

BRIAN ARWARI, PH.D.
Curriculum Vitae

September 2022

PERSONAL

Brian Arwari, PhD
1231 Dickinson Drive, PT101
Coral Gables, FL 33146

Exercise Physiology Program
Department of Kinesiology and Sport Sciences
School of Education and Human Development
University of Miami
Merrick Building 317-1
5202 University Drive
Coral Gables, FL, 33124
Ph. 305-284-5418
b.arwari@umiami.edu

Current Academic Rank: Associate Professor, Clinical and Professional Practice.

Current Positions: Neuro-Cognitive Kinesiology lab Director

Primary Department: Kinesiology & Sport Sciences

Citizenship: United States

HIGHER EDUCATION

<u>Institution</u>	<u>Degree</u>	<u>Degree Year</u>
University of Rome	PhD , Psychophysiology, Cognitive Psychology Personality Psychology	2006
University of Rome	M.S. Clinical and Community Psychology	2002

CERTIFICATION – LICENSURE

<u>Agency</u>	<u>License/Certification</u>	<u>Date</u>
Italian Board of Psychology (Valid through all of E.U.)	Licensed clinical and Community Psychologist	2002-Present

PROFESSIONAL EXPERIENCE-ACADEMIC

<u>Employer</u>	<u>Title</u>	<u>Date</u>
University of Miami	Associate Department Chair	2018-2022
University of Miami	Associate Professor, Clinical	2017-Present
University of Miami	Director Neuro-Cognitive Lab	2013-Present
University of Miami	Lecturer KIN	2008-2017
University of Rome	Lecturer Psychology	2005-2007
University of Rome	Director of Research Assistants	2002-2007
University of Miami	Graduate Research Assistant	2004-2004

PROFESSIONAL EXPERIENCE- CLINICAL

<u>Employer</u>	<u>Title</u>	<u>Date</u>
Private Practice	Clinical Psychologist	2003-2007
Studi Medici Associati (Rome)	Psychophysicologist	2003-2007
Italian Ministry Interior	Psychologist/Consultant	2003-2007
Italian Prime Minister's Council	Psychologist/Consultant	2001-2003

JURIED OR REFEREED JOURNAL ARTICLES

1. Alkhachroum, A., Aklepi, G., Sarafraz, A., Robayo, L.E., Manolovitz, B., Blandino, C.F., **Arwari, B.**, Sobczak, E., Bass, D., Ghamasae, P., Samano, D., Massad, N., Kottapally, M., Merenda, A., Dib, S., Jagid, J., Dietrich, W.D., Rundek, T., O'Phelan, K.H., Claassen, J., Walker, M.F., (2002) Covert Tracking to Visual Stimuli in Comatose Patients after Traumatic Brain Injury (in peer review)
2. Seeley, A. D., Caldwell, A. R., Cahalin, L. P., Ahn, S., Perry, A. C., **Arwari, B.**, & Jacobs, K. A. (2022). Seven Days of Ischemic Preconditioning Augments Hypoxic Exercise Ventilation and Muscle Oxygenation in Recreationally-

- Trained Males. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. <https://doi.org/10.1152/ajpregu.00335.2021>
3. Jimenez, L.,Q., **Arwari,B.**, Perry, A., Signorile, J., Ahn, S., Kamakawiwo'ole., Jacobs,,K (2019).Moderate Intensity Exercise Reduces Impacts of Simulated Altitude on Cognition. *Biology of Exercise*, 15,2
 4. De Pascalis, V., **Arwari, B.**, ., D'Antuono, L., Cacace, I. (2009) Impulsivity and semantic/ emotional processing: an examination of the N400 wave. *Clinical Neurophysiology*,120: 85-92
 5. De Pascalis, V., **Arwari, B.**, Matteucci, M., & Mazzocco, A. (2005). Effects of Emotional Visual Stimuli on Auditory Information Processing: a test of Gray's Reinforcement Sensitivity Theory. *Personality and individual differences*, 38: 163-176

ABSTRACTS & CONFERENCE PRESENTATIONS

1. Alkhachroum A, Aklepi G, Sarafraz A, Robayo L, Manolovitz B, **Arwari B**, Sobczak E, Bass D, Ghamasae P, Samano D, Kottapally M, Merenda A, Rundek T, O'Phelan K, Claassen J, Walker MF. Covert Tracking to Visual Stimuli in Comatose Traumatic Brain Injury Patients. NCS Annual meeting, Oct 17-21, 2022. (Forthcoming)
2. Laura Jimenez, Jay Feldman, **Brian Arwari**. Short-Term Medium Chian Triglyceride Consumption Does Not Affect Executive Cognitive Function in Healthy Adults. *American College of Sports Medicine, Annual Meeting, 2018*, Minneapolis, Minnesota.
3. Laura Jimenez, **Brian Arwari**, Arlette Perry, Joseph Signorile, Soyeon Ahn, Sarah Kamakawiwo'ole, Kevin Jacobs. Moderate Intensity Exercise Ameliorates Negative Impacts of Simulated Altitude on Executive Function. *American College of Sports Medicine, Annual Meeting, 2017*, Denver, Colorado.
4. Sarah Kamakawiwo'ole, Laura Jimenez, **Brian Arwari**, Arlette Perry, Joseph Signorile, Soyeon Ahn, Kevin Jacobs. Auditory Discrimination and Short Term Memory Are Preserved During Simulated Altitude and Moderate Intensity Exercise. *American College of Sports Medicine, Annual Meeting, 2017*, Denver, Colorado.
5. Laura Q. Jimenez, **Brian Arwari**. Neuroelectric and Behavioral Differences between Yoga Practitioners and Novices during a Cognitive Control Task.

- American College of Sports Medicine, Annual Meeting, 2016, Boston, Massachusetts.*
6. Deborah Riquelme, Arlette Perry, Doris Ugarriza, Kevin Jacobs, Karina Gattamorta, **Brian Arwari**. Effects of Moderate-intensity Aerobic Exercise On Cognition And Arousal In Extrovert/introvert Personality Types. *American College of Sports Medicine, Annual Meeting, 2016, Boston, Massachusetts.*
 7. Emily K.W. Flanagan, Laura Q. Jimenez, Craig P. Flanagan, **Brian Arwari**, Wesley N. Smith. Apple versus Caffeinated Beverages as Ergogenic Aids During Physical and Cognitive Performance: A Pilot Study. *American College of Sports Medicine, Annual Meeting, 2016, Boston, Massachusetts.*
 8. Chantis Mantilla, Idia B. Thurston, Kristina Decker, Andrea Jacobo, Laura Quirola, Diana Marten & **Brian Arwari**. Association between Executive Cognitive Control and Measures of Physical Fitness and Body Composition among Ethnic Minority Children. Obesity Society's Obesity Week Conference 2015, Los Angeles, CA, November 2015
 9. Chantis Mantilla, Laura Quirola, Shayna Darnell, Diana Marten, Andrea Jacobo, Joseph Signorile, Kevin Jacobs, **Brian Arwari**, Soyeon Ahn, Arlette Perry. Translational Health in Nutrition and Kinesiology (THINK) Junior Edition. 8th Biennial Childhood Obesity Conference, Collective Impact: Developing a Shared Vision to Achieve Greater Success, San Diego, CA., June 2015
 10. Chantis Mantilla, Shayna Darnell, Diana Marten, **Brian Arwari**, Arlette Perry. A comparison between a comprehensive wellness-based after-school program and a traditional YMCA after-school program on measures of physical fitness, health-related, and executive cognitive function variables in minority elementary school children. Obesity Society's Obesity Week Conference 2014, Boston, MA, November 2014.
 11. Shayna Darnell, Chantis Mantilla, Diana Marten, **Brian Arwari**, Arlette Perry. Physical fitness gender differences in preadolescent children age's eight to eleven. Obesity Society's Obesity Week Conference 2014, Boston, MA, November 2014.
 12. Chantis Mantilla, Arlette Perry, Laura Quirola, **Brian Arwari**. The relationship between executive cognitive control and measures of physical fitness and health variables in minority elementary school children. 2014 World Congress on Exercise is Medicine, and World Congress on the Role of Inflammation in Exercise, Health and Disease of the American College of Sports Medicine, Orlando, FL, May 2014.
 13. Mantilla, C., Perry, A., Quirola, L., **Arwari, B.** (2014). The Relationship Between Executive Cognitive Control and Measures of Physical Fitness and Health-

Related Variables in Minority Elementary School Children. *Medicine and Science in Sports and Exercise*, 46(5S):125-127. doi: 10.1249/01.mss.0000451118.41675.06

14. S.A., Shepherd, **Arwari B.**, and O'Phelan K.H. "Event-related potentials: Comatose patients and prediction of awakening." *Neurocritical Care* 2014 S265.
15. Chantis Mantilla, Arlette Perry, Laura Quirola, **Brian Arwari**. Cognitive control in Hispanic children based on physical fitness and body composition. Obesity Society Obesity Week Conference 2013, Atlanta, GA, November 2013.
16. **Arwari, B.** De Pascalis, V., (2003) Event Related Potentials and Reaction Times in a Visual Recognition Task. XIII Annual Italian Society of Psychophysiology, 2003, Pisa, Italy

DISSERTATION COMMITTEES

Committee Member Doctoral Dissertation, Gina Zito. *A Comparison of Onsite vs. Virtual Fitness Program on Anthropometric Measures, Aerobic Fitness, and Vascular Markers of Cardiac Risk in Overweight/Obese Premenopausal Women*. Spring 2022

Committee Member Doctoral Dissertation, Joosung Kim. *Neural Excitability During Single-Leg Balance in Patients With an Acute Ankle Sprain*. Fall 2020

Committee Member Doctoral Dissertation, David McMillan. *Postprandial Lipid Metabolism Following an Acute Exercise Bout in Persons With Spinal Cord Injury*. Summer 2020

Committee Member – Doctoral Dissertation, Afton Seeley. *Influence of Serially-Applied Ischemic Preconditioning on Muscle Blood Flow and Ventilatory Compensations During Exercise at Normobaric Hypoxia*. Spring, 2020

Committee Member Doctoral Dissertation, Sarah Zaldivar. *The Effect of a High Intensity Interval Exercise Bout on Addictive Behaviors in Overweight/Obese Adults*. Fall 2019

Committee Member – Doctoral Dissertation, Laura Jimenez. *The Combined Effects of Acute Exposure to Simulated Altitude and Moderate Intensity Aerobic Exercise on Measures of Cognition*. Summer, 2016

Committee Member – Doctoral Dissertation, Deborah Riquelme. *The Acute effects of aerobic exercise on cognition and arousal in extrovert and introvert personality types*. Summer, 2015

Committee Member – Doctoral Dissertation, Chantis Mantilla. *The effects of a wellness-based after-school program compared to traditional YMCA program on physical fitness, health-related, and executive cognitive function variables in minority elementary school children*. Summer, 2014

GRANTS & FUNDING

Secured \$60,000 from a private donor to support a doctoral student, who will help with research. 2022

Secured \$250,000 from a private donor to support projects with the Biomedical Engineering Department, that would lead to major innovations and entrepreneurial activities. This also resulted in a collaborative effort with Tech Transfer to develop patentable devices. Funded in January 2014.

PROFESSIONAL ORGANIZATIONS

<u>Affiliation</u>	<u>Organization</u>	<u>Dates</u>
Member	Society for Psychophysiological research	2012-Present
Member	The Obesity Society	2013-2015
Member	Italian Association of Psychology	2003-Present

TEACHING EXPERIENCE

1. Sport Psychology – undergraduate - 3 credits, KIN Department

2. Psychophysiology – Graduate – 3 credits, KIN Department
3. The Biological Bases of Temperament and Personality – Undergraduate/graduate – Psychology Department
4. Methods and Techniques of Measuring Mental Processes – undergraduate/graduate – Psychology Department

RESEARCH INTERESTS AND PROJECTS

1. Exercise & Cognition

- Relationship between Acute Exercise and Cognitive Ability
- Mediating Effects of Exercise on Cognition and Low Oxygen Environment
- Effects of Exercise Induced Arousal on Cognition
- Body Composition and Cognition

2. Electro-physiological telemetry

3. EEG Correlates of Brain Trauma

- EEG Indices Predicting Coma Outcome

INTERDEPARTMENTAL RESEARCH COLLABORATIONS

1. Neurology: The use of Event Related Potentials as a tool to predict awakening in coma
2. Biomedical Engineering:
 - 2.1 The effects of cell phone radiation on cognition.
 - 2.2 Mentoring students in the techniques of EEG signal processing.
 - 2.3 Lightguard defense system
 - 2.4 Tele-thermography
 - 2.5 RFID physiological measurements

PATENTS AND INNOVATION

Invention disclosures with patents:

1. Lighting defense system. United States Patent and Trademark Office (USPTO) US202/0205763A1. Publication date, June 30th, 2022
2. Device to tele-thermographic assessment of body temperature. United States Patent and Trademark Office (USPTO) App. No. 17/237,612

UNIVERSITY SERVICE

1. Committee Member, TAL Search Committee, 2022
2. Committee Member, Provost Research Award, 2020-2022
3. Committee Member, KIN Search Committee, 2017
4. Committee Member, Hammonds Scholars Selection Committee, 2016-Present
5. Committee Member, First Year Fellow Selection Committee, 2016-Present
6. Committee Member, Resident Assistant Selection Committee, 2016-2022
7. Associate Residential Faculty, Office of Housing and Residential Life, 2015-2021
8. Senior Residential Faculty, Office of Housing and Residential Life, 2021-2022
9. Committee Member, Prestigious Awards Committee, 2014-Present
10. Committee Member, EPS Community Well-being Search Committee, 2013
11. Committee Member, EPS RME Search Committee, 2012