

John R. Sirard

Department of Kinesiology and Commonwealth Honors College

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Education

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|---|---------------------|-----------|
| University of South Carolina | Columbia, SC | Aug. 2003 |
| Doctor of Philosophy Department of Exercise Science | | |
| <ul style="list-style-type: none">Concentration: Exercise PhysiologyDissertation: Non-Motorized transportation to school and physical activity in fifth grade students | | |
| University of Massachusetts | Amherst, MA | May 1997 |
| Master of Science Department of Exercise Science | | |
| <ul style="list-style-type: none">Concentration: Exercise PhysiologyThesis: Field evaluation of the Computer Science and Applications, Inc. (CSA) Accelerometer | | |
| University of Massachusetts | Amherst, MA | May 1991 |
| Bachelor of Science Department of Business Administration | | |
| <ul style="list-style-type: none">Concentration: MarketingMinor: Psychology | | |

Positions

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| University of Massachusetts | Amherst, MA | Aug. 2013 – present |
| Department of Kinesiology and Commonwealth Honors College
School of Public Health and Health Sciences | | |
| Assistant Professor | | Aug. 2013 – Aug. 2019 |
| Associate Professor | | Aug. 2019 - present |
| University of Virginia | Charlottesville, VA | Aug. 2010 – Aug. 2013 |
| Kinesiology Program and Youth-Nex Research Center
Curry School of Education | | |
| Assistant Professor | | |
| University of Minnesota | Minneapolis, MN | Oct. 2005 – Aug. 2010 |
| Division of Epidemiology and Community Health
School of Public Health | | |
| Assistant Professor | | |
| Stanford University | Stanford, CA | Aug. 2003 - Sep. 2005 |
| Postdoctoral Fellowship Stanford Prevention Research Center | | |

Teaching**University of Massachusetts****Amherst, MA**

KIN 297J	Special Topics: Research Methods in Youth Physical Activity (fall and sp)	
KIN 697E	Physical Activity and Health Journal Club	(team: fall)
KIN 345H	Physical Activity and the Built Environment	(sp)
POLISCI 297XH	The Science of Health Inequalities	(team: sp 2018)
KIN 110H	Human Performance and Nutrition	(former - fall and sp)
KIN 570	Pediatric Exercise Physiology	(former - fall)
KIN 697AS	Physical Activity Interventions: Solutions	(former team: sp 2018)

University of Virginia**Charlottesville, VA**

EDHS 4410	Exercise Physiology	(fall)
EDHS 8500-1	Exercise Physiology Graduate Seminar	(fall)
EDHS 5500-1	Physical Activity and Public Health	(sp)
EDHS 8500-008	Master's Comprehensive Seminar	(sp)
EDHS 5500	Pediatric Exercise Physiology	(su)

University of Minnesota**Minneapolis, MN**

PubH 6020	Fundamentals of Social and Behavioral Sciences	(online, fall)
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University of South Carolina**Columbia, SC**

KIN 781	Graduate Exercise Physiology	(sp)
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Advising and Mentoring**University of Massachusetts****Amherst, MA**

Aug. 2013-present

Primary advisor and mentor for 5 current PhD students (1 former)
 Committee Member for multiple PhD and MS students
 Primary advisor for 5 current Honors College students (12 former)

University of Virginia**Charlottesville, VA**

Aug. 2010-Aug. 2013

Primary advisor and mentor for 1 PhD student
 (current position: Assist. Prof., University of Central Florida)
 Committee Member for 2 PhD students (1 Kinesiology, 1 Nursing)
 Project Advisor for 1 Kinesiology MEd student
 Academic Advisor for 4 Kinesiology MEd students
 Academic Advisor for 10 Kinesiology BSEd students

University of Minnesota**Minneapolis, MN**

Sep. 2008-Aug. 2010

Committee Member for 1 PhD student and 5 MPH students
 Thesis/Project Advisor for 6 MPH students
 Academic Advisor for 7 MPH students

Research – Currently Funded

University of Massachusetts

Joint-Principal Investigator (with James Kitts, Sociology) Spt. 2016-Jun. 2022
Identifying Mechanisms of Peer Influence on Youth Weight-Related Behaviors
PAR-15-048 (R01), “Systems Science and Health in the Behavioral and Social Sciences”
NIH NICHD 1 R01 HD086259-01A1

Joint-Principal Investigator (with John Staudenmayer, Math & Stats) Jul. 2016-Apr. 2021
Novel Calibration and Validation of Accelerometers in Children and Adolescents
PAR-15-170 (R01), “Diet and Physical Activity Assessment Methodology”
NIH NIDDK 1 R01 DK110148-01

Co-Investigator (PI: M Pachucki, Sociology) May 2018-Apr. 2022
Social Network Analysis, Puberty, Screens and Physical Activity
PAR-13-009 (R21), “Secondary Dataset Analyses in Heart, Lung, and Blood Diseases and Sleep Disorders”
NIH NINR 1 R21 NR017154-01A1

Research – Previously Funded

University of Massachusetts

Advisor/Mentor (student M Mulvey, BS) Jan. 2020 – May 2021
Improving the energy expenditure prediction of accelerometers during intermittent exercise.
UMass Commonwealth Honors College Student Research Grant

Advisor/Mentor (student N Remillard, BS) Jan. 2019 – May 2020
Energy expenditure discrepancies between a criterion measure and accelerometer prediction algorithms during a high intensity interval exercise session.
UMass Commonwealth Honors College Student Research Grant

Principal Investigator (Subcontract) (PI: M Kubik, Temple Univ.) Sep. 2013-Mar. 2020
School Nurse-Directed Secondary Obesity Prevention for Elementary School Children
NIH NINR 1 R01 NR013473-01A1

Co-Investigator (PI: M Busa, IALS-CPHM) Jun. 2018-Dec. 2018
Comprehensive evaluation of a novel movement and behavior assessment technology
Novartis Institute for Biomedical Research, Inc. - Contract

Co-Investigator (PI: K Boyer, Kinesiology) Aug. 2016-Dec. 2018
Misfit Shine Detection of Change in Physical Activity: Evidence and Translation for a New Clinical Outcome Tool
UMass Amherst Institute for Applied Life Sciences 2016 Seed Grant Program

Principal Investigator Aug. 2016-Dec. 2017
Sensitivity of the Misfit Shine in Detecting Change in Physical Activity
Misfit (Fossil Group, Inc.) Contract

- Advisor/Mentor (student B Masteller, MS)* Jan. 2017-Sep. 2017
Feasibility and efficacy of a movement-training program on physical fitness, fundamental movement skills, and physical activity in third and fourth grade students.
UMass Amherst Graduate School Dissertation Grant
- Advisor/Mentor (student JJ Kumar)* Sep. 2017-Dec. 2017
A Novel Algorithm for Personalized Activity Intensity Measurement
UMass Commonwealth Honors College Student Research Fellowship
- Advisor/Mentor (student GJ Petrucci Jr.)* Jan. 2017-May 2017
Validation of Youth-orientated Activity Trackers in Semi-Structured Free Play
UMass Commonwealth Honors College Student Research Grant
- Advisor/Mentor (student D Jacobsen)* Jan. 2016-May 2016
Direct Observation Validation in Children
UMass Commonwealth Honors College Student Research Grant
- Advisor/Mentor (student T Conover)* Jan. 2016-May 2016
Direct Observation Validation in Children
UMass Commonwealth Honors College Student Research Fellowship
- Co-Investigator (PI: C Tudor-Locke)* Jun. 2015-Mar. 2020
CADENCE-adults: cadence and intensity across the adult lifespan
NIH NIA 1 R01 AG049024-01A1
(note: stepped down from this ongoing project to allow time to focus as PI on R01 projects)
- Advisor/Mentor (student E Nee)* Jan. 2015-May 2015
Physical Activity Tracker Testing in Youth
UMass Commonwealth Honors College Student Research Grant
- Advisor/Mentor (student A Foote)* Jan. 2015-May 2015
Physical Activity Tracker Testing in Youth
UMass Commonwealth Honors College Student Research Grant
- Joint-Principal Investigator (with J Kitts, Sociology)* May 2015-Dec. 2015
Pilot Studies for Friends, Exercise, Nutrition, and Screens (FriENDS) Study
UMass Amherst Institute for Social Science Research
- Joint-Principal Investigator (with P Freedson, Kinesiology)* June 2014–Feb. 2015
Evaluation of Youth Activity Monitors (PI for this part of project)
Reebok Foundation
- Co-Investigator (PI: B Braun)* July 2013-June 2014
Interdisciplinary Networks – Synergy in Nutrition and Kinesiology (IN-SYNK)
Mellon Mutual Mentoring Grant

University of Virginia

Principal Investigator Oct. 2010 – Aug. 2013
Social Networks, the Environment and Physical Activity
NIH NICHD 1 R21 HD058707-01A2

University of Minnesota and University of Virginia

Principal Investigator Feb. 2010 – Jan. 2011
School Choice Policy Change and Active Commuting to School
RWJF, Active Living Research (RWJF), Rapid Response 2009

University of Minnesota

Co-investigator (PI: L Lytle) Oct. 2005 – Sep. 2010
Transdisciplinary Research on Energetics and Cancer (TREC) Project No. 1
Etiology of Adolescent Obesity
NIH NCI 1 U54 CA116849-01

Principal Investigator Feb. 2006 – Jan. 2007
Physical Activity and Media in the Home Environment
TREC Developmental Project Funds

Co-investigator (PI: M Kubik) Mar. 2006 – Dec. 2008
Controlling Overweight and Obesity for Life (Team COOL)
NIH NIDDK 1 R21 DK072948

Principal Investigator Jun. 2006 – May 2007
Compliance with Wearing Physical Activity Accelerometers
University of Minnesota Obesity Prevention Center

Co-investigator (PI: D Bravata) Jul. 2006 – Jun. 2007
Efficacy of Pedometers for Increasing Physical Activity and Weight Loss: A Meta-Analysis
Stanford Center for Demography and Economics of Health and Aging

Co-investigator (PI: L Lytle) Sep. 2006 – Aug. 2011
Etiology of Childhood Obesity (ECHO)
NIH NHLBI 1 R01 HL085978-01A2

Co-investigator (PI: D Neumark-Sztainer) Sep. 2007 – Aug. 2010
Eating Among Teens and Young Adults (Project EAT-III)
NIH NHLBI 1 R01 HL084064-01A2

Co-investigator (PI: S Allen) June 2009 – Aug. 2010
Exercise for Smoking Cessation in Postmenopausal Women
NIH NIDA 1 R01 DA024872-01A2

Co-investigator (PI: B Lewis) Apr. 2009 – Aug. 2010
Efficacy of an Exercise Intervention for the Prevention of Postpartum Depression
NIH NIMH 1 R21 MH085176 - 01A1

Co-investigator (PI: D Neumark-Sztainer)
Families and Eating and Activity in Teens (Project F-EAT)
NIH NHLBI 1 R01 HL093247-01A1

Apr. 2009 – Aug. 2010

Research Proposals – Not Funded

Co-Investigator (PI: Becofsky, Kinesiology) Feb. 2018 submission
(R21/R33), “Leveraging the human-animal bond to promote physical activity among breast cancer survivors”

Mentor (PI: Jake-Schoffman, UMass Medical School) July 2017 submission
Development and preliminary testing of a mobile device app (Family Fit app) to promote parent and child physical activity.
PAR-16-077 (K99/R00), “NIH Pathway to Independence Award”

Co-Investigator (PI: T Collins, U. Kansas Med. School) June 2017 submission
Texting for Mobility in Overweight/Obese Adults with Periphery Artery Disease
Health behavior intervention for older adults with peripheral arterial disease
PAR-16-405 (R61/R33), “Single-Site Investigator-Initiated Clinical Trials”

Mentor (PI: B Masteller, PhD student) April 2016 submission
Feasibility and efficacy of a movement-training program on physical fitness, fundamental movement skills, and physical activity in third and fourth grade students.
NIH F31, “Ruth L. Kirschstein Predoctoral Individual National Research Service Award”

Co-Investigator (PI: M Pachucki, Sociology) Oct. 2015 submission
Social Network Analysis, Puberty, Screens and Physical Activity
PAR-13-009 (R21), “Secondary Dataset Analyses in Heart, Lung, and Blood Diseases and Sleep Disorders”
Impact Score: 47; 41st percentile
Resubmitted and funded on 2nd submission.

Co-Principal Investigator (with James Kitts, Sociology) Feb. 2015 submission
Identifying Mechanisms of Peer Influence on Youth Weight-Related Behaviors
PAR-15-048 (R01), “Systems Science and Health in the Behavioral and Social Sciences”
Impact Score: 38; 27th percentile
Resubmitted and funded on 2nd submission.

Principal Investigator Dec. 2014 submission
Pilot Studies for Friends, Exercise, Nutrition, and Screens (FriENDS) Study
SPHHS Dean’s Research Enhancement Award (Fall 2014)

Co-Investigator (PI: S Alhassan, Kinesiology) May 2014 submission
Health Behavior Intervention to reduce excessive weight gain in minority boys.
PA-13-328 (R01) “Health Promotion among Racial and Ethnic Minority Males”

Co-Investigator (PI: J Cao, U Minn) Dec. 2012 submission
Effects of light rail transit on physical activity, obesity and health disparity

PAR-12-257 (R01), "Time-Sensitive Obesity Policy and Program Evaluation"

Research Proposals – Submitted

n/a

Research Proposals – In Preparation

Principal Investigator

fall 2021 submission

Comprehensive validation of consumer- and research-grade wearable sensors in children and adolescents.

PAR-16-043 (R01), "Revision Applications for Validation of Mobile/Wireless Health Tools for Measurement and Intervention"

Refereed Publications

1. Schroeder K, Kubik MY, **Sirard JR**, Lee Jiwoo, Fulkerson JA. Sleep Is Inversely Associated With Sedentary Time Among Youth With Obesity. *Am J Health Behav.* 44(6), 756-764, 2020.
2. Marcotte RT, Petrucci Jr GJ, Cox MF, Freedson PS, Staudenmayer JW, **Sirard JR**. Estimating sedentary time from a hip- and wrist-worn accelerometer. *Med Sci Sports Exerc.* 52(1), 225-232. 2020. doi: 10.1249/MSS.0000000000002099
3. Cox MF, Petrucci Jr GJ, Marcotte RT, Masteller BR, Staudenmayer JW, Freedson PS, **Sirard JR**. The development and testing of a novel, video-based direct observation system for children and young adults. *J Meas Phys Behav.* 3(1), 50-57, 2020.
<https://doi.org/10.1123/jmpb.2019-0015>
4. Schroeder K, Kubik MY, Lee J, **Sirard JR**, Fulkerson JA. Self-efficacy, not peer or parent support, is associated with physical activity and sedentary time among 8-12 year old youth with elevated body mass index. *J Phys Act Health.* 17(1), 74-79, 2020.

5. Mendoza AR, Lyden K, **Sirard JR**, Staudenmayer JW, Tudor-Locke C, Freedson PS. Step count and sedentary time validation of consumer activity trackers and a pedometer in free-living settings. *J Meas Phys Behav.* 2(2), 109-117, 2019.
6. Collins TC, Ahluwalia J, Nollen N, **Sirard JR**, Marcotte R, Lu K, Zackula R, Okut H. Community-Based Exercise Therapy among African Americans with Peripheral Artery Disease: A Randomized Clinical Trial. *JAMA Network Open.* 2(2), 2019.
<https://doi.org/10.1001/jamanetworkopen.2018.7959>
7. Tudor-Locke C Aguiar EJ, Han H, Ducharme SW, Schuna JM, Barreira TV, Moore CC, Lim J, **Sirard JR**, Chipkin SR, Staudenmayer JW. Walking cadence (steps/min) and intensity in 21-40 year olds: CADENCE-Adults. *Intl J Behav Nutr Physical Act.* 16, 8, 2019.
<https://doi.org/10.1186/s12966-019-0769-6>

8. Kubik MY, Fulkerson JA, **Sirard JR**, Garwick A, Temple J, Gurvich O, Lee J, Dudovitz B. School-based secondary prevention of overweight and obesity among 8- to 12-year old children: Design and sample characteristics of the SNAPSHOT trial. *Contemp Clin Trials.* 75(12), 9-18, 2018.
9. Petrucci G Jr, Freedson PS, Masteller BR, Cox MF, Staudenmayer JW, **Sirard JR**. Sensitivity of the Misfit Shine to detect changes in lab-based and free-living physical activity. *J Meas Phys Behav.* 1(1), 18-25, 2018. <https://doi.org/10.1123/jmpb.2017-0006>.

10. Garcia JM, **Sirard JR**, Whaley DE, Rice DJ, Baker K, Weltman A. The Influence of Friends and Psychosocial Factors on Physical Activity and Screen Time in Normal Weight and Overweight Adolescents: A Mixed-Methods Analysis. *Am J Health Promo.* 33(1), 97-106, 2018.
11. St Laurent CW, Masteller BR, St Laurent TG, Say K, Sullivan G, Bigelow C, **Sirard JR**. Efficacy of a suspension trainer-based movement program in youth. *Pediatr Exerc Sci.* 30(3), 364-375, 2018.
12. Peterson NE, **Sirard JR**, Garcia JM, Kulbok P. Analysis of sedentary behavior of older adolescent university students. *Res Nurs Health.* 41(1), 30-38, 2018. doi: 10.1002/nur.21845.

13. Masteller B, Freedson PS, **Sirard JR**. Content Analysis and Children's Perceptions of Youth-Oriented Websites: The Physical Activity Tracker Testing in Youth (P.A.T.T.Y) Study. *J Med Internet Res – mHealth.* 5(4); available online 4/2017. doi: 10.2196/mhealth.6347. PMID: 28455278.
14. Brittin J, Frerichs L, **Sirard JR**, Wells NM, Myers BM, Garcia J, Sorensen D, Trowbridge MJ, Huang T. Impacts of active school design on school-time sedentary behavior and physical activity: A natural experiment. *PLOS ONE.* 11/2017. <https://doi.org/10.1371/journal.pone.0189236>.
15. **Sirard JR**, Masteller B, Mendoza A, Hickey A, Freedson PS. Comprehensive laboratory- and field-based validation of youth-oriented activity trackers: The Physical Activity Tracker Testing in Youth (P.A.T.T.Y.) Study. *J Med Internet Res – mHealth.* 19(7); available online 7/2017. doi: 10.2196/jmir.6360. PMID: 28724509.
16. Alhassan S, **Sirard JR**, Kurdziel LBF, Merrigan S, Greever C, Spencer MC. Cross-validation of two accelerometers for assessment of physical activity and sedentary time in preschool children. *Med Sci Sports Exerc.* 29(2), 268-277, 2017.
17. Garcia JM, Agaronov A, **Sirard JR**, Whaley D, Rice DJ, Weltman A. Psychosocial and friend influences on objective sedentary behavior and screen time: A mixed methods analysis. *J Phys Activity Health.* 14(3); 213-221, 2017.

18. Garcia JM, Trowbridge MT, Huang TT, Weltman A, **Sirard JR**. Comparison of stable and dynamic school furniture on physical activity and learning in children. *J Primary Prev.* 376, 555-560, 2016.
19. Garcia JM, **Sirard JR**, Deutch NL, Weltman A. The influence of friends and psychological factors on physical activity and screen time behavior in adolescents: a mixed-methods analysis. *J Behavioral Med.* 39(4), 610-623, 2016.
20. Garcia JM, **Sirard JR**, Larsen R, Bruening M, Wall M, Neumark-Sztainer D,. Social and psychological factors associated with adolescent physical activity. *J Phys Act & Health.* 13(9), 957-963, 2016.

21. Peterson NE, **Sirard JR**, Kulbok PA, DeBoer MD, Erickson JM. Validation of accelerometer thresholds and inclinometry for measurement of sedentary behavior in young adult university students. *Res Nursing Health.* Available online 10/2015, doi: 10.1002/nur.21694. (Best Research Methods Paper, 2015).
22. Lewis BA, Schuver K, Gjerdingen D, Avery M, **Sirard JR**, Marcus BH. The relationship between prenatal antidepressant use and the decision to breastfeed among women enrolled in a randomized exercise intervention trial. *J Human Lactation.* Published online 6/2015, doi: 10.1177/0890334415592153.
23. Greever CJ, **Sirard JR**, Alhassan S. Objective analysis of preschoolers' physical activity patterns during free playtime. *J Phys Act Health.* Published online 5/2015, doi: <http://dx.doi.org/10.1123/jpah.2014-0307>.

24. **Sirard JR**, MacDonald K, Mustain P, Hogan W, Helm A. School choice policy change and active commuting to elementary school. *Am J Health Promo.* 30(1):28-35, 2015.

25. Lewis BA, Gjerdingen D, Avery M, **Sirard JR**, Guo H, Schuver K, Marcus BH. A randomized trial examining a physical activity intervention for the prevention of postpartum depression: The Healthy Mom Trial. *Mental Health & Physical Activity.* 7:42-49, 2014.

26. Hearst MO, **Sirard JR**, Forsyth A, Parker ED, Klein EG, Green CG, Lytle LA. The relationship of area-level sociodemographic characteristics, household composition and individual-level socioeconomic status on walking behavior among adults. *Transportation Research Part A.* 50:149-157, 2013. PMID: 23729994 PMCID: PMC3667602
27. McCue M, Marlatt K, **Sirard JR**, Dengel D. Examination of Changes in Youth Diet and Physical Activity Over the Summer Vacation Period. *Internet J Allied Health Sciences and Practice.* 11(1), <http://ijahsp.nova.edu/articles/Vol11Num1/pdf/McCue.pdf>, 2013.
28. **Sirard JR**, Bruening M, Wall M, Kim S, Eisenberg M, Neumark-Sztainer D. Physical activity and screen time in adolescents and their friends. *Am J Prev Med.* 44(1), 48-56, 2013. PMID: 23253649, PMC journal – in process
29. **Sirard JR**, Hannan P, Larson N, Graham DJ, Neumark-Sztainer D. Evaluation of 2 self-report measures of physical activity with accelerometry in young adults. *J Phys Act Health.* 10(1), 85-96, 2013.

30. Hearst, MO, Patnode CD, **Sirard JR**, Farbakhsh K, Lytle LA. Multilevel predictors of adolescent physical activity: a longitudinal analysis. *Int J Behav Nutr Phys Act.* 9(8); doi: 1186/1479-5868-9-8, 2012. PMC3305547
31. McDonald K, Hearst M, Farbakhsh K, Patnode C, Forsyth A, **Sirard JR**, Lytle L. Adolescent physical activity and the built environment: A latent class analysis approach. *Health & Place.* 18(1), 191-198, 2012. PMID: 21975286 PMC3266467
32. Baete-Kenyon D, Kubik MY, Davey C, **Sirard JR**, Fulkerson JA. Alternative high school students' physical activity: role of self-efficacy. *Am J Health Behavior.* 36(3), 300-310, 2012. PMID: 22370432
33. Hearst MO, **Sirard JR**, Lytle LA, Dengel D, Berrigan D. Comparison of three measures of physical activity and associations with blood pressure, HDL and body composition in a sample of adolescents. *J Phys Act Health.* 9(1), 78-85, 2012. PMID: 22232509 PMC3600646

34. Martinson BC, Hearst MO, Vasquez-Benitez GX, Patnode CD, Sherwood NE, Parker ED, **Sirard JR**, Pasch K, Lytle LA. Obesogenic Family Types Identified Through Latent Profile Analysis. *Ann Behav Med.* 42(2), 210-220, 2011. PMID: 21638195 PMC3184384
35. Slater ME, **Sirard JR**, Nelson MC, Pereira MA, Lytle LA. Relationships between energy balance knowledge and the home environment: a secondary data analysis. *J Am Diet Assoc.* 111, 556-560, 2011. PMID: 21443988 PMC3107531
36. **Sirard JR**, Forsyth A, Oakes JM, Schmitz KH. Stability reliability of objectively measured physical activity in adults: The Twin Cities Walking Study. *J Phys Act Health.* 8(5), 668-674, 2011. PMID: 21734312
37. **Sirard JR**, Patnode CD, Hearst MO, Laska MN. Dog ownership and adolescent physical activity. *Am J Prev Med.* 40(3), 334-7, 2011. PMID: 21335266 PMC3395162
38. Graham DJ, **Sirard JR**, Neumark-Sztainer D. Adolescents' attitudes toward sports, exercise, and fitness predict physical activity 5 and 10 years later. *Prev Med.* 52(2), 130-2, 2011. PMID: 21130803 PMC3062438
39. Heitzler CD, Lytle LA, Erickson DJ, **Sirard JR**, Barr-Anderson DJ, Story M. Physical activity and sedentary activity patterns among children and adolescents: A latent class analysis approach. *J Phys Act Health.* 8, 457-67, 2011. PMCID: PMC3100677

40. Dengel DR, Hearst MO, Harmon JH, **Sirard JR**, Heitzler CD, Lytle LA. Association of the home environment with cardiovascular and metabolic biomarkers in youth. *Prev Med.* 51(3-4), 259-61, 2010. PMID: 20637798 PMC2939178
 41. Patnode CD, Lytle LA, Erickson DJ, **Sirard JR**, Barr-Anderson D, Story M. The relative influence of demographic, individual, social, and environmental factors on physical activity among boys and girls. *Int J Behav Nutr Phys Act*, 2010, <http://www.ijbnpa.org/content/pdf/1479-5868-7-79.pdf>. PMID: 21047429 PMC2991277
 42. **Sirard JR**, Laska MN, Patnode CD, Farbaksh K, Lytle LA. Adolescent physical activity and screen time: associations with the physical home environment. *Int J Behav Nutr Phys Act.* 2010, <http://www.ijbnpa.org/content/pdf/1479-5868-7-82.pdf>. PMID: 21078167 PMC2996341
 43. Spruijt-Metz D, Troiano R, Thornquist M, **Sirard J**, Redline S, Berrigan D. Objective and subjective measures of physical activity in youth: Emerging challenges for analysis and interpretation. *J Phys Act Health.* 7(Suppl 3):S322-S324, 2010.
 44. Voorhees CC, Ashwood S, Evenson KR, **Sirard JR**, Rung AL, Dowda M, McKenzie TL. Neighborhood design and perceptions: relationship with active commuting. *Med Sci Sports Exerc.* 42(7):1253-1260, 2010. PMID: 20019628 PMC2892002
 45. Heitzler CD, Lytle LA, Erickson DJ, Barr-Anderson D, **Sirard JR**, Story M. Evaluating a model of youth physical activity. *Am J Health Behav.* 34(5):593-606, 2010. PMID: 20524889 PMC3086379
 46. Samuelson AC, Lytle LA, Farbaksh K, Pasch KE, Moe SA, **Sirard JR**. The physical activity climate in Minnesota middle and high schools. *J School Health.* 7(6):811-817, 2010. PMID: 21088313 PMC3020899

 47. Kubik, MY, Davey C, Fulkerson JA, **Sirard JR**, Story M, Arcan C. Alternative high school students: Prevalence and correlates of overweight. *Am J Health Behav.* 33(5):600-609, 2009. PMID: 19296750
 48. **Sirard JR**, Slater ME. Compliance with wearing physical activity accelerometers. *J Phys Act Health.* 6(Suppl 1):S148-S155, 2009. PMID: 19998861 PMC2964281

 49. **Sirard JR**, Kubik MY, Fulkerson JA, Arcan C. Objectively measured physical activity in alternative high school students. *Med Sci Sports Exerc.* 40(12):2088-2095, 2008. PMID: 18981940 PMC2872077
 50. **Sirard JR**, Nelson MC, Pereira MA, Lytle, LA. Reliability and validity of a physical activity and media equipment inventory. *Int J Behav Nutr Phys Act.* 5(24): doi:10.1186/1479-5868-5-24, 2008. PMC2386867
 51. **Sirard JR**, Alhassan S, Spencer TR, Robinson TN. Changes in physical activity from walking to school. *J Nutr Educ Behav.* 40(5):324-326, 2008. PMID: 18725153 PMC2556128
 52. **Sirard JR**, Slater ME. Walking and bicycling to school: A review. *Am J Lifestyle Med.* 2(5): 372-396, 2008.
 53. **Sirard JR**, Pfeiffer KA, Ward DS, Dowda M, Pate RR. Race Differences in Activity, Fitness, and BMI in Female Eighth Graders Categorized by Sports Participation Status. *Pediatr Exerc Sci.* 20(2):198-210, 2008. PMID: 18579900
 54. **Sirard JR**, Barr-Anderson DJ. Physical activity in adolescents: from associations to interventions. *J Adolesc Health.* 42(4):327-328, 2008. PMID: 18346656
 55. Alhassan S, **Sirard JR**, Spencer TR, Varady A, Robinson TN. Estimating physical activity from incomplete accelerometer data in field studies. *J Phys Act Health.* 5(Suppl 1):S112-S125, 2008. PMID: 18364516
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56. Alhassan S, **Sirard JR**, Robinson TN. The effects of increasing outdoor play time on physical activity in Latino preschool children. *Int J Pediatr Obes.* 2(3):153-158, 2007. PMID: 17852547
57. Bravata DM, Smith-Spangler C, Sundaram V, Giegner AL, Lin N, Lewis R, Stave CD, Olkin I, **Sirard JR**. Using pedometers to increase physical activity and improve health: a systematic review. *JAMA.* 298(19):2296-2304, 2007. PMID: 18029834
58. Pfeiffer KA, Dowda M, Dishman RK, **Sirard JR**, Pate RR. Cardiorespiratory fitness in girls: Change from middle to high school. *Med Sci Sports Exerc.* 39(12):2234-2241, 2007. PMID: 18046196
59. Sallis JF, King AC, **Sirard JR**, Albright C. Perceived environment predictors of physical activity over six months in sedentary adults: Activity Counseling Trial. *Health Psychol.* 26(6):701-709, 2007. PMID: 18020842
60. Dowda M, Pate RR, Sallis JF, Freedson PS, Taylor WC, **Sirard JR**, Trost SG. Agreement between child-reported and proxy-reported physical activity questionnaires. *Pediatr Exerc Sci.* 19(3):310-318, 2007. PMID: 18019589
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61. Nelson MC, Neumark-Sztainer DR, Hannan PJ, **Sirard JR**, Story M. Longitudinal and secular trends in physical activity and sedentary behavior during adolescence. *Pediatrics.* 118(6):1627-34, 2006. PMID: 17142492
62. **Sirard JR**, Pfeiffer KA, Pate RR. Motivational factors associated with sports participation in middle school students. *J Adolesc Health.* 38: 696-703, 2006. PMID: 16730598
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2. Petrucci Jr GJ, Marcotte RT, Cox MF, Freedson PS, Staudenmayer JW, Sirard JR. A novel method to estimate free-living physical behaviors from a wrist-worn ActiGraph accelerometer. American College of Sports Medicine Annual Meeting. San Francisco, CA May 2020 (Virtual/Online).
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Other Presentations/Publications

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14. Jacobsen D, Slate-Romano J, Vercollone H, Cox M, Masteller B, Petrucci G, Conover T, O'Donnell M, **Sirard JR**. Estimating Children's Physical Activity Intensity Using a New Direct Observation System. *Massachusetts Statewide Undergraduate Research Conference*. April, 2016. Amherst, MA.
15. Slate-Romano J, Vercollone H, Jacobsen D, Cox M, Masteller B, Petrucci G, Conover T, O'Donnell, **Sirard JR**. Validation of Directly Observed Physical Activity in Children. *Massachusetts Statewide Undergraduate Research Conference*. April, 2016. Amherst, MA.
16. **Sirard JR**, Mendoza AR, Masteller BR, Hickey A, Freedson PS. The Physical Activity Tracker Testing in Youth (PATTY) Trials. *UMass Amherst Department of Kinesiology Graduate Seminar*. October, 2015. Amherst, MA.
17. **Sirard JR**. Physical Activity Program of Research and Social Sciences. *Computational Social Science Weekly Seminar*. October, 2015. Amherst, MA.
18. Masteller B, Freedson PS, **Sirard JR**. Content Analysis and Children's Perceptions of Youth-Oriented Physical Activity Tracker Websites. *UMass Amherst School of Public Health and Health Sciences Research Day*. April, 2016. Amherst, MA.

19. **Sirard JR**, Bruening M, Wall M, Kim S, Eisenberg M, Neumark-Sztainer D. Physical activity and screen time in adolescents and their friends. *UMCCTS Research Retreat*. May, 2014. Worcester, MA.
20. Greever C, **Sirard JR**, Alhassan S. Objective analysis of preschoolers' physical activity patterns during free playtime. *UMCCTS Research Retreat*. May, 2014. Worcester, MA.
21. Nee E, Foote A, Masteller B, **Sirard JR**. Physical Activity Tracker Testing in Youth: The PATTY Study. *Massachusetts Undergraduate Research Conference*. April, 2015. Amherst, MA.
22. **Sirard JR**. Adolescent Social Networks, Physical Activity and Other Health Behaviors. University of Virginia, Youth-Nex Works In Progress Monthly Meeting. Oct. 2011
23. **Sirard JR**. Cardiovascular Adaptations to Training in Adults and Youth. University of Virginia Pediatric Cardiology Fellows Meeting. Invited seminar. Apr. 2011.
24. **Sirard JR**. Physical Activity and Media in the Home Environment. Division of Epidemiology and Community Health. Invited seminar. Mar. 2009.
25. **Sirard JR**. Physical Activity Interventions in Children and Adolescents. Invited lecture in *Obesity & Eating Disorders: Treatment, Prevention and Policy (PubH 6000)*. University of Minnesota, Minneapolis, MN. Mar. 2009.
26. **Sirard JR**. Physical Activity Interventions in Children and Adolescents. Invited lecture in *Obesity & Eating Disorders: Treatment, Prevention and Policy (PubH 6000)*. University of Minnesota, Minneapolis, MN. Feb. 2008.
27. **Sirard JR**. Physical Activity Interventions in Children and Adolescents. Invited lecture in *Obesity & Eating Disorders: Treatment, Prevention and Policy (PubH 6000)*. University of Minnesota, Minneapolis, MN. Feb. 2007.
28. **Sirard JR**. Development of Accelerometer Cut Points using Age-Adjusted MET values in Adolescents. *Energy Balance Research Group Weekly Meeting*. Invited lecture. University of Minnesota, School of Public Health, Division of Epidemiology and Community Health. Feb. 2009.
29. **Sirard JR**, Nelson MC, Lytle LA. Physical activity and media equipment in the home environment. *Obesity Research Group Weekly Meeting*. Invited lecture. University of Minnesota, School of Public Health, Division of Epidemiology and Community Health. Feb 2006.
30. **Sirard JR**, Nelson MC, Lytle LA. Physical activity and media equipment in the home environment. *1st TREC Investigator's Meeting*. Feb 2006. Pasadena, CA.
31. Acknowledged in: Goran MI and Reynolds K. Interactive Multimedia for promoting physical activity (IMPACT) in children. *Obes Res*. 13(4):762-771, 2005.
32. Acknowledged in: Pate RR, Pfeiffer KA, Trost SG, Ziegler P, Dowda M. Physical activity among children attending preschools. *Pediatrics*. 114:1258-63, 2004.
33. **Sirard JR**. Physical activity, sports participation and the physical environment in youth. Invited lecture at *Stanford University School of Medicine Seminar Series*. Stanford University, Stanford, CA. September 2004.
34. **Sirard JR**. Physical Activity Interventions in Children and Adolescents. Invited lecture in *Psychology of Physical Activity (EXSC 410)*. University of South Carolina, Columbia, SC. November 2001.
35. Melanson EL, **Sirard JR**, Li L, Freedson PS, Cunningham JC. Classifying physical activity using a vertical plane accelerometer. *New England American College of Sports Medicine Annual Meeting*. Boxborough, MA. November 1995.

Manuscripts in Review

1. Marcotte RT, Petrucci Jr GJ, Freedson PS, Staudenmayer JW, **Sirard JR**. Soj-g: A method to estimate aspects of free-living physical behaviors using raw wrist accelerometer data. *J Meas Phys Behav*. 1/2021.
2. Remillard N, Mulvey M, Petrucci Jr GJ, **Sirard JR**. Accelerometer-based estimation of energy expenditure during non-steady state exercise. *J Appl Physiol*. 1/2021.

Manuscripts in Preparation

1. Masteller BR, Alhassan S, Hawkins M, **Sirard JR**. Efficacy of a movement-training intervention on fitness, motor skills, and physical activity in elementary school children. *Pilot and Feasibility Studies*.
2. Masteller BR, Alhassan S, Hawkins M, **Sirard JR**. Feasibility and acceptability of implementing a movement-training intervention in elementary school children. *Intl J Behav Nutr Phys Act*.
3. **Sirard JR**, Kitts J, Pachucki MC, Sibeko L, Bermudez M, Masteller BR. Similarities in urban middle school students' physical activity and screen time across school-bound social networks. *Intl J Behav Nutr Phys Act*.
4. Petrucci Jr GJ, Marcotte RT, Cox MF, Freedson PS, Staudenmayer JW, **Sirard JR**. Calibration and validation of a multi-component method for estimating physical behavior from a wrist-worn accelerometer in free-living settings. *J Phys Act Health*.
5. Chase J, Kainec K, Spencer B, **Sirard JR**. Measurement of sleep parameters using accelerometry compared to polysomnography: A systematic review. *J Meas Phys Behav*, Apr 2021.
6. **Sirard JR**, Marcotte RT, Staudenmayer JW, Petrucci Jr GJ. Using accelerometer data features to improve estimates of fitness from non-exercise aerobic fitness prediction equations. *Med Sci Sports Exerc*, Aug 2021.
7. Chase JD, Busa MA, Staudenmayer JW, **Sirard JR**. Sleep measurement using wrist-worn accelerometer data compared to polysomnography. *Sensors*, Feb 2021.
8. Cox MF, Richmond P, Shtino A, Sirard JR. Endorsement of gender stereotypes associated with less physical activity in young women. *Ann Behavior Med*, Feb 2021.
9. Sirard JR, Pachucki MC, Sibeko L, Kitts J. The Food, Activity, Screens, and Teens (FAST) Study: Design and methods. *Am J Epidemiol*, Apr 2021.

Abstracts in Review/Accepted

n/a

Associate Editor

International Journal for the Measurement of Physical Behaviour

May 2017 – present

Review Board

American Journal of Health Behavior

Sep 2016 - present

Reviewer - Manuscripts

International Journal for the Measurement of Physical Behaviour

American Journal of Preventive Medicine

American Journal of Public Health

BMC Public Health

International Journal of Behavioral Nutrition and Physical Activity

International Journal of Pediatric Obesity

Journal of Adolescent Health
Journal of the American Medical Association
Journal of Physical Activity and Health
Journal of School Health
Medicine and Science in Sports and Exercise
Pediatric Exercise Science
Preventive Medicine
Plos One

Reviewer - Grant Proposals

- Croatia Science Foundation, 1 application (5-yr, €200,000) Jul. 2017
- Swiss National Science Foundation, 1 application (5-yr, €1.2 million) Jan. 2017
 - Revision application Dec. 2017
- NIH Special Emphasis Panel (2017/05 ZDK1 GRB-1 (M3) 1), PAR-15-346, Time-Sensitive Obesity Policy and Program Evaluation, R01 Applications Jan. 2017-present
- The Innovational Research Incentives Scheme – Vici (Netherlands): Sep. 2016
 Targeted at outstanding senior researchers who have successfully demonstrated the ability to develop their own innovative lines of research, and to act as coaches for young researchers. The maximum grant is 1.5 million euros.
- Cybex Foundation Undergraduate Honors Student Grants: Fall 2013 – Fall 2016
- Ohio University Research Committee, External Reviewer: Nov. 2012, Feb. 2019
- Active Living Research (RWJF) Round 3, Rapid Response CFP: Sep. 2011
- WorkSafeBC, Innovation at Work (Research Secretariat, British Columbia): Oct. 2008
- Active Living Research (RWJF) Round 3, Cycle 2: Sep. 2003

Community/University Service

University of Massachusetts

Department of Kinesiology

- Mentoring Committee Member Jun. 2020 - present
- Search Committee Member, Kinesiology cluster hire Spt. 2019 - present
- By-Laws Committee Member Spt. 2019 – present
- Search Committee Member, Kinesiology A&P Lecturer Jan. 2018 – Jun. 2018
- Search Committee Co-Chair, Kinesiology-IALS, Assist. Prof May 2017 – Oct. 2017
- Chair’s Advisory Committee Member, Kinesiology Oct. 2016 – June 2017
- Search Committee Member, Kinesiology, Asst. Prof. Dec. 2104 – May 2016
- Qualifying Exam Committee, Member Spt. 2014 – Spt. 2016
- Qualifying Exam Committee, Chair Spt. 2016 – Spt. 2019
- Search Committee Member, Kinesiology, Department Chair May 2014 – May 2015
- Department Personnel Committee, Member Spt. 2013 – Spt. 2016
 Spt. 2020 - present

School/University

- UMass Undergraduate Research Conference - Abstract Reviewer Feb. 2020 – Apr. 2020
- ISSR Scholars Panel on NIH Grants 10/11/2019
- SPHHS Research Committee Spt. 2019 - present

- SPHHS Community Advisory Board Feb 2018 – present
 - Invited faculty speaker 4/26/2018
- SPHHS Center for Community Health Equity Research, Affiliate Jan 2018 - present
- CHC Academic Standards Committee, Member Dec 2017 – present
- Judge, SPHHS Student Research Day Apr. 2016
- CHC student fellowships and grants, Reviewer Sep 2014 - present
- Center for Personalized Health Monitoring (CPHM) Faculty May 2015 – present
- Computational Social Science Institute (CSSI), Affiliate Sep 2015 – present

Community/Media

- Springfield Bound, Participant 9/30/2018
- Ask the Expert for WalletHub.com (<https://wallethub.com/edu/best-and-worst-cities-for-an-active-lifestyle/8817/#john-r-sirard>) 1/5/2016
- Interview Newsweek Magazine: Physical Activity as a Physician Vital Sign 11/2017

University of Virginia

- Southern Association of Colleges and Schools; Report for Master’s Program in Exercise Physiology Fall 2012
- Faculty advisor for a Jefferson Public Citizens grant proposal Fall 2012
- Counselor Education Faculty Search Committee Feb 2012 – Mar 2012
- Kinesiology first-year admissions committee Fall 2011
- Charlottesville Obesity Task Force Oct 2010–Aug 2013
- Kinesiology Program Expansion Spt 2010 – Aug 2013

University of Minnesota

- Epidemiology and Community Health (EpiCH) Graduate Faculty Sep 2005-Aug 2010
- Community Health Education (CHE) Graduate Faculty Apr 2006–Aug 2010
- CHE Admissions Committee, member Sep 2006–Aug 2010
- PhD Admissions Committee, member Sep 2007–Aug 2009
- Energy Balance Research Group, member Sep 2006–Aug 2010
- Energy Balance Research Group, Coordinator Jan 2009-May 2009
- International Society for Behavioral Nutrition and Physical Activity, Planning Committee Member for 2010 Annual Meeting Jun 2008–Jun 2010
- UMN Population Center Spatial Core Advisory Board Jun 2008–Aug 2010
- Minnesotans for Health Kids Coalition (American Heart Association) Jan 2008–Aug 2010
- Expert testimony for MN Senate E-12 Education Budget Committee 3/11/2008

Stanford University

- Coordinator for monthly postdoctoral roundtables Sep 2004-Sep 2005

Professional Affiliations

- International Society for the Measurement of Physical Behaviour 2017 - present
- International Society for Behavioral Nutrition and Physical Activity 2007-present
- Society of Behavioral Medicine 2004-2010
- National Coalition for Promoting Physical Activity 2000-present
- South Carolina Coalition for Promoting Physical Activity 2000-2003
- North American Society for Pediatric Exercise Medicine 1999-present

Updated: 1/21/2021

- American College of Sports Medicine
 - Fellow status

1995-present
Nov. 2017-present