
Christine W. St. Laurent, M.S.

University of Massachusetts Amherst, Department of Kinesiology
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EDUCATION

- 2014-Present Doctor of Philosophy, Kinesiology
University of Massachusetts, Amherst, MA
Area of Concentration: Physical Activity and Health
Advisor: Dr. Sofiya Alhassan
Dissertation: *Feasibility and Efficacy of a Recess-Based Combined Fitness Intervention on Cognition and Academic Performance in Elementary School Children*
- 2018-Present Master of Public Health, Epidemiology
University of Massachusetts, Amherst, MA
Advisor: Dr. Lisa Chasan-Taber
Project: *Estudio Parto: Effect of a Postpartum Diabetes Prevention Program for Hispanic Women on Biomarkers of Cardiovascular Risk*
- 2003-2005 Master of Science, Kinesiology
James Madison University, Harrisonburg, VA
Area of Concentration: Exercise Physiology
Area of Concentration: Nutrition/Physical Activity
Advisor: Dr. Judith Flohr
Thesis: *Carbohydrate Supplementation Attenuates Blood Glucose Decreases in Pregnant Exerciser*
- 1998-2003 Bachelor of Science, Kinesiology
James Madison University, Harrisonburg, VA
Area of Concentration: Exercise Science
Minor: History

EXPERIENCE**Professional Experience**

- 2015–Present Graduate Research and Teaching Assistant, Pediatric Physical Activity Laboratory, Department of Kinesiology, University of Massachusetts Amherst, Amherst, MA
- Assisted and served as lead instructor for a variety of undergraduate courses and laboratory sections.
 - Primary investigator of the *Strong Minds with Aerobic and Resistance Training during Recess (SMART Recess) Pilot Study*
 - Data collector and intervention development in the *Getting Active, Motivated, and Energized through School (GAMES) Recess Study*
 - Data collector, intervention development, and data analysis in the *Preschool Activity, Diet, and Sleep (P.A.D.S.) Pilot Study*
 - Data collector in the *Girls Dance and Sleep Health (DASH) Pilot*
 - Primary investigator of the *Suspension-Training Movement Program in Youth Athletes Study*

- 2010-2014 Owner, St. Laurent Health and Performance LLC, Manchester, CT
- Oversaw the operations, program instruction, and marketing of a health and fitness business that offered health and fitness services through individual and small group personal training, group exercise, and specialized programs for all ages and fitness experiences.
 - Served as the Wellness Consultant to Manchester, CT's town-wide, youth health initiative – the 95210 Campaign.
 - Instructed group exercise classes at the Manchester Senior Center.
 - Served as the strength and conditioning coach at Manchester High School.
 - Collaborated with the Manchester school system and health department to offer public health programs and services to the local community.
- 2010 Health and Wellness Director, Indian Valley Family YMCA, Ellington, CT
- Supervised and coordinated the health and wellness department of a new family YMCA facility, including Health and Wellness Center staff and operations, personal training program, group exercise programs, and specialty programs.
 - Implemented policies, procedures, and schedules for new facility and health and wellness department. Interviewed, auditioned and hired staff for a brand new branch department.
 - Provided employees with professional development opportunities and workshops. Managed payroll, budget and purchasing, marketing, and daily operations of health and wellness department.
 - Staff member on the Program Committee of the Indian Valley Family YMCA Board of Volunteers.
- 2007-2010 Assistant Director of Campus Recreation (Fitness and Wellness) Campus, Springfield College, Springfield, MA
- Oversaw the day-to-day operations of the campus wellness and recreation complex, including staff training and development, supervision of graduate associates and purchasing and maintaining all fitness and wellness equipment and materials.
 - Maintained a budget for the fitness and wellness component of the campus recreation program including equipment purchases, program development, student staffing, and outside contracts for special instructions of programs.
 - Responsible for the development and implementation of comprehensive fitness and wellness programs and events including group exercises classes, group exercise instructor training and personal trainer certification preparation programs (using the ACE university curriculums), personal training services and other non-credit classes.
 - Responsible for marketing and communications of campus recreation schedules and programs to the college and surrounding communities. Submitted schedules and wellness educational content to the college's biweekly employee newsletter.
 - Collaborated with other campus departments in wellness programs, workshops and calendars to deliver to the college community.
 - Adjunct faculty member of the Applied Exercise Science academic program responsible for coordination and instruction of the on-campus practicum course.
 - Developer and coordinator of the college's employee wellness programs that includes wellness programming, exercise classes, education, and an incentive program.
 - Member of the College's Wellness Committee, P.R.I.D.E. Awards Committee, Employee Picnic, and the Administrative/Professional Staff Council.

- 2005-2007 Coordinator of Fitness and Wellness Programs, University of Massachusetts Lowell, Lowell, MA
- Responsible for supervision and management of personal training, fitness center, and group fitness staff and instructional programs in a college setting that served students, faculty, staff, and alumni members of the university.
 - Implemented a wide range of programs, participated on university committees, developed equipment proposals for new purchases, created marketing tools and strategies, and managed budget.
 - Provided staff training and administered in-service and supplemental training for recreation staff.
 - Participated as a member of the UML Health Education Network.
- 2004-2005 Graduate Research and Teaching Assistant, Human Performance Laboratory, Kinesiology Department, James Madison University, Harrisonburg, VA
- Assisted and served as lead instructor for an undergraduate course.
 - Assisted with research projects in the Human Performance Laboratory.

TEACHING

University of Massachusetts Amherst, Amherst, MA

- 2018-Present Graduate Teaching Assistant: Kinesiology, Physical Activity and Public Health
- 2017-2018 Online Course Instructor: Kinesiology, Introduction to Kinesiology
- 2017-2018 Graduate Teaching Assistant: Kinesiology, Introduction to Kinesiology
- 2017 Online Course Instructor: Kinesiology, Physical Activity and Public Health
- 2016-2017 Instructor: Kinesiology, Introduction to Kinesiology (Residential Academic Program section)
- 2015-2016 Online Course Instructor: Kinesiology, Wellness for All (Summer)
- 2015 Co-Instructor: Kinesiology, Wellness for All
- 2015 Graduate Teaching Assistant: Kinesiology, Wellness for All
- 2014–2015 Graduate Teaching Assistant: Kinesiology, Human Anatomy and Physiology I Laboratory

Branford Hall Career Institute, Windsor, CT

- 2011 Instructor: Personal Fitness Trainer Program – Exercise Psychology
- 2011 Instructor: Personal Fitness Trainer Program – Exercise Physiology
- 2011 Instructor: Personal Fitness Trainer Program – Upper Kinesiology
- 2011 Personal Fitness Trainer Program – Special Topics in Fitness/Exam Preparation

Springfield College, Springfield, MA

- 2007–2010 Instructor: Applied Exercise Science – On Campus Practicum
- 2009 Instructor: Physical Education – Aerobics Fitness
- 2008 Instructor: Applied Exercise Science – Presentation and Instructional Techniques

University of Massachusetts Lowell, Lowell, MA

- 2008 Instructor: Exercise Physiology – Exercise Physiology II

James Madison University, Harrisonburg, VA

- 2005 Instructor: Kinesiology - Lifetime Fitness and Wellness
- 2004 Graduate Teaching Assistant: Kinesiology - Lifetime Fitness and Wellness

FUNDING

Awarded

- 2018 University of Massachusetts School of Health and Health Sciences Dean's PhD Summer Fellowship
- 2017 University of Massachusetts Amherst Graduate School Dissertation Research Grant

Submitted

- 2017 North American Society for Pediatric Exercise Medicine's 2017 Marco Cabrera Student Research Award
- 2017 American College of Sports Medicine Foundation Doctoral Student Research Grant

HONORS AND AWARDS

Awarded

- 2018 Priscilla Clarkson Scholarship Award
- 2018 University of Massachusetts Amherst Distinguished Teaching Award Nominee
- 2017 University of Massachusetts Department of Kinesiology Graduate Travel Grant
- 2016 University of Massachusetts Department of Kinesiology Graduate Travel Grant
- 2002 James Madison University Faculty Women's Caucus Bruce Crawford-Morrison-Rummel Scholarship

Submitted

- 2017 University of Massachusetts Amherst Center for Research on Families 2017-2018 Dissertation Fellowship

PUBLICATIONS AND PRESENTATIONS

Published Peer-Reviewed Manuscripts

1. Ferrara, C., **St. Laurent, C.**, & Wilson, T. (2008). The benefits of a weight loss contest in overweight and obese college students. *Recreational Sports Journal*, 32, 45-51.
2. Burkart, S., **St. Laurent C.W.**, and Alhassan, S. (2017). Intervention fidelity and process evaluation in a culturally-tailored mother-daughter dance intervention. *Preventative Medicine Reports*, 18, 88-92.
3. **St. Laurent, C.W.**, Burkart, S., and Alhassan, S. (2018). Effect of a school-based physical activity intervention on letter and number recognition in preschoolers. *International Journal of Exercise Science*, 11(5): 168-178.
4. Alhassan, S., **St. Laurent, C.W.** and Burkart, S. (2018). Preschool-based Physical Activity Interventions in African-American and Latino Preschoolers: A Literature Review. *Kinesiology Review*, 7, 142-150.
5. Alhassan, S., Burkart S., Greever, C., Nwaokemeh, O., Ahmadi A., and **St. Laurent, C.** Effects of a mother-daughter intervention on pre-adolescent African-American girls' physical activity levels. *Preventative Medicine Reports*, 11, 7-14.
6. **St. Laurent, C.W.**, Masteller, B., and Sirard, J. (2018) Effect of a suspension-trainer based movement program on measures of fitness and functional movement in children: A pilot study. *Pediatric Exercise Science*, 30(3), 364-375.

Manuscripts in Review

1. Alhassan, S., **St. Laurent, C.W.**, Burkart, C., Greever, C., and Ahmadi, A. Effects of a curriculum-based health intervention on obesity-related health behaviors in preschoolers.

Manuscripts in Progress

1. **St. Laurent, C.W.**, Burkart, S., and Alhassan, S. Evaluation of the Implementation of an Academically-integrated intervention targeting obesity-related health behaviors in preschool-age children.

Published Abstracts

1. **St. Laurent, C.**, Flohr, J., Saunders, M., and Peterson, C. Carbohydrate supplementation attenuates blood glucose decreases in pregnant exerciser. ACSM, Denver, CO. *Medicine and Science in Sports and Exercise*, 2006, 35 (Supplement 5): S191.
2. Ferrara, C., **St. Laurent, C.**, and Wilson, T. The benefits of a weight loss contest in overweight and obese college students. ACSM, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 2008, 40 (Supplement): S323.
3. Greever, C., Nwaokemeleh, O., Burkart, S., Ahmadi, M., and **St. Laurent, C.** Associations between physical activity levels and sleep in African American girls. ACSM, San Diego, CA. *Medicine and Science in Sports and Exercise*, 2015, 47: 834.
4. Burkart, S., Nwaokemeleh, O., Greever, C., **St. Laurent, C.**, and Ahmadi, M. Is body image dissatisfaction associated to physical activity levels in pre-adolescent African-American girls? ACSM, San Diego, CA. *Medicine and Science in Sports and Exercise*, 2015, 47:522.
5. Ahmadi, M., Greever, C., Nwaokemeleh, O., Burkart, S., Ahmadi, M., **St. Laurent, C.**, and Alhassan, A. Combined effects of physical activity and sleep on diabetes risk factors in pre-adolescent African-Americans girls. ACSM, San Diego, CA. *Medicine and Science in Sports and Exercise*, 2015, 47:382.
6. Masteller, B., **St. Laurent, C.W.**, St Laurent, T.G., Bigelow, C., and Sirard, J.R. Effect of a suspension-training movement program on muscular fitness in youth. ACSM, Boston, MA. *Medicine and Science in Sports and Exercise*, 2016, 48 (Supplement 5): 147-8.
7. Burkart, S.A., Greever, C., Ahmadi M, Nwoakelemeleh, O., **St. Laurent C.**, and Alhassan S. Does change in physical activity predict mental health outcomes in pre-adolescent African American girls? ACSM, Boston, MA. *Medicine and Science in Sports and Exercise*, 2016, 48 (Supplement 5): 664.
8. **St. Laurent, C.W.**, Masteller, B., St. Laurent T., Bigelow C., Alhassan, S., and Sirard, J. Suspension-trainer based movement program on performance and functional movement in youth. ACSM, Boston, MA. *Medicine and Science in Sports and Exercise*, 2016, 48 (Supplement 5): 344.
9. Ahmadhi, M., Greever, C., Burkart, S., **St. Laurent, C.**, and Alhassan, S. Comparison of hip and wrist accelerometers in pre-adolescents during free-living and semi-structured physical activity. ACSM, Denver, CO. *Medicine and Science in Sports and Exercise*, 2017, 49 (Supplement 5): 477.
10. Burkart, S., **St. Laurent, C.W.**, and Alhassan, S. Effect of a curriculum-based physical activity intervention on classroom behavior variables in preschool-age children. ACSM, Denver, CO. *Medicine and Science in Sports and Exercise*, 2017, 49 (Supplement 5): 878.
11. **St. Laurent, C.W.**, Burkart, S., and Alhassan, S. Effect of a physical activity intervention on letter and number recognition in preschoolers. ACSM, Denver, CO. *Medicine and Science in Sports and Exercise*, 2017, 49 (Supplement 5): 878.

Abstract Presentations

1. **St. Laurent, C.**, Greever, C., Nwaokemeleh, O., Burkart, S., Ahmadi, M., and Alhassan, S. (2014, November). *Examination of physical activity assessment methods on psychological factors in African-American women*. Poster presentation at the NEACSM 2014 Fall Conference, Providence, RI.
2. **St. Laurent, C.**, Masteller, R., St. Laurent, T., Bigelow, C., and Sirard, J. (2015, October). *Effect of a suspension-trainer based movement program on performance and functional movement in youth*. Poster presentation at the NEACSM 2015 Fall Conference, Providence, RI.
3. **St. Laurent, C.**, Masteller, B., St. Laurent, T., Bigelow, C., Alhassan, S., and Sirard, J. (2016, April). *Effect of a suspension-trainer based movement program on muscular fitness, performance, and functional movement in youth*. Poster presentation at the University of Massachusetts SPHHS Annual Research Day, Amherst, MA.
4. **St. Laurent, C.**, Masteller, B., St. Laurent, T., Alhassan S., and Sirard, J. (2016, August). *Effect of a suspension-trainer based movement program on fundamental movements in youth*. Oral presentation at the NASPEM 2016 Biennial Meeting, Knoxville, TN.
5. **St. Laurent, C.**, Burkart, S., and Alhassan, S. (2016, October). *Effect of a school-based physical activity intervention on letter and number recognition in preschoolers*. Oral presentation at the NEACSM Fall 2016 Meeting, Providence, RI.
6. **St. Laurent, C.W.**, Burkart, S., and Alhassan, S. (2017, June). *Effect of a Physical Activity Intervention on Letter and Number Recognition in Preschoolers*. Poster presentation at the ACSM Annual 2017 Meeting, Denver, CO.
7. **St. Laurent, C.W.**, Burkart, S., and Alhassan, S. (2018, June). *Evaluation of the Implementation of an Academically-Integrated Intervention Targeting Obesity-Related Health Behaviors in Preschool-age Children*. Poster presentation at the ACSM Annual 2018 Meeting, Minneapolis, MN.

Invited Presentations

1. Exercise for Busy Bodies. (2014, April). *Town of Manchester Health Department*. Manchester, CT.
2. Youth Fitness Workshop. (2014, May). *Town of Manchester Health Department*. Manchester, CT.
3. Kindergarten Physical Activity. (2014, September). *Manchester School Readiness Council/Manchester Board of Education*. Manchester, CT.
4. Suspension-Trainer Based Movement Training in Children. (2016, April). *University of Massachusetts Amherst, Kinesiology Graduate Seminar*. Amherst, MA.
5. Research in Pediatric Physical Activity. (2016, September). *University of Massachusetts Amherst BioTap Seminar*. Amherst, MA.
6. Current Research Perspectives: Why Physical Activity Is Important for My Child. (2017, January). *University of Massachusetts Office of Family Resources – Dinner on Us*. Amherst, MA.

Magazine Articles

1. **St. Laurent, C.** (2007). Training after the trimesters. *Her Sports & Fitness Magazine*, May/June.

SERVICE

Committees

2017-Present	Member of Amherst-Pelham Regional School District Wellness Committee
2016-2017	Member of Kinesiology Graduate Student Organization
2008-2010	Member of Springfield College's Wellness Committee and P.R.I.D.E. Awards

	Committee
2008-2010	Member of Springfield College's Administrative/Professional Staff Council
2009–2009	Chair of Springfield College's Annual Fit Fest Planning Committee
2009	Member of the NIRSA National Wellness Committee
2007	Chair of the NIRSA Region I 2008 Conference Planning Auxiliary Subcommittee
2007	Chair of the NIRSA Massachusetts State Extramural Committee

THESIS COMMITTEES

Undergraduate Student Honors Theses

2017-2018	Amanda DuBois, Commonwealth College, Capstone Honors Thesis, "Effect of a Culturally-Tailored After-School Dance Program on Self-Esteem in Pre-Adolescent African-American Girls"
2017-2018	Casey Noonan, Commonwealth College, Capstone Honors Thesis, "Change in Depressive Symptoms after a Culturally-Tailored Dance Program for African American Pre-Adolescent Girls"
2017-2018	Tyler Thomas, Commonwealth College, Capstone Honors Thesis, "Insulin Level Changes After a 12-Week, Culturally-Tailored Dance Intervention in African American Girls"
2016-2017	Evan Keller, Commonwealth College, Capstone Honors Thesis, "A Comparison of Physical Activity Levels by Gender During Unstructured and Structured Recess"
2016-2017	Stephen Lopez, Commonwealth College, Capstone Honors Thesis, "The Relationship between School Recess Physical Activity and Scholastic Competence/School Engagement"
2016-2017	Cole Martens, Commonwealth College, Capstone Honors Thesis, "A Comparison of Structured Recess Versus Unstructured Free-Play on Recess Physical Activity Levels"
2015-2016	Trace Renaud, Commonwealth College, Capstone Honors Thesis, "Efficacy of a Suspension-Training Movement Program on Athletic Competence in Children"

PROFESSIONAL AFFILIATIONS

2015-Present	North American Society of Pediatric Exercise Medicine
2015-Present	National Physical Activity Society
2014-Present	National Strength and Conditioning Association
2014-Present	American College of Sports Medicine
2013-Present	Member: Northeast Chapter of the American College of Sports Medicine
2006-2008	National Intramural-Recreational Sports Association
2001-2003	Southeast Chapter of the American College of Sports Medicine
2000-2001	Virginia Association of Health, Physical Education, Recreation and Dance

CERTIFICATIONS

2003-Present	Certified Strength and Conditioning Specialist: National Strength and Conditioning Association
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PROFESSIONAL DEVELOPMENT AND OTHER RELATED EXPERIENCE

2018	AAAS Career Development Courses
2018	Mentoring Training Series, University of Massachusetts, Amherst, MA
2018	Dissertation Writing Retreat, University of Massachusetts, Amherst, MA
2013-2014	Wellness Consultant, Manchester, CT Youth 95210 Health Initiative
2013-2014	Health and Wellness Community Contributor, Manchester Life publication
2011–2013	Health and Fitness Writer, Demand Media Studios

2008 Zumba® and Zumbatomic® Instructor Training
2008 YogaFit Core Instructor Training
2007 Supervisory Leadership Development Program, University of Massachusetts
2005 Fitness Instructor, New Life Hiking Spa, Killington, VT
2004-2005 Personal Trainer/Group Fitness Instructor/Membership Representative,
Rockingham Memorial Hospital Wellness Center, Harrisonburg, VA
2004 Powerhouse Pilates Mat Level 1 Instructor Certification
2003-2004 Personal Trainer/Group Fitness Instructor, Augusta Medical Center, Fishersville,
VA
2003 Aerobics and Fitness Association of America Primary Group Fitness Instructor
Certification
2003 YogaFit Level 1 and Pre/Postnatal Instructor Training
2001 Practicum Student, James Madison University Strength and Conditioning,
Harrisonburg, VA
2000-2001 Fitness Assessment Specialist/Fitness Manager/Fitness Instructor, James
Madison University Recreation, Harrisonburg, VA
2001 Fitness Instructor, Nautilus Fitness Center, Harrisonburg, VA