

10/19/18

**VITA**  
**MAYRA C. SANTIAGO**

**PERSONAL DATA**

269 Pearson Hall  
Kinesiology Dept.  
Temple University  
Philadelphia, PA 19122  
(215) 204-8719  
(215) 204-4414 Fax  
mayra.santiago@temple.edu

**EDUCATION**

- Ph.D., 1990            **University of Minnesota**  
Kinesiology (Exercise Physiology)  
Dissertation: Effects of a 40-week walking program of twelve miles per week on physical fitness, body composition, and blood lipids and lipoproteins in sedentary women.
- M.A., 1986            **University of Minnesota**  
Kinesiology (Exercise Physiology)  
Thesis: Comparison of the effects of walking or jogging twelve miles per week for twenty weeks on cardiorespiratory variables in sedentary women
- M.Ed., 1979           **Harvard University**  
College of Education (Educational Administration, Planning, and Social Policy)
- B.A., 1974            **Hollins College**  
Pre-Medicine, Natural Science Divisional Major

**PROFESSIONAL EXPERIENCES**

- 1989 to present      Associate Professor, Kinesiology Department  
College of Public Health, **Temple University**  
Philadelphia, PA
- 01/2013 to 7/2015   Assistant Chair for Graduate Programs, Kinesiology Department  
College of Public Health, **Temple University**  
Philadelphia, PA
- 01/2010 to 12/2012   Graduate Program Coordinator, Kinesiology Department  
College of Public Health, **Temple University**  
Philadelphia, PA

- 1998 to 2000      Assistant Dean for Research and Development,  
College of Education, **Temple University**  
Philadelphia, PA.
- 1989 to 2005      Research Faculty, Biokinetics Research Laboratory, Kinesiology  
Department, College of Health Professions & Social Work  
**Temple University**, Philadelphia, PA
- 1993 to present    Director, Exercise Science Center, Kinesiology Department  
College of Public Health, **Temple University**  
Philadelphia, PA
- 1994 to 2000      Affiliated Faculty of Women's Studies, College of Liberal Arts,  
**Temple University**, Philadelphia, PA
- 1997 to 2005      Affiliated Faculty of the Latin American Studies Center, College of  
Liberal Arts, **Temple University**, Philadelphia, PA
- 1995 to 1997      Adjunct Faculty (Graduate and Undergraduate),  
**Philadelphia College of Pharmacy and Science**  
Philadelphia, PA
- 1983 to 1989      Graduate Teaching Assistant, Kinesiology Department  
College of Education  
**University of Minnesota**, Minneapolis, MN
- 1986 to 1989      Graduate Research Assistant, Human Performance Laboratory  
**University of Minnesota**, Minneapolis, MN
- 1979 to 1980      Assistant Principal and Instructor, **Atlantic High School for Young  
Women**, Boston, MA (Mathematics and Science)
- 1975 to 1978      Secondary and Intermediate School Mathematics and Science  
Teacher  
**Baldwin School of Puerto Rico**, Guaynabo, PR

## GRANTS

### Funded

Exercise Consultant, Research Incentive Funds, Temple University, Use of technology-enhanced recreation activities with adults with Intellectual Disabilities to promote physical activity, Therapeutic Recreation Department, College of Health Professions, Funded 2008-2009

\$393,353 Three-Year Grant from the National Institutes of Health (National Center for Medical Rehabilitation Research): "Promotion of Health and Wellness in Women with Physical Disabilities." Principle Investigator, Catherine P. Coyle; Co-Principle Investigator, **Mayra C. Santiago**. Submitted May 1996; Funded October, 1996; Non-funded continuation, September 1999 through August 2000.[NIH-NCMRR # RO1HD35059-01-02-03]

\$52,000 University-Wide Grant for Undergraduate Laboratory Equipment, Temple University; **M. C. Santiago**, W. Oddou and D. Hilsendager. Funded Spring, 1992.

\$5,000 Grant-in-Aid for Research, Artistry, and Scholarship, Graduate School of the University Minnesota, **M. C. Santiago**, A. S. Leon and R. C. Serfass. Funded Fall, 1986.

### Submitted (not funded)

\$451,500 Two-Year Grant by the National Institutes of Health: "Self-Regulation and Adaptation in Multiple Sclerosis." Submitted February 1, 2004. Principle Investigator, Catherine P. Coyle; Co-Principle Investigator, **Mayra Santiago**.

## MANUSCRIPTS ACCEPTED FOR PUBLICATION

### MANUSCRIPTS SUBMITTED FOR PEER-REVIEW

Mastrangelo, M.A., Swanik, C.B., Newton, R., Swanik, K.A., & **Santiago, M.** A comparison of kinematics and metabolic cost during forward and backward treadmill walking. Submitted for review to *Journal of Physical Activity and Health*, December, 2008.

### CONSENSUS PAPER

Physical activity in women with physical disabilities. (Fall 2003). For: *Symposium on the Health of Women with Physical Disabilities*, Sponsored by The Center for Research on Women with Disabilities, Baylor University, Houston, TX. Funded by Centers for Disease Control, Atlanta, GA. (Co-authored with J. Rimmer, University of Illinois at Chicago; K. Froehlich, University of Kansas; & C. Coyle, Temple University). (Available from URL: <http://www.crowdbcm.net/fnlrpt.htm>)

## PUBLICATIONS

### Technical Report

Coyle, C.P. & **Santiago, M.C.** (Nov. 2000). Final Report to the National Center for Medical Rehabilitative Research of the National Institutes of Health: Promotion of Health and Wellness in Women with Physical Disabilities.

### Book

Coyle, C.P., **Santiago, M.**, Thompson, H., Boyd, R., Shank, J., Ma, G., Shapiro, S., Holbeck, J., Cavanagh-Dick, M., Marfisi, C., & Shank, D. (August, 1997). *Charting your course to health & wellness: A health promotion packet for women with physical disabilities*. Philadelphia, PA: Temple University.

### Book Chapter

**Santiago, M. C.** (2004). Exercise and physical activity options. In S. L. Welner & F. Haseltine (Eds.), *Welner's guide to the care of women with disabilities* (217-229). Philadelphia, PA: Lippincott, Williams, & Wilkins.

### Manuscripts (\* Refereed Publications; \*\* Invited Publications)

Kim, B., Kim, JS., Yoon, Y., **Santiago, M.C.**, Brown, M.D., & Park, JY. (2013). Inhibition of Drp-1-dependent mitochondrial division impairs myogenic differentiation. *American Journal of Physiology – Regulatory, Integrative and Comparative Physiology*, 305(8), R927-38.\* (I.F. = 3.34)

Jimenez, C.C., **Santiago, M.C.**, Sitler, M.R., Boden, G., Homko, C.J. (2009). Insulin- sensitivity response to a single bout of resistive exercise in Type 1 Diabetes Mellitus. *Journal of Sport Rehabilitation*, 18, 564-571. \*

McBride, M.G., Kirshbom, P.M Gaynor, J.W., Ittenbach, R.F., Wernovsky, G., Clancy, R.R., Flynn, T.B., Hartman, D.M., Thomas L. Spray, T.L., Tanel, R.E., **Santiago, M.C.**, Paridon, S.M. (2007). Late Cardiopulmonary and Musculoskeletal Exercise Performance Following Repair for Total Anomalous Pulmonary Venous Connection During Infancy. *Journal of Thoracic and Cardiovascular Surgery*, 133, 1533-9. \*

**Santiago, M.C.** & Coyle, C.P. (2004). Leisure-time physical activity among women with physical disabilities. *Therapeutic Recreation Journal*, 38, 188-205.\*

**Santiago, M.C.** & Coyle, C.P. (2004). Leisure-time physical activity and secondary conditions among women with physical disabilities. *Disability and Rehabilitation: An International, Multidisciplinary Journal*, 26, 485-94.\*

Miller, T.L., Mattacola, C.G., & **Santiago, M.C** (2004). Influence of varied, controlled distances from the crank axis on physiological responses during arm crank ergometry. *Journal of Exercise Physiology*, 7(3), (available from URL: <http://www.asep.org/FLDR/Jep/Doc/June2004/MillerV2.doc>) \*

Coyle, C.P. & **Santiago, M.C.** (2002, July). Health care utilization among women with physical disabilities. *Medscape Women Health eJournal*, (serial online). Available from: URL: <http://www.medscape.com/viewarticle/433156>.\*

Coyle, C.P., **Santiago, M.C.**, Shank, J.W., Ma, G.X., & Boyd, R. (2000). Secondary conditions and women with physical disabilities: A descriptive study. *Archives of Physical Medicine & Rehabilitation*, 81, 1380-7.\*

Coyle, C.P., & **Santiago, M.C.** (1995). Letters to the Editor: Neurobiology of depressive symptoms. In response to: Aerobic exercise training and depressive symptomatology in adults with physical disabilities. *Archives of Physical Medicine & Rehabilitation*, 76, 1179.\*\*

**Santiago, M.C.**, Leon, A.S., & Serfass, R.C. (1995). Failure of 40-weeks of brisk walking to alter blood lipids in normolipemic women. *Canadian Journal of Applied Physiology*, 20(4), 417-428.\*

Coyle, C.P., & **Santiago, M.C.** (1995). Aerobic exercise training and depressive symptomatology in adults with physical disabilities. *Archives of Physical Medicine & Rehabilitation*, 76, 647-652.\*

**Santiago, M.C.**, Coyle, C.P., & Kinney, W.B. (1993). Effects of aerobic exercise in individuals with physical disabilities. *Archives of Physical Medicine & Rehabilitation*, 74, 1192-1198.\*

Coyle, C., Kinney, T., Blair, D., & **Santiago, M.** (1991, Fall). Benefits of physical exercise for individuals with a disability: Two case studies. *Pennsylvania Recreation and Parks Magazine*, pp. 4-7.\*

**Santiago, M.C.**, Alexander, J.F., Stull, G.A., Serfass, R.C., Hayday, A.M., & Leon, A.S. (1987). Physiological responses of sedentary women to a 20-week conditioning program of walking or jogging. *Scandinavian Journal of Sports Sciences*, 9(2), 33-39.\*

### Book Contribution

**Santiago, M.C.** (May 2000). Chapter 10: Exercise for faster, easier weight loss. In: Peikin, S. R. *The complete book of diet drugs* (pp. 99-113). Kensington Publication Corp: N.Y., N.Y.

Coyle, C.P. & **Santiago, M.C.** (1996). Depression, aerobic training, and physical disabilities. In K Simpson, J. Ekdahl, K.R. Hamilton, J. Bellissimo, & C. Sauer (Eds). *The experts speak, 1996: The role of nutrition in medicine.* p. 96. Sacramento, CA: I.T. Services.

Abstracts (\* Refereed Publications)

Witmer, C.A., Kendrick, Z.K., Libonati, J.R., Brown, M.D., Davis, S.E., **Santiago, M.C.**, & Moir, G.L. (2013). The Effects of Acute Exposure to Moderate Hypoxia During Different Phases of Repeated-Sprint Cycling on Fatigue and Anaerobic Power Reserve. *Journal Strength & Conditioning Research*, 27, S4.

Schrader, G.R., **Santiago, M.C.** (2008). Effects of moderate intensity and duration exercise in hot and humid environments on exercise performance in wheelchair athletes. *Medicine & Science in Sports & Exercise*, 40, Supplement.

Raffin, J.T., Dixon, C.B., **Santiago, M.** (2007). Perceptual and physiological responses to arm crank exercise at varied crank rates in females. *Medicine & Science in Sports & Exercise*, 39, S447.

**Santiago, M.C.**, Mintlaff, M., Coyle, C.P. (2004). Relationship between self-report physical activity and physical fitness in active and low-active U.S. Air Force members. *Medicine & Science in Sports & Exercise*, 36:S5 S307-8.\*

Mintlaff, M, Coyle, C.P., **Santiago, M.C.** (2004). Physical activity and perceived health in a sample of active-duty U.S. Air Force members. *Medicine & Science in Sports & Exercise*, 36:S5, S308.\*

Mastrangelo, M.A., Swanik, C.B., **Santiago, M.**, & Swanik, K.A. (2004). Kinematic and metabolic cost of forward vs backward treadmill walking. *Journal of Athletic Training*, 39(S2), S95.\*

Jimenez, C.C., Boden, G., Sitler, M.R., Homko, C.J., **Santiago, M.C.** (2002). Acute effects of a single bout of resistance exercise on insulin sensitivity in Type-1 Diabetics. *Journal of Athletic Training*, 37 (2) Suppl.S-43.\*

Milham, D. & **Santiago, M.C.** (2001). The effects of an auditory quantum behavior on selected cardio-respiratory and metabolic variables during steady-rate exercise. *Medicine & Science in Sports & Exercise*, 33, S306.\*

**Santiago, M.C.**, Miller, T.L., & Schrader, G.R. (1999). Predictability of peak heart rate when distance from the crank axis is controlled during arm crank ergometry (ACE) with adult women. *Medicine & Science in Sports & Exercise*, 31\_S155.\*

Miller, T.L., Schrader, G.R., & **Santiago, M.C.** (1999). Physiological responses during arm crank ergometry (ACE) at various distances from the crank axis with adult women. *Medicine & Science in Sports & Exercise*, 31, S155.\*

Schrader, G.R., Miller, T.L., & **Santiago, M.C.** (1999). Validation of Polar Vantage XL heart rate monitor during arm crank ergometry (ACE) in adult women. *Medicine & Science in Sports & Exercise*, 31, S154.\*

**Santiago, M.C.**, Cavanagh-Dick, M., Thompson, H.C., & Coyle, C.P. (1998). Physical activity patterns of adult women with physical disabilities. *Medicine & Science in Sports & Exercise*, 30, S161.\*

Miller, T.L., Cavanagh-Dick, M., Oddou, W.E., & **Santiago, M.C.** (1998). Accuracy of ACSM's equation for estimating VO<sub>2</sub> during submaximal arm crank ergometry (ACE) in women. *Medicine & Science in Sports & Exercise*, 30, S328.\*

Oddou, W.E., Cavanagh-Dick, M., Miller, T.L., & **Santiago, M.C.** (1998). Accuracy standard age-predicted max HR equation with arm crank ergometry (ACE) in women. *Medicine & Science in Sports & Exercise*, 30, S329.\*

Cavanagh-Dick, M., Miller, T.L., Oddou, W.E., & **Santiago, M.C.** (1998). Prediction of peak VO<sub>2</sub> using arm crank ergometry (ACE) in women. *Medicine & Science in Sports & Exercise*, 30, S330.\*

Brandley, D., **Santiago, M.**, & Oddou, W. (1996). Influence of step height and frequency on cardiac and metabolic work during stairclimbing ergometry. *Medicine & Science in Sports & Exercise*, 28, S207.\*

Scanga, C.B., Verde, T.J., Paolone, A., **Santiago, M.C.**, Andersen, R.E., & Wadden, T.A. (1995). Effects of weight loss and exercise training on Natural Killer Cells in Obese Women. *Medicine & Science in Sports & Exercise*, 27, S68.\*

Raffin, J., Kowal, M., Oddou, W., & **Santiago, M.** (1994). Overestimation of body fat from estimated residual lung volume measures in paraplegic wheelchair athletes. *Medicine & Science in Sports & Exercise*, 26, S77.\*

Andersen, R.E., Miles, D.S., Wadden, T.A., Bartlett, S.J., **Santiago, M.**, & Kendrick, Z.V. (1993). The accuracy of bio-electric impedance in measuring body composition in obese women. *Canadian Society of Exercise Physiology*.\*

**Santiago, M.C.** (1992). Changes in depressive symptomatology and aerobic capacity in adults with physical disabilities. *Medicine & Science in Sports & Exercise*, 24, S73.\*

**Santiago, M.C.**, Leon, A.S., & Serfass, R.S. (1989). Effects of a 40-week walking program on physical fitness, body composition, and blood lipids in women. *Medicine & Science in Sports & Exercise*, 21, S75.\*

## BOOK REVIEW

Textbook Reviewer for Mayfield Publishing. Summer, 1997. Textbook: *Exercise physiology*, by Brooks, Fahey, & White (1995).

**Santiago, M.C.** (1992). *Medicine & Science in Sports & Exercise*, 24, 149.  
Book: Byrne, K.P. (1991). *Understanding and managing cholesterol: A guide for wellness professionals*. Champaign, IL: Human Kinetics.

## SCIENTIFIC JOURNAL REVIEWER

Reviewer for *Disability & Rehabilitation Journal: An International, Multidisciplinary Journal*, 2004, 2005.

Reviewer for *Preventive Medicine*, 2009

## MANUALS

**Santiago, M.C.** (2017). *The physiology of physical activity: Laboratory experiences*. Philadelphia, PA: Temple University.

Lewis-Moore, L., **Santiago, M.C.**, Crawford, P., Wygoda-Goldstein, J., Olds, C., & Telles, J.L. (1994). *Latino Health Issues Forum - a Community Based Health Initiative: A report of the disabilities issues task force*. Philadelphia, PA: Delaware Valley Health Education & Research Foundation.

Evaul, T., & **Santiago, M.** (1992). *The basics of walking and jogging*. Philadelphia, PA: Temple University.

**Santiago, M.** (1991). *Fitness instructors manual, Part 1*. Philadelphia, PA: Image Quest.

## PRESENTATIONS (\* Refereed Presentations; \*\* Invited Presentations)

### National Level

Co-Presenter: The Effects of Acute Exposure to Moderate Hypoxia During Different Phases of Repeated-Sprint Cycling on Fatigue and Anaerobic Power Reserve. National Strength and Conditioning Association Annual Meeting, Providence, RI. July 2012.

Co-Presenter: Effects of moderate intensity and duration exercise in hot and humid environments on exercise performance in wheelchair athletes. 55<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 2008 \*



Co-Presenter: Exercise and thermoregulatory safety considerations for individuals with high-level spinal lesions: A case study. 4<sup>th</sup> International Conference on Health, Fitness, & Active Living, Athens Institute for Education and Research, Athens, Greece, May 2008 \*

Co-Presenter: Perceptual and physiological responses to arm cycle exercise at varied crank rates in females. 54<sup>th</sup> Annual Meeting of the American College of Sports Medicine, New Orleans, LA, May 2007 \*

Presenter: Relationship between self-report physical activity and physical fitness in active and low-active U.S. Air Force members. 51<sup>st</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 2004. \*

Co-Presenter: Physical activity and perceived health in a sample of active-duty U.S. Air Force members, 51<sup>st</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 2004. \*

Co-Presenter: The effects of an auditory quantum behavior on selected cardio-respiratory and metabolic variables during steady-rate exercise. 48<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Baltimore, MD, June 2001. \*

Presenter in a Clinical Colloquium: Exercise Prescription for Special Populations--from Research to Practice: Exercise Prescription for Women with Physical Disabilities. 47<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 2000. \*

Presenter in a Clinical Colloquium: Applying the Surgeon General's recommendations on physical activity to special populations. 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle, WA, June 1999. \*

Presenter: Predictability of peak heart rate when distance from the crank axis is controlled during arm crank ergometry (ACE) with adult women. 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle, WA, June 1999. \*

Co-Presenter. Physiological responses during arm crank ergometry (ACE) at various distances from the crank axis with adult women. 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle, WA, June 1999. \*

Co-Presenter. Validation of Polar Vantage XL heart rate monitor during arm crank ergometry (ACE) in adult women. 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle, WA, June 1999. \*

Presenter: Physical activity patterns in adult and older women with physical disabilities. 7<sup>th</sup> National Health and Education Symposium, National Girls and Women in Sports: *Of Primary Concern: Health and the Female*, Pittsburgh, PA February 1998.\*

Presenter: Physical activity patterns of adult women with physical disabilities. 45<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Orlando, FL, June 1998. \*

Co-Presenter: Accuracy of standard age-predicted max HR equation with arm crank ergometry (ACE) in women. 45<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Orlando, FL, June 1998. \*

Co-Presenter: Accuracy of ACSM's equation for estimating VO<sub>2</sub> during submaximal arm crank ergometry (ACE) in women. 45<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Orlando, FL, June 1998. \*

Co-Presenter: Prediction of peak VO<sub>2</sub> using arm crank ergometry (ACE) in women. 45<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Orlando, FL, June 1998. \*

Co-Presenter: Health Care Utilization Among Women with Physical Disabilities. American Public Health Association—Disability Forum, Washington, DC, November 1998.\*

Co-Chair of the Session: “Pre-Menopausal Women: Ages 25-55 years.” National Leadership Conference on Physical Activity and Women's Health, U.S. Department of Health and Human Services, U.S. Public Health Office on Women's Health. Washington, DC, February 1997. \*\*

Co-Presenter: Preventing and managing secondary conditions in women with physical disabilities. National Women's Studies Association Conference, St. Louis, MO. June, 1997.\*

Co-Presenter: Needs Assessment Concerning Health Promotion and Wellness Among Women with Physical Disabilities. American Public Health Association—Disability Forum, Indianapolis, IN, November 1997.\*

Co-Presenter: Influence of step height and frequency on cardiac and metabolic work during stair-climbing ergometry. 43<sup>rd</sup> Annual Meeting of the American College of Sports Medicine, Cincinnati, OH, May 1996. \*

Co-Presenter: Overestimation of body fat from estimated residual volume measures in paraplegic wheelchair athletes. 41<sup>st</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN; May 1994. \*

Presenter: Changes in depressive symptomatology and aerobic capacity in adults with physical disabilities. 39<sup>th</sup> Annual Meeting of the American College of Sports Medicine Dallas, TX, May 1992. \*

Co-Presenter: Recruitment of minority students: The Bridge program between the Fitness and Health Academy of the Philadelphia Public Schools and the Physical Education Department of Temple University. National Convention of the American Alliance of Health, Physical Education, Recreation, and Dance, Indianapolis, IN; April, 1992. \*\*

Co-Presenter: Effects of aerobic exercise on individuals with physical disabilities. National Conference on the Benefits of Therapeutic Recreation and Rehabilitation, Temple University, Philadelphia, PA; September 1991. \*\*

Presenter: Effects of a 40-week walking program on physical fitness, body composition, and blood lipids in women. 36<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Baltimore, MD; May 1989. \*

Presenter: Comparison of a twenty-week training program of walking or jogging three miles, four times per week on cardiorespiratory fitness, body composition, and plasma lipoprotein in women. National Convention of the American Alliance of Health Physical Education, Recreation, and Dance, Cincinnati, OH; April 1986. \*

#### International Level

Presenter: Effects of twelve weeks of aerobic exercise in individuals with physical disabilities. Eighth International Symposium on Adapted Physical Activity, Miami, FL; November 1991. \*

Presenter: Fitness and health for you. Annual Meeting of the International Association of Laryngectomees, St. Paul, MN; 1986. \*\*

#### Regional Level

Co-Presenter: Validation of Polar Vantage XL heart rate monitor during arm crank ergometry (ACE) in adult women. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, Split Rock, PA. November 2000. \*

Presenter: Accuracy of standard age-predicted max HR equation with arm crank ergometry (ACE) in women. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, Pennsylvania State University, State College, PA. November 1997. \*

Co-Presenter: Prediction of peak  $\text{VO}_2$  using arm crank ergometry (ACE) in women. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, Pennsylvania State University, State College, PA. November 1997. \*

Co-Presenter: Accuracy of ACSM's equation for estimating  $\text{VO}_2$  during submaximal arm crank ergometry (ACE) in women. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, Pennsylvania State University, State College, PA. November 1997. \*

Co-Presenter: Health promotion and wellness among women with physical disabilities. College of Physicians, Philadelphia, PA. May 1997. \*

Co-Presenter: Influence of step height and frequency on cardiac and metabolic work during stair-climbing ergometry. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, University of Maryland, College Park, MD, November 1995. \*

Presenter: Changes in depressive symptomatology and aerobic capacity of individuals with physical disabilities. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, Westminster, MD; February 1992. \*

#### Local/University Level

Co-Presenter: Using Technology-Enhanced Recreation Activities with Adults with Intellectual Disabilities (ID) to promote physical activity: A pilot study. College of Health Professions Research Day, April 16, 2009.\*

Presenter: Scientific data in a field-based setting: A paradigm shift from laboratory to reality. Center on Research in Education, Workshop/Seminar Series, College of Education, Temple University, Spring 1999. \*\*

Presenter: Exercise your options. Focus on Women Conference, Anoka-Ramsey Jr. College, Minnesota; October 1986. \*\*

Presenter: Walk for the health of it! Keynote Speaker, Annual Meeting of the Physical Education Women's Alumni Association, University of Minnesota; May 1985. \*\*

### **TRAINING WORKSHOPS**

Research Priorities for Women with Physical Disabilities. In-Service Staff Training Workshop, Department of Physical Medicine and Rehabilitation at Temple University Hospital, Philadelphia, PA; October 2000.

Aerobic exercise training and cardiovascular fitness, body composition, and blood lipids in physically disabled individuals. In-Service Staff Training Workshop, Department of Physical Medicine and Rehabilitation, Temple University Hospital, Philadelphia, PA; October 1991.

Training workshops on exercise physiology to aerobic fitness instructors for:

Image Quest Fitness Instructors, Philadelphia, PA, 1990-1991

Minnesota State YMCA Certification Program for Aerobic Instructors, 1987-1989

Recreational Sports Department, University of Minnesota, 1985-1989

Sports Services, Minneapolis, MN, 1988-1989

### **HONORS AND RECOGNITIONS**

#### Fellow Status

American College of Sports Medicine, May, 1997 to 2017

Teaching Award, Temple University

Recipient of the Distinguished Teaching Award, Senior Faculty, College of Education, 2000-2001

Teaching Award, National Recognition

Multiple Year Honoree, Who's Who Among America's Teachers (7<sup>th</sup> & 8<sup>th</sup> edition), 2003, 2004

Faculty Merit Awards from Temple University

Academic Year 2016-2017: Outstanding Teaching and Service Award

Academic Year 2014-2015: Outstanding Teaching and Service Award

Academic Year 2008-2009: Outstanding Service Award

Academic Year 2003-2004: Outstanding Scholarship, Outstanding Teaching, and Special Merit Awards

Academic Year 2000-2001: Outstanding Teaching Award

Academic Year 1999-2000: Outstanding Scholarship and Outstanding Service Awards

Academic Year 1998-1999: Outstanding Scholarship and Outstanding Service Awards

Academic Year 1997-1998: Outstanding Scholarship Award

Academic Year 1996-1997: Outstanding Teaching Award

Academic Year 1995-1996: Outstanding Teaching Award

Academic Year 1994-1995: Outstanding Teaching and Outstanding Scholarship Awards

Academic Year 1993-1994: Outstanding Teaching Award

Academic Year 1992-1993: Outstanding Teaching Award

Academic Year 1991-1992: Outstanding Teaching, Outstanding Scholarship, and Special Achievement Awards

Academic Year 1990-1991: Outstanding Teaching and Outstanding Scholarship via Special Achievement Award

Academic Year 1989-1990: Outstanding Teaching Award

Others

Featured in Faculty Profile Series, 2009-2010, Office of Multicultural Affairs (OMCA), Temple University

J. Anna Norris Scholarship for Outstanding Female Physical Education Graduate Student, University of Minnesota, 1988

Doctoral Fellowship for Minority Graduate Student, University of Minnesota, 1984-1985

Outstanding Teacher of the Year, Baldwin School of Puerto Rico, 1977-1978

Featured in

Who's Who Among Hispanic Americans, Gale Research Inc., Detroit, MI, 1994

Cable News Network TV (CNN) News, Health Segment on research with adults with physical disabilities, May, 1990

WPVI TV Evening News (ABC Affiliate), Philadelphia, PA Health Segment on research on the physically disabled, May, 1990

KSTP TV Evening News (ABC Affiliate), Minneapolis, MN Health Segment on walking research, 1988

WCCO TV (CBS Affiliate), Minneapolis, MN Matrix Program: To Walk or To Jog? Segment on walk versus jog research, 1985

**NATIONAL SERVICE**

National Ad-Hoc Committee on Mentoring of Minorities, American College of Sports Medicine, 1997-8

National Area Representative for Review of Scientific Papers

Topic Area: **Exercise Evaluation**

Sub-Category: **CardiopulmonaryEvaluation**

1996 Annual Meeting of the American College of Sports Medicine, Cincinnati, OH

1995 Annual Meeting of the American College of Sports Medicine, Minneapolis, MN

1994 Annual Meeting of the American College of Sports Medicine,  
Indianapolis, IN

National Reviewer of Scientific Papers

Topic Area: **Exercise Evaluation**

Sub-Category: **Cardiopulmonary Evaluation**

1993 Annual Meeting of the American College of Sports Medicine, Seattle,  
WA.

1992 Annual Meeting of the American College of Sports Medicine, Dallas, TX

Topic Area: **Exercise Physiology**

1996 Annual Meeting of the American Alliance of Health, Physical Education,  
Recreation, and Dance, Atlanta, GA

Presidential Task Force on Minority Relations, Eastern District Association of the  
American Alliance Health, Physical Education, Recreation, and Dance, 1993-1995

**TEMPLE UNIVERSITY SERVICE**

University's Graduate Board, 3-Year Appointment, 2013-2016

University Institutional Review Committee for the Protection of Human Subjects,  
Subcommittee B, 1996-2011

Search Committee for Dean of the College of Education, Spring/Fall 2001; Spring 2002

Asociacion de Profesores Latinos, Core Committee, 1993-2000

Latino Heritage Core Organizing Committee, Spring 1999

University Affirmative Action Committee, 1996-1998

Provost's Latino Initiative Committee, 1996-1998

Faculty University Marshall, University Commencement Ceremony, Spring 1994-2010

Faculty Affirmative Action Committee, Presidential Standing Committee, 1991-1999

Faculty Senate University Committee on the Status of Women, 1993-1996

**COLLEGE OF PUBLIC HEALTH SERVICE**

National Search Committee, Chairperson, Kinesiology Department, 2017

National Search Committee, Chairperson, Kinesiology Department, 2012

Graduate Council Committee, Spring 2010-2015

Ad-Hoc Committee for determination of new college name, Summer 2014

Promotion and Tenure Committee, 2007-2009, 2009-2011, 2011-2013, 2012-2014

Under-Graduate Council Committee, 2008-2009, 2009-2010

### **COLLEGE OF EDUCATION SERVICE**

Dean's Executive Committee, 1998-2000

Teaching Enhancement Committee, Fall 1998-present

Ad-Hoc Merit Criteria Committee, Fall 1998

Temple Educational Research Association (TERA), 1999 Conference Planning Committee

### **HPERD COLLEGE SERVICE**

HPERD Personnel Committee, 1995-1996

HPERD Study and Research Leave Committee, 1995-1997

HPERD Grievance Committee, Representative-at-Large, 1993-1994

HPERD Undergraduate Committee, Representative-at-Large, 1990-1993; Chair, 1991-1992

Carnell Professorship Award Selection Committee, 1990

### **KINESIOLOGY DEPARTMENT SERVICE**

Supervisor, two newly established Exercise and Sport Science Lab Manager Positions, Fall 2017 to present

Advisory Committee Member, renovation and creation of a new Exercise and Sport Science Center, Fall 2017 to present

Faculty Member, Exercise and Sport Science Program Group, BS degree, Fall 2017 to present



Advisory Member, BS Degree in Kinesiology, Spring 2018 to present

Pre-Tenure Review Committee, 3<sup>rd</sup> Year Tenure-Track Faculty review, Fall 2017

Search Committee, Director of Exercise and Sport Science Major, Spring 2017

Search Committee, Exercise and Sport Science Major, Non-Tenure Track Position, Kinesiology Department, Spring 2017

Search Committee, Exercise and Sport Science Major, Non-Tenure Track Position, Kinesiology Department, Spring 2017

Assistant Chair for Graduate Programs, Jan 2013 – 2015

- Graduate Coordinator, Spring 2010 – Dec 2012

Spear-headed Doctoral Program Review by the National Association of Kinesiology for Programmatic National Ratings, Fall 2014 – Spring 2015

Chair, Search Committee, Tenure Track Position in Integrative Exercise Physiology, Fall 2014 – Spring 2015

Spear-headed for Department the Interdisciplinary Neuromotor Science for MS Graduate Degree Committee between Kinesiology and Physical Therapy, Summer 2014 - Spring 2015

Spear-headed for Department the Interdisciplinary Neuromotor Science PhD Graduate Degree Committee between Kinesiology and Physical Therapy, Summer 2014 - Spring 2015

Contributor, Professional Master's Degree in Athletic Training, Summer 2014 - Spring 2015

Contributor, On-line Clinical Doctoral Degree in Athletic Training, Summer 2014 - Spring 2015

Chair, Search Committee, Tenure Track Position in Neuromotor Science, Fall 2013 – Spring 2014

Chair, Search Committee, Tenure Track Position in Integrative Exercise Physiology, Fall 2013 – Spring 2014

Search Committee, Anatomy & Physiology and Exercise Science Non-Tenure Track Position, Spring-Summer, 2013

Chair, Search Committee, Exercise Science Coordinator and Non-Tenure Track Position in Exercise Science, Summer 2012

Co-Director, Exercise Science Center, 1993 to present

Kinesiology Assembly Chairperson, 2000-2001, 2001-2002, 2004-2005, 2005-2006,  
2006-2007

Department Administrative Committee, 2000-2001, 2001-2002, 2004-2005, 2005-2006,  
2006-2007

Department Strategic Planning Committee, 2000-2001

Presidential Search Committee, Kinesiology Behavioral Science Position, 2008-2009

Presidential Search Committee, Chairperson, Exercise Physiology Graduate Position,  
1999-2000

Presidential Search Committee, Athletic Training Graduate Position, 1998-1999

Presidential Search Committee, Athletic Training Undergraduate Position, 1998-1999

Presidential Faculty Search Committee, Curriculum and Instruction Position 1992-1993

Biokinetics Research Laboratory, Somatic Science Representative, 2002-2004

Somatic Sciences Committee, Chair, 1989-1990, 2003-2004, 2004-2005; member, 1990-  
present

Ombudsperson, 1992-1993, 1993-1994, 1994-1995

Human Subject Review Committee, Co-Chair, Spring, 1993, 1993-1994, 1994-1995

Personnel Committee, 1991-1992 (Secretary); 1993-1994, 1996-1997, 2000-2001, 2003-  
2004, 2004-2005, 2005-2006, 2007-2008, 2008-2009, 2009-2010, 2011-2012, 2012-2013

Dean's Appointment Search Committee, Curriculum and Instruction Position, 1991-1992

Talent and Diverse Committee, 1989-1996

Long-Range Planning Committee, 1989-1991

Division-II (Undergraduate) Committee, 1989-present

Division-III (Graduate) Committee, 1989-present

Graduate Admissions Committee, 1990-1991, 1991-1992

## **TEACHING**

**Courses at Temple University (\* Primary teaching responsibilities)**

PE-001	Introduction to Human Movement (guest lecturer)
PE-019	Weight Training
PE-101	Human Anatomy and Physiology (second semester)
Kines-2203*	Physiology of Physical Activity
Kines-2203*	Physiology of Physical Activity labs
Kines-2203*	Supervision of lab teaching instructors and lab managers
Kines-4311/5311*	Advanced Exercise Physiology
Kines-4312*	Exercise and Nutrient Metabolism
PE-444	Rehabilitation Methods and Techniques for Sports Related Injuries (guest lecturer)
SLS-347/547	Therapeutic Recreation and Physical Disabilities (guest lecturer)

**PROFESSIONAL AFFILIATIONS**

American College of Sports Medicine, 1983-present  
 Mid-Atlantic States Regional Chapter, 1992-2004  
 Northland Regional Chapter, 1985-1988

American Alliance for Health, Physical Education, Recreation, and Dance, 1983-2003

Amateur Softball Association (Umpires), 1982-1989  
 Minneapolis Umpires Association, 1983-1989  
 Board of Directors of the Minneapolis Umpires Association, 1987-1989

Melpomene Institute for Women's Health Research,  
 Advisory Board: Senior Walk Fitness Program, 1988-1989  
 Member: 1987-1991

**RELATED PROFESSIONAL EXPERIENCES**

Summer Bridge Program for Recruitment of High School Minority Students (Exercise Science) between Temple University and the Fitness Academy of the Ben Franklin High School, Philadelphia, PA, 1991-1993

Latino Health Issues Task Force, Delaware Valley Hospital Council, Philadelphia, PA, 1992-1993

Fitness Consultant, IMAGE Quest Program, Philadelphia, PA, 1990-1992

University of Minnesota, Physical Education Department, Sport and Exercise Science Internship Coordinator, 1987-1989

Softball Umpire, Amateur Softball Association, 1983-1989

Collegiate Basketball Official, Minnesota, 1983-1989

Central High School, St. Paul, MN, Softball Coach, 1983

Baldwin School of Puerto Rico, Basketball, Softball, and Volleyball Coach, 1975-1978

## **GRADUATE STUDENT RESEARCH COMMITTEES**

### Doctoral Committees

#### Research Committee, Chair (Graduated)

Gregory R. Schrader, The effects of moderate intensity and duration exercise in hot and humid environments on exercise performance in wheelchair athletes, May 2007.

Michael McBride, Exercise Physiology, Cardiovascular exercise performance following repair for total anomalous venous connection during infancy, May, 2006.

Jill Brambrink, Exercise Physiology, Exercise-induced hypoxemia and pulmonary diffusion capacity during exercise, August 2002.

Alysia Mastrangelo, Exercise Physiology, A comparison of kinematic and metabolic cost during forward and backward treadmill walking, August 2002.

John Raffin: Exercise Physiology, Perceptual and physiological responses to arm exercise at varied crank rates in females, May 2002.

Carolyn Jimenez, Athletic Training (Research Committee Co-Chair with Dr. M. Sitler), Athletic Training, Effects of an acute bout of resistive exercise on insulin sensitivity in Type-I Diabetics, January 2002.

Kathleen Seitz, Exercise Physiology, Effects of testing sequence and handedness status on maximal voluntary power grip strength scores in dominant and non-dominant hands, January 2001.

Grace Hankinson, Exercise Physiology, Physiological responses to an upper body ergometry test using a modified Schwinn Air-Dyne Ergometer among wheelchair athletes and abled-bodied individuals, May 1998.

Maura Cavanagh-Dick, Exercise Physiology, Research, Spring-Fall 1998, Spring-Fall 1999

#### Sponsoring Research Committee (Graduated)

Dianne Babbitt, Exercise Physiology, May 2014

Boa Kim, Exercise Physiology, May 2014

Chad Witmer, Exercise Physiology, May 2012

Maureen Mintlaff, Health Studies, January 2003.

George Katsikas, Exercise Physiology, Effect of cardiovascular, resistive, or combined training modalities on muscular strength and instrumental activities of daily living in the elderly, May, 2002.

Gail Forrest, Exercise Physiology, Role of inter-segmental dynamics during locomotion-implications for control of head stability, January 2001.

Fernando Aybar-Soltero, Sports Psychology, Validation of a Spanish version of the Physical Self-Description Questionnaire and subsequent comparison of physical self-concept among selected Puerto Rican female secondary varsity athletes, January 1999.

Elena Ribeck Wood : Counseling Psychology, Eating behavior in men and women: A comparative study. College of Education, May, 1999.

Karen Monico: Exercise Physiology, Effects of inflammation on systems of delayed onset muscle soreness, January 1997.

Greg Biren: Exercise Physiology, Contribution of chronic exposure of facial, head, and neck regions to cold acclimation, August 1997.

Suzanne Lesnik-Emas: Therapeutic Recreation, Effects of a leisure activity program on the perceived stress of para-professionals home-care providers working with persons diagnosed with Alzheimer Disease and Dementia Related Disorders, August 1997.

Helen Binkley: Exercise Physiology, Water exercise: Effect on improving muscular strength and endurance in elderly inner city African-American women, May 1996.

Joseph Lebzelter: Exercise Physiology, Cardiopulmonary responses to unsupported and supported arm exercise in normal subjects and patients with obstructive lung disease, May 1996.

Connie Scanga: Exercise Physiology, The effects of weight loss and exercise training on immune function in obese women, May 1994.

Ross Anderson: Exercise Physiology, Accuracy of bioelectrical impedance for body composition assessment in obese women before and after a weight reduction program, August 1993.

Examination Committee, Chair.

Ji Soek Kim, Exercise Physiology, Proposal Defense, April 2014

Michael McBride, Exercise Physiology, January 2005

Gregory Schrader, Exercise Physiology, Summer 2003

Alysia Mastrangelo, Exercise Physiology, Summer 2000

Maura Cavanagh-Dick, Exercise Physiology, Spring 1998

John Raffin: Exercise Physiology, Spring 1996

Helen Binkley: Exercise Physiology, Spring 1994

Examination Committee, Member

Darrin Anderson, Exercise Physiology, December 2004

Kathleen Seitz, Exercise Physiology, Spring 1998

Marcia Epler: Athletic Training, Fall 1993

Masters CommitteesResearch Committee, Chair (Graduated).

Sheara Williams, Exercise Physiology, Master's Project: August 2007

Donald Milham, Exercise Physiology, Masters Thesis: Effects of an auditory quantum behavior on selected cardiorespiratory, metabolic, and effort perception variables during steady-rate exercise, January 2002.

Kris Iddenden, Exercise Physiology, Masters Project: Validation of the Polar Vantage XL heart rate monitor during maximal arm ergometry, January 1999.

Thomas Miller, Exercise Physiology, Masters Thesis: Peak physiological responses during arm crank ergometry at varying distances from the crank axis with adult women, August 1998

Bernadette Christopher, Exercise Physiology, Masters Project: Influence of pre-surgical functional activity on post-surgical functional mobility, January 1997.

Maura Cavanagh-Dick: Exercise Physiology, Masters Thesis: Accuracy of skinfold measurements for body composition assessment in obese women, May 1996.

Dawn Brandley: Exercise Physiology, Masters Thesis: Metabolic effects of variable stepping depths and frequencies on a stairclimber ergometer, May 1995.

John Raffin: Exercise Physiology, Masters Thesis: Body composition assessment by means of subcutaneous fat in wheelchair athletes, January 1995.

Carlos Perkins: Exercise physiology, Masters Thesis: Relationship between strength and speed time in university track athletes, January 1995.

Daniel Walls: Exercise Physiology, Masters Project: Comparison of static strength and submaximal stress testing results in predicting low-back injured workers' physical demand level, January 1994.

Kathleen Seitz: Exercise Physiology, Masters Project: Signal-averaged electrocardiography, May 1994.

Eric Goodhard: Sport's Medicine, Masters Thesis: Physiological responses to periods of peak versus low training in wheelchair athletes, August 1991.

Research Committee, Chair.

Michael Soupios, Athletic Training (Co-chair with Dr. C. Mattacola), Masters Thesis, Fall 1997-Fall 1998

Vern Johnson, Athletic Training (Co-chair with Dr. C. Mattacola), Masters Thesis, Fall 1997-Fall 1998

Clinical/Research/Sport Performance Internship Mentor (graduation date).

Emily Pappas, Exercise Physiology, May 2015

Noah Beller, Exercise Physiology, May 2014

Gina D'Aloisio, Exercise Physiology, May 2014

Lynsey Hayes, Exercise Physiology, May 2014

Kristin Iverson, Exercise Physiology, May 2014

Bridget O'Hagan, Exercise Physiology, May 2014  
Erica Palmer, Exercise Physiology, May 2014  
Ryan Puppolo, Exercise Physiology, May 2014  
Lauren Coughlin, Exercise Physiology, May 2012  
Brittany Wilson, Exercise Physiology, May 2012  
Charmie Vin, Exercise Physiology, May 2012  
Hinal Patel, Exercise Physiology, January 2012  
Gwendolyn Stephens, Exercise Physiology, January 2012  
Mika Miyake, Exercise Physiology, May 2011  
Aaron Weaver, Exercise Physiology, May 2011  
Fofie Akoto, Exercise Physiology, May 2007  
Brenna Eck, Exercise Physiology, May 2007  
Brian Hartley, Exercise Physiology, May 2007  
Kathleen Sturgeon, Exercise Physiology, May 2007  
Tiffany Isaac, Exercise Physiology, May 2005  
Bari Pfleuger, Exercise Physiology, May 2005  
Kristen Weldie, Exercise Physiology, May 2005  
Jonathan Zimmerman, Exercise Physiology, May 2005  
Zoila Palacio, Exercise Physiology, December 2000  
Edwin Sinnamon, Exercise Physiology, December 2000

Sponsoring Committee (Graduated).

Rebecca Tucker, Exercise and Sports Psychology, Relationship of exercise incentives and total volume of work to exercise adherence in cardiac rehabilitation patients, January 2002.



Bruce Nisbet, Exercise Physiology, Effect of pre-exercise and diet on cardiorespiratory and metabolic responses and rate of perceived exertion in highly trained runners, May, 1999.

William Lukasiewicz, Athletic Training, Effect of visual feedback and verbal encouragement on eccentric quadriceps and hamstrings peak torque of males and females, August 1997.

Timur Taha, Exercise Physiology, Exercise induced desaturation of hemoglobin and its relationship to maximal oxygen consumption, May 1997.

Patricia Craig: Therapeutic Recreation, Masters Thesis: Physiological and psychological effects of Arcade Access on individuals with quadriplegia, January 1997.

Heide Zoller: Motor Learning, Effect of euroglide slideboard training on agility, August 1993.

Edward Gasiewski: Athletic Training, Effect of visual feedback on concentric peak torque production during knee extension and flexion exercises, 1992.

Gina Toaldo: Exercise Physiology, The effect of caloric restriction and weight training on body composition and oxygen consumption of walking of weight-reduced obese women, May 1992.

Jane S. Buckley, Exercise Physiology, Comparison of established prediction equations of the measured resting metabolic rates in women prior to and following low or very low calorie dieting, January 1991.

Ron Franceschini: Exercise Physiology, The effects of a 12-week phase-II cardiac rehabilitation program on selected risk factors in coronary by-pass patients, 1991.

Fernando Aybar: Sports Psychology, The role of sports teams as community organizations in positive community change: the case study of a public housing project softball team in San Juan, Puerto Rico, 1991.

Sheila Ward: Exercise Physiology, Physical characteristics, body composition, and aerobic capacity among professional and highly skilled black female dancers, May 1991

Lawton O. DeLisser: Exercise Physiology, Effects of two weeks of exercise and a vegetarian diet on body composition, cholesterol, and physical fitness of women, August 1990.

**OTHER STUDENT MENTORSHIP:**

Diamond Peer Teacher Award, Temple University, Undergraduate Student: Daniel Wirt, Spring 2016

Instructional Support Center, Temple University, Technology Fellow, Susan Coyne, Spring 2015

Diamond Peer Teacher Award, Temple University, Undergraduate Student: Gina D'Aloisio, Spring 2012

Future Faculty Fellow Recipient, Temple University; Graduate Student: Keith Diaz, 2007-2008

Faculty Mentor for Ronald McNair Fellowship Faculty-in-Training Program, Temple University; Student: Candice Gibbs, Fall 2000- July 2001.

Faculty Mentor for Ronald McNair Fellowship Faculty-in-Training Program, Temple University; Student: Gregory Schrader, January 1998 – June, 1999.