

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

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University of Massachusetts  
Department of Kinesiology  
110 Totman Building  
30 Eastman Lane  
Amherst, MA 01003  
Phone: (413) 545 – 3475  
Fax: (413) 545 – 2906  
E-Mail: alhassan@kin.umass.edu

## 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 and improving cognitive outcomes in young children. In particular, the utilization of community-based physical activity interventions to improve obesity-related health behaviors and cognitive health in children of color. My research agenda also includes examining: 1) physical activity policy-base intervention in preschool-age children; 2) environmental influences on various health behaviors in populations of color, and 3) after-school family-base intervention to improve physiological and psychosocial, and academic performance of pre-adolescence children of color.

**Key Word:** *Physical activity intervention, health disparities, 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

|                  |   |             |
|------------------|---|-------------|
| 7/1/15 – 6/30/21 | National Institutes of Health (NHLBI), R01<br>Role: Co-Investigator (PI: Rebecca Spencer)<br>Benefit of naps on cognitive, emotional and motor learning in preschoolers- Phase II | \$2,000,000 |
|------------------|---|-------------|

### Completed Grants

|                     |  |                |
|---------------------|--|----------------|
| 7/1/12 – 6/30/17    | National Institutes of Health (NHLBI), R01<br>Role: Co-Investigator (PI: Rebecca Spencer)<br>Benefit of naps on cognitive, emotional and motor learning in preschoolers                      | \$2,017,722    |
| 12/1/10 – 12/31/14  | National Institutes of Health (NIDDK), K01<br>Role: PI<br>Mothers and Girls dancing together Trial (Magnet Trial)  | \$448,782      |
| 01/15/11 – 11/14/13 | Robert Wood Johnson Foundation<br>Role: PI<br>Short Bouts of Exercise for Preschoolers   | \$174,974      |
| 6/13/08 – 6/12/11   | National Institutes of Health (NCI: Diversity Supplement<br>Role: Co-PI with Patty Freedson<br>Novel analytic techniques to assess physical activity in children                             | \$280,937      |
| 5/01/09 – 12/31/10  | Robert Wood Johnson Foundation<br>Role: PI<br>Effects of a structured physical activity program in preschool-age children  | \$50,000       |
| 5/1/08 – 8/31/09    | Boston Children's Hospital (Contract)<br>Role: Co-I (PI: Patty Freedson)<br>Effects of 100 kcal/day recess based activity intervention in 2 <sup>nd</sup> and 3 <sup>rd</sup> grade children | \$82,646       |
| 12/1/07 – 11/30/08  | UMASS Faculty Research Grant<br>Role: PI<br>Preschool structured outdoor playtime trial  | \$26,716       |
| 9/1/04 – 08/31/07   | National Institutes of Health (NHLBI)  | Training Grant |

Role: Postdoctoral Research Fellow/Trainee

**Submitted Grants and Under Review**

06/01/21 – 05/31/26 National Institutes of Health (NHLBI), R01 \$3,765,927  
Role: PI  
Preschool-age children physical activity: The impact of aligning activities into early education learning standards

**Submitted Grants But Not Funded**

12/1/20 – 11/31/22 National Institutes of Health (NICHD), R21 \$427,998  
Role: PI  
Feasibility and fidelity of a gross motor-based movement intervention on cognition in preschoolers from low socioeconomic backgrounds

7/1/20 – 6/30/25 National Institutes of Health (NIMHD), R01 \$3,903,572  
Role: PI  
Physical activity, diet, and sleep/screen time (PADS) during early childhood.

4/1/20 – 3/31/22 National Institutes of Health (NICHD), R21 \$439,078  
Role: PI  
Gross motor based physical activity intervention on preschoolers executive function and ADHD-related behaviors

4/1/20 – 3/31/25 National Institutes of Health (NICHD), R01 \$104,618  
Role: PI for subcontract  
Expanding the Capacity of early childhood education settings to promote physical activity among young children

12/1/19 – 11/30/24 National Institutes of Health, (NIA), P01 \$11,367,754  
Role: Co-Investigator (PI: Jane Kent)

9/1/19 – 8/3/21 National Institutes of Health (NIMHD), R21 \$430,794  
Role: PI  
Feasibility and acceptability of integrating health behaviors into early learning standards on preschoolers obesity related health behaviors.

5/1/19 – 4/30/24 National Institutes of Health (NIMHD), R01 \$3,929,115  
Role: PI  
Physical activity, diet, and sleep/screen time (PADS) during early childhood.

|                  |   |             |
|------------------|---|-------------|
| 7/1/17 – 6/30/22 | National Institutes of Health (NICHD), R01<br>Role: PI<br>Physical activity, diet, and sleep/screen time (PADS) during early childhood.                                   | \$3,935,142 |
| 4/1/14 – 3/31/16 | National Institutes of Health (NIDDK), R03<br>Role: PI<br>A culturally tailored physical activity program for Latina mother daughter dyads                                | \$79,498    |
| 7/1/13 – 6/30/15 | Baystate Medical Center (subcontract)<br>Role: PI<br>Virtual support program intervention for weight loss surgery patients leveraging wireless data-tracking technologies | \$129,255   |
| 7/8/10 – 6/30/12 | William T. Grant Scholars Program<br>Role: PI<br>Mothers and daughters dancing together   | \$350,000   |

## PUBLICATIONS

### Journal Articles: Peer-reviewed publications

\* Indicates graduate student coauthor under my supervision

1. \*St. Laurent, C., Burkart, S., **Alhassan, S.** Feasibility, Acceptability, and Preliminary Efficacy of a Recess-Based Fitness Intervention in Elementary School Children. *International Journal of Exercise Science*, 2019; 12(4):1225-1243.
2. **Alhassan S**, St Laurent CW, Burkart S, Greever CJ, Ahmadi MN. Feasibility of Integrating Physical Activity Into Early Education Learning Standards on Preschooler's Physical Activity Levels. *J Phys Act Health*. 2019;16(2):101-107.
3. **Alhassan, S.**, Nwaokemeh, O., Greever, C.J., Burkart, S.A., Ahmadi, M, St. Laurent, C.W., Barr-Anderson, D.J. Effect of a culturally-tailored mother-daughter physical activity intervention on pre-adolescent African-American girls' physical activity levels. *Preventive Medicine Reporter*. 2018;11:7-14
4. **Alhassan S**, St. Laurent CW, Burkart S. Preschool-Based Physical Activity Interventions in African-American and Latino Preschoolers: A Literature Review. *Kinesiology Reviews*. 2018;7(2): 142-50.
5. Barr-Anderson DJ, Adams-Wynn AW, Orekoya O, Alhassan S. Socio-Cultural and Environmental Factors that Influence Weight-Related Behaviors: Focus Group Results from African-American Girls and Their Mothers. *Int J Environ Res Public Health*. 2018;15(7):E1354
6. \*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.

7. \*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.
8. \*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.
9. **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.
10. \*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.
11. 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.
12. 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.
13. **Alhassan, S.**, Nwaokemeh, 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.
14. \*Greever C.J., Sirard J, & **Alhassan S**. Objective Analysis of Preschoolers' Physical Activity Patterns During Free Playtime. *J Phys Act Health*. 2015;12(9):1253-1258.
15. Moncada-Jimenez, J., Grandjean, A.J., **Alhassan, S.**, Grandjean, P.W. Cardiorespiratory responses to continuously-graded and ramp treadmill protocols. *International Journal of Sports Science*. 2015;5(2):80-86.
16. 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):6.
17. **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.
18. 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.
19. **Alhassan, S.**, Greever, C., Nwaokemeh, 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.
20. 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.
21. **Alhassan, S.**, Nwaokemeh, 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.
22. **Alhassan, S.**, Lyden, K., Howe, C., Kozey, SL., Nwaokemeh, 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.
23. **Alhassan, S.**, Nwaokelemeh, 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
  24. **Alhassan, S.**, Nwaokelemeh, 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.
  25. 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.
  26. 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
  27. **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
  28. **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
  29. 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
  30. 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.
  31. **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.
  32. **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.
  33. **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
  34. **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.
  35. 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.
  36. 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.

37. Mestek, M.L., Garner, J.C., 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. *International Journal of Sport Nutrition & Exercise Metabolism*, 2006, 16 (3): 245-254.
38. **Alhassan, S.**, Reese, K.A., Mahurin, J., Plaisance, E.P., Hilson, 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.

### 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.**, Cox, M., Laurent, C.W., Burkart S., Amalbert-Birriel, M.A., Sudarsky, L. Toddler childcare providers perception and ideas on how to get toddlers' to be physically active. *Child: care, health and development*
- \*Burkart S., St. Laurent, C.W., **Alhassan, S.** Relationships between Preadolescent African American Girls' Physical Activity and Mental Health Outcome Variables. *International Journal of Exercise Science*
- \*St. Laurent, C.W., Burkart, S., **Alhassan, S.** Evaluation of the implementation of an academically-integrated health behavior intervention in preschool-age children. *American Journal of Health Promotion*

### Manuscripts in Progress

- \*Burkart, S., St. Laurent, C.W., Hillman, C.H., **Alhassan, S.** Physical Activity and Fitness as Predictors of Academic-Related Outcomes in Preadolescent Children in a School-Based Setting.

## PRESENTATIONS

### Invited Presentations

- 2020      *Teacher-led physical activity intervention in low income preschool-age children: Lessons learned*. Council on Black Health; Solutions to Diabetes in Black Americans Core. Webinar: June 24, 2020

- 2019 *Our Fight Against Childhood Obesity*. Keynote Speaker at Caring Health Center 25<sup>th</sup> Anniversary Gala.
- 2019 *Learning from Our Success and Failures in Preschool Center-based Physical Activity Interventions – Teachers Matter*. Mid-Atlantic American College of Sports Medicine, Harrisburg, PA
- 2018 *It's Not Always Sunny Side Up! Lessons Learned from Preschool Physical Activity Interventions*. Southeast American College of Sports Medicine, Chattanooga, TN
- 2017 *Physical activity in preschool-age children*. National Collaborative on Childhood Obesity Research, Washington D.C.
- 2016 *Teacher-led Preschool Physical Activity Interventions*. Early Care and Education Working Group. Webinar on October 17, 2016
- 2014 *Designing and implementing physical activity interventions in minority children and youth*. University Blaise Pacal, Clermont-Ferrand, France.
- 2013 Solution-oriented physical activity programs in economically disadvantage children and youth. Michigan State University, Kinesiology Department
- 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.
- 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)
- 2010 *Gross Motor Activities: Why is it important*. Preschool centers in Springfield, MA (Kid's Place Inc., Square One, Giggle Gardens Inc.)
- 2008 & 2009 *How to get our children active*. University of Massachusetts, Amherst. Dinner on Us Series.
- 2008 *Physical activity in preschool-age children*. Hadley Elementary School, Hadley, MA
- 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.
- 2006 *Physical activity to prevent childhood obesity*. University of Massachusetts, Amherst. Department of Kinesiology. Graduate Seminar.

### Conference Presentations

\* Indicates graduate student presentation under my supervision

1. **Alhassan, S.** *The role of culture in shaping exercise behavior and patterns in women of color*. Presented at the Annual Meeting of American College of Sports, Orlando, FL.

2. \*St. Laurent, C.W., Burkart, S., and **Alhassan, S.** (2019) *Effects of a recess-based intervention on academic and health outcomes in elementary school children*. Presented at the Annual Meeting of American College of Sports, Orlando, FL.
3. \*Burkart, S.,\* St. Laurent, C.W., and **Alhassan, S.** (2019) *Effects of an acute physical activity intervention on classroom behavior in off-task preschoolers*. Presented at the Annual Meeting of American College of Sports, Orlando, FL.
4. \*LeCompte, C., Burkart, S., **Alhassan, S.** (2019) The association between sex and directly observed physical activity in preschool-age children. Presented at the Annual Meeting of American College of Sports, Orlando, FL.
5. **Alhassan, S.**, St. Laurent, C.W., Burkart, S.A., O., Ahmadi, M., Greever, C.J. (2018) *Effects of integrating physical activity into early education learning standards on preschooler's physical activity level*. Presented at the Annual Meeting of American College of Sports, Minneapolis, MN.
6. \*St. Laurent, C.W., Burkart, S., and **Alhassan, S.** (2018). *Evaluation of the Implementation of an Academically-Integrated Intervention Targeting Obesity-Related Health Behaviors in Preschool-age Children*. Presented at the Annual Meeting of American College of Sports, Minneapolis, MN.
7. \*St. Laurent, C.W., Burkart, S., and **Alhassan, S.** (2018). *Physical Activity and Fitness as Predictors of Academic-Related Outcomes in Elementary School-age Children: A Field-Based Approach*. Presented at the North American Society for Pediatric Exercise Medicine Biennial Meeting, Oakland, CA.
8. \*Burkart, S., St. Laurent, CW., **Alhassan, S.** (2018) Physical Activity and Screen Time Recommendation Compliance in Preschoolers. Presented at the Annual Meeting of American College of Sports, Minneapolis, MN.
9. \*Burkart, S., St. Laurent, CW., **Alhassan, S.** (2018) Acute Effects of Academically-Integrated Physical Activity on Preschoolers' On- and Off-Task Behavior. Presented at the North American Society for Pediatric Exercise Medicine Biennial Meeting, Oakland, CA.
10. Howe, C.A., **Alhassan, S.**, Hasson, R.E. (2018) Accuracy of youth RMR Prediction Equations. Presented at the North American Society for Pediatric Exercise Medicine Biennial Meeting, Oakland, CA.
11. \*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.
12. \*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.
13. \*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.
14. **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.
15. \*Burkart, S., Greever, C., Ahmadi, M., Nwoakelemeh, 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.

16. \*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.
17. \*St. Laurent, C., Masteller, B., St. Laurent, T., **Alhassan S.**, and Sirard, J. (2016). *Effect of a suspension-trainer based movement program on fundamental movements in youth*. Oral presentation at the Presented at the North American Society for Pediatric Exercise Medicine Biennial Meeting, Knoxville, TN.
18. \*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.
19. **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.
20. \*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.
21. \*Ahmadi, M., Greever, C., Nwaokelemeh, O., Burkart, 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.
22. \*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.
23. **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.
24. **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.
25. \*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.
26. \*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.
27. \*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.

28. \*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.
29. 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.
30. **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.
31. **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.
32. **Alhassan, S.** (2012) *Exercise is Medicine for Underserved Inner City Populations: Challenges and Opportunities.* Presented at American College of Sports Medicine, San Francisco, CA.
33. \*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.
34. \*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.
35. **Alhassan, S.** (2011) *Short bouts of exercise for preschools.* Presented at Annual Meeting of Active Living Research, San Diego, CA.
36. **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.
37. **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.
38. **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 .
39. \*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.
40. 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
41. 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
42. **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.
  43. **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.
  44. **Alhassan, S.** (2008). *Promoting physical activity in African-American girls*. Presented at the Annual Meeting of American College of Sports Medicine, Indianapolis, IN.
  45. **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.
  46. **Alhassan, S.**, Kiazand, A., Balise, R., King, A., Reaven, G., & Gardner, C. (2007) *Metabolic Syndrome: Do clinical criteria identify similar individuals among overweight premenopausal women*. Presented at the American Heart Association Annual Scientific Session, Chicago, IL.
  47. **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.
  48. **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.
  49. 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.
  50. 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.
  51. 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.
  52. **Alhassan, S.** (2006) *Metabolic Syndrome: Does definition determine prevalence*. Presented at Stanford Prevention Research Center, Stanford Medical School, Wednesday Seminar Series.
  53. 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.
  54. 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.

55. 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.
56. **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.
57. 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.
58. 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.
59. 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.
60. 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.
61. 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.
62. **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.
63. 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.
64. **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.

## 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-based Pediatric Physical Activity Interventions |
| 2012 – Present | KIN 697PA | Theory and design of physical activity interventions      |

|                |           |   |
|----------------|-----------|---|
| 2017 – Present | KIN 297S  | Current trends in physical activity pediatric research        |
| 2018           | KIN 697A  | Physical Activity Interventions: Solution Orientated Approach |
| 2018 – Present | KIN 697QR | Qualitative Research in Physical Activity and Health          |

## THESIS AND DISSERTATION COMMITTEES

Chair of Committee, Department of Kinesiology

### *Doctoral*

|                |                            |
|----------------|----------------------------|
| 2008 – 2015    | Ogechi Nwaokelemeh, PhD    |
| 2012 – 2016    | Cory Greever, PhD          |
| 2014 – 2019    | Christine St. Laurent, PhD |
| 2015 – 2019    | Sarah Burkhart, PhD        |
| 2020 – Present | Ann-Marie Slyvia           |

### *Master's*

|                |                    |
|----------------|--------------------|
| 2007 – 2009    | TaShauna Goldsby*  |
| 2008 – 2010    | Jasmin Roberts*    |
| 2013 – 2015    | Sarah Burkhart, MS |
| 2014 – 2016    | Matthew Ahmadi, MS |
| 2018 – 2019    | Camille Lecompte   |
| 2019 – 2020    | Gaurav Dangol*     |
| 2019 – Present | Luke Sudarsky      |
| 2019 – Present | Wanjiang Zhou      |

\* Students that I co-mentored

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 – 2019    | Brittany Masteller, PhD Candidate, "Feasibility and Efficacy of a Movement Training Program on Fitness and Physical Activity in Third and Fourth Grade Students"                                |
| 2017 – Present | Melenna Cox, PhD Candidate, "Fragile and Feminine?: Effects of Covert Sexism on Physical Activity in Girls and Women".  |

### *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 or University

*Master’s*

- 2009 – 2010 Jasmin Roberts, MS Candidate, Department of Neuroscience, University of Massachusetts, Amherst. “The Behavioral Effects of Increased Physical Activity in Children at Increased Risk for Attention Deficit Hyperactivity Disorder”
- 2019 – 2020 Gaurav Dangol, MPH Candidate, “Overall and Sex-Differences in Compliance Among Preschool-Age Children with the 2018 DHHS Physical Activity Guidelines”
- 2019 – Present Chakene Rogers, MS Candidate, Department of Clinical and Applied Movement Sciences, University of North Florida. “Metabolic Syndrome Risk Severity and Meeting Modifiable Risk Behavior Recommendations in Older Adolescents 16-19 years of age: NHANES 2011-2016”

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”
- 2017-2018 Amanda DuBois, Commonwealth College, Honors Capstone Thesis. “Effects of a Culturally-tailored After-school Dance Program on Self-esteem in Preadolescent African-American Girls”
- 2017-2018 Casey Noonan, Commonwealth College, Honors Capstone Thesis. “Change in Depressive Symptoms after Culturally-tailored Dance Program for African American Preadolescent Girls”
- 2017-2018 Tyler Thomas, Commonwealth College, Honors Capstone Thesis. “Insulin level Changes after a 12-Week, Culturally-tailored Dance Intervention in African American Girls
- 2018-2019 Kezia Asiedu, Commonwealth College, Honors Capstone Thesis. “The Relationship Between Sedentary Behavior and Working Memory in Elementary School Aged Children:
- 2018-2019 Lila Hoachlander. Commonwealth College, Honors Capstone Thesis. “Preliminary Effect of a Health Behaviors Intervention on Sleep Quality in Preschoolers”
- 2018-2019 Riley Rainville. Commonwealth College, Honors Capstone Thesis. “Relationship Between Sedentary Time and Snack Food Consumption in Preschoolers”
- 2018-2019 Sandra-Lily Lantum. Commonwealth College, Honors Capstone Thesis. “Relationship Between Parents’ and Preschool-aged Children’s Physical Activity”
- 2019-2020 Alexandra Miller. Commonwealth College, Honors Capstone Thesis. “Effect of a Culturally-Tailored After-School Dance Program on Sedentary Behavior in African-American Girls”

## SERVICE

### Department of Kinesiology

|                |   |
|----------------|---|
| 2007-2014      | Member, Personnel Committee   |
| 2008-2009      | Member, Search Committee for Faculty Position   |
| 2010           | Member, Search Committee for Faculty Position<br>Member, Search Committee for Instructor Position |
| 2012 – 2014    | Chair, Departmental Qualify Exam Committee  |
| 2012 – 2013    | Chair, Search Committee for Faculty Position  |
| 2013 – 2014    | Chair, Qualifying Exam  |
| 2015 – present | Graduate Program Director   |
| 2015 – present | Member, Graduate Award Committee (chair (2015 – 2016)   |
| 2015 – 2015    | Member, Graduate Curriculum Committee   |
| 2016 – present | Ad Hoc Member, Graduate Curriculum Committee  |
| 2016 – present | Member, Personnel Committee   |
| 2016 – 2017    | Member, Search Committee for Faculty Position   |
| 2017 – 2018    | Chair, Search Committee for Faculty Position  |
| 2018 – 2019    | co-Chair, Search Committee for Faculty Position   |
| 2019 – 2020    | Member, Search Committee for 3 Faculty Positions  |

### School of Public Health and Health Sciences Service

|                |   |
|----------------|---|
| 2009 – 2016    | 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  |
| 2015 – 2017    | Member, Diversity Committee   |
| 2018 – present | Member, Center for Community Health Equity Research Steering Committee                  |
| 2019 – 2020    | Member, School Personnel Committee  |
| 2020           | Mentor, SPHHS-Upward Bound Summer Student Partnership Program                           |

### University of Massachusetts Amherst Service

|                |  |
|----------------|--|
| 2008 – 2010    | Chancellor Junior Faculty Fellowship Program   |
| 2008 – 2017    | 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   |
| 2017 – present | Member, Center for Research on Families Steering Committee   |
| 2019 – 2002    | Ad Hoc Member, Graduate School Grievance Committee   |

## 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)<br>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<br>Member, American College of Sport Medicine, Exercise is Medicine: Underserved Populations Committee |
| 2011-2017    | Member, American College of Sport Medicine, Research Awards Committee   |
| 2013-2016    | Member, American Heart Association Council on Nutrition, Physical Activity, and Metabolism  |
| 2016-2019    | Member, American College of Sport Medicine, Research Review Committee   |
| 2017-2020    | Board of Trustee, American College of Sport Medicine  |
| 2017-2019    | Senior Associate Editor, Journal of Physical Activity and Health  |
| 2020-present | Member of the Children Working Group for the National Academies of Sciences, Engineering, and Medicine - Project on Advancing Key Actions for Enhancing Physical Activity Surveillance                |

### 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                          |
| 2018 – Present | NIH Study Section grant reviewer                                       |

## PROFESSIONAL MEMBERSHIPS

1997 – Present American College of Sport Medicine  
2005 – 2018 American Heart Association  
2008 – 2018 Society of Behavioral Medicine  
2008 – 2017 The Obesity Society  
2009 – Present International Society of Behavioral Nutrition and Physical Activity  
2009 – 2014 NIH:NIDDK - Network of Minority Research Investigators (NMRI)  
2010 – 2018 African-American Collaborative Research Network  
2018 – Present Council on Black Health, Solutions to Diabetes in Black Americans Core