

Sarah Burkart, M.S.
Curriculum Vitae

University of Massachusetts Amherst
Department of Kinesiology
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Amherst, MA 01002

EDUCATION

- 2015 – Present Doctor of Philosophy, Kinesiology
University of Massachusetts, Amherst, MA
Area of Concentration: Physical Activity and Health
Advisor: Dr. Sofiya Alhassan
- 2013 - 2015 Masters of Science in Kinesiology
University of Massachusetts, Amherst, MA
Area of Concentration: Physical Activity and Health
Thesis: *Does Change in Physical Activity Predict Mental Health Outcomes in Pre-Adolescent African-American Girls?*
Advisor: Dr. Sofiya Alhassan
GPA: 3.96
- 2009 - 2013 Bachelor of Science in Exercise Science
Minor in Psychology and Geriatric Health & Wellness
Thomas More Honors Program
Sacred Heart University, Fairfield, CT
GPA: 3.77

RESEARCH AND PROFESSIONAL EXPERIENCE

- 2013 - Present Teaching Assistant, Department of Kinesiology, University of Massachusetts, Amherst, MA
- 2013 - Present Research Assistant, Pediatric Physical Activity Laboratory, Department of Kinesiology, University of Massachusetts, Amherst, MA

HONORS & AWARDS

- 2009-2013 Thomas More Honors Program Scholarship
2013 Delta Epsilon Sigma Scholastic Honor Society
2015-2016 SPHHS Dean's Fellowship

ABSTRACT PUBLICATIONS

Burkart S., Winner B, Greever C, Alhassan S. Is African-American Girls' Perception Of Their Mother-Daughter Relationship Associated To Psychosocial And Physical Activity Variables? *Med Sci Sports Exerc*, 2014, 46(5S): 234.

CONFERENCE PRESENTATIONS

Greever C., Nwoakelemeh O., **Burkart S.**, Ahmadi M., St. Laurent C., Alhassan S. (2014) *Associations between Physical Activity and Sedentary Behavior Levels with Sleep Duration and Quality in African American Girls*. Presented at the New England Chapter of the College of Sports Medicine Fall Meeting, Providence, Rhode Island.

POSTER PRESENTATIONS

Burkart S., Wherley, V. (2013) *The Effects of Group Exercise on a Student with Spastic Quadriplegic Cerebral Palsy*. Undergraduate Honors Thesis. Presented at the First Annual Sacred Heart University Academic Festival, Fairfield, CT.

Burkart S., Winner B., Greever C., Alhassan S. (2013) *Is African-American Girls' Perception Of Their Mother-Daughter Relationship Associated To Psychosocial And Physical Activity Variables?* Presented at the New England Chapter of the American College of Sports Medicine Fall Meeting, Providence, Rhode Island.

Burkart 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 UMass Clinical & Translational Science Research Retreat, Worcester, Massachusetts.

Burkart 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 UMass Amherst School of Public Health and Health Sciences Research Day, Amherst, Massachusetts.

Burkart 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, Florida.

St. Laurent C., Nwoakelemeh O., Greever C., **Burkart S.**, Ahmadi M., Alhassan S. (2014) *Examination of Physical Activity Assessment Methods on Psychological Factors in African-American Women*. Presented at the New England Chapter of the College of Sports Medicine Fall Meeting, Providence, Rhode Island.

Ahmadi M., Greever C., Nwoakelemeh O., **Burkart S.**, St. Laurent C., Alhassan S. (2014) *Combined Effects of Physical Activity and Sleep on Diabetes Risk Factors in Pre-Adolescent African-American Girls*. Presented at the New England Chapter of the College of Sports Medicine Fall Meeting, Providence, Rhode Island.

Nwoakelemeh O., Greever C., **Burkart S.**, Ahmadi M., St. Laurent C., Alhassan S. (2014) *Impact of a Preschool Workplace Intervention on Classroom Teachers' Physical Activity Levels and Well-Being*. Presented at the New England Chapter of the College of Sports Medicine Fall Meeting, Providence, Rhode Island.

Burkart S., Greever C., Nwoakelemeh O., St. Laurent C., Ahmadi M., Alhassan S. (2014) *Is Body Image Dissatisfaction Associated to Physical Activity in Pre-Adolescent African-American Girls?* Presented at the New England Chapter of the College of Sports Medicine Fall Meeting, Providence, Rhode Island.

Burkart S., Greever C., Nwoakelemeh O., St. Laurent C., Ahmadi M., Alhassan S. (2015) *Is Body Image Dissatisfaction Associated to Physical Activity in Pre-Adolescent African-American Girls?* Accepted for Presentation at the Annual Meeting of the American College of Sports Medicine, San Diego, California.

TEACHING EXPERIENCE

University of Massachusetts, Amherst

2013 - Present Instructor: Anatomy & Physiology 1 Lab

Sacred Heart University

2012-2013 Classroom Learning Assistant: Intro to Health and Fitness
2013 Intern: St. Vincent's Special Needs Services, Trumbull, CT

MEMBERSHIP IN PROFESSIONAL SOCIETIES

2012-Present New England Chapter of the American College of Sports Medicine
2013-Present American College of Sports Medicine