

Erica D. Henn
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EDUCATION

University of Wolverhampton (Wolverhampton, UK) 2017 – 2023

PhD in Sports Sciences

My doctoral research project focused on low back pain and injury, with an aim to identify possible causes, comorbidities, and exacerbation through a literature review, questionnaire, video analysis, and biomechanical motion capture studies.

Temple University (Philadelphia, PA, USA) August 2014 - May 2016

M.A. in Dance, Thesis on the topic of Dance Science

The Masters in Dance programs at Temple University focuses on preparing dancer scholars to be excellent teachers; the M.A. has coursework related to pedagogy and research methodology, and is not a terminal degree.

My three-part study examined first-year Dance BFA students' familiarity with injury prevention practices. Through a cohort survey, six individual interviews, and an extensive literature review, guidelines that included a first-year injury prevention course and syllabus were developed to address the lack of injury prevention preparation this population experiences.

Drexel University (Philadelphia, PA, USA) September 2010 - August 2014

B.S. in Biological Sciences, Concentration in Physiology

B.S. in Dance, Concentration in Physical Therapy

Graduation with Distinction from the Pennoni Honors College

TEACHING EXPERIENCE AND PROFICIENCIES

Proficient in using Blackboard and Canvas. Multiple semesters of online, hybrid, and in-person teaching.

Experienced in teaching 6 week accelerated courses.

Temple University (Philadelphia, PA, USA) July 2024 – Present (Assistant Professor)

KINS 4311 Advanced Physiology of Exercise & KINS 2203 Physiology of Physical Activity

Thomas Jefferson University (Philadelphia, PA, USA) January 2020 – Present

Course Director for all General Biology courses (lab and lecture)

I currently serve as the interim course director for all general biology courses at TJU East Falls. Some of my notable projects that I have accomplished so far in this appointment are re-organizing the General Biology Teaching Assistant & Prep Students program to better prepare and support these student workers, updating curricula to reflect core competencies, and standardizing and documenting instructor preparation documents for each week of the course.

COURSES TAUGHT:

A&P 201L: Anatomy & Physiology I Lecture and Lab (Anatomy)

Undergraduate lecture with lab companion course that reinforces the basics of anatomy utilizing anatomical model building, specimen dissections, and lab practicals. Lecture classes were a flipped classroom model.

A&P 202L: Anatomy & Physiology II Lecture and Lab (Physiology)

Undergraduate lecture with lab companion course that reinforces the basics of physiology utilizing PowerLab experiments, specimen dissections, lab practicals, and lab report writing. Lecture classes were a flipped classroom model.

BIO 104: Biology II Lecture

Undergraduate lecture course that introduces biological concepts for majors; a wide set of information is covered, including phyla classification and diversity, action potentials, how sensory organs function, and ecology.

BIO 103L: Biology I Lab & BIO 104L: Biology II Lab (1 semester was hybrid)

Undergraduate lab courses that teach foundational, hands-on laboratory techniques (phylogeny, microscopy, pipetting/micro-pipetting, agar plate preparation, experimental design, technology), with a focus on lab report writing and editing skills.

- I created, trialed, and implemented additional course material and activities to the course to better engage and prepare students for lab report writing and editing, with feedback from the course coordinator.

Summer courses: BIO 104: Biology II Lecture online & BIO 104L: Biology II Lab online

The same content as the in-person course, except this version of the course is an accelerated, fully-remote, synchronous course

Temple University (Philadelphia, PA, USA) January 2022 – May 2024 (Adjunct Professor)

BIO 1111/1911: Intro to Organismal Biology

Undergraduate lab courses that teach foundational, hands-on laboratory techniques (phylogeny, taxonomy, organismal diversity, microscopy, dissection, experimental design and setup).

- I currently manage the course Canvas page for all sections of this lab.
- This course reintroduced a lab practical in Fall 2022, which I helped rebuild as part of my educational support credit hours.
- I also participated in a peer mentoring program in the Spring 2023 and Fall 2023 semesters.

Drexel University (Philadelphia, PA, USA) Spring Quarter, February 2016 - May 2016

(Adjunct Professor)

DANC 210: Introduction to Dance

An undergraduate course for non-dance majors that introduced them to dance and cultures from around the world; included both a classroom and studio component, with written exams.

AWARDS

- 2023 Recipient of the Adjunct Faculty Teaching Award, Jefferson University
- 2022 Nominee of the Adjunct Faculty Teaching Award, Jefferson University

- 2021 Nominee of the Adjunct Faculty Teaching Award, Jefferson University
- 2016 Recipient of the Sarah Hilsendager Emerging Educator Award, Temple University
- Honorable Mention: Drexel University, Research Day 2014 (Presentation on research entitled *Utilizing Anatomical Structure to Create a Biomechanically-Based Aesthetic*)
- Dean's List: Drexel University, 2010-2014
- Performing Arts Scholarship: Drexel University, 2010-2014
- Academic Scholarship: Drexel University, 2010-2014
- Pennoni Honors College: Drexel University, 2010-2014
- CIGNA Champion Award for Excellence: CIGNA Insurance Corporation, 2013

PUBLICATIONS

- Henn ED. *Low back pain in ballet, modern, and hip-hop dancers*. Doctoral Dissertation. University of Wolverhampton; 2023. <http://hdl.handle.net/2436/625390>
- Henn ED, Ambegaonkar JP, Smith T, Wyon M, Lanza S. Spinal counts, impact, and partnering movements in ballet, modern, and hip-hop dance: a YouTube video analysis study. *JDMS*. 2023, online ahead of print. DOI: 10.1177/1089313X231178083
- Henn ED, Ambegaonkar JP, Smith T, Wyon M. Perceived severity and management of low back pain in adult dancers in the United States. *JDMS*. 2023; 26(3): 173–180. DOI: 10.12678/1089-313X.091522d
- Henn ED, Smith T, Ambegaonkar JP, Wyon M. Low back pain and injury in ballet, modern, and hip-hop dancers: a systematic literature review. *IJSPT*. 2020; 15(5):671-87. DOI: 10.26603/ijsp20200671
- Henn ED. *A study of injury and its prevention in first year university dance students*. Master's Thesis. Temple University; 2016. ProQuest Number: 10111320.

PRESENTATIONS ON RESEARCH

International Association of Dance Medicine & Science (IADMS), 33rd Annual Conference in Columbus, Ohio, 2023: *Spine biomechanics during ballet, modern, and hip-hop dance movements, performed at varying speeds*

- Research Advisers: Dr. Tina Smith (Wolverhampton), Dr. Jatin Ambegaonkar (George Mason University), & Dr. Matthew Wyon (Wolverhampton)
- This presentation was a 15-minute presentation to a large lecture hall.

International Association of Dance Medicine & Science (IADMS), 31st Annual Conference in Denver, 2021: *Self-reported impact of low back pain on adult dancers in the United States.*

- Research Advisers: Dr. Tina Smith (Wolverhampton), Dr. Jatin Ambegaonkar (George Mason University), & Dr. Matthew Wyon (Wolverhampton)
- Pre-recorded speaking presentation and Q&A, discussing a survey on low back pain and how dancers perceive their low back pain to affect their daily lives and dancing.

International Association of Dance Medicine & Science (IADMS), 28th Annual Conference in Helsinki, 2018: *The prevalence of research in back pain across ballet, modern, and hip-hop dance: a literature review.*

- Research Advisers: Dr. Tina Smith (Wolverhampton), Dr. Jatin Ambegaonkar (George Mason University), & Dr. Matthew Wyon (Wolverhampton)
- Poster presentation, summarizing review of relevant literature ending March 2018.

International Association of Dance Medicine & Science (IADMS), 26th Annual Conference in Hong Kong, 2016: *A review of dance MFA requirements in the United States and their implication for dance injury prevention.*

- Informal Research Adviser: Dr. Miriam Giguere (Drexel University)
- Speaking presentation, focusing on the requirements that MFA in Dance graduates in the U.S. are required to complete prior to and during their degree, and how increasing these requirements may impact their students.

International Association of Dance Medicine & Science (IADMS), 26th Annual Conference in Hong Kong, 2016: *The creation of an injury prevention class for first-year liberal arts university dance students in the United States.*

- Initial Research Adviser: Dr. Sherrill Dodds (Temple University)
- Editing assisted by Dr. Miriam Giguere (Drexel University)
- Poster Presentation, focusing on five elements that BFA in Dance programs should include to prepare students with injury prevention knowledge in dance.

PROFESSIONAL QUALIFICATIONS

Certifications: National Academy of Sports Medicine (NASM): Certified Personal Trainer
(CPT) program in 2017 (50 hours)
Pilates Training Program (450 hours)

PROFESSIONAL MEMBERSHIPS

International Association for Dance Medicine & Science (Member since January 2015)