

CURRICULUM VITAE

August, 2024

PERSONAL

ARLETTE C. PERRY (maiden name COHEN)

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**Director, Laboratory of Clinical & Applied Physiology – Kinesiology and Sports
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Employment Status: Full-time

Current Rank: Professor

Citizenship: U.S.A.

HIGHER EDUCATION

Brooklyn College Brooklyn NY	B.S. Physical Education/Biochemistry	1969-1973
Louisiana State University Baton Rouge, LA	M.S. Exercise Science	1973-1975
New York University New York, NY	Ph.D. Exercise Physiology	1976-1981

NON-INSTITUTIONAL TRAINING

None

CERTIFICATION-LICENSURE

<u>Agency</u>	<u>License</u>	<u>Date</u>
New York City Board of Higher Education	Physical Education, Secondary School System	1972
Florida State Board of Higher Education	Physical Education, Secondary School System	1976
American College of Sports Medicine	Certified Exercise Test Technologist	1985
American College of Sports Medicine	Clinical Exercise Physiologist	2000

INSTRUCTIONAL EXPERIENCE

<u>Institution</u>	<u>Rank/Status</u>	<u>Date</u>
Louisiana State University	Graduate Assistant	1973-1975
John Dewey High School Brooklyn, NY	Secondary School Teacher	1976, 1977-1978
Abraham Lincoln High School	Secondary School Teacher	1978, 1981
University of Miami Coral Gables, FL	Assistant Professor Associate Professor Professor	1981-1987 1987-2000 2001-present

PROFESSIONAL EXPERIENCE

<u>Employer</u>	<u>Title</u>	<u>Date</u>
Louisiana State University Baton Rouge, LA	Graduate Assistant	1973-1975
Brooklyn College Laboratory of Work Physiology Brooklyn, NY	Research Assistant	1978-1981
Kingsbay, YMHA Brooklyn, NY	Cardiac Rehabilitation Supervisor	1978
University of Miami Coral Gables, FL	Full Professor Director, Clinical & Applied Physiology Chair, Kinesiology Dept.	2001-present 1982-present 2000-2017

Associate Professor
Assistant Professor

1987-2001
1981-1987

PUBLICATIONS

Books/Chapters/Non-juried articles

1. **Perry, AC.** and Lorena Martin (2016). Redefining the Metabolic Syndrome: Influence of Inflammatory and Sex Steroidal Antecedents In (N.Hayes, Ed) Metabolic Syndrome. Science Medicine Groups Open Access eBooks (<http://www.smgebooks.com/metabolic-syndrome/index.php>)
2. Turocy PS, DePalma BD, Horswill CA, Laquale KM, Martin TJ, **Perry AC**, Somova MJ, and Utter AC (2011). National Athletic Trainers Association Position Statement: Safe Weight Loss and Management Practices in Sport and Exercise. *Journal of Athletic Training* 46: 322-336.
3. **Perry, A.** (2007). The Physiology of Exercise, Physical Fitness, and Cardiovascular Endurance Training. Hyde T Ed., and Gengenbach, MS., Conservative Management of Sport Injuries. 2nd ed. pp.23-57.
4. **Perry, A.**, LaPerriere, A., and Klimas, N. (2003). Acquired Immune Deficiency Syndrome (AIDS). In J.L. Durstine. (Ed.). Exercise Management for Persons with Chronic Diseases and Disabilities/American College of Sports Medicine. 2nd Ed. Ch. 26 (pp. 173-179). IL: Human Kinetics.
5. Signorile, J.F., Kacsik, D., **Perry, A.**, Robertson, B., Williams, R., Lowensteyn, I., Digel, S. and Caruso, J.F. (1996). The effect of knee and foot position on the electromyographical activity of the superficial quadriceps. In Moss, R.I., Ed., Athletic Training: Sports Health Care Perspectives. Chicago: Mosby-Year Book Inc.
6. Mosher, P. and **Perry, A.** (1988). Laboratory Workbook in Exercise Physiology. Coral Gables, FL: Human Performance Lab, University of Miami.
7. **Perry, A.** (1987, September). The workout of the future. SHAPE, 106:172.
8. **Cohen-Perry, A.** (1985). Fitness from a physiologist's perspective. International Medical Center Journal, II(IV):14-15.

Manuscripts

1. Bonner J, Xiong W, Velasquez C, Nienhuis N, Wallace B, Friedman A, Lee D, **Perry A.** A Novel Summer Camp Integrating Physical, Psychological, and Educational Health in Youth: The THINK Program. *Nutrients*. 2024; 16(12):1838. <https://doi.org/10.3390/nu16121838>
2. Figueroa Y, **Perry AC.** The Impact of Total Caloric and Macronutrient Consumption on Strength and Power During an Off- Season Training Program in Collegiate Volleyball Players. *Int J Strength Cond* 2023, 3(1): 1-6. <https://doi.org/000010.47lisc.v3i1.144>
3. Sergio A. Lemus, Mallory Volz, Eduard Tiozzo, **Arlette Perry**, Thomas M. Best, Francesco Travascio. THE EFFECT OF CLINICALLY ELEVATED BODY MASS INDEX ON

- HUMAN BIOMECHANICAL STRESS AND MANUAL LIFTING ACTIVITIES. Plus one
December 28, 2022 <https://doi.org/10.1371/journal.pone.0278858>
4. **Perry AC.** Flanagan EW, Velasquez C Bolon KD, Zito GC, and Ahn S. The Effects of a Science-Based Community Intervention on Health outcomes in Minority Children: The Translational health in Nutrition and Kinesiology Program. Journal of Physical Activity and Health 2021. <https://doi.org/10.1123/jpah2020-0622>
 5. **Perry AC,** Velasquez C, Mirandah S, Cruz N, Lee D. A Community-Based Summer Program Designed to Improve Physical and Psychosocial Health. Annals of Case Reports and Reviews 2020;3(12):1-10.
 6. **Perry, AC.** Primary Prevention of Obesity: Active Interventions in School Age Populations Medical Research Archives 2020;8(6): 2-9.
 7. **Perry AC.** Moving Away from Obesity Prevention and Toward Increasing Metabolic Fitness. Clinical Case Reports International 2020; 4:1150-1151.
 8. **Perry AC,** Cruz N, Flanagan EW, Velasquez C, Zito G. A Pilot Study Physical Fitness/Literacy in the Middle School Curriculum Using and Active Learning Paradigm: The THINK Program. Int J Res Health Sci 2020; 8(1):3-7.
 9. Flanagan, E.W., **Perry A.C.**, Body Dissatisfaction and Self-Perception of Physical Fitness in Latina and Black Girls. Int J Environ Res Public Health, Special Edition: Obesity Prevention in Children and Adolescents. 2018; 15(6): 2-9.
 10. **Perry A,** Flanagan EW. Redefining the Course of Obesity Prevention. Ann Med Case Rep. 2017; 1: 1027.
 11. **Perry, A.** and Martin, L. (2015) Redefining the Metabolic Syndrome: Contribution of Inflammatory and Sex Steroidal Antecedents. Medical Research Archives. 2(9): 1-6
 12. Cutrono, S.E., Lewis, J.E., **Perry, A.C.**, Signorile, J.F., Tiozzo, E., Jacobs, K.A. (2015) The effect of a community-based exercise program on inflammation, metabolic risk and fitness levels among persons living with HIV/AIDS. AIDS and Behavior. 20(5): 1123-1131
 13. Ni, M., Signorile, J.F., Mooney, K., Balachandran, A., Potiaumpai, M., Luca, C., Moore, J.G., Kuenze, C.M., Eltoukhy, M., **Perry, A.C.** (2015) Comparative impact of power training and high-speed yoga on motor function in patients with Parkinson's disease. Archives of Physical Medicine and Rehabilitation. 97(3), 345-354.
 14. Martin, L., Signorile, J.F., Kahn, B.E., Perkins, A.W., Ahn, S., **Perry, A.C.** Improving exercise adherence and physical measures in English-speaking Latina women. Journal of Racial and Ethnic Health Disparities. 2015; 2(4), 517-526.
 15. Hittinger, E.A., Raeburn, J.M., Nash, M.S., **Perry, A.C.**, Signorile, J.F., Kressler, J. and Jacobs, K.A. Ischemic preconditioning results in small improvements in peak exercise capacity at sea level, but not simulated high altitude in trained male cyclists. Applied Physiology, Nutrition and Metabolism. 2015; 69(1)65-71.
 16. **Perry, A.** and Martin, L. (2014). Race Differences in Obesity and its Relationship to the Sex Hormone Milieu (Invited review). Horm Mol Biol Clin Investig. 19(3):151-161.

17. Vance, D., Chen, G., Stoutenberg, M., Myerburg, R., Jacobs, K., Nathanson, L., **Perry, A.**, Seo, D., Goldschmidt-Clermont, P., and Rampersaud, E. (2014). Cardiac Performance, Biomarkers And Gene Expression Studies In Previously Sedentary Men Participating In Half Marathon Training. BMC Sports Sci Med Rehabil. 6(1):1-6.
18. Serravite, D., **Perry, A.**, Jacobs, K., Adams, J., Harriell, K., and Signorile, J. (2014). Whole Body Periodic Acceleration Affects Exercise Induced Muscle Damage After Eccentric Exercise. Int J Sports Physiol Perform. 9(6):985-92.
19. **Perry, A.** Wang, X., Goldberg, R., Ross, R., Jackson, L. (2013) Androgenic Sex Steroids Contribute to Metabolic Risk Beyond Intra-Abdominal Fat in Overweight/Obese Black and White Women. Obesity. 21(8):1618-1624.
20. Stoutenberg M, Kressler J, Chen GL, **Perry AC**, Myerburg RJ, Mendez AJ, Signorile JF, Arheart KL, Lewis JE, Jacobs KA. (2012). Aerobic training does not alter CRP in apparently healthy, untrained men. J Sports Med Phys Fitness. 52(1):53-62.
21. Musto, A., Jacobs, K., Nash, M., Del Rossi, G., **Perry, A.** (2010) The effects of an incremental approach to 10,000 steps a day on Metabolic Syndrome components in sedentary, overweight women. Journal of Physical Activity, 7(6):737-745.
22. **Perry, A.**, Wang, X., Goldberg, R., Ross, R., Ip, L. (2010) Racial disparities between the sex steroid milieu and the metabolic risk profile. Journal of Obesity, Article ID 174652. doi: 10.1155/2010/174652
23. Wang, X., **Perry, A.C.**, Elbaum, B.E., Burnett, K.F. and Swaminathan, H. (2009) 'Psychometric properties of a scale to measure menopause-related symptoms in two ethnicities', Climacteric: 12: 341- 351.
24. **Perry A.**, Wang X., Kuo Y.T. (2008). Anthropometric correlates of Cardiometabolic Variables in a tri-racial sample of overweight, obese women. Ethnicity and Disease. 18:163-168.
25. **Perry, A.C.**, Wang, X., Goldberg, R., Ross, R., Jackson, L. (2008). The relationship between cardiometabolic and hemostatic variables: Influence of race. Metabolism Clinical and Experimental. 57;2:200-206.
26. Robert Berkowitz, MD, Ken Fujioka, MD, Stephen Daniels, MD, PhD, **Arlette Perry, PhD**, Stanford Owen, MD, Melinda Sothern, PhD, Alison Hoppin, MD, Julia Walch, Olga Jasinsky, MBA, Ann Hewkin, MSc and Vicky Blakesley, MD, PhD. for the Sibutramine Adolescent Study Group (2006). Effects of Sibutramine Treatment in Obese Adolescents: A Randomized Trial. Annals of Internal Medicine. 145(2): 81-90.
27. Wang, X. and **Perry, A.C.** (2006). Metabolic and physiological responses to video game play in a group of 7-10 year-old boys. Archives of Pediatric and Adolescent Medicine. 160; 411-415.
28. **Perry, A.**, Rosenblatt, E., & Wang, X. (2004). Physical, Behavioral, and Body Image Characteristics in a Tri-racial Group of Adolescent Girls. Obesity Research 12:1670-1679.
29. **Perry, A.C.**, Wang, X., Feldman, B.B., Ruth, T., and Signorile, J. (2004). Can laboratory-based tennis profiles predict field tests of tennis performance. Strength and Conditioning Research 18:136-143.

30. Solano, M.P., **Perry, A.C.**, Wang, X., Ross, R., and Goldberg, R.B. (2003). Insulin resistance but not visceral adipose tissue is associated with plasminogen activator inhibitor type 1 levels in overweight and obese premenopausal African-American women. International Journal of Obesity Related Metabolic Disorders. 27(1):82-87.
31. Bond Brill, J., **Perry, A.C.**, L. Parker, Robinson A. and Burnett K. (2002). Dose-response effect of walking exercise on weight loss. How much is enough? International Journal of Obesity 26, 1484-1493.
32. **Perry, A.C.**, Rosenblatt, E.S., Kempner, L., Feldman, B.B., Paolercio, M.A., and Van Bemden, A.L. (2002). The Effects of an Exercise Physiology Program on Physical Fitness Variables, Body Satisfaction and Physiology Knowledge. Journal of Strength and Conditioning Research. 16(2); 219-226.
33. **Perry, A.C.**, Okuyama, T., Tanaka, K.A., Signorile, J.F., Kaplan, T.A., Wang, X. (2002). "A Comparison of Health and Fitness-Related Variables in a Small Sample of Children of Japanese Descent on Two Continents". Archives of Pediatric and Adolescent Medicine. 156;1546:362-368.
34. **Perry, A.C.**, Applegate, E.B., Jackson, M.L., Ross, R.J., Goldberg, R.M., Kempner, L. and Feldman, B.B. (2000). Can visceral adipose tissue and its anthropometric surrogates predict health-related outcomes in overweight women: The case for racial differences. Journal of Applied Physiology. 89;636-643.
35. Marquez-Sterling, S., **Perry, A.C.**, Kaplan, T.A., Halberstein, R.A., Signorile, J.F. (2000). Physical and psychological changes with vigorous exercise in sedentary primigravidae. Medicine and Science in Sports and Exercise. 32:58-62.
36. Mosher, P.E., Nash, M.S., **Perry, A.C.**, LaPerriere, A.R., and Goldberg, R.B. (1998). "Aerobic circuit exercise training: effect on adolescents with well-controlled insulin-dependent diabetes mellitus." Archives of Physical Medicine and Rehabilitation, Vol. 79;652-657.
37. **Perry, A.C.**, Applegate, E.B., Jackson, M.L., Allison, M.L., and Miller, P.C. (1998). Clinical predictability of using waist to hip ratio to assess cardiovascular risk factors in sedentary overweight women. American Journal of Clinical Nutrition, 1998. Vol. 68;1022-1027.
38. **Perry, A.C.**, Applegate, E.B., Allison, M.L., Jackson, M.L. and Miller, P.C. (1998 January). The relationship between fat distribution and coronary risk factors in sedentary postmenopausal females on and off hormone replacement therapy. Obesity Research, 6;1:40-46.
39. **Perry, A.C.**, Tremblay, L.M., Signorile, J.F., Kaplan, T.A., and Miller, P.C. (Jul. 1997). Fitness, diet, and coronary risk factors in a sample of Southeastern U.S. children. Journal of Physiological Anthropology, 16;4:133-141.
40. Caruso, J., Signorile, J.F., **Perry, A.C.**, and Clark, M. (1997). Time course changes in strength variables in persons subjected to isokinetic exercise and albuterol administration. Journal of Strength and Conditioning Research, 11(1):8-13.
41. **Perry, A.C.**, Applegate, E.B., Allison, M.L., Miller, P.C., and Signorile, J.F. (Oct. 1997). Relation between anthropometric measures of fat distribution and cardiovascular risk factors in overweight pre- and postmenopausal women. The American Journal of Clinical Nutrition, 66:829-836.

42. **Perry, A.**, Crane, L.S., Applegate, B., Marquez-Sterling, S., Signorile, J.F. and Miller, P.C. (1996). Nutrient intake and psychological and physiological assessment in eumenorrheic and amenorrheic female athletes: A preliminary study. International Journal of Sports Nutrition, 6:3-13.
43. Signorile, J.F., Kacsik, D., **Perry, A.**, Robertson, B., Williams, R., Lowensteyn, I., Digel, S., Caruso, J., and LeBlanc, W.G. (1995). The effects of knee and foot position on the electromyographical activity of the superficial quadriceps. The Journal of Orthopaedic and Sports Physical Therapy, 22(1):2-9.
44. Caruso, J., Signorile, J.F., **Perry, A.**, LeBlanc, B., and Clark, M. (1995). The effect of albuterol and isokinetic exercise on the quadriceps muscle group. Medicine and Science in Sports and Exercise, 27(11):1471-1476.
45. Signorile, J.F., Webber, B., Roll, B., Caruso, J.F., Lowensteyn, I., and **Perry, A.C.** (1994). An electromyographical comparison of the squat and knee extension exercises. Journal of Strength and Conditioning Research, 8(3), 178-183.
46. Lowensteyn, I., **Perry, A.C.**, Nash, M.S., and Salhanick, D. (1994). Differences in peak blood lactate concentration in long course versus short course swimming. Journal of Swimming Research, 10:31-34.
47. Signorile, J., Digel, S., Moccia, G., Applegate, B., and **Perry, A.** (1990). Effects of reduced metabolite washout on the frequency and amplitude of surface EMG. Journal of Electromyography and Kinesiology, 1(2):124-129.
48. Stein, R., Michielli, D., Glantz, M., Sardy, H., and **Perry, A.** (1990). The effects of different exercise training intensities on plasma cholesterol. American Heart Journal, 119:272-283.
49. LaPerriere, A., VanDercar, D., Shyu, L., Ward, M., McCabe, P., **Perry, A.**, Mosher, P., and Schneiderman, N. (1989). Microcomputer servo-controlled bicycle ergometer system for psychophysiological research. Psychophysiology, 26(2):201-207.
50. **Perry, A.**, Mosher, P., LaPerriere, A., and Ostrovsky, P. (1988). A comparison of cardiovascular responses to interval versus continuous aerobic dance. The Journal of Sports Medicine and Physical Fitness, 28:3-7.
51. VanDercar, D.H., LaPerriere, A.R., Shyu, L.Y., Ward, M.F., McCabe, P., **Perry, A.**, and Schneiderman, N. (1988). Microcomputer automated system for measuring systolic time intervals in response to exercise and a psychophysiological task. Psychophysiology, 25(6):703-711.
52. **Perry, A.**, Mosher, P., Roalstad, M., and Grey, S. (1986, March). Maximum oxygen uptake and running performance on a 5 versus 12-minute tests for distance. Research Council Proceedings, 1-6.
53. **Perry, A.**, Tapp, J., and Weeks, L. (1986, June). The effects of interval aerobic training on plasma lipid fractions of male and postmenopausal sedentary faculty. Journal of Sports Medicine and Physical Fitness, 11-17.
54. **Perry, A.**, Grey, S., Mosher, P., and Roalstad, M. (1986, February). Maximum oxygen uptake and performance on the 5 versus 12-minute test for distance. Florida Association of Health, Physical Education, Recreation and Dance, 3-5.
50. **Cohen-Perry, A.**, and Sanders, J. (1985 summer). The distinction between drug use and abuse. National Athletic Training Journal, 123-127.
51. **Cohen-Perry, A.**, Behrens, J., and O'Shea, M. (1984, fall). Is exercise physiology

reaching the ranks of professional football? National Athletic Training Journal, 185-188.

52. **Cohen, A.** (1984, March). Dance: Aerobic or anaerobic? Journal of Health, Physical Education, Recreation, and Dance, 51-53.

Manuscripts in Review:

A Novel Summer Camp Integrating Physical, Psychological, and Educational Health in Youth: The THINK Program- Nutrients 2023

ABSTRACTS AND PRESENTATIONS

1. Bonner, J. Xiong, W. Kim, Tommy, Jacobs, K. St. George, S. Signorile, J. Perry, A. Predictors of Vascular Risk in Collegiate Students Presented at The American College of Sports Medicine, Boston, Massachusetts, on May 28, 2024.
2. Xiong W, Bonner, J. Velasquez, C. Jacobs, K. Signorile, J. Wang, J. Perry, A. Predictors of Vascular Risk in a Multiracial Sample of Pre-menopausal Women. Presented at The American College of Sports Medicine, Boston, Massachusetts, on May 31, 2024.
3. **Perry, A.** Bonner, J. Velasquez, C. Jacobs, K. Signorile, J. Wang, J. Anthropometric Predictors of Vascular Risk in a Multiracial Sample of Premenopausal Women. Presented at The Obesity Society Conference, Dallas, Texas, on October 17, 2023.
4. Bonner, J. **Perry, A.** Velasquez, C. Nienhuis, N. Flanagan, E. Zito, G. The Effects of a Pilot Nutrition and Kinesiology Curriculum for Middle School Adolescents. Presented at The Obesity Society Conference, Dallas, Texas October 17, 2023.
5. **Perry A,** Bonner J, Nienhaus N, White E, Velasquez C, Zito G. The Effects of a Pilot Nutrition and Kinesiology Curriculum for Middle School Adolescents. 2023 5th Annual Sports Medicine Institute Research Day, May 2023. SEHD Research Symposium May, 2023.
6. Bonner J, Velasquez, **Perry A.** A pilot study: The Effect of Adiposity on Vascular Markers of a Diverse Group of Premenopausal Women. The Novo Nordisk *Foundation Center for Basic Metabolic Research*, University of Copenhagen, March 14th, 2023.
7. Bonner J, Velasquez C, Cruz N, Friedman A, Lee D, and **Perry A.** The Effects of a Summer program on Physical Fitness and Health Outcomes in Children. *Clinical Exercise Physiology Association*, February, 2023.
8. **Perry AC.,** Bonner, J Scaling up an Innovative Curriculum to Improve Physical, Psychological, and Educational Well-Being MIND ED Symposium, October,

2022

9. Cruz N, Flanagan EW, Zito G, **Perry AC**. The Effects of a Pilot Translational Health In-School Program on Physical Fitness and Health Outcomes. *American College of Sports Medicine Meeting*, June 2019.
10. Ozgur A, Perry AC, White EF, Watson T, Buskard A, Temkin D. Comparison of Two High intensity Interval Training Modalities on Cardiometabolic Health in Overweight/Obese Women. *American College of Sports Medicine Meeting*, June, 2019.
11. Emily W. Flanagan, **Arlette C. Perry**, Carolina Velasquez, Kara D. Bolon, Soyeon Ahn. The Effects of a “THINK” Program on Health Related Outcomes in Minority Children. *The Obesity Society Annual Meeting*, November 2018.
12. Velasquez, C., Flanagan, E.W., Bolon, K, **Perry, A.C.**, Physical Fitness Changes are Independent of Body Fat in an Afterschool Translational Health Program. *American College of Sports Medicine, Annual Meeting*, June 2018, Minneapolis, MN.
Flanagan, E.W., **Perry, A.C.**, Velasquez, C., Bolon, K. Body Image Dissatisfaction is Related to Measures of Obesity in Minority Boys and Girls. *The Obesity Society Annual Meeting*, November 2017.
13. Flanagan, E.W., **Perry, A.C.**, Velasquez, C., Bolon, K., Strickler, J. Race Differences in Nutrition Knowledge, Habits, and Physical Activity in Children and Their Parents. *The Obesity Society Annual Meeting*, November 2017.
6. **Perry, A.C.**, Flanagan, E.W., Bolon, K., Velasquez, C. Self-Reported Physical Activity Participation in Minority Children Differs from Their Parents. *The Obesity Society Annual Meeting*, November 2017.
7. **Perry, A.C.**, Flanagan, E.W., Bolon, K., Velasquez, C. Nutrition Knowledge and Habits in Relation to Age in Minority Children. *The Obesity Society Annual Meeting*, November 2017.
8. 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.
9. 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.
10. 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. *Presented at the American College of Sports Medicine, Annual Meeting, 2016*, Boston, Massachusetts.
11. Cutrono SE, Lewis JE, **Perry A**, Signorile J, Tiozzo E, Jacobs KA. Effect of a community based exercise program on inflammation and fitness among persons living with HIV/AIDS. *Medicine and Science in Sports and Exercise* (Supplement), 47, 2015
12. Jacobs KA, Hittinger EA, Maher JL, Nash MS, **Perry AC**, Signorile JF, Kressler J. Ischemic preconditioning does not improve peak exercise capacity at sea level or stimulated high altitude. *Medicine and Science in Sports and Exercise*

- (Supplement), 47, 2015
13. **Perry, A.C.** Invited presentation for the Early Career Workshop entitled, “How to be a successful graduate student”. Presented November 3rd, 2014 at The Annual Obesity Society National Conference.
 14. Alan, O., **Perry, A.C.**, Martin, L., Noone, J., LaGreca A.M., Lai, B. The Relationship Between Breakfast Consumption and Nutrient Intake, Body Composition and Fitness in Latino Adolescents. Presented at the 61st Annual Meeting of the American College of Sports Medicine, June 2nd, 2014, Orlando, Florida.
 15. Jacobs, K.A., Raeburn, J., Meneghini, L.F., Myers, N.D., **Perry, A.C.**, Coblentz, P., White, J., Myers, A.C. Maximal Sprint Does Not Alter Exercise Hemodynamics or Fuel Use in Individuals with Type-1 Diabetes. Presented at the 61st Annual Meeting of the American College of Sports Medicine, June 2nd, 2014, Orlando, Florida.
 16. Raeburn, J., Meneghini, L.F., Myers, N.D., **Perry, A.C.**, Coblentz, P., White, J., Myers, A.C., Jacobs, K.A. Maximal Sprints Prevent Hypoglycemia During Exercise but not Recovery in Individuals with Type 1 Diabetes. Presented at the 61st Annual Meeting of the American College of Sports Medicine, June 2nd, 2014, Orlando, Florida.
 17. Mantilla, C., **Perry, A.**, Quirola, L., Arwari, B. The Relationship Between Executive Cognitive Control and Measures of Physical Fitness and Health-Related Variables in Minority Elementary School Children. Presented at the 61st Annual Meeting of the American College of Sports Medicine, June 2nd, 2014, Orlando, Florida.
 18. **Perry, A.** Wang, X., Goldberg, R., Ross, R., IP, L. Androgenic Sex Steroids Contribute to Metabolic Risk Beyond Intra-Abdominal Fat in Overweight/Obese Black and White Women. Presented at the Obesity Society Conference, November 2013, Atlanta, GA.
 19. Mantilla, C., **Perry, A.C.**, Quirola, L., & Arwari, B. Relationship between cognitive control and measures of physical fitness and body composition in Hispanic Elementary School Children. Presented at the Obesity Society Conference, November 2013, Atlanta, GA.
 20. Edwards, E.S., Stoutenberg, M., Edwards, D.A., & **Perry, A.C.** A Summer Program May Not Be Enough To Improve Psychosocial Effects Related to Exercise, Presented at 58th Annual Meeting of the American College of Sports Medicine, June 2, 2011, Denver, Colorado.
 21. Edwards, E.S., Cutrono, S., Edwards, D.A., Stoutenberg, M., & **Perry, A.C.** Can a translational health modular summer program positively impact minority adolescent health and wellness? Presented at the American College of Sports Medicine, Annual Meeting, June 2, 2010, Baltimore, MD.
 22. Stoutenberg, M., Kressler, J., Chen, G.L., **Perry, A.C.**, Meyerburg, R.J., Lewis, J.E., Mendez, A., and Jacobs, K.A. Endurance training does not alter serum CRP concentrations in apparently healthy, inactive males. Presented at the American College of Sports Medicine, Annual Meeting, May 29, 2008, Indianapolis, IN.
 23. **Perry, A.C.**, Wang, X., & Kuo, Y. Is fat distribution or body mass index a better correlate of cardiometabolic variables in a heterogeneous group of

- overweight women? Presented at the North American Association for the Study of Obesity, Oct. 21, 2006, Boston, MA.
24. Wang, X., **Perry, A.C.**, Jackson, M.L. Can sex steroids enhance the prediction of health-related variables above waist circumference? Presented at the Eastern-Atlantic Student Research Forum, Feb. 28, 2003.
 25. Van Bemden, A.L., Wang, X., & **Perry, A.C.** Anthropometric indices of body fat distribution and health related variables in a tri-ethnic group of women. Presented at the American College of Sports Medicine, May 28, 2002.
 26. **Perry, A.C.**, Wang, X., Jackson, M.L. & Ross, R. Is intra-abdominal fat a marker of metabolic risk in overweight Caucasian and African-American Women. Presented at the American College of Sports Medicine, May 28, 2002.
 27. Wang, X., **Perry, A.C.**, Goldberg, R.B., Jackson, M.L., Ross, R., & Deprima, S. Differences of clotting factors in predicting health-related variables in Caucasian and African-American women. Presented at the American College of Sports Medicine, May 31, 2002.
 28. Wang, X., Solano, P., **Perry, A.**, and Goldberg, R. (2000). Racial differences of clotting factors in predicting health-related variables. Presented at the American Diabetes Association Research Symposium, November 30 - December 2, 2000, Dana Point, California.
 29. Feldman, B.B. and **Perry, A.C.** (2000). Physiological effects of a video game on healthy young males. Presented at the American Physiological Society. September 23-24, Maine.
 30. Feldman, B.B. and **Perry, A.C.** (May 2000). Physiological effects of a video game on healthy young males. Medicine and Science in Sports and Exercise, 32(5):S97.
 31. Feldman, B.B. and **Perry, A.C.** (May 2000). Racial differences in anthropometric predictors of serum lipoproteins and blood pressure. Medicine and Science in Sports and Exercise, 31(5):S289.
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55. **Perry, A.**, Jackson, L., Ferris, D., Allison, M. and Signorile, J. (1994). Body fat distribution and coronary risk factors in postmenopausal females both on and off hormone replacement therapy. International Journal of Obesity and Related Metabolic Disorders, 18(2):121.
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63. Marquez-Sterling, S., **Perry, A.**, Kwiatkowski, K. and Signorile, J.F. (1994 January). "The Effects of Exercise on Weight Gain and Body Image in Sedentary Pregnant Women." Presented at the 22nd Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greensboro, NC.
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92. **Perry, A.C.**, Signorile, J.F., Webber, B., and Applegate, B. (1991). Frequency and amplitude changes during concentric, eccentric, and mixed contractions. Medicine and Science in Sports and Exercise, 23(4):S57.
93. Lowensteyn, I., Signorile, J.F., Schlaff, D., and **Perry, A.C.** (1991). A comparison of various loading techniques for bicycle power ergometry. Medicine and Science in Sports and Exercise, 23(4):S66.
94. Signorile, J.F., Kaplan, T., Applegate, B., and **Perry, A.C.** (1991). Effects of acute inhalation of the bronchodilator, albuterol, on power output in a non-asthmatic population. Presented at the National Strength and Conditioning Association Annual Conference, St. Louis, MO.
95. Crane, L., Davis, B., Kreider, M., Signorile, J.F., Applegate, B., **Perry, A.C.**, and Lowensteyn, I. (1991). Comparison of pulmonary functions between endurance athletes and sprint athletes. Medicine and Science in Sports and Exercise, 23(4):S24.
96. Signorile, J.F., Webber, B., Roll, B., Applegate, B., and **Perry, A.** (1991) Electromyographical assessment of intensity and fatigue during two different lifting exercises. Selected Articles from the Ninth Southern Biomedical Engineering Conference.
97. **Perry, A.C.**, Signorile, J.F., Ramirez, L.R., Lowensteyn, I., Kaplan, L., Tremblay, L., Wills, R., and ZeBranek, J. (1991). The relationship between respiratory anaerobic threshold and changes in the EMG signal. Journal of Applied Sports Science Research, 5(3):165.
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101. Digel, S., Signorile, J.F., Moccia, G., Applegate, B., and **Perry, A.C.** (1991). Effects of reduced metabolite washout on frequency and amplitude of surface

- EMG. Medicine and Science in Sports and Exercise, 23(4):S56.
102. Lowensteyn, I., Signorile, J.F., Schlaff, D., and **Perry, A.C.** (1991). A comparison of various loading techniques for bicycle power ergometry. Medicine and Science in Sports and Exercise, 23(4):S66.
 103. Crane, L., Davis, B., Kreider, M., Signorile, J.F., Applegate, B., **Perry, A.C.**, and Lowensteyn, I. (1991). Comparison of pulmonary functions between endurance athletes and sprint athletes. Medicine and Science in Sports and Exercise, 23(4):S24.
 104. Kaplan, T., Devitt, J., **Perry, A.**, Mosher, P., and Strauss, J. (1990 May). The effects of an interval-training program on selected physiological and hematological variables in adolescent end stage renal disease hemodialysis patients. Pediatric Exercise Science, 2: p2.
 105. Mosher, P.E., **Perry, A.C.**, Nash, M.S., and LaPerriere, A. (1990 April). Aerobic circuit training improves cardiorespiratory endurance, metabolic control and lipid profiles in type I adolescent diabetics. Presented at AAHPERD Convention.
 106. Mosher, P.E., **Perry, A.**, Nash, M.S., Devitt, J., LaPerriere, A. (1990 February). The effects of aerobic circuit training on metabolic control, lipid profiles and cardiovascular fitness in adolescent type I insulin dependent diabetics. Presented at the Southeast Chapter American College of Sports Medicine Conference Abstracts.
 107. Mosher, P.E., **Perry, A.**, Nash, M., Devitt, J., Lowensteyn, I., Steiner, G., and LaPerriere, A. (1990). Effects of aerobic circuit training on metabolic control and cardiovascular fitness in adolescent type I diabetics. Pediatric Exercise Science, February, p. 8.
 108. **Perry, A.**, Campbell, M.H., and Kaplan, T. (1989, April). Relationship between maximum oxygen uptake and the plasma lipid profile in females. Medicine and Science in Sports and Exercise, 21;2:S113.
 109. Fletcher, M.A., Caralis, P., LaPerriere, A.R., Ironson, G., Klimas, N.G., **Perry, A.**, Ashmar, M., and Schneiderman, N. (1988). Immune function and aerobic training as a function of anti-HIV status in healthy gay males. Presented at the IV International Conference on Aids, Stockholm, Sweden, June 12-16, 1988.
 110. LaPerriere, A., O'Hearn, P., Ironson, G., Caralis, P., **Perry, A.**, Klimas, N., Schneiderman, N., Fletcher, M.A. (1988). Aerobic exercise training and immune function in healthy HIV antibody negative and positive gay males. Presented at the Society for Behavioral Medicine Conference in Boston, MA, April 27-May 1, 1988.
 111. Roalstad, M.S., **Perry, A.**, Mosher, P., and Ostrovsky, P. (1986, March). A comparison of latent iron deficiency in competitive triathletes and distance runners. Medicine and Science in Sports and Exercise, 18(2):S90.
 112. **Cohen, A.**, Tapp, J., Weeks, L., and Cross, D. (1984, February). The effects of interval aerobic training on lipid fractions. Southeastern Chapter of the American College of Sports Medicine, p. 28.
 113. Michielli, D.W., Stein, R.H., Glantz, M. Sardy, H., and **Cohen, A.** (1981, April). A comparison of exercise training intensities on lipoprotein cholesterol fractions. Medicine and Science in Sports, 13(2):p.106.

All publications are from refereed journals.

FUNDED RESEARCH

1. Advisor EPIC (SEHD Pilot Funding for Interdisciplinary Collaboration) Grant for Graduate Students: The Power of Knowing: Exploring the Underlying Mechanisms of Physical Fitness and Mental Well-Being, April 2024, \$30,000.00
2. Perry, PI Children's Trust PI, The Translational Health In Nutrition & Kinesiology (THINK) Program with Enriched Activities. Children's Trust Submitted December, 2023, awarded March, 2024, \$150,000.00.
3. EPIC Grant PI: Scaling Up an Innovative Curriculum to Enhance Physical, Psychological, and Educational Well-Being in Underserved Middle-School Adolescents, May, 2023, \$30,000.
4. Perry, PI "The Effects of the Summer THINK Program on Physical Fitness, Stem Learning, and Social Emotional Learning" from the Children's Trust Foundation, for **\$636,000.00** from June-July, 2019-2023.
5. Perry, AC PI Provosts Research Award for Women's Health Research on the "Effects of Endogenous and Exogenous Estrogens On Skeletal Muscle Function and Recovery in Active Women" **\$16,887.00** Awarded March 2018.
6. Perry, AC PI Provosts Research Award for Women's Health Research on the "Effects of Endogenous and Exogenous Estrogens On Skeletal Muscle Function and Recovery in Active Women" **\$16,887.00** Awarded March 2018.
7. Received **\$256,000** from donor to upgrade and revamp the Laboratory of Clinical and Applied Physiology, February, 2017
8. PI "The Effects of a Translational Health After School program on Physical fitness, Exercise, and Nutrition Habits and Knowledge Based in Minority Elementary School Children". Sherman Fairchild Foundation in Miami, FL, **\$100,000**, August 2016-September 2017.
9. Principal Investigator of the grant entitled "University of Miami Summer Healthy Start Program". Children's Trust Foundation in Miami, FL, **\$350,000**, August 15, 2008-August 15, 2011.
10. Collaborator of the grant entitled "2009/2010 21st Century Community Learning Centers Competitive (CCLC)." 21st CCLC in Miami, FL, **\$525,358**, August 2009-August 2010.
11. Co-Investigator of the grant entitled "School-Based Intervention to prevent Metabolic Syndrome". NIH/NIDDKD in Miami, FL, **\$150,000**, April 2007-March 2009.
12. Co-Investigator of the grant entitled "Hispanics, Built Environment and the Metabolic Syndrome". NIH/NIDDKD in Miami, FL, **\$4,044,735**, May 2006-May 2011.
13. Co-Investigator of grant entitled "Type 2 Diabetes Risk Reduction for Minority Youth". Funded by NIH/NIDDKD, **\$439,422.85**, March 15, 2007 – Feb. 29, 2008.
14. Principal Investigator – Can a Health Literacy Workshop Effectively Integrate Exercise Physiology Concepts into the Academic curriculum? McDonalds Foundation Grant, **\$25,000**, July 2006-June 2007.

15. Principal Investigator – Establishing Health Literacy in the Academic Classroom – Minority High School Teachers Professional Development Grant, Miami Dade County School Board, **\$56,000**, June 12-26, 2006.
16. Co-Investigator – Establishing Health Literacy in the Academic Classroom; Professional Development Grant; Project Succeed for Elementary School Teachers, **\$50,000**, June 6-June 13, 2005.
17. Principal Investigator of the clinical trial “*A study to evaluate the effect of a women’s herbal supplement on the physical and psychological symptoms associated with menopause*” supported by Amerifit Nutrition, Inc. for **\$239,470.00**, 1999-2002.
18. Principal Investigator of the Knoll Pharmaceutical Company grant entitled “*A 12-month study to assess the safety and efficacy of MERIDIA® (sibutramine hydrochloride monohydrate) 10 and 15 mg in obese adolescents (SB 238)*” for **\$291,530.00**, 1998-2000.
19. Principal Investigator of the Hoffmann/LaRoche Pharmaceutical Inc. entitled, *A 52 Week Study of the Weight Loss Maintenance Effect of Orlistat in the Treatment of Obesity After a 24 Week Period of Weight Loss by Conventional Diet Therapy* for **\$400,000**, 1997-2000.
20. Recipient of the Max Orovitz Summer Award to integrate Exercise Physiology into a high school Biology curriculum to make it more interesting and understandable for students of predominately Hispanic descent, **\$9,600**, June-August 1997.
21. Recipient of a **\$13,090** grant from the Foundation for Physical Therapy, Inc. to study "Relationship of Degree of Kyphosis, Bone Density and Activity History to Pulmonary Function in Postmenopausal Women with Osteopenia". This was completed in conjunction with Ms. Linda Crane, a physical therapy professor at the University of Miami and doctoral student in the Exercise Physiology program, 1996-1998.
22. Recipient of a **\$1,750** grant from CNS Inc. to determine if Breathe Right® Nasal Strips have any effect upon static and dynamic pulmonary function values, aerobic performance and recovery lactates in aerobically trained long distance runners, 1996.
23. Co-Investigator of the NIDDM Primary Prevention Trial sponsored by NIH for **\$3,130,568.00**, 1994-1998.
24. Recipient of a **\$5,000** Basic Research Support Grant to study coronary risk factors in Japanese American children in comparison to sex and age-matched Japanese children living in Japan, 1994-1995.
25. Recipient of a **\$26,000** grant from the United State Tennis Association to conduct research on "*A Laboratory-Based Athlete's Profile to Predict On-Court Performance*," 1990-1992.
26. Recipient of a **\$2,500** grant from the Center for Disease and Aging on the "*Glucoregulatory Responses to Moderate Exercise in Elderly Diabetic and Non-Diabetic Subjects*," 1990-1991.
27. Co-Investigator of the NIH Grant examining Behavioral Management and Stress Responses in HIV-1 for **\$6,825,435.00**, 1989-1994.
28. Recipient of a **\$6,000** NIH Biomedical Research Support Grant to study the effects of an interval cardiovascular training program on cardiovascular hemodynamics and plasma lipid fractions in renal patients on hemodialysis, 1987-1988.

29. Recipient of the distinguished University of Miami Educational Alumni Research Award for **\$2,000**. This award enabled the completion of the study entitled "*Effects of Interval Aerobic Training on Cholesterol Fractions of Sedentary Male and Postmenopausal University Faculty*," 1986-1987.
30. Recipient of a **\$500,000** donation to upgrade and improve the Human Performance Laboratory in order to make it a state of the art research and training facility, 1985.
31. Recipient of a **\$66,000** donation for research and equipment at the University of Miami Human Performance and Research Laboratory, 1984.

EDITORIAL RESPONSIBILITIES

Special Guest Editor *Nutrients* IF 5.36, 2023-2024

Editorial Board Member for *The Journal Women's Health - Annals of Medical Case Reports*, 2017

Abstract Reviewer for The Obesity Society Annual Conference, Boston, Massachusetts, 2014.

Abstract reviewer for the American College of Sports Medicine, 2004-

Manuscript reviewer for the *Journal of Nutrition*, 2001.

Manuscript reviewer for *International Journal of Obesity*, 2001.

Appointed to review "Exercise Physiology" textbook 4th ed. by McCardle, Katch and Katch, 1999.

Manuscript reviewer for *American Heart Journal*, 1998.

Manuscript reviewer for *Medicine and Science in Sport and Exercise*, the official journal of the American College of Sports Medicine, 1998.

Manuscript reviewer for *Journal of Pediatrics*, 1997

Manuscript reviewer for *Obesity Research*, 1997

Appointed to editorial board for American Health Magazine, 1996

Appointed to review abstracts for the American College of Sports Medicine national conference, (area: Reproductive Physiology), Indianapolis, IN, 1994.

Reviewer for book entitled "*The Biochemistry of Exercise*" submitted to Macmillan Publishing Company, August 1991.

PROFESSIONAL AND HONORARY ORGANIZATIONS

Member	2017-	Research Council at University of Miami
Member	1981-	American College of Sports Medicine (ACSM)
Member	1981- 1986	Postgraduate Medicine
Member	1982-	National Strength and Conditioning Association (NSCA)
Member	1984- 1996	American Heart Association (AHA)
Member	1982-	Center for Science in the Public Interest (CSPI)
Member	1985- 2000	American Association of Health, Physical Education, Recreation and Dance (AAHPERD)
Member	1986- 1990	North American Society of Pediatric Exercise Medicine
Member	1987-	New York Academy of Sciences
Member	1992-	North American Association for the Study of Obesity
Member	1996-	National Council on Women's Health
Member	1997-	American Society of Exercise Physiologists
Member	2000-	Pediatric Obesity Special Interest Group

HONORS

Invited Guest Editor of Special Issue on “**Nutrition and Lifestyle Intervention for Obese Adolescents**” for *Nutrients* (IF- 5.35), October, 2023.

Invited Guest Presenter for Dade County Public Schools “Building a Culture of Health and Fitness in our School Programs: The THINK Program” at the **M-DCPS Mini Conference for Physical Education Teachers, Doral, Florida** Nov.8th 2022.

Invited speaker to the **Faculty and Staff Assistance Webinar Program** on “Quarantine 15” Myth or Reality? The Real Facts about COVID 19 and Obesity, University of Miami, Miami, Florida June 8th, 2021

Invited keynote speaker to the 3rd International Congress and Expo on **Heart and Cardiology**. Scientific Federation. Presentation entitled “**High Intensity Interval Training and Cardiometabolic Health: Present and Future Directions**”. Miami, Florida September 20th, 2019

Invited presenter at **The Obesity Society’s Early Career Workshop** “How to Succeed in Graduate School” Presented at The Obesity Society, Boston, Massachusetts, November 3, 2014

Invited presenter to the **First Annual E-Merge of the America’s Conference** in Miami Beach, May 2014

Appointed Fellow to **The Obesity Society**. 2012.

Invited committee member to the **First Annual Bipartisan Policy Center’s Nutrition and Physical Activity Initiative**. Chairs: Former Secretary of Agriculture Dan Glickman and Ann Veneman, presented Wednesday, April 22 at the University of Miami, 2011.

Invited speaker to the University of Miami’s 2011 **Global Business Forum** held in the School of Communication. Invited member to the **School of Education’s Panel on Promoting Wellness and Preventing Obesity: Private Public Partnerships**. January 13 2011.

3rd Annual Childhood Obesity Research Center Symposium Award for Presentation at the University of Southern California of the research entitled “Can Translational Health Modular Summer Program Positively Impact Minority Adolescent Health and Wellness?” Presented by Graduate Assistant Elizabeth Edwards, April 15th, 2010.

Initiated the country’s first joint colloquium featuring diet and exercise for the care of Breast Cancer Patients. Titled “**From Surviving to Thriving: Bridging Theory with Practice**”, a joint effort between Sylvester Comprehensive Center and School of Nursing, University of Miami, February 26th, 2010.

Invited presentation for digital library publication of manuscript entitled “**Anthropometric Correlates of Metabolic Syndrome Components in a Diverse Sample of Overweight/Obese Women**” in www.slideworld.org, June 27, 2008.

Featured article “**The relationship between cardiometabolic and hemostatic variables: Influence of race**” selected for Web audiocasting and archived podcasting worldwide by the Endocrinology Edition of the Cardiometabolic E-Journal Club, May 2008.

Member of the Institute of Women’s Health, University of Miami, 2004

Recipient of the May Brunson Award by the Women’s Commission, University of Miami, for Research in Women’s Health. March 2004.

Scientific Advisor to the Mayor's Fitness Challenge, funded by the Health Foundation of South Florida, 2003-2004.

Secondary Appointment, School of Medicine, Department of Internal Medicine, 2002.

Appointed Chair, Department of Exercise and Sport Sciences, University of Miami, June, 2001.

Received promotion to Full Professor, April 2001

Received certification as a "Clinical Exercise Physiologist" Fall 2000 by the American College of Sports Medicine.

Appointed to the "Women and Ethnic Minorities in Exercise Physiology" committee by the American Society of Exercise Physiologists, 2000.

Speaker for American College of Sports Medicine, *"Strategic Health Initiative for Women, Sport and Physical Activity,"* Speakers Bureau, 1997.

Received the James W. McLamore Summer Award in the Social Sciences, Summer, 1997

Technical editor for Venture Productions; Educational Series on Nutrition and Fitness, 1997.

Site supervisor for the Advanced Academic Executive Internship Program for Miami-Dade County Public Schools, 1997.

Appointed to the National Council on Women's Health, 1996.

Appointed Fellow to the American College of Sports Medicine, 1992.

Chaired Symposium at the American College of Sports Medicine entitled *"Plasma lipoproteins in the exercising female,"* Dallas, TX, 1992.

Accepted to the New York Academy of Sciences, June 8, 1987

Received promotion to Associate Professor, April 30, 1987

Received tenure, April 30, 1987

Appointed Director of Graduate Programs in Exercise Physiology, 1987.

Appointed to School Council, 1986

Received Exercise Test Technologist Certification by the American College of Sports Medicine, May 26, 1985.

Recipient of Florida's Governor Award for Outstanding Achievement in the field of Physical Fitness. This plaque was issued and signed by Governor Graham and received May 1985, in Tallahassee, FL.

Appointed to Graduate Faculty, April 14, 1985. Appointment to Graduate Faculty is based upon graduate teaching and research efforts.

Appointed Director of the Human Performance Laboratory and Research Center, University of Miami, 1982

Our Masters Degree Program in Exercise Physiology was initiated in January 1983. At that time, we had only 2 graduate students one Masters, and one doctoral student studying exercise physiology. We now have approximately 70 Masters degree students and 25 doctoral students majoring in Exercise Physiology. Our department is now called Kinesiology and Sport Sciences and we have 3 different Masters degree tracks in Exercise Physiology 1) Clinical and Applied Physiology 2) Strength and Conditioning 3) Nutrition for Health and Human Performance. We have also initiated an undergraduate major in exercise physiology. At the graduate level, we have initiated a new certificate program in **"Women's Health"**, which will be intricately related to the doctoral research pursued in our program. We also have two laboratories, Max Orovitz and the Laboratory of Clinical and Applied Physiology covering over 12,000 square feet of space with sophisticated physiology equipment.

We have performed collaborative research with the Diabetes Research Institute at the Medical School, the Department of Orthopedics and Rehabilitation and Physical Therapy at the Medical School, Department of Industrial Engineering, Behavioral Medicine, School of Nursing, and with certified Athletic Trainers and team physicians in the Department of Varsity Sports and Athletics. We now have a 5-year program for talented freshmen wishing to obtain their Master's degree in Exercise Physiology in an accelerated 5-year program.

Graduate of Brooklyn College, B.S., Magna Cum Laude, 1973

Received graduate assistantship to attend Louisiana State University, Baton Rouge, LA 1973.

INVITED ORAL PRESENTATIONS

1. Invited speaker to M-SWAT (Math and Science with a Twist) Night at Pinecrest Cove Elementary and Middle School. *Introducing the THINK program into the Middle School Curriculum: Meeting M-SWAT Requirements*, Presented May 26th, 2022, Miami FL.

2. Invited speaker on “*Succeeding in Graduate School*” at The Obesity Society Annual Conference, Nov 3, 2014, Boston, MA
3. “*Nutrition and Exercise Concepts for Weight Management*”. Invited speaker for University of Miami Employees. Presented April 16, 2010 at Employee (staff) meeting, University of Miami, April 24, 2010.
4. “*From Surviving to Thriving; You’ve Come a Long Way*”. Invited Keynote Speaker on Surviving and thriving with Breast Cancer; Lifestyle Approach for Health Professionals Working with Breast Cancer Patients, University of Miami, February 26, 2010.
5. Women’s Commission Keynote Speaker. “*Nutrition and Exercise for Heart Health in Women: The Real Story*”. University of Miami, February 12, 2010.
6. “*Endocrine Issues in Competitive Female Athletes*” presented at Endocrine Grand Rounds, June 25, 2009.
7. “*The Obesity Crisis in America – Exercise Implications for Jewish Women and their Families.*” Presented at the Jewish Women’s Health Conference, Nov 4, 2007, Miami Beach, FL
8. “*Translational Health Literacy*” presentation for administrators at Miami-Palmetto Senior High School, Sept. 27, 2007, Miami, FL.
9. “*Careers in Exercise Science.*” Summerbridge Breakthrough Educational Program for minority students. Presented during a field trip to the Laboratory of Clinical and Applied Physiology, June 28, 2007, Coral Gables, FL.
10. “*Kinesiology in Medical Practice*”. Presented at the Department of Orthopedics and Clinical Rehabilitation Grand Rounds Lecture Series, University of Miami Miller School of Medicine, May 24, 2007.
11. “*Common Problematic Nutritional Practices Impacting Cardiometabolic Variables in the Elderly*”. Osher Lifelong Learning Institute. Guest Speaker Consortium, Plumber Building, University of Miami, March 27, 2007.
12. “*Integrating Exercise Physiology into the Physical Education Curriculum using a Modification of School-Based Physical Assessments*”. Keynote Lecture presented to Psychology Fellows at the Mailman Center, University of Miami Miller School of Medicine, March 19, 2007.

13. *Bringing “Translational Health Literacy into the Academic Curriculum”*. Presented at the First Annual University of Miami/Miami-Dade County Public Schools Wellness Workshop, University of Miami Wellness Center, March 16, 2007.
14. *“Establishing a Culture of Fitness, Health and Well-Being in the Elementary and Secondary School Curriculums”*. Presented at the Ethics Institute Program of Ethics and Social Responsibility sponsored by Associate Teachers. Keynote Lecture at the Bank United Center, University of Miami, March 2, 2007.
15. *“Changing the Obesogenic Environment: Time to Think Outside the Box”* presented to the Scientific Congress on Nutrition, Fitness, and Global Health, University of Miami Miller School of Medicine, Nov. 11, 2006.
16. *“Status of the Female Athlete: Identification, Responsibilities and Follow-up”*. Presented at the Ransom Everglades High School Workshop, Sept. 23, 2006.
17. *“Kinesiology as it Impacts Clinical Practice in Internal Medicine”*. Presented at the Medical Residents Ground Rounds Lecture, University of Miami Miller School of Medicine, March 26, 2005.
18. *“The Rise in Obesity among Older Populations”* presented to the Osher Lifelong Learning Institute, Guest Speaker Consortium, Plumber Building, University of Miami, March 18, 2005
19. *“Multidimensional Careers in Exercise Physiology”*. Presented at the Miami Museum of Science - Careers for Minorities in the Sciences, Coconut Grove, FL, April 2004.
20. *“The Metabolic Syndrome – What’s missing in the name?”* Presented to the Exercise Physiology School of Education Journal Club, University of Miami, October 29, 2004.
21. *“The Obesity Epidemic. Are we complicating the message?”* Presented at the Educational Alumni Association, University of Miami, November 2004.
22. *“The Relationship of Exercise Physiology to Public Health”*. Presented to the Department of Public Health and Epidemiology, University of Miami Miller School of Medicine, November 2004.

23. Presented to the Diabetes Research Institute, University of Miami on *"Role of Exercise in the Treatment of Obesity and Associated Metabolic Disorders"*, May 1998.
24. Lecturer in *"Exercise Physiology and Coronary Risk Factors"* and *"Metabolic Measurements"* for Health South Hospital Exercise and Fitness Certification program as part of the American College of Sports Medicine.
25. Lecturer in *"Role of Nutrition as an Ergogenic Aid to Strength and Endurance Performance"* presented at the regional association of the National Strength and Conditioning Association, April 1998, Ft. Lauderdale, FL.
26. Guest Speaker at South Miami Hospital as part of continuing medical education credit for cardiologists on *"Status of Cardiac Rehabilitation, Impact on Cardiac Risk Factors,"* April 1994.
27. Guest Speaker at the University of Miami Women's Guild *"Human Performance Research in Preventative Medicine,"* April 1993.
28. Guest Speaker for Florida Dietetic Association in Tarpon Springs, FL, June 17, 1993 - *"Exercise, Diet and Serum Lipoproteins"*.
29. Symposium Chair for *"Serum Lipoproteins in the Exercising Female"* at the American College of Sports Medicine National Conference. Individual lecture on *"Serum Lipoproteins Across the Female Lifespan"*, Dallas, 1992.
30. Selected as guest program speaker at the West Broward Division of the American Heart Association's Third Annual Professional Education Conference to be held October 20, 1992. Topic was *"Exercise as a Primary Intervention for Cardiovascular Disease."*
31. Lectured at the American College of Sports Medicine Fitness Instructor Workshop, March, 1991-present, at HealthSouth Doctors' Hospital, Coral Gables, FL. Topics included *Metabolic Calculations I and II* and *Introduction to Exercise Physiology*.
32. Spoke on *"The Effects of Exercise Training while Taking Beta Blocker Medication,"* as part of the Pfizer Pharmaceutical Lecture Tour, June 1990.

33. Spoke on "*Exercise and Obesity*," for practitioners in the field as part of the Pfizer Pharmaceutical Lecture Tour, March 1990.
34. Lectured on "*Cardiovascular Exercise for Adolescents?*" and "*Nutrition Concerns of Adolescents*" at the annual Pediatrics Sports Medicine Conference, at the Diplomat Hotel, Miami Beach, FL, February 1990.
35. Spoke to Cedars of Lebanon Hospital on "*Principles of Exercise Physiology and How it Relates to Sports Medicine*", on May 19, 1989. Sponsored by Pfizer Pharmaceutical Company.
36. Spoke at the Hotel Intercontinental in Miami before the annual Nurse-Practitioners Conference on the subject of "*Fitness in Health and Illness*".
37. Spoke at the University of Miami Employee Benefits Annual Conference on the subject "*Are We Really What We Eat?*" March 22, 1989.
38. Spoke at Holy Cross Hospital on "*Sports Medicine for Practicing Orthopedists*," on February 28, 1989.
39. Spoke in China and Japan in April 1988, as a member of the Citizen Ambassador Program, which sponsored the American delegation of Exercise Physiologists. This represented a group of some of the most prominent physiology researchers in this country.
40. Spoke to the Department of Orthopedics and Rehabilitation, Jackson Memorial Hospital, August 13, 1987, during grand rounds on "*The Role of the Exercise Physiologist in Relation to the Sports Medicine Physician*".
41. Appeared in a feature article by Ena Naunton of The Miami Herald, "*Ice is not Enough for Fitness*," June 1983. This article came about as a direct result of our research on exercise training and changes in cholesterol fractions. That research appeared in the June issue of The Journal of Sports Medicine and Physical Fitness, 1986. Ena Naunton was a participant in our study.
42. Appeared on Channel 7 Eyewitness News Report to speak on "*Dance as a Method of Improving Fitness: Myth or Reality?*", Sunday, April 1, 1985.

43. Appeared on WINZ radio station, January 1985, to speak on *"Behavioral Modification: Exercise as a Way of Life."*
44. Appeared on WGBS radio station, July, October, and November 1983, to speak on *"Exercise in the prevention of Cardiovascular Risk Factors."*
45. Appeared on WIOD radio station September 18, 1983, to speak on *"The Physiological Effects of Long Term Use of Anabolic Steroids."*
46. The results of our Faculty Training program appeared in the University of Miami paper, Veritas, entitled *"Give Dr. Cohen an Hour Each Week and She Will Give You a Chance to Reduce Your Risk of Heart Attack,"* September, 1982.

UNIVERSITY AND COMMUNITY COMMITTEES

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| 2024-present | Committee member- ACC Meeting of the Minds. Chair Dr. Michael Gaines. Picked top 3 UM research scientists to represent the Atlantic Coast Conference |
| 2023- 2024 | KIN Chair, Search Committee -Strength and Conditioning Faculty Member School of Education and Human Development |
| 2023-2024 | Member, University of Miami Research Council Committee |
| 2023-2024 | Member, Research Cores and Facilities Committee |
| 2022-2024 | Member, Exercise Physiology Studies Organization- Faculty representative to promote & enhance research opportunities and service for UG Exercise Physiology Majors |
| 2022-2023 | Member, Internal Review Board- Department of Biomedical Engineering Department Programs, University of Miami, Appointed by Provost William Prado |
| 2019 | Member, School of Education and Human Development Research Policy Committee |
| 2018 | Member, School of Education and Human Development Research Council Committee |
| 2018 | Chair, Kinesiology and Sports Sciences Committee on Promotion to Full Professor |
| 2018 | Kinesiology and Sports Sciences Faculty Search Committee |

- 2017 University of Miami Research Council Member
- 2004 Member, Institute for Women's Health
- 2002 Member, Scientific Misconduct Committee in Research
- 1999 Chair, Faculty Task Force Committee
- 1999- Member of Committee to develop a multidisciplinary graduate program in
2001 Women's Health Issues; Chair of the Graduate Women's Health Track
- 1997- Faculty and Student Advisory Committee-School of Education
2001
- 1992- University of Miami Research Council
- 1992- University of Miami Campus Sports and Recreation Advisory Board
1995
- 1992- University of Miami Wellness Committee
1995
- 1992- School of Education School Council
- 1992- Chair, School of Education Internal Review
1993

TEACHING RESPONSIBILITIES

1. Exercise Physiology - (graduate course)
2. Energetics of Obesity - (graduate course)
3. Issues Specific to Women's Health - (graduate course)
4. Sports Medicine for the Female Athlete - (graduate course)
5. Introductory Sports Nutrition
6. Advanced Nutritional Planning for Sports and Athletic Performance - (graduate course)
7. Cardiac Rehabilitation, Phase I-IV - (graduate course)
8. ECG Evaluation - (graduate course)

9. Sports Medicine for the Female Athlete - (graduate course)
10. Energetics of Obesity - (graduate course)
11. Issues Specific to Women's Health and Nutrition (graduate and undergraduate course)
12. Psychosocial Issues in Women's Health (graduate and undergraduate course)

RESEARCH INTERESTS

A. Cardiovascular Risk Factors and Women's Health Issues

- a. Serum lipoproteins in relation to cardiovascular health
- b. Obesity in relation to cardiometabolic risk factors
- c. Racial differences in fat distribution and its relation to health-related outcomes
- d. The Female Athlete Triad
- e. Exercise and pregnancy
- f. Fat distribution and serum lipoproteins in the postmenopausal female

B. Pediatric Obesity

- a. Physical fitness, nutrient intake and cardiovascular disease risk factors
- b. Obesity and Pediatrics – Initiated a translation health in nutrition and kinesiology (THINK) program for afterschool elementary level students, Miami-Dade County Public School middle school students, and Summer Scholars Program for national and international high school students

- C. Initiated a new online course in **"Women's Health"** at the graduate level in Exercise Physiology.

UNDERGRADUATE STUDENT AWARDS

Student Alec Bizieff presented at the ACC Meeting of the Minds Awards Presentation for his research project entitled “The Relationship Between Weekly Total Calories and Macronutrient Consumption during an Off-season Training Program”, Boston College, April 2018.

Mr. Bizieff was also selected to present the same research at the University of Miami's Research, Creativity, and Innovation forum March, 2018

Natasha Cruz winner of the 2018 Delta Psi Kappa Alleine Swain Scholarship for outstanding work in the field of exercise physiology.

GRADUATE STUDENTS DOCTORAL COMMITTEES

Committee Member	Rosalia Parrino	Doctoral Dissertation	The Comparative Effects of High-Speed Circuit	Summer 2023
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Resistance Training And
High-Speed Multidirectional
Yoga on Changes in Cognition
In Healthy Older Adults

Committee Chair	Carolina Velasquez	Doctoral Dissertation	The Impact of Body Composition And Central Fat Distribution On Vascular Markers of Cardiac Risk in a Multi- Racial Sample of Premenopausal Women	Spring, 2022
Committee Chair	Gina Zito	Doctoral Dissertation	A Comparison of Onsite Versus Virtual Fitness Program on Anthropometric Measures, Aerobic Fitness, And Vascular Markers of Cardiac Risk in Overweight/ Obese Pre-Menopausal Women	Spring 2022
Committee Member	Vanessa Lara	Doctoral Dissertation	Hypocaloric Versus Ad Libitum Diet of Cardiometabolic Markers and Microbiota of Overweight Individuals Performing Intense Exercise	Spring 2020
Committee Member	Afton Seeley	Doctoral Dissertation	Influence of Serially-Applied Ischemic Pre-Conditioning on Muscle Blood Flow and Ventilatory Compensation During Exercise at Normobaric Hypoxia	Spring 2020
Committee Chair	Sarah Zaldivar	Doctoral Dissertation	The Effect of a High Intensity Interval Exercise Bout on Addictive Behaviors in Overweight/Obese Adults	Fall 2019

Committee Chair	Emily Flanagan	Doctoral Dissertation	The Effects of Endogenous and Exogenous Estrogens on Skeletal Muscle Function and Recovery in Active Women	Spring 2019
Committee Chair	Yvette Figueroa	Doctoral Dissertation	The Relationship Between Weekly Total Calories and Macronutrient Consumption During an Off-season Training Program in Collegiate Volleyball Players	Fall 2018
Committee Chair	Ozgur Alan	Doctoral Dissertation	Comparison of Two High-Intensity Interval Training Modalities on Cardiometabolic Health in Overweight/Obese Women	Summer 2018
Committee Member	Laura Jimenez	Doctoral Dissertation	The Combined Effects of Acute Exposure to Simulated Altitude and Moderate Intensity Aerobic Exercise on Measures of Cognition	Fall 2016
Committee Member	Christopher Bailey	Doctoral Dissertation	Beta-Alanine and muscular endurance capacity in older persons	Fall 2015
Committee Chair	Deborah Riquelme	Doctoral Dissertation	The Effect of Moderate Intensity Aerobic Exercise on Cognition and Arousal in Extrovert and Introvert Personality Types	May 2015
Committee Member	Meng Ni	Doctoral Dissertation	The comparative impacts of Tai Chi, power training and specially designed yoga program on functionality and other physical measurements in individuals with Parkinson's Disease	August 2015
Committee Member	Hector Heredia	Doctoral Dissertation	Post-activation potentiation effects in division I track athletes	August 2015
Committee Member	Arturo Leyva	Doctoral Dissertation	Multi-directional variable-speed training on	August 2015

			neuromuscular junction arborization, muscle fiber types, functional capacity and executive functioning in elderly men and women	
Committee Chair	Chantis Mantilla	Doctoral Dissertation	Comparison Between a Comprehensive Wellness-Based After-School Program on Measures of Physical Fitness, Health-Related, and Executive Cognitive Function Variables in Minority Elementary School Children.	August 2014
Committee Chair	Melissa Marcus	Doctoral Dissertation	A Comparison of Physiological and Psychological Characteristics Among Sport Baton Twirlers, Competitive Cheerleaders, and Modern Dancers.	July 2014
Committee Chair	Stacy Cutrono	Doctoral Dissertation	The Effect of a Community-Based Exercise Program on Inflammation, Metabolic Risk, and Fitness Levels Among Person's Living with HIV/AIDS.	June 2014
Committee Member	Hyung-Pil Jun	Doctoral Dissertation	The effectiveness of Kinesio Tape and the McConnell Taping Technique on neuromuscular characteristics of the vastus medialis oblique and vastus lateralis, joint kinematics and pain in individuals with patellofemoral pain during functional task performance.	June 2014
Committee Member	Amy Lindenmoyer	Master's Thesis	A comparison of multiple frequency versus single frequency bioelectrical impedance techniques for the assessment of body composition.	July 2014

Committee Chair	Yi-Tzu Kuo	Doctoral Dissertation	A Comparison of Body Composition, High Risk Behaviors, Eating and Exercise Habits in a Tri-Racial Group of Collegiate Female Athletes. Fall 2011.	Fall 2011
Committee Chair	Eduard Tiozzo	Doctoral Dissertation	The Effect of Combined Moderate Intensity Training on Immune Functioning, Metabolic Variables, and Quality of Life in HIV-Infected Individuals Receiving Highly Active Antiretroviral Therapy. Fall 2011.	Fall 2011
Committee Member	David Edwards	Doctoral Dissertation	The Effects of an Aquatics Based Swimming Program on Activities of Daily Living in the Elderly	Spring 2011
Committee Chair	Elizabeth Edwards	Doctoral Dissertation	Results from a Pilot Translational Health and Wellness Based Summer Program	Spring 2011
Committee Member	Tom Incledon	Doctoral Dissertation	The effects of a poly nutrient dietary supplement on physiological measures and mood state in resistance trained men	Summer 2010
Committee Member	Daniel H. Serravite	Doctoral Dissertation	Whole body periodic acceleration reduces levels of delayed onset muscle soreness after eccentric exercise	Spring 2010
Committee Member	Kysha Harriell	Doctoral Dissertation	The menstrual cycle does not influence joint position sense, joint kinesthesia, on dynamic balance	Spring 2010
Committee Member	Jochen Kressler	Doctoral Dissertation	Sildenafil does not improve cardiovascular hemodynamics, peak power, or 15-km time trial	Summer 2009

			performance at simulated moderate or high altitudes in men or women	
Committee Chair	Craig Talluto	Doctoral Dissertation	Differences in resting and exercise pulmonary function among sedentary, resistance-trained, and/or aerobically-trained, early symptomatic, HIV-1 seropositive men	Spring 2009
Committee Chair	Jennifer Dohery-Restrepo	Doctoral Dissertation	Continuing professional education in athletic training: Is knowledge acquired and retained?	Spring 2008
Committee Chair	Anthony Musto	Doctoral Dissertation	The effects of an incremental pedometer program on metabolic syndrome components in sedentary overweight women.	Spring 2008
Committee Member	Jeanne Siegel	Doctoral Dissertation	The predictors of overweight in children in grades six through eight	Fall 2007
Committee Member	Kristen Farrell	Master's Thesis	Independent associations between psychosocial constructs and C-reactive protein among healthy women	Fall 2007
Committee Chair	Melisa Mena	Doctoral Dissertation	The dose-response of maternal exercise volume on newborn and placental outcomes	Fall 2007
Committee Chair	Xuwen Wang	Doctoral Dissertation	The development of a women's health appraisal scale to assess menopausal symptoms in Hispanic and white (non-Hispanic) women.	Spring 2006
Committee Member	Damian Stanziano	Doctoral Dissertation	The effects of a 8-week active assisted flexibility program on measures functionality, mobility, power and range of motion in elderly persons	Fall 2005

Committee Member	Attila Zink	Doctoral Dissertation	An analysis of peak power, ground reaction force and velocity during the squat exercise performed at different loads	Summer 2003
Committee Chair	Janet Brill	Doctoral Dissertation	A comparison of different exercise prescriptions combined with a low fat Ad Libitum diet: effects on weight loss, cardiovascular disease risk factors and psychological well-being in premenopausal overweight female	Spring 2001
Committee Chair	Sharon West	Doctoral Dissertation	The effects of Breath-Rite strips on aerobic performance in competitive athletes	Spring 2000
Committee Member	Bradley Webber	Doctoral Dissertation	A biomechanical and electrical analysis and comparison of the squat at different performance velocities	Spring 2000
Committee Member	Jennifer Puhl	Master's Thesis	An evaluation of physiological and performance field testing in women soccer players	Spring 1999
Committee Member	Maurice Duque	Master's Thesis	A kinetic evaluation of performance in selected karate strikes	Spring 1999
Committee Member	Arthur Volker	Master's Thesis	A biomechanical evaluation of the stresses involved in the parallel squat using two Smith machines	Summer 1999
Committee Chair	Linda Crane	Doctoral Dissertation	Relationship of the degree of kyphosis, bone density and activity history to pulmonary function in postmenopausal women with osteopenia	Spring 1999
Committee Chair	Patrick L. Jacobs	Doctoral Dissertation	Effects of lower extremity physical conditioning in	Summer 1997

			paraplegics on metabolic and hemodynamic responses to arm ergometry: a cross-sectional comparison with non-disabled individuals.	
Committee Chair	Galia Maik-Rachline	Master's Thesis	The effects of an acute exercise bout on the immunological-endocrine subsets of pre-aids, HIV-1 seropositive and seronegative, African-American women	Summer 1997
Committee Chair	Mary Loreto Jackson	Doctoral Dissertation	The relationship between magnetic resonance imaging-assessed visceral adipose tissue and coronary risk factors in obese premenopausal black and white women.	Winter 1996
Committee Chair	Okuyama	Master's Thesis	A comparison of cardiovascular risk factors in Japanese-American and Japanese children.	Fall 1996
Committee Chair	Patricia K Bare	Master's Thesis	A comparative study between the presence and absence of N.A.T.A. certified athletic trainers (A.T.C.'s) and the number and severity of injuries reported in South Florida high school varsity football.	Summer 1996
Committee Member	Bradley Webber	Master's Thesis	An electromyographical analysis of the front and back squat.	Spring 1996
Committee Chair	Evelyn Rosenblatt	Master's Thesis	A comparison of nutrient intake, physical activity levels, self-perception and body composition in Caucasian, African-American and Hispanic-American high school females.	Spring 1996
Committee	Cristen L.	Master's	The development and	Spring

Chair	Emley	Thesis	validation of the dietitian's attitudes toward disorders scale.	1996
Committee Member	Susan P. Mullane	Doctoral Dissertation	The fairness and educational value of an undergraduate disciplinary program from a moral development perspective.	Summer 1995
Committee Chair	Marquez-Sterling	Master's Thesis	Effects of a 15-week aerobic training program initiated during the second trimester of pregnancy on selected physiological and psychological variables in previously sedentary primigravidae.	Spring 1994
Committee Member	Daniel P. Ferris	Master's Thesis	The effects of sand as a jumping surface on oxygen consumption, heart rate, and muscular activity.	Spring 1994
Committee Member	John F. Caruso	Doctoral Dissertation	The combined impact of the β_2 agonist, albuterol and isokinetic exercise on the quadriceps muscle group.	Summer 1994
Committee Member	Diana Flipse	Diana Flipse	The effects of various resistance training protocols on muscular performance in an elderly population.	Spring 1993
Committee Member	Sara Louise Digel	Master's Thesis	A mechanical and electromyographical analysis of various ankle support systems.	Spring 1993
Committee Member	Jeffrey R. Keeler	Master's Thesis	The effects of varying warm-up intensities and rest intervals on a cycle ergometer power test.	Spring 1993
Committee Member	Denise Kacsik	Master's Thesis	The activity of the superficial quadriceps at different knee and foot positions during isometric rehabilitative	Spring 1993

exercise

Committee Member	Ilka Lowensteyn	Doctoral Dissertation	Examination of various physiological, biochemical, and psychological parameters in response to a season of training markers of overtraining across a season of training in competitive swimmers.	Summer 1993
Committee Chair	James L. Devitt	Master's Thesis	The effects of an interval aerobic training program in uremic adolescents and young adults on hemodialysis. Summer 1992.	Summer 1992
Committee Chair	Lisa Tremblay	Master's Thesis	The relationship of obesity and physical activity to other coronary risks factors in sixth grade children. Spring 1992.	Spring 1992
Committee Chair	Ilka Lowensteyn	Master's Thesis	Differences in peak blood lactate values in long course versus short course swimming. Winter 1991.	Winter 1991
Committee Chair	Patricia E. Mosher	Doctoral Dissertation	The effects of an aerobic circuit training program on cardiorespiratory endurance, metabolic control and muscular strength in adolescent males with Type I Diabetes Mellitus.	Summer 1989
Committee Chair	Melinda S Roalstad	Master's Thesis	A comparison of Stage II Iron Deficiency in Competitive Triathletes and Distance Runners.	Winter 1985

STUDENT ACCOMPLISHMENTS FOR EXCELLENCE IN GRADUATE WORK

Emily Flanagan	Doctoral Candidate	Finalist in the University of Miami 3-Min Thesis; Winner of the School of Education and Human Development Best Research Project Competition; Presented Research Findings to UM President Frenk at the Board of Trustees	March 2019
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meeting

Yvette Figueroa	Doctoral Candidate	Bouchet Honor Award Society for research in Women's Health	April 2017
Christopher Bailey	Doctoral Candidate	American Kinesiology Association Doctoral Scholar Award for 2015	April 2015
Hyung-Pil Jun	Doctoral Graduate	Thomas S Miller Outstanding Doctoral Student Award	May 2014
Jennifer Raeburn	Doctoral Graduate	Thomas S Miller Outstanding Doctoral Student Award	May 2013
Eduard Tiozzo	Doctoral Graduate	Thomas S Miller Outstanding Doctoral Student Award	May 2012
Amanda Price	Doctoral Graduate	Recipient of the McKnight Scholarship award	2010
Melisa Mena	Doctoral Graduate	Winner of the American Heart Association Regional Grant Award for Cardiovascular Research, \$40,000	July 2004-July 2006
Angie Van Bemden	Doctoral Graduate	Recipient of the Graduate Schools Sixth Annual Research and Creativity Forum	March 2002
Xuwen Wang	Doctoral Graduate	Recipient of the Graduate Schools Sixth Annual Research and Creativity Forum	March 2002
Janet Brill	Doctoral Graduate	Recipient of the School of Education Award for best dissertation	2001
Lani Kempner	Doctoral Graduate	Graduate Student Award for Academic Achievement in Exercise and Sport Sciences Recipient of the Last Research Summer I Funding for Graduate Students	May 1997
Daniel P. Ferris	Master's Graduate	Visiting Scholar, Division of Neurophysiology, Panum Institute, University of Copenhagen	1997
Sharon West	Doctoral Graduate	Recipient of the Benjamin Mingle Award for Academic Excellence, 1996.	1996

Lorteo Jackson	Doctoral Graduate	1. Recipient of the First Annual Graduate Student Research Forum in the Education Category	October 1995
		2. Graduate School Dean's Award for Excellence in Research and Creativity	October 1995
		3. Recipient of the Laura B. Cushman Scholarship Award.	
		4. Graduate School Dean's Award for Excellence in Research and Creativity	May 1995
			April 1995
Tomoki Okuyama	Master's Graduate	Graduate School Dean's Award for Excellence in Research and Creativity	1994

SIGNIFICANT CHAIR ACCOMPLISHMENTS

1. Received approval from the faculty senate to hire 5 new educator faculty in KIN 2017 making our KIN faculty total 23 members strong. This is the first time the KIN department was granted permission to hire 5 new faculty positions within a 3- year time period.
2. First Chair in the School of Education to get three undergraduate majors approved as solo majors. These included: Athletic Training, Sport Administration, and Exercise Physiology. In the past, all School of Education undergraduate majors were required to have a second major in another school i.e., Arts and Sciences. This is no longer the case for the KIN department.
3. Completely revamped all three undergraduate programs in each area in accordance with ACSM, NATA, and NASSM guidelines.
4. Developed a film featuring all three areas and programs of the study-Exercise Physiology, Athletic Training, and Sport Administration.
5. Added 3 new tracks in the graduate Master's degree program in exercise physiology: Clinical and Applied Physiology, Strength and Conditioning, and Nutrition for Health and Human Performance.
6. Added brand new facility, the Max Orovitz Laboratories covering over 12,000 feet of laboratory space with sophisticated equipment.
7. Helped the Athletic Training program to receive National accreditation by the Commission on Accreditation of Athletic Training Education (CAATE), formerly CAAHEP.
8. The credit hours generated from the Kinesiology and Sport Sciences (KIN) department have grown 400% since becoming Chair of the department. The

- program in Sport Administration is now the fastest growing undergraduate and graduate program in the entire School of Education.
9. Responsible for hiring 14 new faculty members (3-tenured; 4 tenure track; 4 clinical; 3 lecturers.) and promoting strong emphasis on scholarly achievement and academic excellence in our department.
 10. Responsible for overseeing the design and functional operation of the newly renovated Laboratory of Clinical and Applied Physiology. We now have a biochemistry and hematology area, a body-composition analysis area, a metabolic area and a cardiopulmonary testing area. Furthermore, undergraduate and graduate laboratory students are learning to operate and interpret data collection generated from a very sophisticated laboratory.
 11. Initiated the first 5-year Accelerated program for Exercise Physiology majors. By taking graduate credits and summer courses in their senior year, KIN majors can now get a graduate degree in five years. Other KIN areas in Sports Medicine and Strength and Conditioning are now following this lead.
 12. Created the Pre-Athletic Training major to facilitate the transition of Freshman students (majors) into the Athletic Training major. Retention improved 200% and enrollment continues to rise.
 13. Offered the first undergraduate course in Sport Administration that is televised to students at ING Academy in Bradenton, FL. These students are attending class live through satellite capabilities through the School of Continuing Education. ING is now interested in developing a satellite Master's degree program in Sport Administration in Bradenton, FL.
 14. Initiated collaboration with the "Study Abroad" program at the University of Miami. Our first study abroad class was in "History of Sport" which took place in Rome, Italy.
 15. Hosted the Translational Health Literacy Workshop for Haitian-American High School Students entering Miami-Edison Health Academy at the Laboratory of Clinical and Applied Physiology, June 14 – July 12, 2006.
 16. Hosted Miami-Dade County Summer-Bridge/Breakthrough Program for minority middle school students at the Laboratory of Clinical and Applied Physiology as part of the Miami Career Day Opportunities in the Health Professions, June 29, 2007.
 17. Invited Guest Speaker, Dr. Bernard Gutin to give a seminar on "Visceral and General Adiposity in Black and White Youths: Relations to Physical Activity, Diet, and Cardiovascular Disease Risk Factors", February 16th, 2007.
 18. Hosted the Kinesiology and Sport Sciences Faculty Retreat, generating the first departmental five-year Strategic Plan which outlined the vision and five-year goals of the Department, January, 2008 and again in 2012.
 19. Creation of the first Kinesiology and Sport Sciences E-Packet which was put on the School of Education Website in August 2009.
 20. Hosted mandatory undergraduate orientation meetings for all undergraduate students.
 21. Hosted mandatory doctoral student orientation seminars.
 22. Facilitated the Graduate Student Research forum bi-monthly

23. Initiated a new outside supporting field in "Women's Health" for doctoral students in Exercise Physiology. These courses will be available online, Spring 2015.
24. Redesigned the web site to include career options in Exercise Physiology.
25. Developed a database for grant opportunities for graduate students conducting exercise physiology-based research.
26. Created an Exercise Physiology Alumni Association and tracking system of all former graduate students who completed KIN programs.
27. Solicited an alumnus to work with the KIN development officer to solicit funding from all KIN alumni for current research projects and scholarship funds for students.
28. Presently creating the first Online Women's Health Certificate program for graduate students in the Health and Medical Science Professions.
29. Created the first offsite Doctoral Assistantships for our students through the Medical School:
 - a. Diabetes Research Institute;
 - b. Jefferson Reaves Community Health Center- in Overtown;
 - c. Sylvester Comprehensive Cancer.
30. Redesigned the undergraduate brochure to include complete information on the Premed track for undergraduate students in KIN Science Programs.
31. Responsible for changing the 5-chapter dissertation requirement to dissertation proposal and manuscript submission that must be defended and submitted upon graduation.
32. Initiated a new curriculum change in the graduate program providing practicums for our graduate students to present their research to KIN students and faculty.
33. Added new Medical School internships for students with "The Miami Project", the "Department of Pediatric and Adolescent Medicine", and the Sports Medicine Department. Added new outside internships with "Don Shula's Fitness Center" and the "Interstate Community Fitness Center".
34. Created a Gross Anatomy pre-requisite class to enable students to better understand and assimilate information in the Gross Dissection Anatomy course.
35. Moved more difficult classes back to junior and senior level.
36. Initiated the country's first joint colloquium featuring diet and exercise for the care of Breast Cancer Patients. Titled "From Surviving to Thriving: Bridging Theory with Practice", this was a joint effort between Sylvester Comprehensive Center, School of Nursing, and School of Education & Human Development.
37. Transitioned the Department name change from "Exercise and Sport Sciences" to Kinesiology and Sport Sciences.
38. Developed the first departmental newsletter in Kinesiology and Sport Sciences called the "**KIN Insider**".
39. Added a new required "Biomechanics" class and an "Evidence Based Sports Medicine" class to the Exercise Physiology and Athletic Training Majors, respectively.
40. Changed the BS degree in Education to a BS degree in Exercise Physiology
41. Created the first "Kinesiology 322 Laboratory Book" for all students, Fall 2015

These significant activities were accomplished while continuing to perform research, write manuscripts, make presentations, chair theses and dissertation committees, supervise projects/field experiences, solicit funding and teach courses in Exercise Physiology.

Chairmanship's Firsts

1. The first Strength and Conditioning Master's Degree Track
2. The first licensed Athletic Training Program
3. The first Masters and Doctoral Programs in Exercise Physiology
4. The first undergraduate-approved programs in Sport Administration and Exercise Physiology
5. The first Nutrition and Integrative Physiology Master's degree program.
6. The first Interdisciplinary online Women's Health Certificate Program.
7. The first departmental Facebook page.
8. The first community partnership with the YMCA conducting the THINK program
9. The first Kinesiology and Sport Sciences Department's feature film.
10. The first to receive Faculty Senate approval for "five" new educator faculty hires in the Kinesiology and Sport Sciences program