

CURRICULUM VITAE**SIMON DIETRICH JOHN HOLZAPFEL, PhD, ACSM EP-C CIFT****Contact Information**

Movement Sciences
College of Health Solutions
Arizona State University
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Education

- 2013-2017** **PhD: Physical Activity, Nutrition and Wellness**
Arizona State University (ASU), Phoenix, AZ
Dissertation: Acute Bouts of Assisted Cycling Therapy for People with Chronic Stroke-Related Deficits
- 2011-2013** **MS: Exercise and Sports Science**
Eastern Kentucky University, Richmond, KY
- 2007-2011** **BA: Sports Science, Minor: Coaching**
Tusculum College, Greeneville, TN

Professional Employment Record

- Clinical Associate Professor, College of Health Solutions, Arizona State University, 2016-present
 - 2021-2022 workload distribution: 80% teaching; 20% administrative
 - 2020-2021 workload distribution: 70% teaching; 10% service; 20% administrative
 - 2019-2020 workload distribution: 80% teaching; 20% service
 - 2018-2019 workload distribution: 80% teaching; 20% service
 - 2017-2018 workload distribution: 80% teaching; 20% service
 - 2016-2017 workload distribution: 80% teaching; 20% service
- Research Assistant, Sensorimotor Development Research Laboratory, College of Health Solutions, Arizona State University, Summer 2014
- Faculty Associate, College of Health Solutions, Arizona State University, 2014-2016 (summer appointment)
- Graduate Teaching Associate, College of Health Solutions, Arizona State University, 2013-2016
- Graduate Teaching Assistant, Eastern Kentucky University, 2011-2013

Scholarship & Research**Peer-Reviewed Manuscripts (BOLD since appointment to Clinical Assistant Professor)**

*Student co-author

In Preparation

- **Holzapfel SD, Hightower T*, & Tran G-T (in preparation). Contact Theory - Busted?**
- **Holzapfel SD, Bosch PR, Ko J, Lockmiller MC, Jones JE*, & Mitchell M* (in preparation). The effects of aerobic exercise on cognitive function during the post-acute period: A meta-analysis.**
- **Holzapfel SD, Ringenbach SDR, & Cook MR* (in preparation). Changes in six minute walk distance predict changes in executive function after Assisted Cycling Therapy (ACT) in adolescents with Down syndrome: A moderation analysis.**

In Review

- **Holzapfel SD, Arnold N*, Cook MR*, & Ringenbach SDR (in review). Predictors and Mediators of the Efficacy of Assisted Cycling Therapy (ACT) on Adaptive Gross Motor Behaviors in Adolescents with Down Syndrome. Adapted Physical Activity Quarterly**

Published

- **Ojameruaye O*, Diaz-Pacheco V*, Holzapfel SD, Zubriski M, Bosch PR. High Intensity Interval Training for Adults with Chronic Stroke: A Pilot Feasibility Study. Cardiopulmonary Physical Therapy Journal.**

32(1), 20-29.

- Ringenbach SDR, *Holzapfel SD*, Arnold NE*, Nam K*, Lopez C*, Chen C-C, Buman MP, Youngstedt SD, Teslevich J*, & Wallace KC* (2020). Assisted Cycling Therapy (ACT) Improves Adaptive Behaviors in Adolescents with Down Syndrome. *Journal of Developmental and Physical Disabilities*, 32, 535–552. <https://doi.org/10.1007/s10882-019-09706-z>
- *Holzapfel SD*, Bosch PR, Lee CD, Pohl PS, Szeto M*, Heyer B*, & Ringenbach SDR (2019). Acute Effects of Assisted Cycling Therapy on Post-Stroke Motor Function: A Pilot Study. *Rehabilitation Research and Practice*. Open access: <https://doi.org/10.1155/2019/9028714>
- Schaffer SD*, *Holzapfel SD*, Fulk G, & Bosch PR (2017). Step Count Accuracy of Two Activity Tracking Devices in People After Stroke. *Physiotherapy Theory and Practice*, 10, 1-9. Doi 10.1080/09593985.2017.1354412
- Ringenbach SDR, *Holzapfel SD*, Bosch PR, Snow M*, & Hunt LM* (2017). Leisure physical activity and body composition relate to cardiorespiratory fitness independently in Down syndrome. *Journal of Sports Science*, 5, 65-77. Doi 10.17265/2332-7839/2017.02.001
- *Holzapfel SD*, Ringenbach SDR, Mulvey GM, Sandoval-Menendez AM*, Birchfield N, & Tahiliani SR* (2016). Differential effects of Assisted Cycling Therapy (ACT) on short-term and working memory of adolescents with Down syndrome. *Journal of Cognitive Psychology*, 28(8), 990-1003. Doi 10.1080/20445911.2016.1205592
- Ringenbach SDR, *Holzapfel SD*, Mulvey GM, Richter M*, Jimenez A*, & Benson A* (2016). The effects of Assisted Cycling Therapy (ACT) and voluntary cycling on reaction time and measures of executive function in adolescents with Down syndrome. *Journal of Intellectual Disability Research*, 60(11), 1073-1085. Doi 10.1111/jir.12275
- *Holzapfel SD*, Chomentowski PJ, Summers LAM, & Sabin MJ (2016). The relationship between digit ratio (2D:4D), VO2max, ventilatory threshold, and running performance. *International Journal of Sports Sciences and Fitness*, 6(1). Epub.
- Bosch PR, *Holzapfel SD*, & Taustadóttir T (2015). Feasibility of measuring ventilator threshold in adults with stroke-induced hemiparesis: Implications for exercise prescription. *Archives of Physical Medicine and Rehabilitation*, 96(1), 1779-1784. doi:10.1016/j.apmr.2015.04.023
- *Holzapfel SD*, Ringenbach, SDR, Mulvey GM, Sandoval-Menendez AM*, Cook MR*, Ganger RO*, & Bennett C* (2015). Improvements in manual dexterity relate to improvements in cognitive planning after Assisted Cycling Therapy (ACT) in adolescents with Down syndrome. *Research in Developmental Disabilities*, 45, 261-270. doi:10.1016/j.ridd.2015.08.003
- Ringenbach SDR, Lichtsinn KC*, & *Holzapfel SD* (2015). Assisted Cycling Therapy (ACT) improves inhibition in adolescents with autism spectrum disorder. *Journal of Intellectual and Developmental Disability*, 40(4), 376-387. doi:10.3109/13668250.2015.1080352
- Ringenbach SRD, Zimmerman K*, Chen CC, Mulvey GM, *Holzapfel SD*, Weeks DJ, & Thaut MH (2014). Adults with Down syndrome performed repetitive movements fast with continuous music cues. *Journal of Motor Learning and Development*, 2(3), 47-54.
- *Holzapfel SD* & Summers LAM (2013). An introduction to wheelchair tennis for future athletes and coaches. *Palaestra*, 27(4).

Published Book Chapters (BOLD since appointment to Clinical Assistant Professor)

*Student co-author

- Ringenbach SDR, Arnold NE*, Nam K*, *Holzapfel SD*, Chen CC, Lopez C*, & Szeto M* (2019). Motor control in persons with Down syndrome: Review, Recent, Rethink. In J. Burack and J. Edgin (Eds.), *The Oxford Handbook of Down Syndrome and Development*. Oxford, England, UK: Oxford University Press.
- Ringenbach SDR, *Holzapfel SD*, Richter M*, & Alberts JL (2016). Management of executive function following assisted cycling therapy in adolescents with Down syndrome. In *Down Syndrome (DS): Perspectives, Challenges and Management* (pp. 17-38). Hauppauge, NY: Nova Science Publishers.
- *Holzapfel SD*, Ringenbach SDR, Ganger RO*, Gomez ED*, & Parker L* (2016). Older Adults with Down Syndrome Benefit from Assisted Cycling Therapy: Implications for Physical Activity, Fitness, and Daily Function. In N. Hayes (Ed), *Compilation of Recent Research/Review works in the field of Down Syndrome*. Dover, DE: SM Open Access eBooks.
- Ringenbach SDR, *Holzapfel SD*, Mulvey GM, & Pandya S* (2015). Assisted Cycle Therapy (ACT) for persons with Down syndrome: Implications for improvements in cognitive functioning. In S. Dey (Ed), *Health Problems in Down Syndrome*. Rijeka, Croatia: InTech Europe. ISBN: 978-953-51-4238-6. <http://www.intechopen.com/articles/show/title/assisted-cycling-therapy-for-persons-with-down->

Publications and Presentations at National & Local Conferences (BOLD since appointment to Clinical Assistant Professor)

*Student co-author

Data-Based

- **Holzapfel SD, Mitchell M*, Jones J*, Lockmiller M-C, & Bosch PR (2020).** Effects of Aerobic Exercise on Cognition in Adults 3 Months or More Post-Stroke: A Meta-Analysis. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (online presentation).
- **Ringenbach SDR, Nam K*, Arnold NE*, Mendoza E*, Holzapfel SD, Danzey S*, & Rodriguez L* (2020).** Stationary Cycling Exercise Improved Fine Motor Control in Older Adults With Down Syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (online presentation).
- **Holzapfel SD, Ringenbach SD, Bosch PR, Lee CD, & Heyer B* (2018).** Acute Effects of Assisted Cycling Therapy on Upper Extremity Motor Function after Stroke. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (oral presentation).
- **Ringenbach SD, Arnold NE*, Lopez C*, Holzapfel SD, & Rodriguez L*. (2018).** Cognitive planning improved after cycling exercise in older adults with Down syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (oral presentation).
- **Holzapfel SD, Shikles A*, Ringenbach SD, & Arnold NE* (2018).** Outcomes and Challenges after 1 Year of the Exercise Program for Adults with Down Syndrome. North American Federation of Adapted Physical Activity (NAFAPA), (oral presentation).
- **Ringenbach SD, Arnold NE*, Tucker K*, & Holzapfel SD (2018).** Assisted Cycle Therapy (ACT) improved self-efficacy and exercise perception in older adults with Down syndrome. North American Federation of Adapted Physical Activity (NAFAPA), (oral presentation).
- **Holzapfel SD, Szeto M*, Ringenbach SD, & Lopez C* (2017).** Lower Extremity Motor Function Improved After Cycling in Stroke Survivors. North American Society for the Psychology of Sport and Physical Activity, (oral presentation).
- **Arnold NE*, Ringenbach SD, Parker L*, Holzapfel SD, Lopez C*, & Szeto M* (2017).** Assisted Cycle Therapy (ACT) Improved Leisure Physical Activity but Not Sleep in Older Adults with Down Syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (poster presentation).
- **Holzapfel SD, Ringenbach SD, Cook MR*, & Pandya S* (2017).** Changes in functional exercise capacity mediate the relationship between assisted cycling cadence and gross motor adaptive behaviors in adolescents with Down syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (oral presentation).
- **Holzapfel SD & Bosch PR (2017).** Effect of High Intensity Interval Treadmill Training on Executive Function in Chronic Stroke Survivors. American Physical Therapy Association – Combined Sections Meeting (APTA-CSM), (poster presentation).
- **Ojameruaye O*, Holzapfel SD, Zubriski M, & Bosch PR (2017).** Validity of Maximal Heart Rate Prediction Equations After Stroke. American Physical Therapy Association – Combined Sections Meeting (APTA-CSM), (poster presentation). *Cardiopulmonary Physical Therapy Journal*, 28(1), 47.
- **Nordin K*, Holzapfel SD, & Bosch PR (2017).** Heart Rate and Perceived Exertion During High Intensity Interval Training After Stroke. American Physical Therapy Association – Combined Sections Meeting (APTA-CSM), (poster presentation).
- **Ringenbach SDR, Holzapfel SD, & Wallace KC* (2016).** Assisted Cycling Therapy Improves Self-Efficacy in Adolescents with Down Syndrome. North American Federation of Adapted Physical Activity (NAFAPA), (oral presentation).
- **Holzapfel SD, Ringenbach SDR, & Bosch PR (2016).** Acute Improvements in Lower Extremity Motor Control of Chronic Stroke Survivors Following Assisted Cycling Therapy. American Society for Neurorehabilitation (ASNR), (poster presentation).
- **Holzapfel SD & Ringenbach SDR (2016).** Differential effects of assisted and voluntary cycling on the relationship between improvements in cardiorespiratory fitness and executive function in adolescents with Down syndrome. North American Federation of Adapted Physical Activity (NAFAPA), (oral presentation).
- **Ringenbach SD, Holzapfel SD, & Richter M* (2016).** Retention of Executive Function After Assisted Cycling Therapy in Adolescents with Down Syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (oral presentation). *Journal of Sport and Exercise Psychology*, 38(S1).

- **Holzapfel SD, Ringenbach SD, Mulvey GM, Sandoval-Menendez AM*, Birchfield N, & Tahiliani SR* (2016). Differential Effects of Assisted Cycling Therapy (ACT) on Short-Term and Working Memory of Adolescents with Down Syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (oral presentation). Journal of Sport and Exercise Psychology, 38(S1).**
- **Schaffer S*, Weinand M*, Bosch PR, & Holzapfel SD (2016). Step Count Accuracy of Two Activity Tracking Devices in People with Stroke. American Physical Therapy Association – Combined Sections Meeting (APTA-CSM), (poster presentation).**
- **Holzapfel SD, Ringenbach SDR, Mulvey GM, Sandoval-Menendez AM*, Cook MR*, & Ganger RO* (2015). Eight Weeks of Assisted Cycling Therapy (ACT) Improves Upper Extremity Motor Function in Down Syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (oral presentation). Journal of Sport and Exercise Psychology, 37, S44.**
- **Holzapfel J & Holzapfel SD (2015). Predicting high vs. low self-handicapping and group cohesion in athletes. Arizona Psychological Association (AzPA), (oral and poster presentation). 2015 Graduate Research Award of the Arizona Psychological Association**
- **Holzapfel SD & Ringenbach SDR (2014). Assisted Cycling Therapy improves Verbal Fluency in Adolescents with Down Syndrome. North American Federation of Adapted Physical Activity (NAFAPA), (oral presentation).**
- **Ringenbach SDR, Moss-Hunt L*, & Holzapfel SD (2014). The 6 Minute Walk Test and the Fitness of Young Adults with Down Syndrome. North American Federation of Adapted Physical Activity (NAFAPA), (oral presentation).**
- **Ringenbach SDR, Teslevich J*, & Holzapfel SD (2014). Assisted Cycling Therapy (ACT) Improves Depression in Adolescents with Down Syndrome. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), (poster presentation). Journal of Sport and Exercise Psychology, 36, S73.**
- **Holzapfel SD, Sawyer BJ, Angadi SS, Bhammar DM, Ryder JR, & Gaesser GA (2013). Improvements in VO₂peak are unrelated to changes in submaximal heart rate after 12 weeks of aerobic walking in women. Southwest ACSM Annual Chapter Meeting, (poster presentation).**
- **Holzapfel SD, Sabin MJ, Chomentowski PJ, III, & Summers LAM (2013). Digit Ratio (2D:4D) and Maximal Oxygen Uptake. ACSM's 60th Annual Meeting and 4th World Congress on Exercise is Medicine, (poster presentation, 45(5 Suppl.)).**
- **Holzapfel SD, Sabin MJ, Chomentowski PJ, III, & Summers LAM (2013). Digit Ratio (2D:4D) and Maximal Oxygen Uptake. Eastern Kentucky University Society of Foundation Professors' Graduate Research Expo, (poster presentation).**
- **Holzapfel SD (2012). Yes, Fingers Can Predict VO₂max. Annual KAHPERD Convention, (oral presentation).**

Invited

- **Holzapfel SD (2020). Exercise for Healthy Aging. National Down Syndrome Society (NDSS) Aging Well Together Summit, (online webinar).**
- **Subiatis J & Holzapfel SD (2018). "Let No One Sit on the Sidelines" - The Benefits of Adaptive Sports and Recreation. Amputee Coalition National Conference, (verbal presentation).**
- **Holzapfel SD (2017). Exercise for Adults with Down Syndrome. Down Syndrome Network of Arizona – Aging Matters Conference, (oral presentation).**
- **Holzapfel SD (2015). The effects of Assisted Cycling Therapy (ACT) on cognitive and motor function in special populations. ASU School of Nutrition and Health Promotion Seminar Series, (oral presentation).**
- **Mahal KS & Holzapfel SD (2011). Yoga Wake-Up. Annual AAHPERD Convention, (oral presentation).**
- **Mahal KS & Holzapfel SD (2011). Breathing Relaxation. Annual AAHPERD Convention, (oral presentation).**

Grants (BOLD since appointment to Clinical Assistant Professor)

Funded

- **Holzapfel SD (2020). Adaptive Exercise Program. Arizona Sports and Tourism Authority – Quick Grant, \$3,836**
- **Holzapfel SD (2018). Exercise Program for Adults with Down Syndrome. Arizona Sports and Tourism Authority – Quick Grant, \$5,000**
- **Holzapfel SD (2016). Travel Grant to the North American Society for the Psychology of Sport and Physical Activity. ASU Graduate and Professional Student Association – Individual Travel Grant (ASU), \$819.02**
- **Holzapfel SD, Tran T, & Ringenbach SDR (2016). The Effects of Assisted Cycling Therapy on Cognitive**

Function, Motor Function, and Signs of Dementia in Older Adults with Down Syndrome. ASU Graduate and Professional Student Association & Sun Devil Athletics Operations - Athletics Research Grant (ASU), \$1,500

- *Holzapfel SD* (2016). Travel Grant to the North American Society for the Psychology of Sport and Physical Activity. Graduate Education Travel Award (ASU), \$500
- *Holzapfel SD*, Ringenbach SDR, & Bosch PR (2015). The Efficacy of Assisted Cycling Therapy (ACT) for Improving Motor and Cognitive Function in Stroke Survivors. ASU Graduate and Professional Student Association & Sun Devil Athletics Operations - Athletics Research Grant (ASU), \$3,500
- *Holzapfel SD* (2015). Travel Grant to the North American Society for the Psychology of Sport and Physical Activity. ASU Graduate and Professional Student Association – Individual Travel Gant (ASU), \$350
- *Holzapfel SD* (2015). Travel Grant to the North American Society for the Psychology of Sport and Physical Activity. John and Elizabeth Ainsworth PANW Student Travel Award – ASU School of Nutrition and Health Promotion (ASU), \$500
- *Holzapfel SD*, Ringenbach SDR, & Bosch PR (2014-2015). Treadmill Training for Stroke Survivors. ASU Graduate and Professional Student Association - Graduate Research Support Program (ASU), \$750
- *Holzapfel SD* (2014). Travel Grant to the Symposium of the North American Federation of Adapted Physical Activity. ASU Graduate and Professional Student Association – Individual Travel Gant (ASU), \$871
- *Holzapfel SD* & Ringenbach SDR (2013-2014). Assisted Exercise in Adults with Down Syndrome. ASU Graduate and Professional Student Association - Graduate Research Support Program (ASU), \$750

Under Review

- Reily T, Ramella K, *Holzapfel SD* (2020). Fall Prevention Program at the Westward Ho. ON Semiconductor Foundation.

Unfunded

- *Holzapfel SD* (2020). Adaptive Exercise Program. May & Stanley Smith Charitable Trust, \$52,875.
- *Holzapfel SD* (2019). Centennial Professorship Award. Arizona State University Graduate and Professional Student Association, \$10,000.
- *Holzapfel SD* (PI) & Ramella K (Co-I) (2019). Division of Developmental Disabilities Planning Council Grant for inclusive recreation projects, \$19,077.
- Ringenbach SDR (PI) & *Holzapfel SD* (Co-I) (2018-2023). ACT Early: Development of a pediatric cycle to deliver Assisted Cycle Therapy as an early intervention for young children with Down syndrome and Autism Spectrum Disorder. National Institute of Disability, Independent Living, and Rehabilitation Research, \$2,375,000, total direct costs \$2,053,538.
- *Holzapfel SD* (2018). Exercise Program for Adults with Down Syndrome. Diamondbacks Foundation Program Grant, \$5,000
- Kitch S, *Holzapfel SD*, Mann A, et al. (2018). Humanities Lab. National Endowment for the Humanities, amount unknown to me but would have included course buy-outs.
 - I co-developed an immersive Health & Disabilities Lab course for the Humanities Lab project.
- Reynolds K, *Holzapfel SD*, & Ringenbach SDR (2016). Assisted Cycling Therapy for Adults with Attention Deficit Hyperactivity Disorder. Sun Devil Fitness Research Grant (ASU), \$2,000
- *Holzapfel SD* & Ringenbach SDR (2015-2016). The Efficacy of Assisted Cycling Therapy (ACT) for Improving Motor and Cognitive Function in Stroke Survivors. North American Society for the Psychology of Sport and Physical Activity, \$2,000

Teaching

Academic Programs Developed or Re-Designed at Arizona State University

- Transition of Exercise and Wellness (EXW) Undergraduate Degree to Clinical Exercise Science (CES) Undergraduate Degree (Spring 2019-Fall 2020)
 - Transition of the more general EXW degree to a program more focused on utilizing physical activity interventions to assist those populations at risk of or suffering from chronic or neuromuscular conditions
 - Complete market need analysis for clinically focused exercise science degree
 - Completed qualitative interviews of exercise professionals in clinical settings to inform new curriculum design
 - Co-Developed and wrote program description, program outcomes and degree justification
 - Re-wrote degree catalog and major map to be reflective of more clinical focus

- Presented explanations and justifications for transition to program area, faculty assembly and administrative meetings

Full Immersion Classes Developed and Taught at the University Level (BOLD since appointment to Clinical Assistant Professor)

- **EXW/KIN 494/598: Neuromuscular Exercise Prescription (full immersion course)**
 - This course provides students with the knowledge and skills to design evidence-based exercise prescriptions to improve the health, fitness, and independent functioning of people with various neuromuscular conditions (e.g, Parkinson's disease, cerebrovascular accident, multiple sclerosis, amyotrophic lateral sclerosis, spinal cord injury, etc.). This course is also designed to strengthen scientific literacy and ability to engage in evidence-based practice. It is centered around an individual research paper and an extensive group project.

Experiential (Clinical) Learning Classes Developed and Taught at the University Level (BOLD since appointment to Clinical Assistant Professor)

- **CHS 494: Adaptive Exercise Program Practical Experience (full immersion course)**
 - This course provides students with hands-on experience in exercise programming and fitness training for people with disabilities or neurological conditions. It helps prepare students for professions in clinical settings such as cardiopulmonary rehabilitation, medical fitness centers, and senior living facilities. This course is married to the Adaptive Exercise Program which I launched in fall of 2017. Students work one-on-one or two-on-one with community members with Down syndrome, autism spectrum disorder, stroke, traumatic brain injury, myotonic muscular dystrophy, and other conditions. This is the only hands-on course in the EXW program where students gain real-world experience with real clients.
 - Inter-professional collaboration: I am collaborating with Lisa Morse to provide program participants with nutritional counseling in order to provide a more holistic health and wellness program and to provide the CHS 494 students with the opportunity to gain experience in inter-professional collaboration with nutrition (NTR) students.
 - Inter-professional collaboration: I am collaborating with Beth Dietrich from the Watts College of Public Service & Community Solutions to provide program participants with therapeutic recreation in order to provide a more holistic health and wellness program and to provide the CHS 494 students with the opportunity to gain experience in inter-professional collaboration with recreational therapy students.
 - The Adaptive Exercise Program also serves as a practicum site for recreational therapy students.
 - Successful Pitchfunder campaign for equipment purchases (\$2,653), 2018
 - Community partnerships:
 - Down Syndrome Network of Arizona
 - Lincoln Family YMCA of Downtown Phoenix
 - Sun Devil Fitness Center
 - Arizona Disabled Sports
 - Northern Arizona University, Department of Physical Therapy

Full Immersion Classes Re-Designed and Taught at the University Level (BOLD since appointment to Clinical Assistant Professor)

- **KIN 101: Introduction to Kinesiology (full immersion course)**
 - Updated course lectures, video materials, assignments, and external resources to reflect re-designed EXW degree to Clinical Exercise Science (CES) and preparation for relevant careers
- **EXW 315: Physiological Foundations of Movement (full immersion course)**
 - Increased focus on applied physiology
 - Integration of career-relevant problem solving
 - Career relevant study scenarios
 - Updated slide deck to latest publisher version plus custom slides
 - Improved attendance and participation via Tophat activities and pop-up questions
- **EXW 420: Exercise Testing (full immersion course)**
 - Improved attendance and participation via Tophat activities and pop-up questions
 - Integration of daily in-class career-relevant case studies and practice problems via Tophat
 - Design of new practice problems, practice exams, and other study materials
 - Redesign of most quizzes and exams to integrate more short and numerical answer questions requiring problem solving, in place of multiple choice questions
 - Integration of a new hands-on partner project
 - Integration of more hands-on stress testing/VO2max testing in lab
 - Redesign of practical lab examinations where students demonstrate their skills in the administration of

assessments

- **EXW 425: Exercise Prescription of Health and Wellness (full immersion course; redesigned in collaboration with Joseph Marsit)**
 - Incorporated project-based learning approach
 - Introduced a group learning contract
 - Designed Motivational Interviewing lecture and activity
 - Students produce poster presentation as deliverable outcome

Online/i Courses Re-Designed and Taught at the University Level (BOLD and explanation since appointment to Clinical Assistant Professor)

- **EXW 344: Impact of Physical Activity on Health and Disease (i/o course)**
 - Addition of *Literacy and Critical Inquiry* (L) designation
 - Redesign of Physical Activity Recording Project
 - Addition of group project
 - Completely new narrated and annotated slide deck with updated and racially inclusive research and statistics
 - New discussion boards
 - Discussion board grading rubrics
 - New question banks and quizzes
 - Addition of research concepts module to promote research and scientific literacy
 - Due to the re-design the course also meets the standards of the International Consortium for Health and Wellness Coaches. This was important because it is a required course for Healthy Lifestyles Coaching majors.

New Literacy & Critical Inquiry (L) designation for courses (BOLD since promotion to Clinical Associate Professor)

- **EXW 344: Impact of Physical Activity on Health and Disease (i/o course)**
 - Added a scaffolded group project to strengthen scientific writing, research literacy, and evidence-based practice competencies. The project contains five mini-literature reviews with staggered due dates to allow for multiple cycles of feedback and opportunities for improvement.
 - Bolstered the Physical Activity Recording Project with more gathering, interpretation, and evaluation of evidence regarding the validity of physical activity data collection instruments.
- **EXW 426: Exercise for Neuromuscular Conditions**
 - Revised the research paper to be a scaffolded assignment that is submitted in three separate parts to increase the frequency of feedback and opportunity to improve future parts.
 - Revised the group presentation to be a scaffolded assignment that is submitted in three separate parts to increase the frequency of feedback and opportunity to improve future parts.

Courses Taught at Arizona State University (BOLD since appointment to Clinical Assistant Professor)

- **EXW 302: Fundamentals of Wellness (i/o course)**
 - **Course description:** Overview of fundamental health, exercise and wellness concepts. Emphasizes personal wellness assessment and application.
 - Years taught: ½
 - Semesters taught: Fall 2017
- **EXW 315: Physiological Foundations of Movement (full immersion course)**
 - **Course description:** Study of human movement with emphasis on physiological function of the body in response to physical activity and fitness training.
 - Years taught: 3
 - Semesters taught: Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019
- **EXW 325: Fitness for Life (i/o course)**
 - **Course description:** Analysis of physical fitness and benefits of exercise with emphasis on application of strategies for fitness and wellness evaluation, behavior change, and lifelong program planning.
 - Years taught: 1
 - Semesters taught: Fall 2016, Spring 2017
- **EXW 344: Impact of Physical Activity on Health and Disease (i/o course)**
 - **Course description:** Examines the influence of physical activity and fitness on the development of chronic disease and improvement in life expectancy.
 - Years taught: 5
 - Semesters taught: Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2019, Spring 2020, Summer 2020, Fall 2020
- **EXW 420: Exercise Testing (full immersion course)**
 - **Course description:** Theoretical basis and practical application of pre-exercise screening, exercise testing, estimates of energy expenditure, and interpretation of results.
 - Years taught: 3

- Semesters taught: Summer 2018, Fall 2018, Spring 2019, Summer 2019, Spring 2020, Fall 2020
- **EXW 425: Exercise Prescription of Health and Wellness (full immersion course)**
 - **Course description:** Comprehensive course allowing students to learn and apply the principles of exercise prescription for individuals of various ages, fitness levels and health states.
 - Years taught: 1.5
 - Semesters taught: Spring 2017, Fall 2017, Spring 2018
- **EXW/KIN 494/598: Neuromuscular Exercise Prescription (full immersion course)**
 - **Course description:** Introduction to the etiology and pathophysiology of a variety of neurological/neuromuscular conditions and research-based study of exercise for the improvement of fitness, health, and symptomology
 - Years taught: 2.5
 - Semesters taught: Fall 2018, Fall 2019, Spring 2020, Fall 2020
- **CHS 494: Adaptive Exercise Program Practical Experience (full immersion course)**
 - **Course description:** Students provide health-related physical fitness testing and exercise programming to community members with disabilities. The goal of this course is to develop students into more inclusive and experienced fitness and health professionals.
 - Years taught: 3.5
 - Semesters taught: Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020
- **KIN 101: Introduction to Kinesiology**
 - **Course description:** Introduces the disciplines and professions associated with kinesiology, including an overview of historical and philosophical foundations
 - Years taught: 1
 - Semesters taught: Fall 2015, Spring 2016
- **EXW 316: Physiological Foundations of Movement (Lab)**
 - **Course description:** Investigates theories and methods of exercise physiology in a laboratory and/or applied setting
 - Semesters taught: Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016
 - Course updates:
 - Developed and modified course structure, content, and assignments
- **EXW 420: Exercise Testing (Lab)**
 - **Course description:** Theoretical basis and practical application of pre-exercise screening, exercise testing, estimates of energy expenditure, and interpretation of results
 - Semesters taught: Fall 2015
- **EXW 425: Exercise Prescription (Lab)**
 - **Course description:** Theoretical basis for and application of general principles of exercise prescription to various ages, fitness levels, and health states
 - Semester taught: Fall 2014, Spring 2015

Courses Taught at Eastern Kentucky University

- PHE 190: Swimming and Water Safety: Fall 2011, Spring 2012
- PHE 190: Fitness Swimming: Spring 2012, Fall 2021
- PHE 190: Advanced Fitness Swimming: Fall 2021
- PHE 190: Beginning Tennis: Spring 2013
- PHE 190: Badminton: Spring 2013
- PHE 180: Lifetime Wellness: Fall 2012

Guest Lectures & Other Course Contributions (BOLD since appointment to Clinical Assistant Professor)

Northern Arizona University

- **Guest lecture for 2nd year PT students: Exercise for People with Down Syndrome, November 2018**

Arizona State University

- EXW 315: Physiological Foundations of Movement: Spring 2015, Fall 2015, Spring 2016
 - Guest Lectures:
 - Work Tests to Evaluate Cardiorespiratory Fitness
 - Temperature Regulation
 - Factors Affecting Performance
 - Training for Performance

Eastern Kentucky University

- PHE 305: Teaching Badminton & Tennis
 - Administered guest lesson
- PHE 325: Physiology of Physical Activity
 - Developed laboratory assignments

Student Mentoring

Doctoral Advisory or Dissertation Committees (BOLD since appointment to Clinical Assistant Professor)

- **Member - Nathaniel Arnold, Fall 2018-Spring 2021**
 - Nathaniel Arnold, Project Title: The Acute Effects of Resistance Training and Assisted Cycling Therapy (ACT) on Executive Function and Enjoyment of People with Down Syndrome, Fall 2018-present
 - Ka Hyun Nam, Fall 2019-Spring 2020

Master's Thesis/Applied Project Committees (BOLD: new since appointment to Clinical Associate Professor)

- **Chair/Director**
 - Min Gao, Project Title: Using Heart Rate Recovery to Predict VO2max in Athletes, Fall 2021-TBD
 - Thomas Demirjian, Project Title: Validity and Reliability of Hand-Held Dynamometer in Assessing Leg Muscle Strength in Older Adults, Spring 2018-Fall 2018
 - James Bockas, Project Title: Devils Adapt Continuation and Sustainability, Fall 2019-Spring 2020

Honors Thesis Committees (BOLD since appointment to Clinical Assistant Professor)

- **Chair/Director**
 - Ann Shikles, Thesis Title: Effectiveness of an Exercise Program for Adults with Down Syndrome, Fall 2018
 - Alexandra Ross, Thesis Title: Effects of Exercise on Adaptive Behaviors in Adults with Down Syndrome, Fall 2018
 - Michaela Mitchell (Outstanding Barrett Graduate in Research applicant), Thesis Title: Effects of Aerobic Exercise on Cognitive Function After Stroke: A Meta-Analysis, Spring 2019
 - Tristany Hightower (S2020), Thesis Title: The Effects of Direct Interaction with People with Intellectual Disabilities on Implicit and Explicit Bias, Spring 2020
 - Rebecca Bauer, Thesis Title: Applicability of VO2max Criteria in People with Chronic Stroke-Related Deficits, Spring 2020
 - Cheng Chang, Thesis Title: Development of the MyPT App, Spring 2020

Student Mentoring (BOLD since appointment to Clinical Associate Professor)

- **Internships (EXW/KIN/CHS 484)**
 - Manuel Maldonado (Fall 2021) – Adaptive Exercise Program, Woodway Study
 - Celin Ramirez (Spring 2021) – Adaptive Exercise Program
 - Konrad Hinze (Spring 2021) – Adaptive Exercise Program
 - Chancellor Ashley (Spring 2019) – Exercise Program for Adults with Down Syndrome
 - Mason Tran (Fall 2018) – Exercise Program for Adults with Down Syndrome
- **Committee Member/Second Reader - Undergraduate Honors Theses**
 - Rachele Speckler (Spring 2020), Community Survey for Demand of a Pediatric Exercise Cycle Ergometer
 - Ellen Hitt (Spring 2019), Cancer Survivorship Care and Rehabilitation in Arizona
 - Arianna Lew (Spring 2019), What works best? A Global Comparative-Analysis of Alzheimer's Disease Prevention and Care
 - Matthew Dietz (Fall 2018), Targeting the Prefrontal Cortex with Assisted Cycle Therapy (ACT) to Improve Sleep in Adult Down Syndrome (DS) Populations
 - Kori Tucker (Spring 2018), Assisted Cycle Therapy (ACT) improved Self-Efficacy in Older Adults with Down Syndrome
 - Corinna Lopez (Fall 2017), Cognitive Planning Improved After Cycling Exercise in Older Adults with Down syndrome
 - Brittany Heyer (Fall 2016), The Acute Effects of Assisted Cycling Therapy on Upper Extremity Motor Function in Chronic Stroke Survivors
 - Monica Szeto (Fall 2016), The Acute Effects of Assisted Cycling Therapy on Lower Extremity Motor Function in Chronic Stroke Survivors
 - Laura Hatty (Spring 2016), Does High Intensity Interval Treadmill Walking Improve Upper Extremity Function in Chronic Stroke Survivors?
 - Lucas Parker (Spring 2016), The Effects of Assisted Cycling on Sleep in Adults with Down Syndrome
- **Mentor - NIH BUILDing Scholars Faculty-Student Mentoring Program**
 - Valeria Diaz-Pacheco (Summer 2016), Final Poster Presentation: Validity of Maximal Heart Rate Prediction Equations After Stroke
- **Independent Research Projects**
 - Star Dujnic (Spring 2019), Longitudinal Effects of an Exercise Program for Adults with Down Syndrome (ExDS) on Cardiorespiratory Fitness, Balance, and Other Health-Related Physical Fitness Parameters, presented at

- the College of Health Solutions Capstone Poster Session**
- **Kazi Syed (Spring 2019), Longitudinal Effects of an Exercise Program for Adults with Down Syndrome (ExDS) on Cardiorespiratory Fitness, Balance, and Other Health-Related Physical Fitness Parameters, presented at the College of Health Solutions Capstone Poster Session**
- **Aspen Cooper (Fall 2017), Effects of Assisted Cycling Therapy on Self-Efficacy in Adolescents with Down Syndrome**
- **Corinna Lopez (Fall 2017), Cognitive Planning Improved After Cycling Exercise in Older Adults with Down syndrome**
- Emily Rupp (Spring 2016), The Effect of Assisted Cycle Therapy on Fine Motor Skills in Adults with Attention-Deficit
- Sachin Pandya (Spring 2016), Assisted Cycling Therapy (ACT) in Older Adults with Down Syndrome and the Effect on Mental Health
- Kellie Wallace (Fall 2015), Assisted Cycling Therapy Improves Self-Efficacy in Adolescents with Down Syndrome
- Danielle Gomez (Spring 2015), Effects of Assisted Cycling Therapy on Physical Activity and Upper Extremity Motor Function in Older Adults with Down Syndrome
- Kristen Bennett (Spring 2015), The Effects of Cycling Therapy on Body Composition in Adolescents with Down Syndrome
- Cayla Jenkins (Spring 2015), Assisted Cycling Therapy Improves Maladaptive Behaviors in Adolescents with Down Syndrome
- Amber Sandoval-Menendez (Spring 2015), Effects of Assisted Cycling Therapy on Short Term and Working Memory in Adolescents with Down Syndrome
- Megan Cook (Spring 2015), Assisted Cycling Therapy Improves Mobility in Adolescents with Down Syndrome
- Shana McGownd (Spring 2015), Assisted Cycling Therapy Affects Depression in Adolescents with Down Syndrome
- Kelsey Millar (Spring 2015), Assisted Cycling Therapy Improves Cognitive Planning Ability in Adolescents with Down Syndrome
- Rachel Ganger (Spring 2015), Assisted Cycling Therapy Improves Mobility and Fitness in Older Adults with Down Syndrome
- Alicia Benson (Spring 2015), Effects of Cycling Therapy on Set-Switching Ability on Adolescents with Down Syndrome
- Andrew Jimenez (Spring 2015), Assisted Cycling Therapy Improves Fine Manual Dexterity and Reaction Time in Adolescents with Down Syndrome (second reader)
- Kristin Frankhauser (Spring 2014), Effects of Assisted Cycling Therapy on Body Composition in Adolescents with Down Syndrome (second reader)
- Madeline Richter (Spring 2014), Examination of One Month Retention of Executive Function after Assisted Cycling Therapy in Adolescents with Down Syndrome
- **Graduate Teaching Associates (instructional/pedagogical mentorship)**
 - **Marissa Schulke, Fall 2021-present**
 - **EXW 420 – Exercise Testing Laboratory**
 - **Mariah Sullivan, Fall 2020-present**
 - **SSP 316 – Physiology of Exercise and Sport Laboratory**
 - **EXW 420 – Exercise Testing Laboratory**
 - Eric Bartholomae, Spring 2019-Spring 2021
 - SSP 316 – Physiology of Exercise and Sport Laboratory
 - EXW 316 – Physiological Foundations of Movement Laboratory
 - EXW 420 – Exercise Testing Laboratory
 - **Ferdinand Delgado, Fall 2018-present**
 - **EXW 420 – Exercise Testing Laboratory**
 - Shannon Wilson, Fall 2017-Spring 2021
 - SSP 316 - Physiology of Exercise and Sport Laboratory
 - EXW 316 – Physiological Foundations of Movement Laboratory
 - Nathaniel Arnold, Fall 2016-Spring 2020
 - EXW 316 – Physiological Foundations of Movement Laboratory
 - EXW 420 – Exercise Testing Laboratory
 - CHS 494 – Adaptive Exercise Program Practical Experience
 - Ka Hyun Nam, Fall 2019
 - CHS 494 - Adaptive Exercise Program Practical Experience
 - Tongyu Ma, Fall 2018-Spring 2019
 - CHS 420 – Exercise Testing Laboratory
 - Robert Santana, Spring 2018-Fall 2018
 - EXW 316 – Physiological Foundations of Movement Laboratory

- Nathan Serrano, Fall 2018
 - EXW 316 – Physiological Foundations of Movement Laboratory
- Thomas Demirjian, Spring 2018
 - EXW 316 – Physiological Foundations of Movement Laboratory
- Andrew D'Lugos, Spring 2017-Fall 2017
 - EXW 316 – Physiological Foundations of Movement Laboratory
- Catherine Jarrett, Spring 2017
 - EXW 316 – Physiological Foundations of Movement Laboratory
- Weston Titus, Fall 2016-Spring 2017
 - EXW 316 – Physiological Foundations of Movement Laboratory
- Brianna Scott, Fall 2016-Spring 2017
 - EXW 325 – Physical Activity in Health and Disease
- **Graduate Student Assistants**
 - **Stephanie Chen, Spring 2021 – present**
 - EXW 420 – Exercise Testing Laboratory
 - **Kelsey Jung, Fall 2020 - present**
 - EXW 344 – Physical Activity in Health and Disease
- **Undergraduate Teaching Assistants (CHS 394/494)**
 - Tatyana Colin, EXW 420 – Exercise Testing, Fall 2020, Spring 2021
 - Tessa Middleton, EXW 420 – Exercise Testing, Fall 2020
 - Itzel Grijalva, Adaptive Exercise Program Practical Experience, Fall 2020
 - Julianna Gordon, Adaptive Exercise Program Practical Experience, Fall 2020
 - Karen Kellogg, EXW 420 – Exercise Testing, Summer 2020
 - Alvaro Pacheco, CHS 494 – Adaptive Exercise Program Practical Experience, Spring 2020
 - Molly Ahlemeier, EXW 420 – Exercise Testing, Spring 2020
 - Kayla Koren, EXW 420 – Exercise Testing, Spring 2020
 - Jonathan Sherbert, EXW 420 - Exercise Testing, Spring 2020
 - Stirling Sims, EXW 344 – Physical Activity in Health and Disease, Spring 2020
 - Jocelyn Magana, CHS 494 – Adaptive Exercise Program Practical Experience, Fall 2019
 - Ashley O'Dore, CHS 494 – Adaptive Exercise Program Practical Experience, Fall 2019
 - Jonathan Diaz, CHS 494 – Adaptive Exercise Program Practical Experience, Spring 2019
 - John Son, CHS 494 – Adaptive Exercise Program Practical Experience, Spring 2019
- **Other Mentoring Activities**
 - John Son (Spring 2019), Recipient of Barrett Bidstrup Research Stipend
 - Daangoiina Haven (Spring 2019), Conley Scholarship Applicant
 - Presentation about my research activities to the Pre-PT Club membership, March 2019
- **Capstone Projects Committee Member - Northern Arizona University, Department of Physical Therapy**
 - Joseph Webster (Spring 2020)
 - Allison Connolly (Fall 2019)
 - Jessica Jones (Fall 2019)
 - Peyton Lane (Spring 2019)
 - Ochucko Ojameruaye (Spring 2018)
 - Sam Schaffer (Fall 2017)

Service

Departmental/Program Services* (BOLD since appointment to Clinical Assistant Professor; further description provided where necessary)

- **Chair - Clinical Exercise Science Undergraduate Degree Curriculum Committee, Spring 2020-present**
 - **Member – Exercise & Wellness Undergraduate Degree Curriculum Committee, Fall 2016-Spring 2020**
 - **Worked with the committee to evaluate 6 NTE candidates and determine appropriate recommendations for promotion. Helped compose formal letters with committee decisions and rationale to send to leadership.**
- **Member - Faculty Search & Hiring Committees, Spring 2019, Spring 2020**
 - EXW Lecturer search committee, 2018
 - Movement Science lecturer search committee, 2019
 - Movement Science two lecturers – began 2019-put on hold 2020-finished in May of 2021
- **Member - Exercise Science and Health Promotion Scholarship Committee, 2015-present**
- **Student Recruitment/Retention Events**

- CHS 101 Liaison, Fall 2021
 - Visited 5 separate CHS 101 sections
- Virtual Welcome Event for 1st year students, August 2020
- Planned and delivered More to Explore Virtual Lan Tour for 1st year and transfer students, August 2020
- Participated in 1st year student virtual orientation, April 2020, May 2020
- Planned and delivered Exercise Physiology Laboratory demonstration for Chandler High School students, January 2020
- Exercise physiology lab tour and demonstration for future health leaders summer camp, June 2019
- Exercise physiology lab tour and demonstration for Campo Verde High School students, April 2019
- Incoming Freshmen Orientation, April 2019
- Steps to Success end of semester wrap up party, April 2019
- Exercise physiology lab tour and demonstration for high school & middle school students, January 2019
- CHS Night at the Museum, all CHS students invited, August 2018
- Exercise physiology lab tour and demonstration for Val Vista Academy students on CHS Recruitment Day, March 2018
- Freshman Orientation, March 2018
- TRIO students meet & greet, March 2018
- CHS Recruitment Day, February 2018
- CHS Recruitment Day, September 2017
- Member – Exercise Science and Health Promotion Undergraduate Curriculum Committee, Fall 2016-Fall 2019

College Services (BOLD since appointment to Clinical Assistant Professor; further description provided where necessary)

- Member – CHS Racial & Social Justice Discussion Group, Fall 2020
- Member – CHS Curriculum Committee, Fall 2020-Fall 2022
- Negotiated and organized CPR & AED certification training for CHS staff and faculty, Fall 2020
- Member – Athletics Affinity Network, Fall 2019-present
 - Woodway Study: Short treadmill protocol to predict VO₂max; This project is sponsored by Woodway. We received one Woodway Force and one Woodway high speed treadmill
- Member – Experiential Learning Affinity Network (ELAN), Fall 2019-present
 - Presented on Intergroup Contact Theory, April 2020
- Co-Chair - College of Health Solutions Faculty Service Committee, Spring 2019-present
- Member – Ad Hoc Annual Review Committee (Personnel Sub-Committee), Spring 2020-Spring 2022
- Participant – Grand Challenges Brainstorming Session, March 2019
- Participant – Bowling with the Dean student engagement activity, March 2019
- Participant – Leading the College to Success Retreat, March 2019
- Participant – Pilot testing of faculty peer-review process, Spring 2019
- Member – Faculty & Academic Associates Oversight Committee, Spring 2019-Fall 2019
- Member - CHS Service Committee, Fall 2017-Fall 2018
- Member - Translational Team Structure, Process & Evaluation Committee, Fall 2018-Spring 2019
 - Reviewer – Translational Team applications
- Participant – CHS Leadership Series Workshop, December 2018
- Presenter – CHS Research Fair, October 2018
- Member – CHS Space Committee, Spring 2018
- Member – NTE Faculty Scholarship Committee, March 2018
 - Discuss potential ways to formalize scholarship (educational scholarship OR scholarship in the professional field of your choice) as part of one's workload agreement
 - Evaluate productivity in the domain of scholarship for NTE faculty as part of the annual evaluation process
- Presenter - Day at the Capitol, Adaptive Exercise Program at CHS, February 2018
- Principal Investigator for biosafety disclosure for HLTHN 430 teaching laboratory, Fall 2017-present
 - Development and annual updating of Standard Operating Procedures
 - Bi-Annual laboratory safety inspection
 - Annual biosafety review and update
 - Laboratory specific safety training of new faculty, teaching associates, and staff
- Founder & Director - Adaptive Exercise Program (AEP; aep-asu.weebly.com), Fall 2017-Spring 2019
- Facilitator – Google VR recording of exercise physiology lab by CHS Learning Innovations Group, Spring 2017
- Member – Undergraduate Awards Committee, Fall 2016-Spring 2017
- Member - Planning Committee, Building Healthy Lifestyles Conference, Fall 2014-Spring 2016

- Secured conference funding
- Managed conference registration

University Services (BOLD since appointment to Clinical Assistant Professor; further description provided where necessary)

- **Lead – ASU Open Door, Are You Fitter than a Fifth Grader?, Spring 2018-Spring 2020**
 - **Our program (EXW) provides a fitness testing activity during ASU’s Open Door events with immediate results provided to the participants**
 - **About 300-400 people complete our fitness test battery every Spring**
- **Lead – Pre- and post-race stretching services for Pat’s Run participants, Spring 2018-Spring 2020**
 - **We provide participants in the annual Pat’s Run with pre- and post-race stretching**
- **Member - University Senate, Fall 2019-Spring 2022**
- **Member – University Senate Personnel Committee, Fall 2020-Spring 2022**
- **Member, Engaged Thinkers Committee, Global Sports Initiative (2019 – present) – semi-regular meetings**
- **Adviser – Support of and recruitment for Sun Devil Fitness Unified Sports events, Spring 2019**
- **Participant - University Provost, Academic Integrity Listening Session, November 2018**
- **Grants Peer-Reviewer – Sun Devil Fitness Research, Fall 2015-Spring 2016**

Professional Services (BOLD since or during appointment to Clinical Assistant Professor)

- **Peer review of books or book chapters**
 - **Pearson Education – Chapters in a new exercise physiology ebook, 2018**
 - **American College of Sports Medicine - Case studies in ACSM’s Exercise Testing and Prescription, 2017**
- **Peer review of manuscripts**
 - **Research in Developmental Disabilities**
 - **Journal of NeuroEngineering and Rehabilitation**
 - **Adapted Physical Activity Quarterly**
 - **American Journal on Intellectual and Developmental Disabilities**
 - **Developmental Neurorehabilitation**
 - **Games for Health Journal**
 - **Journal of Behavior Therapy and Mental Health**
 - **Journal of Motor Learning and Development**
 - **Journal of Neuroinfectious Disease**
 - **Journal of Applied Research in Intellectual Disabilities**
 - **Journal of Intellectual Disability Research**
- **Consultant (volunteer)**
 - **MIT Catalyst Project Impact Innovation Program, Improving the Quality of Life of People with Down Syndrome, Spring 2019**

Professional Community Services (BOLD since or continuing during appointment to Clinical Assistant Professor)

- **Mentoring of a high school senior student (Amber La Crosse) in the completion of her project titled “The Effects of Exercise on Balance, Plantar Flexor Strength, and Ankle Range of Motion in Adults with Down Syndrome,” Fall 2019**
- **Podcast with OEM Sessions by Eric D. Marcotte (Former USPRO Road and Criterium Champion) - <https://itunes.apple.com/us/podcast/oem-sessions/id1325175652?mt=2>**
- **Hosted Aging Matters Yoga Session in partnership with the Down Syndrome Network of Arizona, April 2018**
- **Ambulatory Track & Field Coach - Arizona Disabled Sports (every Saturday, ~2 hours), Spring 2014-present**
- **Special Day for Special Kids, Scottsdale Sunrise Rotary Club (every March, ~5 hours), Spring 2014-Spring 2017**
- **Sharing Down Syndrome Walk, Sharing Down Syndrome (every September, ~5 hours), Fall 2013-present**
- **Banner Del Webb Hospital, Stroke Support Group Presentation, Spring 2016**
- **Tri for the Cure Triathlon, Tri Scottsdale Fundraiser for Breast Cancer Research, Spring 2016**
- **Mercy Gilbert Medical Center, Stroke Support Group Presentation, Spring 2016**
- **Sharing Down Syndrome East Valley Workshop, Spring 2015**
- **CJ Udall Fund, Down Syndrome Network fundraiser, Spring 2015**
- **World Down Syndrome Day event, Down Syndrome Network, Spring 2015**
- **Special Day for Special Kids, Scottsdale Sunrise Rotary Club, Spring 2015**
- **Feed My Starving Children, Spring 2015**
- **Stride for Sight road race fundraiser, Spring 2015**
- **Step Up for Down Syndrome Walk, Down Syndrome Network, Fall 2015**
- **World Down Syndrome Day event, Down Syndrome Network, Spring 2014**

- Tempe Parks & Recreation, Friday Night Social Dance, Fall 2014
- Breakfast for Champions, Special Olympics, Fall 2014
- Step Up for Down Syndrome Walk, Down Syndrome Network, Fall 2014
- Holiday Food Drive, Sensorimotor Development Research Lab, Fall 2014
- Breakfast for Champions, Special Olympics, Fall 2013
- Sun Devil Stadium Clean-Up, Graduate Women's Association, Fall 2013

Administrative Work

Degree Director of *Clinical Exercise Science (CES)*, BS, Spring 2020-present

Academic Program Curriculum and Functions

- Transitioned degree to move to Clinical Exercise Science, changed major map and rewrote UOEEE degree assessment plan
- Accreditation of degree with Committee on Accreditation for the Exercise Sciences under the auspices of the Commission on Accreditation of Allied Health Education Programs (CAAHEP), started process in Fall 2020
- Formed degree curriculum committee to effectively conduct the core functions of the academic program, admissions, curriculum, strategic planning, etc.
 - Facilitating regular curriculum revision discussions
- Preparing and submission of annual UOEE assessment plan reports
- Performing of annual catalog review to update:
 - Degree search
 - Edit website material
 - Major map
 - University policies
 - College policies
 - Transfer pathways
 - Courses
- Preparing of annual program reports
- Providing ongoing evidence-based justifications for facilities and equipment purchases
- Coordinating and submitting final proposals for new undergraduate classes, fees, and concentrations
- Providing recommendations for operations of EXW program to the Academic Program Lead or the Assistant Dean of Undergraduate Education
- Supervising of teaching lab operations
- Facilitating interprofessional experiences for students:
 - Recreational Therapy collaboration with Kelly Ramella
 - Students can complete the recreational therapy practicum (PRM 384)
 - Students can receive course credit for Student Health Outreach for Wellness (SHOW clinic)

Course Administration

- Completing of semester course scheduling and working with the CHS scheduler
- Resolving of scheduling issues
- Assisting new faculty with course and teaching needs
- Identified alternative for internship during Spring and Fall of 2020 due to COVID-19 pandemic
- Revising of course caps, combining sections, redistributing teaching assignments to reduce overloads during budget constraints
- Ensuring faculty Course Leads are assigned to each course who act as the main point of contact and liaison with all faculty who are associated with that course

Hiring and Course Staffing

- Chairing of all hiring committees for degree and providing justification for all hires
- Hiring of necessary faculty or associates for course coverage
- Coordinating EXW program faculty teaching assignments and providing recommendations to college administration on course and workload assignments
- Interviewing, hiring and recommending assignment of graders
- Facilitating sick leave course coverages, advocating for overload compensation

Communication

- Primary point of contact for students with concerns regarding the EXW UG programs
- Primary point of contact for faculty with questions regarding curriculum
- Communicating and meeting regularly with the Academic Success Hub to update information relevant to degree offerings and their effective and efficient execution

- **Communicating with Student Success Hub to address issues related to advising, retention, and recruitment**
- **Working with other degree directors as necessary to create efficiencies in course delivery**
- **Working with EdPlus, Graduate College, CHS marketing, Office of Evaluation and Educational Effectiveness, and community outreach as necessary**
- **Working with Faculty Facilitator of Teaching Excellence to support faculty in course delivery**
- **Representing EXW to other committees/entities needing overview of our programs**
 - Advising
 - Marketing
 - Student Success
 - Other program coordinators
- **Member – Arizona Course Equivalency Tracking System (ACETS) & Articulation Task Force (ATF), Summer 2021-present**
 - **AFT (Articulation Task Force) training, August 2020**
 - **Responsible for all ACETS reviews for EXW and representing EXW at EXS ATF annual meeting**
 - **Provide EXW related updates to the EXS ATF meeting**
 - **Work with community college faculty to assist with program alignment with EXW curriculum**
 - **Review all ACETS transfer courses for equivalency to EXW courses**

Recruitment and Other Functions

- **Attending and participating in Undergraduate Commencement and CHS Convocation**
- **Engaging in on-going recruitment and retention efforts by**
 - **Attending freshman orientations and enrollment**
 - **Coordinating presentations with Student Success to future and first year students**
 - **Holding career info sessions for EXW majors**
 - **Holding students office hours for degree and career-related questions**
 - **Sending period degree update e-mails to students to encourage registration and continuing enrollment**
 - **Conducting brainstorming sessions with program faculty to provide recruitment and retention ideas to college administrators, Fall 2020**
 - **Creating video compilations (VidHugs) for EXW majors to encourage registration and continuing enrollment**
- **Resolving grade grievances between students and faculty**
 - **Communicating with both the faculty member and the student to mediate the grade grievance process**

Professional Development

Professional Memberships (BOLD since or continuing during appointment to Clinical Assistant Professor)

- **Disability Resource Connection (2019-present)**
- **American Physiological Society (2015-2017)**
- **North American Association for the Psychology of Sport and Physical Activity (2014-present)**
- **American College of Sports Medicine (2011-present)**
- **North American Federation of Adapted Physical Activity (2012-present)**
- Kentucky Association for Health, Physical Education, Recreation and Dance (2012-2013)
- American Alliance for Health, Physical Education, Recreation and Dance (2008-2011)
- Tennessee Association for Health, Physical Education, Recreation and Dance (2010-2011)
- National Association for Sport and Physical Education (2010-2011)
- American Association for Physical Activity and Recreation (2009-2010)

Professional Trainings & Certifications (BOLD since appointment to Clinical Assistant Professor)

- **American College of Sports Medicine, Certified Autism Exercise Specialist, 2020-present**
- **The State University of New York at Cortland, Inclusive Recreation Center, Inclusion Ambassador, Fall 2020**
- **ASU Community of Care Training for Employees, June 2020**
- **ASU VOCID-19 Work Well Training, June 2020**
- **International Board of Credentialing and Continuing Education Standards, Autism Training, Spring 2020**
- **American College of Sports Medicine, Certified Inclusive Fitness Trainer, 2019-present**
- **American Heart Association, Advanced Cardiac Life Support, 2019-present**
- **State of Arizona, Article 9 Training, 2019-present**
- **Association of College and University Educators (ACUE), 2018**
- **Arizona State University, Biosafety and Hazardous Waste Management Training, 2017-present**
- **Arizona State University, Preventing Harassment Training for University Faculty, 2016**
- **American College of Sports Medicine, Certified Exercise Physiologist, 2015-present**

- Arizona State University Title IX Training, 2015
- Arizona State University FERPA Training, 2014
- Arizona State University, Information Security Training, 2013-present
- Collaborative Institutional Training Initiative (CITI), Human Subjects Training Certified, 2013- present
- Arizona State University Fire Safety and Prevention Certified, 2013-present

Selected Professional Development Conferences and Workshops Attended (BOLD since or continuing during appointment to Clinical Assistant Professor)

National and International Conferences

- **North American Federation of Adapted Physical Activity**
 - Corvallis, OR, 2018
 - Edmonton, Canada, 2016
 - Ann Arbor, MI, 2014
 - Birmingham, AL, 2012
- **North American Society of the Psychology of Sport and Physical Activity**
 - Virtual Conference, 2020
 - Denver, CO, 2018
 - San Diego, CA, 2017
 - Montreal, Canada, 2016
 - Portland, OR, 2015
 - Minneapolis, MS, 2014
- **American College of Sports Medicine**
 - Minneapolis, MS, 2018
 - Indianapolis, IN, 2013
- **Evolution of Psychotherapy Conference**
 - Anaheim, CA, December 2018
- **American College of Sports Medicine – Southwest Chapter**
 - Newport Beach, CA, 2013
- **Building Healthy Lifestyles Conference, Spring 2014-Spring 2019**

Workshops, Seminars, Webinars, Courses, etc.

- **Teaching Experience Conversation Series: Impactful uses of new technologies to engage learners, November 2020**
- **Student Accessibility and Inclusive Learning Services Lunch Series: Accessible Teaching via Zoom, November 2020**
 - **Speaker: Adero Allison**
- **ACSM's Brown Bag in Science: Afferent Signaling and Endurance Exercise Performance: Friend or Foe?, November 2020**
 - **Speaker: Dr. Christopher Black, PhD**
- **ASU Learning Experience Integration - ASU Teaching Experience Conversation Series: Effective teaching strategies and tips for engaging learners through Zoom, October 2020**
- **CHS Health Talks, Data to Decisions: Using Information to Take Action During COVID-19, July 2020**
- **Brain Injury Alliance of Arizona & ENCORE, COVID-19 and the Nervous System, July 2020**
 - **Speaker: Dr. Patricio F. Reyes, MD, FAAN**
- **REMOTE The Connected Faculty Summit, July 2020**
 - **Differentiated Instruction for Equity in Higher Ed**
 - **Speaker(s): Ruanda Garth-McCullough, Alisha Mendez**
 - **9 strategies for maximizing student engagement and learning achievement in online classes**
 - **Speaker(s): Noe Green, Amy Wood, Susan Barry**
 - **Engaging 15 million students every month: A Conversation with the CEO of Chegg**
 - **Speaker(s): Dan Rosensweig, David Levin – Interview**
 - **Equity in Distance Education, by McGraw Hill**
 - **Speaker(s): Lashana Stokes**
 - **Affecting Connecting: High Instructor Presence Through Videos**
 - **Speaker(s): Liza Hita, Matthew Robinson**
 - **Developing Online Labs in Electrical Engineering**
 - **Speaker(s): Michael Goryll, Alisha Mendez**
 - **Accessible by Design: insights from an assistive technology user and a course designer**
 - **Speaker(s): Alan Drimmer, David Lindrum, Devon West**
 - **<https://www.soomolearning.com/accessibility>**
 - **Cisco's keynote featuring Scott Galloway: The Future of Remote Learning**
 - **Speaker(s): Kristie Ornelas, Scott Galloway**

- The Future of Higher Education, Lessons Learned in Remote Learning, and how Technology Companies Can Accelerate the Ongoing Transformation
 - Speaker(s): Kristie Ornelas, Senior Director of Cisco Customer Experience and Scott Galloway, Professor at NYU Stern, Founder, and bestselling author
- A Discussion of Anti-Racist Practices for Digital and Online Learning
 - Speaker(s): Jessica Rowland Williams, Ellie Bothwell
- Creating Multimedia That Works for Learning
 - Speaker(s): Judy Brooks, Dan Berrett
- The ASU Sync Workshop by UTO and EdPlus, June 2020
 - Earned badges/completed modules:
 - Active Learning
 - Assessment
 - Communication
 - Planning
 - Creating Materials
 - Student Success
- Move United Virtual Leadership Summit (Formerly Disabled Sports USA Adapt2Achieve), May 2020
- DMG Children’s Rehabilitation Services Spina Bifida Education Day, Phoenix AZ, April 2020
- Disability Resource Center Lunch and Learn Series, Working with Visually Impaired and Blind Students, April 2020
- Disability Resource Center Lunch and Learn Series, Assistive Technology and Quick Hacks, April 2020
- LuMind IDSC Foundation, Evidence Based Approaches for the Promotion of Healthy Eating and Physical Activity in Individuals with Down Syndrome, March 2020
 - Speaker(s): Lauren Ptomey, PhD, RD, LD, Jessie Danon, MOT, OTR/L
- University Technology Offices, Teaching Online with Zoom, March 2020
- Tools: Creating and Using Screen Capture Effectively, ASU Online, February 2020
- American College of Sports Medicine and Wheat Foods Council, Wheat, Microbiome and Health: The Science Behind Gut Health and Food Intolerances, April 2019
- Leadership Series - Privilege & Bias, January 2019
- CHS Counseling Services Workshop, January 2019
 - Speake(s): Maria Grimshaw, LCSW
- Peergrade Webinar, Engaging student peer review, November 2018
- Arizona Wellbeing Commons Conference, September 2018
- Mobility Research – Institute of Continuing Education, Juggle While You Walk, August 2018
 - Speaker(s): Nechama Karman, PT, MS, PCS
- Magna Online Seminars, Developing an effective faculty evaluation system, March 2018
 - Speaker(s): Ken Ryalls, president of IDEA Center
- Food for Thought Series, GMO Foods, March 2018
- Down Syndrome Network of Arizona, Aging Matters Conference, November 2017
- Physical Activity Advisory Council to the U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion, video cast, October 2017
- Project Based Learning Workshop (ProMod PBL), December 2016
 - Speaker(s): Natalie Nailor, Micki Evans, Nermina Pjetrovic

Honors & Awards

Honors & Awards (BOLD since appointment to Clinical Assistant Professor)

- Recipient of Catalyst Award by Committee for Campus Inclusion, ASU, Fall 2021
- Recipient of Teaching Award of the 4th Annual College of Health Solutions Staff and Faculty Awards, ASU, Spring 2019
- Nomination to receive the Distinguished Faculty Award of the 4th Annual College of Health Solutions Staff and Faculty Awards, ASU, Spring 2019
- Nomination to receive the Service Award of the 4th Annual College of Health Solutions Staff and Faculty Awards, ASU, Spring 2019
- Recipient of the Down Syndrome Network Outstanding Service Award, Down Syndrome Network of Arizona, Spring 2018
- Nordin KC, Holzapfel SD, & Bosch PR, Cardiovascular & Pulmonary Section CSM Research Poster Award, Heart Rate and Perceived Exertion During High Intensity Interval Training After Stroke, American Physical Therapy Association – Combined Sections Meeting, Fall 2017
- National Doctoral Scholar Award, American Kinesiology Association, Fall 2017

- **Dissertation Fellowship Recipient (but had to decline due to current position), Arizona State University, \$34,508.00, Fall 2016-Spring 2017**
- Excellence in Research Award, Journal of Motor Learning and Development (Most outstanding article in the current annual volume of JMLD: “Adults with Down Syndrome Performed Repetitive Movements Fast with Continuous Movement Cues”), Fall 2014
- CJ Udall Award, Arizona State University, Sensorimotor Development Research Laboratory, Fall 2014