

Christine W. St. Laurent, PhD, MPH

Department of Psychological and Brain Sciences
University of Massachusetts Amherst
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EDUCATION

Doctor of Philosophy / 2014-2019 / Kinesiology: Physical Activity and Health

University of Massachusetts Amherst

Dissertation: Feasibility and Efficacy of a Recess-Based Combined Fitness Intervention on Cognition and Academic Performance in Elementary School Children

Advisor: Sofiya Alhassan, PhD

Master of Public Health / 2018-2019 / Epidemiology

University of Massachusetts Amherst

Project: Estudio Parto: Effect of a Postpartum Diabetes Prevention Program for Hispanic Women on Biomarkers of Cardiovascular Risk

Advisor: Lisa Chasan-Taber, ScD

Master of Science / 2004-2005 / Kinesiology: Exercise Physiology and Nutrition/Physical Activity

James Madison University

Thesis: Carbohydrate Supplementation Attenuates Blood Glucose Decreases in Pregnant Exerciser

Advisor: Judith Flohr, PhD

Bachelor of Science / 1998-2003 / Kinesiology: Exercise Science

James Madison University

Minor: History

Honors Thesis: The Contributions of Greek and Roman Practices on Modern Sport Training

Thesis Advisor: Jacquelyn Williams, EdD

TRAINING/PROFESSIONAL APPOINTMENTS

Postdoctoral Research Fellow / 2019-Present / Psychological and Brain Sciences

University of Massachusetts Amherst

Area of Concentration: Physical Activity and Sleep/Cognition in Early Childhood

Advisor: Rebecca M. C. Spencer, PhD

FUNDING

Current Research Funding

Effects of Enhanced Physical Activity on Sleep and Cognitive Performance in Early Childhood

Role: Primary Investigator (2023-2024)

Funder: National Academy of Sleep Medicine Foundation

Description: The aims are to explore the contribution of sleep and physical activity to cognitive outcomes in early development by manipulating PA and holding sleep duration constant in young children through a within-subjects design.

Interaction of Physical Activity and Sleep in Early Childhood and Their Influence on Cognition and the Hippocampus

Role: Primary Investigator (11/1/2021-10/31/2023)

Funder: NIH NICHD F32 HD 105384

Description: The aims are to examine the relations between 24-hr behaviors, cognition, and hippocampal volume in early childhood.

Previous Research Funding

The Benefits of Cardiorespiratory Fitness and Physical Activity on Sleep and Memory in Preschoolers

Role: Primary Investigator (2020-2022)

Funder: American College of Sports Medicine Foundation Research Endowment Grant

Description: The aims are to 1) examine whether habitual physical activity and cardiorespiratory fitness are associated with nap sleep and cognitive outcomes and 2) determine if acute bouts of structured physical activity can impact nap sleep and cognitive outcomes.

Feasibility, Acceptability, and Preliminary Efficacy of a Recess-Based Fitness Intervention in Elementary School Children

Role: Primary Investigator (2017-2018)

Funder: University of Massachusetts Amherst Graduate School Dissertation Research Grant

Description: The purpose of the study was to examine the feasibility, acceptability, and preliminary efficacy of a 15-week recess-based combined fitness intervention on cognition and academic performance in elementary school-age children.

HONORS AND AWARDS

2022	National Institutes of Health Loan Repayment Program (Renewal, Pediatric Research, NICHD)
2021	American Academy of Sleep Medicine Foundation's Young Investigator Research Forum Scholarship
2020	National Institutes of Health Loan Repayment Program (Pediatric Research, NHLBI)
2018	University of Massachusetts School of Health and Health Sciences Dean's PhD Summer Fellowship
2018	University of Massachusetts Department of Kinesiology Graduate Travel Grant
2018	New England Chapter of the American College of Sports Medicine Fall Meeting Doctoral Student Investigator Award Winner
2018	New England Chapter of the American College of Sports Medicine Fall Meeting President's Cup Competition Winner
2018	Priscilla Clarkson Scholarship Award
2018	University of Massachusetts Amherst Distinguished Teaching Award Nominee
2017	University of Massachusetts Department of Kinesiology Graduate Travel Grant
2016	University of Massachusetts Department of Kinesiology Graduate Travel Grant
2002	James Madison University Faculty Women's Caucus Bruce Crawford-Morrison-Rummel Scholarship

PUBLICATIONS AND PRESENTATIONS

Published Peer-Reviewed Manuscripts

St. Laurent, CW, Rasmussen, C, Holmes, JF, Cremona, A, Kurdziel, LBF, Desrochers, PC., and Spencer, RMC (2023). Associations of activity, sedentary, and sleep behaviors with cognitive and social-emotional health in early childhood: A cross-sectional study. *Journal of Activity, Sedentary and Sleep Behaviors*, 2(7).

St. Laurent, CW, Lokhandwala, S, Allard, T, Ji, A, Riggins, T, and Spencer, RMC. (2022). Influence of naps on sedentary time and physical activity in early childhood. *Scientific Reports*, 12(1):1-11.

St. Laurent, CW, Holmes, JF, and Spencer, RMC. (2022). Temporal associations between actigraphy-measured daytime movement behaviors and daytime sleep in early childhood: A cross-sectional study. *International Journal of Environmental Research and Public Health*, 19(15308).

St. Laurent CW, Andre C, Holmes JF, Fields ND, Spencer RMC. (2022). Temporal relationships between device-derived sedentary behavior, physical activity, and sleep in early childhood. *Sleep*, 45(4):1–11.

Alhassan, S, Cox., M, **St. Laurent, CW**, Burkart, S, Amalbert-Birriel, MA, Sudarsky, LM. (2021). Understanding the perceptions, practices, and barriers of physical activity opportunities in toddler classroom: A qualitative study in toddler childcare provider. *International Journal of Early Childhood*, 53(3):315-331.

St. Laurent, CW, Rodheim, K, and Spencer, RMC. (2021). A systematic review of the relationships between physical activity and sleep in early childhood. *Kinesiology Review*, 11(2):121-137.

Lokhandwala, S, Holmes, JF, Mason, GM, **St Laurent, CW**, Delvey, C, Hanron, O, Andre, C, Rodheim, K, Kaur, S, and Spencer RMC. (2021). Sleep and coping in early childhood during the COVID-19 pandemic. *Frontiers in Pediatrics*. 9:716608.

St. Laurent, CW, Burkart, S, Andre, C, and Spencer, RMC. (2021). Physical activity, fitness, school readiness, and cognition in early childhood: A systematic review. *Journal of Physical Activity and Health*, Jun 17: 1-10.

Holmes, JF, **St. Laurent, CW**, and Spencer, RMC. Unhealthy diet is associated with poor sleep in preschool-aged children. (2021). *The Journal of Genetic Psychology*, 182(5):289-303.

St. Laurent, CW, Burkart, S, Rodheim, K, Marcotte, R, and Spencer, RMC. (2020). Cross-sectional associations of 24-hour sedentary time, physical activity, and sleep duration compositions with sleep quality and habits in preschoolers. *International Journal of Environmental Research and Public Health*, 17(7148).

St. Laurent CW, Burkart, S, and Alhassan, S. (2019). Feasibility, acceptability, and preliminary efficacy of a recess-based fitness intervention in elementary school children. *International Journal of Exercise Science*, 12(4): 1225-1243.

Alhassan, S, **St. Laurent, CW**, Burkart, C, Greever, C, and Ahmadi, A. (2019). Feasibility of integrating physical activity into early education learning standards on preschooler's physical activity levels. *Journal of Physical Activity and Health*, 16(2): 101-107.

Alhassan, S, Nwaokelemeh, O, Greever, C, Burkart, S, Ahmadi, A, **St. Laurent, CW**, and Barr-Anderson, DJ. (2018). Effect of a culturally-tailored mother-daughter physical activity intervention on pre-adolescent African American girls' physical activity levels. *Preventative Medicine Reports*, 11: 7-14.

Alhassan, S, **St. Laurent, CW**, and Burkart, S. (2018). Preschool-based physical activity interventions in African-American and Latino preschoolers: A literature review. *Kinesiology Review*, 7: 142-150.

St. Laurent, CW, Burkart, S, & Alhassan, S. (2018). Effect of a physical activity intervention on letter and number recognition in preschoolers. *International Journal of Exercise Science*, 11(5), 168–178.

Burkart, S, **St. Laurent CW**, and Alhassan, S. (2017). Process evaluation of a culturally-tailored physical activity intervention in African-American mother-daughter dyads. *Preventative Medicine Reports*, 8: 88-92.

St. Laurent, CW, Masteller, B, and Sirard, J. (2018). Effect of a suspension-trainer-based movement program on measures of fitness and functional movement in children: A pilot study. *Pediatric Exercise Science*, 30(3): 364-375.

Ferrara, C, **St. Laurent, C**, & Wilson, T. (2008). The benefits of a weight loss contest in overweight and obese college students. *Recreational Sports Journal*, 32: 45-51.

Manuscripts under Review

Burkart, S, Beets, MW, Pfladderer, CD, von Klingraeff, L, Zhu X, van Hees, VT, Weaver, RG, Armstrong B, **St. Laurent, CW**, and Adams, EL, Are Parent-Reported Sleep Logs Essential? A Comparison of Three Approaches to Guide Open Source Accelerometry-Based Nocturnal Sleep Processing in Children.

Manuscripts in Progress

St. Laurent, CW, Lokhandwala, S, Allard, T, Paluch, A, Riggins, T, and Spencer, RMC. Physical activity, declarative memory, and hippocampal volume in early childhood: a longitudinal study.

St. Laurent, CW, Rasmussen, CL, Lokhandwala, S, Allard, T, Holmes, JF, Riggins, T, and Spencer, RMC. Associations between physical activity and sleep compositions in early childhood using compositional data analyses.

Verswijveren, S, Chappel, S, Burkart, S, **St. Laurent, CW**, Shaw, S, Lawlor, E, Bruijns, B, Caldwell, H, Santos, I, Barrett, S, Wilson, K, Lee, D, Cosgrove, K, Willmott, T, and Johnson, B. Challenges, needs and opportunities for emerging behavioural nutrition and physical activity researchers: in (post-)pandemic times.

Delvey, C, Holmes, JF, Mason, G, Lokhandwala, S, **St. Laurent, CW**, and Spencer, RMC. Associations between mothers' pandemic experience, resilience, and parenting factors on children's sleep quality.

Professional Meeting Presentations

St. Laurent, CW, Lokhandwala, S, Allard, T, Paluch, A, Riggins, T, and Spencer, RMC. (2023, June). Physical Activity and the Development of Declarative Memory and Hippocampal Volume in Early Childhood. Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden.

St. Laurent, CW, and Spencer, RMC. (2023, June). Effects of acute physical activity bouts on declarative memory in preschool children. Poster presentation at the American College of Sports Medicine Annual Meeting, Denver, CO.

St. Laurent, CW, Burkart, S., Brown, D, and Pfladderer, CD (2023, April). Relations between sleep compositions and physical activity in early childhood. In **St. Laurent, CWS** (Chair), Compositional approaches for 24-hour movement behavior data analysis: opportunities to rethink standard methods. Society of Behavioral Medicine Annual Meeting, Phoenix, AZ.

St. Laurent, CW, Holmes, J F, and Spencer, RMC. (2022, June). Temporal associations between actigraphy-measured daytime movement behaviors and daytime sleep in early childhood. Poster presentation at the SLEEP Annual Meeting, Charlotte, NC.

St. Laurent, CW, Lokhandwala, S, Allard, T, Ji, A, Riggins, T, and Spencer, RMC. (2022, April). Relations between wake behaviors, naps, and movement behaviors in early childhood. Recorded spotlight presentation at the Society of Behavioral Medicine Annual meeting, Baltimore, MD.

St. Laurent, CW, Holmes, J, Andre, C, and Spencer, RMC. (2021, June). Temporal and bidirectional associations between objectively measured physical activity and sleep in preschoolers. Poster presentation at the SLEEP Annual Meeting, Virtual.

St. Laurent, CW, Chase, J, and Spencer, RMC. (2021, June). Associations of twenty-four-hour movement behaviors and temperament and vocabulary knowledge in early childhood with compositional isotemporal substitution. Oral presentation at the ISBNPA Annual meeting, Virtual.

St. Laurent, CW and Spencer, RMC. (2021, June). Associations between meeting global 24-hour movement guidelines and temperament and vocabulary development in preschoolers. Poster presentation at the American College of Sports Medicine Annual Meeting, Virtual.

St. Laurent, CW and Spencer, RMC. (2021, April). Compliance with global 24-hour movement behavior guidelines and associations with sleep quality and problems in preschoolers. Poster presentation at the Society of Behavioral Medicine Annual Meeting, Virtual (Meritorious Abstract recipient).

St. Laurent, CW, Lokhandwala, S, Allard, T, Minsun, A, Riggins, T, and Spencer, RMC. (2021, March). Associations between 24-hour behavior compositions, memory and hippocampal volume in preschoolers. Poster presentation at the Society for Research in Child Development Biennial Meeting, Virtual.

St. Laurent, CW, Mason, G, Holmes, J, and Spencer, RMC. (2021, February). Relations between nap habituality and sedentary time, physical activity, and 24-hour behaviors in early childhood. Poster presentation at the International Pediatric Sleep Association Online Meeting, Virtual.

St. Laurent, CW and Spencer, RMC. (2020, October). Associations between meeting global 24-hour movement guidelines and temperament and vocabulary development in preschoolers. Poster presentation at the New England Chapter of the American College of Sports Medicine 2020 Fall Meeting, Virtual.

St. Laurent, CW and Spencer, RMC. (2020, August). The association of habitual physical activity with 24-hour sleep outcomes in preschoolers. Poster presentation at the SLEEP Annual Meeting, Virtual.

St. Laurent, CW, Rodheim, K, and Spencer, RMC. (2020, June). A systematic review of the relationships between physical activity and sleep in youth. Poster presentation at the Society of Behavioral Medicine Annual Meeting, Virtual.

- St. Laurent, CW**, Rodheim, K, and Spencer, RMC. (2019, November). Relationships between physical activity and sleep in early childhood: A systematic review. Oral presentation at the New England Chapter of the American College of Sports Medicine 2019 Fall Meeting, Providence, RI.
- St. Laurent, CW**, Burkart, S, and Alhassan, S. (2019, May). Efficacy of a recess-based intervention on academic and health outcomes in elementary school children. Poster presentation at the American College of Sports Medicine Annual 2019 Meeting, Orlando, FL.
- St. Laurent, CW**, Burkart, S, and Alhassan, S. (2018, November). Efficacy of a recess-based intervention on academic and health outcomes in elementary school children. Oral presentation at the New England Chapter of the American College of Sports Medicine 2018 Fall Meeting, Providence, RI.
- St. Laurent, CW**, Burkart, S, and Alhassan, S. (2018, August). Physical activity and fitness as predictors of academic-related outcomes in elementary school-age children: A field-based approach. Oral presentation at the North American Society for Pediatric Exercise Medicine 2018 Biennial Meeting, Oakland, CA.
- St. Laurent, CW**, Burkart, S, and Alhassan, S. (2018, June). Evaluation of the implementation of an academically-integrated intervention targeting obesity-related health behaviors in preschool-age children. Poster presentation at the American College of Sports Medicine Annual 2018 Meeting, Minneapolis, MN.
- St. Laurent, CW**, Burkart, S, and Alhassan, S. (2017, June). Effect of a physical activity intervention on letter and number recognition in preschoolers. Poster presentation at the American College of Sports Medicine Annual 2017 Meeting, Denver, CO.
- St. Laurent, C**, Burkart, S, and Alhassan, S. (2016, October). Effect of a school-based physical activity intervention on letter and number recognition in preschoolers. Oral presentation at the New England Chapter of the American College of Sports Medicine Fall 2016 Meeting, Providence, RI.
- St. Laurent, C**, Masteller, B, St. Laurent, T, Alhassan, S, and Sirard, J. (2016, August). Effect of a suspension-trainer based movement program on fundamental movements in youth. Oral presentation at the North American Society for Pediatric Exercise Medicine 2016 Biennial Meeting, Knoxville, TN.
- St. Laurent, C**, Masteller, B, St. Laurent, T, Bigelow, C, Alhassan, S, and Sirard, J. (2016, April). Effect of a suspension-trainer based movement program on muscular fitness, performance, and functional movement in youth. Poster presentation at the University of Massachusetts School of Public Health and Health Sciences Annual Research Day, Amherst, MA.
- St. Laurent, C**, Masteller, R, St. Laurent, T, Bigelow, C, and Sirard, J. (2015, October). Effect of a suspension-trainer based movement program on performance and functional movement in youth. Poster presentation at the New England Chapter of the American College of Sports Medicine 2015 Fall Conference, Providence, RI.
- St. Laurent, C**, Greever, C, Nwaokelemeh, O, Burkart, S, Ahmadi, M, and Alhassan, S. (2014, November). Examination of physical activity assessment methods on psychological factors in African-American women. Poster presentation at the New England Chapter of the American College of Sports Medicine 2014 Fall Conference, Providence, RI.

Invited Presentations

Physical Activity and Sleep Health (2022, November). Bloomfield Senior Center, Bloomfield, CT.

Interactions of Sedentary Behavior, Physical Activity, and Sleep on Brain and Cognitive Health in Early Childhood. (2022, September). University of Massachusetts, Department of Kinesiology Graduate Seminar. Amherst, MA.

Interactions of Sedentary Behavior, Physical Activity, and Sleep in Early Childhood. (2021, November). University of Massachusetts, Psychological and Brain Sciences Developmental Science Seminar. Amherst, MA.

Addressing Physical Activity in Children: Co-Moderator. (2021, June) ISBNPA Xchange Initiative. Virtual.

Physical Activity and Fitness as Predictors of Academic-related Outcomes in Elementary School-age Children: A Field-based Approach. (2018, October). University of Massachusetts Amherst, Kinesiology Graduate Seminar. Amherst, MA.

Current Research Perspectives: Why Physical Activity Is Important for My Child. (2017, January). University of Massachusetts Office of Family Resources – Dinner on Us. Amherst, MA.

Research in Pediatric Physical Activity. (2016, September). University of Massachusetts Amherst BioTap Seminar. Amherst, MA.

Suspension-Trainer Based Movement Training in Children. (2016, April). University of Massachusetts Amherst, Kinesiology Graduate Seminar. Amherst, MA.

Kindergarten Physical Activity. (2014, September). Manchester School Readiness Council/Manchester Board of Education. Manchester, CT.

Youth Fitness Workshop. (2014, May). Town of Manchester Health Department. Manchester, CT.

Exercise for Busy Bodies. (2014, April). Town of Manchester Health Department. Manchester, CT.

Magazine Articles

St. Laurent, C. (2007). Training after the trimesters. Her Sports & Fitness Magazine, May/June.

TEACHING

Instructor

2022	Kinesiology: Introduction to Kinesiology (Online), University of Massachusetts Amherst
2019	Kinesiology: Physical Activity and Public Health (Team-based Learning Course), University of Massachusetts Amherst
2017-2019	Kinesiology: Introduction to Kinesiology (Online), University of Massachusetts Amherst
2017	Kinesiology: Physical Activity and Public Health (Online), University of Massachusetts Amherst
2016-2017	Kinesiology: Introduction to Kinesiology (Residential Academic Program), University of Massachusetts Amherst
2015-2016	Kinesiology: Wellness for All (Online), University of Massachusetts Amherst

2015	Kinesiology: Wellness for All (Co-instructor), University of Massachusetts Amherst
2011	Personal Fitness Trainer Program: Exercise Psychology, Branford Hall Career Institute
2011	Personal Fitness Trainer Program: Exercise Physiology, Branford Hall Career Institute
2011	Personal Fitness Trainer Program: Upper Kinesiology, Branford Hall Career Institute
2011	Personal Fitness Trainer Program: Special Topics in Fitness/Exam Preparation, Branford Hall Career Institute
2007–2010	Applied Exercise Science: On Campus Practicum, Springfield College
2009	Physical Education: Aerobics Fitness, Springfield College
2008	Applied Exercise Science: Presentation and Instructional Techniques, Springfield College
2008	Exercise Physiology: Exercise Physiology II, University of Massachusetts Lowell
2005	Kinesiology: Lifetime Fitness and Wellness, James Madison University

Graduate Teaching Assistant

2018-2019	Kinesiology: Physical Activity and Public Health, University of Massachusetts Amherst
2017-2018	Kinesiology: Introduction to Kinesiology,
2015	Kinesiology: Wellness for All, University of Massachusetts Amherst
2014–2015	Kinesiology: Human Anatomy and Physiology I Laboratory, University of Massachusetts Amherst
2004	Kinesiology: Lifetime Fitness and Wellness, James Madison University

RESEARCH EXPERIENCE

Graduate Research Assistant / 2014–2019 / Pediatric Physical Activity Laboratory, Department of Kinesiology, University of Massachusetts Amherst, Amherst, MA

- Assisted and served as lead instructor for a variety of undergraduate courses and laboratory sections.
- Primary investigator of the Strong Minds with Aerobic and Resistance Training during Recess (SMART Recess) Pilot Study
- Data collector and intervention development in the Getting Active, Motivated, and Energized through School (GAMES) Recess Study
- Data collector, intervention development, and data analysis in the Preschool Activity, Diet, and Sleep (P.A.D.S.) Pilot Study
- Data collector in the Girls Dance and Sleep Health (DASH) Pilot
- Primary investigator of the Suspension-Training Movement Program in Youth Athletes Study

Graduate Research and Teaching Assistant / 2004-2005 / Human Performance Laboratory, Kinesiology Department, James Madison University, Harrisonburg, VA

- Assisted and served as lead instructor for an undergraduate course.
- Assisted with research projects in the Human Performance Laboratory.

OTHER PROFESSIONAL EXPERIENCE

Owner / 2010-2014 / St. Laurent Health and Performance LLC, Manchester, CT

- Oversaw the operations, program instruction, and marketing of a health and fitness business that offered health and fitness services through individual and small group personal training, group exercise, and specialized programs for all ages and fitness experiences.
- Served as the Wellness Consultant to Manchester, CT's town-wide, youth health initiative – the 95210 Campaign.

- Instructed group exercise classes at the Manchester Senior Center.
- Served as the strength and conditioning coach at Manchester High School.
- Collaborated with the Manchester school system and health department to offer public health programs and services to the local community.

Health and Wellness Director / 2010 / Indian Valley Family YMCA, Ellington, CT

- Supervised and coordinated the health and wellness department of a new family YMCA facility, including Health and Wellness Center staff and operations, personal training program, group exercise programs, and specialty programs.
- Implemented policies, procedures, and schedules for new facility and health and wellness department. Interviewed, auditioned and hired staff for a brand-new branch department.
- Provided employees with professional development opportunities and workshops. Managed payroll, budget and purchasing, marketing, and daily operations of health and wellness department.
- Staff member on the Program Committee of the Indian Valley Family YMCA Board of Volunteers.

Assistant Director of Campus Recreation (Fitness and Wellness) / 2007-2010 / Springfield College, Springfield, MA

- Oversaw the day-to-day operations of the campus wellness and recreation complex, including staff training and development, supervision of graduate associates and purchasing and maintaining all fitness and wellness equipment and materials.
- Maintained a budget for the fitness and wellness component of the campus recreation program including equipment purchases, program development, student staffing, and outside contracts for special instructions of programs.
- Responsible for the development and implementation of comprehensive fitness and wellness programs and events including group exercises classes, group exercise instructor training and personal trainer certification preparation programs (using the American Council on Exercise university curricula), personal training services and other non-credit classes.
- Responsible for marketing and communications of campus recreation schedules and programs to the college and surrounding communities. Submitted schedules and wellness educational content to the college's biweekly employee newsletter.
- Collaborated with other campus departments in wellness programs, workshops and calendars to deliver to the college community.
- Adjunct faculty member of the Applied Exercise Science academic program responsible for coordination and instruction of the on-campus practicum course.
- Developer and coordinator of the college's employee wellness programs that includes wellness programming, exercise classes, education, and an incentive program.
- Member of the College's Wellness Committee, P.R.I.D.E. Awards Committee, Employee Picnic, and the Administrative/Professional Staff Council.

Coordinator of Fitness and Wellness Programs / 2005-2007 / University of Massachusetts Lowell, Lowell, MA

- Responsible for supervision and management of personal training, fitness center, and group fitness staff and instructional programs in a college setting that served students, faculty, staff, and alumni members of the university.
- Implemented a wide range of programs, participated on university committees, developed equipment proposals for new purchases, created marketing tools and strategies, and managed budget.
- Provided staff training and administered in-service and supplemental training for recreation staff.
- Participated as a member of the UML Health Education Network.

SERVICE

Institutional Service

2022-Present	Member, College of Natural Sciences Post-Doc Advisory Council, University of Massachusetts
2020-2021	Member, Department of Psychological and Brain Sciences Action Group to Address Racial Inequalities, University of Massachusetts
2016-2017	Member, Kinesiology Graduate Student Organization, University of Massachusetts
2008-2010	Member, Wellness Committee and P.R.I.D.E. Awards Committee, Springfield College
2008-2010	Member, Administrative/Professional Staff Council, Springfield College
2009-2009	Chair, Annual Fit Fest Planning Committee, Springfield College

National and International Service

2023-Present	Member, Capacity Building Committee, International Society of Physical Activity and Health
2023-Present	Member, ISBNPA XChange (Virtual Meeting) Planning Committee
2022-Present	Member, School Wellness Work Group, Physical Activity Policy Research and Evaluation Network
2020-Present	Member of the Network of Early Career Researchers and Students of ISBNPA Networking Committee, International Society Behavioral Nutrition and Physical Activity
2018-2020	Student Representative, North American Society for Pediatric Exercise Medicine
2009	Member, National Intramural-Recreational Sports Association National Wellness Committee
2007	Chair, National Intramural-Recreational Sports Association Region I 2008 Conference Planning Auxiliary Subcommittee
2007	Chair, National Intramural-Recreational Sports Association Massachusetts State Extramural Committee

Local Service

2020-2021	Member, Belchertown Public Schools 2020-21 Reopening Task Force
2019-Present	Member, Belchertown Public Schools Healthy and Safer Schools Committee
2017-2019	Member, Amherst-Pelham Regional School District Wellness Committee

Journal Review

Ad hoc Reviewer: BMC Public Health, Brain Sciences, Children, Healthcare, Health Education and Behavior, International Journal of Environmental Research and Public Health, International Journal of Sport Psychology, Journal for the Measurement of Physical Behaviour, Journal of Immigrant and Minority Health, Journal of Physical Activity and Health, Journal of Science in Sport and Exercise, Journal of Sleep Health, Psychology of Sport and Exercise, Research Quarterly for Exercise and Sport, Scientific Reports, SLEEP

Undergraduate Mentoring

2022	Yarden Levy, Independent Study Project, "Associations between Sleep Timing and Wake Behaviors in Preschoolers"
2021	Kamryn Maccarello, Independent Study Project, "Associations between Physical Activity, Fitness, and Sleep Chronotype in Preschoolers"
2021	Lauren McKenzie, Independent Study Project, "Associations between Physical Activity, Fitness, and Cognitive Performance in Preschoolers"

2018-2019	Lila Hoachlander-Hobby, Capstone Honors Thesis, "Preliminary Effect of a Health Behaviors Intervention on Sleep Quality in Preschoolers"
2018-2019	Kezia Asiedu, Capstone Honors Thesis, "The Relationship between Sedentary Behavior and Working Memory in Elementary School Children"
2018-2019	Riley Rainville, Capstone Honors Thesis, "Relationship between Sedentary Time and Snack Food Consumption in Preschoolers"
2018-2019	Sandra-Lily Lantum, Capstone Honors Thesis, "Relationships between Parents' and Preschool-aged Children's Physical Activity"
2017-2018	Amanda DuBois, Commonwealth College, Capstone Honors Thesis, "Effect of a Culturally-Tailored After-School Dance Program on Self-Esteem in Pre-Adolescent African-American Girls"
2017-2018	Casey Noonan, Commonwealth College, Capstone Honors Thesis, "Change in Depressive Symptoms after a Culturally-Tailored Dance Program for African American Pre-Adolescent Girls"
2017-2018	Tyler Thomas, Commonwealth College, Capstone Honors Thesis, "Insulin Level Changes After a 12-Week, Culturally-Tailored Dance Intervention in African American Girls"
2016-2017	Evan Keller, Commonwealth College, Capstone Honors Thesis, "A Comparison of Physical Activity Levels by Gender During Unstructured and Structured Recess"
2016-2017	Stephen Lopez, Commonwealth College, Capstone Honors Thesis, "The Relationship between School Recess Physical Activity and Scholastic Competence/School Engagement"
2016-2017	Cole Martens, Commonwealth College, Capstone Honors Thesis, "A Comparison of Structured Recess Versus Unstructured Free-Play on Recess Physical Activity Levels"
2015-2016	Trace Renaud, Commonwealth College, Capstone Honors Thesis, "Efficacy of a Suspension-Training Movement Program on Athletic Competence in Children"

PROFESSIONAL AFFILIATIONS

2022-Present	International Network of Time-Use Epidemiologists
2021-Present	American Academy of Sleep Medicine
2020-Present	International Society for the Measurement of Physical Behaviour
2020-Present	Sleep Research Society
2020-Present	International Society of Behavioral Nutrition and Physical Activity
2018-Present	Society of Behavioral Medicine
2015-Present	North American Society of Pediatric Exercise Medicine
2015-2020	National Physical Activity Society
2014-2016	National Strength and Conditioning Association
2014-Present	American College of Sports Medicine
2013-Present	Northeast Chapter of the American College of Sports Medicine
2006-2008	National Intramural-Recreational Sports Association
2001-2003	Southeast Chapter of the American College of Sports Medicine
2000-2001	Virginia Association of Health, Physical Education, Recreation and Dance

CERTIFICATIONS

2003-Present	Certified Strength and Conditioning Specialist: National Strength and Conditioning Association
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PROFESSIONAL DEVELOPMENT AND OTHER RELATED EXPERIENCE

2022	Physical Activity and Public Health Postgraduate Research Course Fellow, University of South Carolina
2021	American College of Sports Medicine Mentoring Women to Fellowship Program (Mentor: Timothy Gavin)
2021	Society of Behavioral Medicine Early Career Researcher Mentoring Program Mentee (Mentor: Dr. Claudio Nigg)
2021	Inclusive STEM Teaching Project, Online course
2020	Compositional Data Analysis (CoDa) Online Course, University of Girona
2020	Multilevel Modeling with HLM and SPSS ICPSR short course, University of Michigan, Online
2018	AAAS Career Development Courses, Online
2018	Mentoring Training Series, University of Massachusetts, Amherst, MA
2018	Dissertation Writing Retreat, University of Massachusetts, Amherst, MA
2013-2014	Wellness Consultant, Manchester, CT Youth 95210 Health Initiative
2013-2014	Health and Wellness Community Contributor, Manchester Life publication
2011-2013	Health and Fitness Writer, Demand Media Studios
2008	Zumba® and Zumbatomic® Instructor Training
2008	YogaFit Core Instructor Training
2007	Supervisory Leadership Development Program, University of Massachusetts
2005	Fitness Instructor, New Life Hiking Spa, Killington, VT
2004-2005	Personal Trainer/Group Fitness Instructor/Membership Representative, Rockingham Memorial Hospital Wellness Center, Harrisonburg, VA
2004	Powerhouse Pilates Mat Level 1 Instructor Certification
2003-2004	Personal Trainer/Group Fitness Instructor, Augusta Medical Center, Fishersville, VA
2003	Aerobics and Fitness Association of America Primary Group Fitness Instructor Certification
2003	YogaFit Level 1 and Pre/Postnatal Instructor Training
2001	Student Practicum, James Madison University Strength and Conditioning, Harrisonburg, VA
2000-2001	Fitness Assessment Specialist/Fitness Manager/Fitness Instructor, James Madison University Recreation, Harrisonburg, VA
2001	Fitness Instructor, Nautilus Fitness Center, Harrisonburg, VA