical Activity Intervention on Letter and Number Recognition in Preschoolers. *Int J Ex Sci.* 2018;11(5)168-78.

### Published Abstracts

- Grandjean, P.W., **Alhassan, S.**, Taylor, J., & Goodlett, M. Blood lipid responses to daily exercise in hyperlipidemic men. ACSM, Baltimore, MD. *Medicine and Science in Sports and Exercise*, 2001, 33 (Supplement 5): S215.
- Alhassan, S.**, Grandjean, P.W., Taylor, K., Barksdale, J., & M. Goodlett. Blood lipid responses to a single bout of exercise in African-American women. *Medicine and Science in Sports and Exercise*, 2001, 33 (Supplement 5): S229.
- Grandjean, P.W., **Alhassan, S.**, & Goodlett, M. Post-heparin lipase activity responses to daily exercise in hyperlipidemic men. *Medicine and Science in Sports and Exercise*, 2002, 34 (Supplement 5): S21.
- Alhassan, S.**, Grandjean, P.W., & Goodlett, M. Post-heparin lipase responses to a single bout of exercise in African-American women. *Medicine and Science in Sports and Exercise*, 2002, 34 (Supplement 5): S49.

- Grandjean, P.W., Grandjean, A.B., **Alhassan, S.**, Plaisance, E.P., Reese, K.A., Hilson, B.D., Garner, J.C., & Wee, S.O. The influence of fitness status on cardiorespiratory responses to continuously graded & ramped treadmill protocols. *Medicine and Science in Sports and Exercise*, 2004, 36 (Supplement 5): S114.
- Kushnick, M., Bodin, W., Tackett, J., Kingsley, D., **Alhassan, S.**, Plaisance, E., & P.W. Grandjean. LDL particle size and distribution in white and black untrained men following acute treadmill walking. *Medicine and Science in Sports and Exercise*, 2004, 36 (Supplement 5): S143.
- Clark, S.J, Wooten, J.S, **Alhassan, S.**, Plaisance, E.P., Ben-Ezra, V., Taylor, K., Biggerstaff, K.D., & Grandjean, P.W. Acute insulin responses following exercise and relationships to lipid changes. *Medicine and Science in Sports and Exercise*, 2004, 36 (Supplement 5): S20.
- Biggerstaff, K.D, Clark, S.J, Wooten, J.S., **Alhassan, S.**, Plaisance, E.P, Ben-Ezra, V., Taylor, K., & Grandjean, P.W. Acute insulin response following exercise and relationship to lipid changes in sedentary African-American women. *Medicine and Science in Sports and Exercise*, 2004, 36 (Supplement 5): S19.
- Santo, A.S., **Alhassan, S.**, Grandjean, P., Browne, R.W., Burton, H., Horvath, S.M., Leddy, J.J., Melton, R.A., Hung, M.W. and Horvath, P.J. Isoflavone-rich soy protein reduced hepatic lipase activity in sedentary males. *The Federation of American Societies for Experimental Biology Journal*, 2005, 19 (Supplement 5): 1000A.
- Garner, J.C., Mestek, M.L. Plaisance, E.P., Hilson, B.D., **Alhassan, S.**, Taylor, J.K., Wee, S.O., & Grandjean, P.W. Blood lipid responses after continuous & accumulated aerobic exercise. *Medicine and Science in Sports and Exercise*, 2005, 37 (Supplement 5): S380.
- Hilson, B., Plaisance, E.P., **Alhassan, S.**, Garner, J.C., Mestek, M.L., Taylor, J.K., & Grandjean, P.W. The influence of cardiorespiratory fitness on acute blood lipid and lipoprotein responses to aerobic exercise. *Medicine and Science in Sports and Exercise*, 2006, 38(5): S482.

### **Book Chapters:**

- Grandjean, P.W. & **Alhassan, S.** (2005). Essential *Laboratory Methods for Blood Lipid and Lipoprotein Analysis* in Lipid Metabolism and Health, p.85-145.
- Barr-Anderson D, Alhassan S. Physical activity and media Use. In: Creasy GL, Jarvis PA (eds.). *Adolescent Development and School Achievement in Urban Communities: Resilience in the Neighborhood*. Taylor & Francis/Routledge: New York, New York 2013; 127-139.

### **Manuscripts Under Review:**

- Alhassan, S.**, Nwaokemeleh, O., Greever, C.J., Burkart, S.A., Ahmadi, M, St. Laurent, C.W., Barr-Anderson, D.J. Effect of a mother-daughter physical activity intervention on pre-adolescent African-American girls' physical activity levels: a randomized controlled pilot study. *Preventive Medicine*.

### **Manuscripts in Progress**

**Alhassan, S.,** St. Laurent, C.W., Burkart, S.A., O., Ahmadi, M., Greever, C.J., Effects of integrating obesity related health behaviors into academic learning standards.

## PRESENTATIONS

### Invited Presentations

- 2006 *Physical activity to prevent childhood obesity.* University of Massachusetts, Amherst. Department of Kinesiology. Graduate Seminar.
- 2007 *Physical activity and childhood obesity.* Mid-Atlantic Regional Chapter of American College of Sports Medicine. Harrisburg, PA.
- 2007 *Physical activity interventions in the prevention and treatment of childhood obesity.* University of Massachusetts, Amherst. Commonwealth College.
- 2007 *Childhood Obesity.* University of Massachusetts, Amherst. Biology Department. BioTap Seminar.
- 2008 *Physical activity in preschool-age children.* Hadely Elementary School, Hadley, MA
- 2008 & 2009 *How to get our children active.* University of Massachusetts, Amherst. Dinner on Us Series.
- 2010 *Gross Motor Activities: Why is it important.* Preschool centers in Springfield, MA (Kid's Place Inc., Square One, Giggle Gardens Inc.)
- 2011 *Physical Activity: The Role of the Teacher and the School.* Gateway Regional High School, Huntington, MA
- 2011 *Teachers Can a Difference in Children's Gross Motor Skills: How to incorporate Locomotor Skills into Daily Lesson Plans.* Preschool centers in Springfield, MA (New North Citizen Preschool and The Children House\_Wilbraham)
- 2012 *African-American Girls and Mother's Dancing to Improve Health – Using a New Research Paradigm.* Springfield Department of Public Health, Community Workers Engagement Workshop.
- 2013 *Solution-oriented physical activity programs in economically disadvantage children and youth.* Michigan State University, Kinesiology Department
- 2014 *Designing and implementing physical activity interventions in minority children and youth.* University Blaise Pacal, Clermont-Ferrand, France.
- 2016 *Teacher-led Preschool Physical Activity Interventions.* Early Care and Education Working Group. Webinar on October 17, 2016
- 2017 *Physical activity in preschool-age children.* National Collaborative on Childhood Obesity Research, Washington D.C.

### Conference Presentations



- Jackson, E.M., **Alhassan, S.**, Grandjean, P.W. (2005). *Lifestyle changes in the management of blood lipids among middle-aged men and women in the US*. Presented at the Annual Meeting of American Public Health Association, Philadelphia, PA.
- Alhassan, S.**, Reese, K.A., Plaisance, E.P., Hilson, B.D., Garner, J.C., Wee, S.O., & Grandjean, P.W. (2005). *Effects of dietary plant stanol ester margarine and aerobic exercise training on blood lipid concentrations*. Presented at the Annual Meeting of American College of Sports Medicine, Nashville, TN.
- Alhassan, S.** (2006) *Metabolic Syndrome: Does definition determine prevalence*. Presented at Stanford Prevention Research Center, Stanford Medical School, Wednesday Seminar Series.
- Alhassan, S.**, King, A., Oliveira, B., Gardner, C.D. (2006). *Behavioral characteristics of successful weight losers*. Presented at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Gardner, C.D., Soowon, K., Morris, J.L., **Alhassan, S.**, Kiazand, A., Balise, R.R., King, A.C. (2006). *Modest 1-year changes in weight and percent body fat among overweight women assigned to Atkins, Zone, Ornish or LEARN diets*. Presented at Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Gardner, C.D., Morris, J.L., Kim, S., Kiazand, A., **Alhassan, S.**, King, A. (2006). *Modest 1-year changes in weight and percent body fat among overweight premenopausal women assigned to Atkins, Zone, Ornish, or LEARN diets: A randomized clinical trial*. Presented at the Annual Meeting of the American Heart Association, Phoenix, AZ.
- Alhassan, S.**, Kiazand, A., Balise, R., King, A., Reaven, G., & Gardner, C. *Metabolic Syndrome: Do clinical criteria identify similar individuals among overweight premenopausal women*. Presented at the American Heart Association Annual Scientific Session, Chicago, IL.
- Alhassan, S.**, Sirard, J., Spencer, T., Varady, A., & Robinson, T. (2007). *Estimating physical activity from incomplete accelerometer data in field studies*. Presented at the Annual Meeting of American College of Sports Medicine, New Orleans, LA.
- Alhassan, S.** (2008). *Promoting physical activity in African-American girls*. Presented at the Annual Meeting of American College of Sports Medicine, Indianapolis, IN.
- Alhassan, S.** & Robinson, TN (2008). *Defining accelerometer thresholds for physical activity in girls using ROC analysis*. Presented at the Annual Meeting of The Obesity Society, Phoenix, AZ.
- Alhassan, S.** & Robinson, TN (2009). *Objectively measured physical activity and psychosocial factors in African-American girls*. Presented at the Annual Meeting of International Society of Behavioral Nutrition and Physical Activity, Lisbon, Portugal.
- Alhassan, S.** (2009). *Square One classroom teacher taught skill-base physical activity Program on preschoolers physical activity levels: Design and Baseline*. Presented at the Annual Meeting of Active Living Research, San Diego, CA.
- Alhassan, S.** Howe, CA., Kozey, S., Lyden, K., Nwaokelemeh, O., Freedson, P. (2010) *Regression models are not accurate in predicting physical activity energy expenditure and METs in children and youth*. Presented at the International Society of Behavioral Nutrition and Physical Activity, Minneapolis, MI .
- Nwaokelemeh, N., Lyden, K., Goldsby, T., **Alhassan, S.** (2010) *Additional structured outdoor playtime on preschoolers' physical activity levels*. Presented at the Annual Meeting of American College of Sports Medicine, Baltimore, MD.

- Lyden, K., Kozey, S., Staudenmayer, J., **Alhassan, S.** Freedson, PS. (2010) *Energy cost of common activities in children and adolescents*. Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto, Canada
- Howe, CA., Freedson PS., Jones BL., **Alhassan, S.**, Feldman, HA., Osganian, SK. (2010) *The effects of a daily 100-kcal structured recess program on total daily moderate-to-vigorous physical activity*. Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto, Canada
- Alhassan, S.** (2011) *Short bouts of exercise for preschools*. Presented at Annual Meeting of Active Living Research, San Diego, CA.
- Alhassan, S.**, Nwaokelemeh, O, Ghazarian, M., & Roberts, J. (2011) *Effect of locomotor skill program on minority preschoolers physical activity level*. Presented at the International Society of Behavioral Nutrition and Physical Activity, Melbourne, Australia.
- Alhassan, S.**, Whitt-Glover, M., Ward, D. (2011) *How to build and maintain a mentoring team*. Presented at the Annual Meeting of American College of Sports Medicine, Denver, CO.
- Alhassan, S.** (2012) *African-American girls and mother's dancing together trail (MAGNET Study) – Using the AACORN research paradigm*. Presented at the International Society of Behavioral Nutrition and Physical Activity, Austin, TX.
- Alhassan, S.** (2012) *Exercise is Medicine for Underserved Inner City Populations: Challenges and Opportunities*. Presented at American College of Sports Medicine, San Francisco, CA.
- Mendoza, A, Nwaokelemeh, O., Roberts, J., Ghazarians, M., Shitole, S., **Alhassan, S.** (2012) Association between objectively-measured physical activity and locomotor movement skills subcategories in minority preschoolers. Presented at American College of Sports Medicine, San Francisco, CA.
- Nwaokelemeh, O., Roberts, J., Ghazarians, M., Mendoza, A, Shitole, S., **Alhassan, S.** (2012) *Effects of a locomotor-based physical activity intervention on attention deficit hyperactivity disorder symptomatology in preschoolers*. Presented at American College of Sports Medicine, San Francisco, CA.
- Greever, C., Brown, H., Nwaokelemeh, O., Mendoza, A., Frazier, W., & **Alhassan, S.** (2013) *Constructs and components of an after-school physical activity program for African-American dyads*. Presented at the Annual Meeting of American College of Sports Medicine, Indianapolis, IN.
- Mendoza, A., Webster, E., Robinson, L., Stoops, H., & **Alhassan, S.** (2013) *Are school-based obesity interventions effective in African-American Children?: A review of the literature*. Presented at the Annual Meeting of American College of Sports Medicine, Indianapolis, IN.
- Desrochers, P., Lugo, W., Kurdziel, L., Ertel, K., **Alhassan, S.**, & Spencer, R. (2013) *The relationship between sleep and daytime activity in preschool children*. Presented at International Conference on Ambulatory Monitoring of Physical Activity and Movement, Amherst, MA.
- Alhassan, S.**, Nwaokelemeh, O., Mendoza, A., & Greever, C., (2013) *The association between parenting style and minority preschoolers physical activity level*. Presented at the International Society of Behavioral Nutrition and Physical Activity, Ghent, Belgium.
- Alhassan, S.**, Whitt-Glover, MC. (2014) Effects of short bouts of structured physical activity on preschooler's during preschool-day physical activity level. Presented at Annual Meeting of Active Living Research, San Diego, CA.

- Greever, C., Sirard, J., **Alhassan, S.** (2014) *Objective analysis of preschooler's physical activity patterns during free playtime.* Presented at the Annual Meeting of American College of Sports Medicine, Orlando, FL.
- Burkhart, S., Winner, B., Greever, C., **Alhassan, S.** (2014) *Is African-American girls' perception of their mother-daughter relationship associated to psychosocial and physical activity variables?* Presented at the Annual Meeting of American College of Sports Medicine, Orlando, FL.
- Alhassan, S.**, Nwaokelemeh, O., Mendoza, A., Shitole, S., Whitt-Glover, M.C., Feasibility of short activity breaks for increasing preschool-age children's physical activity levels. (2015) Presented at the International Society of Behavioral Nutrition and Physical Activity, Edinburgh, Scotland.
- Greever, C.**, Nwaokelemeh, O., Burkart, S., Ahmadi, M., St.Laurent, C., Alhassan, S. (2015) *Associations between physical activity levels and sleep in African-American girls.* Presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA.
- Ahmadi, M., Greever, C., Nwaokelemeh, O., Burkhart, S., St. Laurent, C., **Alhassan, S.** (2015) *Combined Effects of Physical Activity And Sleep On Diabetes Risk Factors In Pre-Adolescent African-American Girls.* Presented at the Annual Meeting of American College of Sports Medicine, San Diego, CA.
- Burkart, S., Nwaokelemeh O., Greever C., St. Laurent C., Ahmadi M., **Alhassan S.** (2015) *Is Body Image Dissatisfaction Associated To Physical Activity Levels in Pre-Adolescent African-American Girls?* Presented at the Annual Meeting of American College of Sports Medicine, San Diego, CA.
- Alhassan, S.**, Burkart, S., Greever, C., Nwaokelemeh, O., Ahmadi, M., Fiorenzo, L. (2016) *Effect of a mother-daughter dance intervention on pre-adolescent African-American girls' physical activity level.* Presented at the Annual Meeting of American College of Sports Medicine, Boston, MA.
- Ahmadi, M.N., Greever, C., Burkart, S., **Alhassan, S.** (2016) *Effects of a dance intervention on physical activity and sedentary behavior preference in African-American Girls.* Presented at the Annual Meeting of American College of Sports Medicine, Boston, MA.
- St Laurent, C.W., Masteller, B., St Laurent, T.G., Bigelow, C., **Alhassan, S.**, Sirard, J.R. (2016) *Effect of a suspension-trainer based movement program on performance and functional movement in youth.* Presented at the Annual Meeting of American College of Sports Medicine, Boston, MA.
- Burkart, S., Greever, C., Ahmadi, M., Nwaokelemeh, O., St. Laurent, C., Alhassan, S. (2016) *Does change in physical activity predict change in mental health outcomes in pre-adolescent African-American girls.* Presented at the Annual Meeting of American College of Sports Medicine, Boston, MA.
- Alhassan, S.** *Short bouts of exercise for preschoolers (STEP) study: Lessons Learned.* (2017) Presented at the Annual Meeting of American College of Sports, Denver, CO.
- Burkart, S., St. Laurent, C.W., **Alhassan, S.** *Effect of a curriculum-based physical activity intervention on classroom behavior variables in preschool-age children.* (2017) Presented at the Annual Meeting of American College of Sports, Denver, CO.
- St Laurent, C.W., Burkart, S., **Alhassan, S.** (2017) *Effect of a physical activity intervention on letter and number recognition in preschoolers.* Presented at the Annual Meeting of American College of Sports, Denver, CO.

Ahmadi, M.N., Greever, C., Burkart, S., St. Laurent, C., **Alhassan, S.** (2017) *Comparison of hip and wrist accelerometers in pre-adolescents during free-living and semi-structured physical activity*. Presented at the Annual Meeting of American College of Sports, Denver, CO.

## TEACHING

### University of Massachusetts, Amherst

2007	KIN 350	Statistics in Kinesiology
2007 – Present	KIN697E	Physical Activity and Health Journal
2008 – Present	KIN 346	Clinical and Public Health Implications of Obesity
2012	KIN 697PP	Community-base Pediatric Physical Activity Interventions
2012 – Present	KIN 697PA	Theory and design of physical activity interventions

### THESIS AND DISSERTATION COMMITTEES

Chair of Committee, Department of Kinesiology

#### *Doctoral*

2008 – 2015	Ogechi Nwaokelemeh, PhD
2012 – 2016	Cory Greever, PhD
2014 – Present	Christine St. Laurent
2015 – Present	Sarah Burkhart

#### *Master's*

2013 – 2015	Sarah Burkhart, MS
2014 – 2016	Matthew Ahmadi, MS

Member of Committee, Department of Kinesiology

#### *Doctoral*

2007 – 2009	Cheryl Howe, PhD Candidate, "A-Kids: Activity Kcal Intervention Daily Study Effects of 100-kcal Daily Energy Expenditure on Total Moderate-to-Vigorous Physical Activity in 3rd Grade Children"
2014 – Present	Brittany Masteller, PhD Candidate, "Feasibility and Efficacy of a Movement Training Program on Fitness and Physical Activity in Third and Fourth Grade Students"

#### *Master's*

2007 – 2008	Sarah Kozey, MS Candidate, "Errors in MET Estimates Of Physical Activities Using 3.5 ml/kg/min As The Baseline Oxygen Consumption"
2007 – 2008	Bryce Jones, MS Candidate,
2008 – 2009	Gabrielle Papineau, MS Candidate, "Physical Activity and Bariatric Surgery"

- 2008 – 2009 TaShauna Goldsby, MS Candidate, “Validation of the 1R and 2R Regression Models to Predict Activity Energy Expenditure Using the Actical Accelerometer”
- 2015 – 2017 Melanna Cox, MS Candidate, “The Development and Testing of a Direct Observation Protocol as a Criterion Measure for Children’s Free-Play Activity”

Member of Committee, Other Departments

*Master’s*

- 2009 – 2010 Jasmin Roberts, MS Candidate, “The Behavioral Effects of Increased Physical Activity in Children at Increased Risk for Attention Deficit Hyperactivity Disorder”

Undergraduate Students Honor’s Thesis

- 2008-2009 Ashley Donahue, Commonwealth College, Honors Capstone Thesis. “Physical Activity and Classroom Behavior in Preschool-Age Children”
- 2009-2010 Dani Stallan, Commonwealth College, Honors Capstone Thesis. “Locomotor Skills and Physical Activity Levels of Preschool-Age Children”
- 2010-2011 Lauren Fallon, Commonwealth College, Honors Capstone Thesis. “The Relationship between Parental Physical Activity Levels and Minority Preschool-aged Children’s Physical Activity Levels”
- 2010-2011 Matthew Hislop, Commonwealth College, Honors Capstone Thesis. “The Impact of Gender on Minority Preschool-age Children’s Physical Activity Levels”
- 2010-2011 Noelle Chiavetta, Commonwealth College, Honors Capstone Thesis. “The Relationship between Parenting Style and Minority Preschool-age Children Physical Activity Levels”
- 2011-2012 Hannah Moverman, Commonwealth College, Honors Capstone Thesis. “Preschool Physical Activity Policy and Preschooler Physical Activity Level”
- 2011-2012 Hannah Stoops, Commonwealth College, Honors Capstone Thesis. “The Association Between Parental Physical Activity Level and Preschool-age Children’s Activity Behavior”
- 2011-2012 Kristen McLoughin, Commonwealth College, Honors Capstone Thesis. “Does Gender Impact Physical Activity Level in Preschool-age Children?”
- 2012-2013 Jurelis Santos, Commonwealth College, Honors Capstone Thesis. “Does age impact how preschool-aged children respond to a physical activity program?”
- 2012-2013 Kristen Millett, Commonwealth College, Honors Capstone Thesis. “Gender differences in a 6-month physical activity intervention in preschool-age children”
- 2012-2013 Monica Warren, Commonwealth College, Honors Capstone Thesis. “The effect of a structured physical activity intervention on preschool-age children’s classroom behavior”
- 2015-2016 Trace Renaud, Commonwealth College, Honors Capstone Thesis. “Efficacy of a suspension-training movement program on athletic competence in children”

- 2015-2016 Kelsey Stanvick, Commonwealth College, Honors Capstone Thesis. “The effect of monitor placement on accelerometer derived physical activity measurement during suspension training in children”
- 2016-2017 Cole Martens, Commonwealth College, Honors Capstone Thesis. “A Comparison of Structured Recess Versus Unstructured Free Play on Recess Physical Activity Levels”
- 2016-2017 Evan Keller, Commonwealth College, Honors Capstone Thesis. “A Comparison of Physical Activity Levels by Gender During Unstructured and Structured Recess”
- 2016-2017 Stephen Lopez, Commonwealth College, Honors Capstone Thesis. “The Relationship Between School Recess Physical Activity and Scholastic Competence/School Engagement”

## **SERVICE**

### **Department of Kinesiology**

- 2007-2014 Member, Personnel Committee
- 2008-2009 Member, Search Committee for Faculty Position
- 2010 Member, Search Committee for Faculty Position  
Member, Search Committee for Instructor Position
- 2012 - 2014 Chair, Departmental Qualify Exam Committee
- 2013 Chair, Search Committee for Faculty Position
- 2015 Chair, Search Committee for Faculty Position
- 2015 – present Graduate Program Director
- 2016 – present Member, Personnel Committee
- 2016 – 2017 Member, Search Committee for Faculty Position

### **School of Public Health and Health Sciences Service**

- 2009-Present Member, Springfield-Holyoke Health Alliance for Research and Engagement
- 2010-2011 Member, Search Committee for Faculty Position, Division of Biostatistics & Epidemiology
- 2011-2012 Member, Search Committee for Faculty Position, Environmental Health Science
- 2012-2014 Member, Diversity Committee, Chair
- 2012-Present Member, Diversity Committee,

### **University of Massachusetts Amherst Service**

- 2008 – 2010 Chancellor Junior Faculty Fellowship Program
- 2008 – present Mentor for the Northeast Alliance for Graduate Education and the Professoriate (NEAGEP) Program

Mentor for underrepresented minority students through the NEA Summer Program for Undergraduate Research (SPUR) program

2011-2012 Member, Search Committee for Director of Community Research Engagement Position, Commonwealth Honors College

### **Service to the Community**

- Presentation to various branches of the Springfield Health & Human Services Department on issues relating to child health
- Providing in-school service training for several preschool centers on the following topic
  - Pediatric obesity
  - Physical activity programing
  - Ways to incorporate physical activity and locomotor into the academic classroom
- Working with after-school programs to evaluate impact of physical activity program

### **Service to the Profession**

2005-2010 Member, American College of Sport Medicine, Healthy Airport Travel  
2005-2011 Member, American College of Sport Medicine, Strategic Health Initiatives for Women, Sport & Physical Activity  
2007-2011 Co-Chair / Chair, American College of Sport Medicine, Minority Health and Research Special Interest Group (Co-Chair, 2007 – 2009, Chair, 2009 – 2001)  
2009-2010 Member, Planning Committee, NIH: NIDDK - Network of Minority Research Investigators (NMRI)  
Member, Planning Committee, Robert Wood Johnson: Active Living Research – Grantee Conference  
2010-2015 Member, American College of Sport Medicine, Constitution, Bylaws and Operating Codes Committee  
Member, American College of Sport Medicine, Exercise is Medicine: Underserved Populations Committee  
2011-Present Member, American College of Sport Medicine, Research Awards Committee  
2013-Present Member, American Heart Association Council on Nutrition, Physical Activity, and Metabolism  
2016-Present Member, American College of Sport Medicine, Research Review Committee  
2017-Present Board of Trustee, American College of Sport Medicine  
2017-Present Senior Associate Editor, Journal of Physical Activity and Health

### **Research Proposal Reviewer (Ad hoc)**

2009 Root Cause's Social Innovation Forum: Fitness and Healthy Eating Track  
2010 Robert Wood Johnson: Active Living Research – Dissertation Proposal  
2011 National Research Foundation – Grant Proposal  
2017 Nebraska Research Initiative – Grant Proposal

## **PROFESSIONAL MEMBERSHIPS**

1997 – Present American College of Sport Medicine  
2005 – Present American Heart Association  
2008 – Present Society of Behavioral Medicine  
2008 – Present The Obesity Society  
2009 – Present International Society of Behavioral Nutrition and Physical Activity  
2009 – 2014 NIH:NIDDK - Network of Minority Research Investigators (NMRI)  
2010 – Present African-American Collaborative Research Network