**PRESENT POSITION AND ADDRESS:** Assistant Professor in Exercise Science, Department of Kinesiology and Health Professions, California State Polytechnic University Pomona, 3801 W. Temple Avenue, Building 66-216, Pomona CA 91768

Email: [zakkoyyal@cpp.edu](mailto:zakkoyyal@cpp.edu)

Phone: (909) 869-3254

# EDUCATION:

2013 Athletic Training BS (Honors) Loyola Marymount University (LMU)

Honors Thesis: “Intermittent Pneumatic Compression May Improve Bone Mineral Density at the Hip”

Mentor: Hawley Almstedt, PhD, RDN

2016 Rehabilitation Sciences PhD UT Medical Branch (UTMB)

Dissertation: “TAME Health: Testing Activity Monitors’ Effect on Health”

Committee: Kenneth Ottenbacher, Ph.D., OTR, Elizabeth Lyons, Ph.D., Kristofer Jennings, Ph.D., Steve Fisher, Ph.D., PT, Arleen Brown, M.D., Ph.D.

# RESEARCH INTERESTS:

* Wearable technology
* Physical Activity
* Health behavior
* Exercise prescription
* Health promotion

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# PUBLICATIONS:

1. **PUBLICATIONS IN PEER-REVIEWED JOURNALS:**
   1. **Lewis, Z.H.,** Cannon, M., Rubio, G., Swartz, M.C., Lyons, E.J. (2020) Analysis of the Behavioral Change and Utility Features of Electronic Activity Monitors. Technologies, 8, 75.
   2. **Lewis, Z.H.,** Ottenbacher, K.J., Fisher, S.R., Jennings, K., Brown, A.F., Swartz, M.C., Martinez, E., Lyons, E.J. (2020). Effect of Electronic Activity Monitors and Pedometers on Health: Results from the TAME Health Pilot Randomized Pragmatic Trial. Int. J. Environ. Res. Public Health. 17, 6800.
   3. **Lewis, Z.H.,** Pritting, L., Picazo, A.L., JeanMarie-Tucker, M. (2020). The utility of wearable fitness trackers and implications for increased engagement: An exploratory, mixed methods observational study. Digital Health. 6:1-12. DOI: 10.1177/2055207619900059.
   4. **Lewis, Z.H.,** Swartz, M.C., Martinez, E., Lyons, E.J. (2019). Descriptive Analysis of Social Support Patterns of Mid-Aged and Older Adults within a Physical Activity Application. JMIR Aging 2019;2(2):e12496. DOI: 10.2196/12496
   5. **Lewis, Z.H.,** Markides, K., Ottenbacher, K.J., Al Snih, S. (2018). The impact of 10-year physical activity changes on 7-year mortality in older Mexican Americans. Journal of Physical Activity and Health. 15 (1): 30-39.
   6. Swartz, M.C., **Lewis, Z., H.,** Martinez, E.S., Swartz, M.D., Lyons, E.J. (2017). Brief report: Active ingredients for adherence to a tracker-based physical activity intervention in older adults. Journal of Applied Gerontology. Jul;38(7):1023-1034. doi: 10.1177/0733464817739350. Epub 2017 Nov 2.
   7. **Lewis, Z.H.,** Ottenbacher, K.J., Fisher, S.R., Jennings, K., Brown, A.F., Swartz, M.C., Martinez, E., Lyons,

E.J. (2017). The feasibility and RE-AIM evaluation of the TAME health pilot study. International Journal of Behavioral Medicine and Physical Activity. 14(1): 106.

* 1. Swartz, M.C., **Lewis, Z.H**. Lyons, E.J., Jennings,K., Middleton, A., Deer, R.R., Arnold, D., Dresser, K., Ottenbacher, K.J., Goodwin, J.S. (2017). Effect of Home and Community-Based Physical Activity Interventions on Physical Function among Cancer Survivors: A Systematic Review and Meta-analysis. Archives of Physical Medicine & Rehabilitation.
  2. Lyons, E., Swartz, M., **Lewis, Z.,** Martinez, E., Jennings, K. (2017). Feasibility and acceptability of a wearable technology physical activity intervention with telephone counseling for mid-aged and older adults: a randomized controlled pilot trial. Journal of Medical Internet Research.
  3. **Lewis, Z.H.,** Hay, C.C., Graham, J., Lin, Y., Karmarkar, A., Ottenbacher, K.J. (2016) Social support and actual versus expected length of stay in inpatient rehabilitation facilities. Archives of Physical Medicine and Rehabilitation. 97(12): 2068-2075.
  4. **Lewis, Z.H.,** Ottenbacher, K.J., Fisher, S.R., Jennings, K., Brown, A.F., Swartz, M.C., Lyons, E.J. (2016) Testing Activity Monitors’ Effect on health (TAME health): Study protocol for a randomized controlled trial among older primary care patients. JMIR RES PROTOC, 5(2):E29. doi:10.2196/resprot.5454
  5. **Lewis, Z.,** Markides, K.S., Ottenbacher, K.J., Al Snih, S. (2016) The Role of Physical Activity and Physical Function on the Risk of Falls in Older Mexican Americans. Journal of Aging and Physical Activity. 24(3), 342-349
  6. Almstedt, H.C., **Lewis, Z.** (2016) Intermittent Pneumatic Compression and Bone Mineral Density: An Exploratory Study. Journal of Sport Rehabilitation.
  7. **Lewis, Z.,** Swartz, M.C., Lyons, E.J. (2016) What’s the point?: A Review of Reward Systems Implemented in Gamification Intervention. Games for Health Journal, 5(2).
  8. Lyons, E.J., Baranowski, T., Basen-Engquist, K.M., **Lewis, Z.H.,** Swartz, M.C., Jennings, K.J., Volpi, E. (2015) Testing the effects of narrative and play on physical activity among breast cancer survivors: study protocol for a randomized controlled trial. BMC Cancer.
  9. **Lewis, Z.H.,** Lyons, E.J., Jarvis, J., Baillargeon, J. (2015) Using an electronic monitor system as an intervention modality: A Systematic Review. BMC Public Health, 15, 585.
  10. Lyons, E.J., **Lewis, Z.H.,** Mayrsohn, B., & Rowland, J. (2014). Behavior change techniques implemented in electronic lifestyle activity monitors: a systematic content analysis. Journal of medical internet research, 16(8),e192. Available at: [Http://www.jmir.org/2014/8/e192/](http://www.jmir.org/2014/8/e192/)

# STUDENT PUBLICATIONS IN PEER-REVIEWED JOURNALS:

* 1. Tomlinson, K. A., Hansen, K., Helzer, D., **Lewis, Z. H**., Leyva, W. D., McCauley, M., Pritchard, W., Silvestri, E., Quila, M., Yi, M., & Jo, E. (2021). Effects Of Loaded Plyometric Exercise On Subsequent Sprint Performance In Collegiate Track Athletes. Medicine and Science in Sports and Exercise, 53 (suppl 5).
  2. Tomlinson, K., Hansen, K., Helzer, D., **Lewis, Z.**, Leyva, W., McCauley, M., Pritchard, W., Silvestri, E., Quila, M., Yi, M., Jo, E. (2020). The Effects of Loaded Plyometric Exercise During Warm-Up on Subsequent Sprint Performance in Collegiate Track Athletes. Sports, 8(7), 101*.* DOI: 10.3390/sports8070101
  3. Picazo, A.L., Pritting, L., Jeanmarie-Tucker, M., **Lewis, Z.H.** (2019). The Correlative Relationship Between Fitness Goals and Wearable Usage: An Observational Study. Medicine and Science in Sports and Exercise, 51 (suppl 5).
  4. Jeanmarie-Tucker, M., Picazo, A.L., Pritting, L., **Lewis, Z.H.** (2019). Relationship between Socialization and Weight Changes Among Individuals that Use Wearable Devices. Medicine and Science in Sports and Exercise, 51 (suppl 5).
  5. Pritting, L., Picazo, A.L., Jeanmarie-Tucker, M., **Lewis, Z.H.** (2019). Investigating the relationship between social media use and reported rates of exercise. Medicine and Science in Sports and Exercise, 51 (suppl 5).
  6. Sypes, E., Newton, G., **Lewis, Z.** (2019). Investigating the use of an Electronic Activity Monitor System as a component of physical activity and weight loss interventions in non-clinical populations: A Systematic Review. Journal of Physical Activity and Health. 16 (4), 294-302.

# PUBLISHED ABSTRACTS:

* 1. **Lewis, Z.H.,** Danayan, S. (2021). Physical Activity Promotion Through Social Media: An Exploratory Observational Study of Stakeholders. Medicine and Science in Sports and Exercise, 53 (suppl 5).
  2. **Lewis, Z.H.,** Swartz, M.C., Lyons, E.J. (2020). Wearable activity monitors effect on autonomous motivation: Results from a pilot comparative effectiveness intervention. Annals of Behavioral Medicine, 54 (S46).
  3. **Lewis, Z.H.,** Sypes, E., Jeanmarie-Tucker, M., Picazo, A.L., Pritting, L. (2019). Research and commercial utilization of wearables among healthy adults: an exploratory comparative analysis. Medicine and Science in Sports and Exercise, 51 (suppl 5).
  4. Bentley, J.R., **Lewis-Trammell, Z.H.,** Swartz, M.C., Lyons, E.L. (2019) Acceptability of a Walking Intervention Among Inactive Adults Using a Smartphone-Based Gaming Application. Medicine and Science in Sports and Exercise, 51 (Suppl 5).
  5. Wong. C.C.Y., Lyons, E.J., **Lewis, Z.H.,** Swartz, M., Martinez, E. Mhealth physical activity intervention increased exercise task self-efficacy among sedentary adults. Annals of Behavioral Medicine, 52(Suppl 1), S348.
  6. **Lewis, Z.,** Swartz, M., Lyons, E. (2016). What types of incentives elicit weight control in adults?: A systematic review of behavioral interventions. Annals of Behavioral Medicine, 50 (Suppl 1), S25.
  7. **Lewis, Z.,** Swartz, M., Nowkowski, S., Lyons, E. (2016). Are personal characteristics correlated with measurement error in wearable activity monitors?. Annals of Behavioral Medicine, 50 (Suppl 1), S319.
  8. **Lewis, Z.H.,** Hay, C.C., Lin, Y., Graham, J. (2015). Not as Expected! Length of Stay in Inpatient Rehabilitation Facilities. Archives of Physical Medicine and Rehabilitation, 96(10), e43.
  9. **Lewis, Z.H.,** Lyons, E.J. (2015). The Walking Dead: Is implementation of a zombie running game feasible among adult women? Annuals of Behavioral Medicine, 49(Suppl 1), S250.
  10. **Lewis, Z.H.,** Markides, K.S., Ottenbacher, K., Al Snih, S. (2015) The activity paradox: relationship between physical ability and falls in older Mexican Americans. Gerontologist. 55 (Suppl 2), 101-102.
  11. Lyons, E., **Lewis, Z.** (2014). Women Who Run from Zombies: Is a Horror-Themed Active Mobile Game Acceptable to Adult Women? Journal of Women’s Health, 23(10), 864-864.
  12. Almstedt, H., & **Lewis-Powell, Z.** (2012). College-age dancers have greater bone mass than runners and controls despite low energy availability. Medicine & Science in Sports & Exercise, 44(5), 517- 518.

1. **NON-PEER REVIEWED PUBLICATIONS:** 
   1. **Lewis, Z.** and Christopherson, U. (2021). Electronic Activity Monitoring. In *Cambridge Handbook of Cyber Behavior*. Cambridge: Cambridge University Press. **IN PRESS**

# PRESENTATIONS:

1. **NATIONAL CONFERENCE/CONVENTION:**
2. **Lewis, Z.H**. (2021). A systematic review and meta-analysis of technology-based, primary prevention intervention for physical activity promotion. Presented virtually at the 42nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, April 12- April 16, 2021.
3. **Lewis, Z.H**., Cannon, M., Rubio, G., Swartz, M.C., Lyons, E.J. (2020) Behavioral Content Analysis of Electronic Activity Monitors for Informed Device Selection. Presented virtually at the Southwest American College of Sports Medicine annual conference, October 28- November 29, 2020.
4. **Lewis, Z.H.,** Sypes, E., Jeanmarie-Tucker, M., Picazo, A.L., Pritting, L. (2019). Research and commercial utilization of wearables among healthy adults: an exploratory comparative analysis. Presented at the American College of Sports Medicine annual meeting, May 29-June 1, Orlando, FL.
5. **Lewis, Z.H.,** Swartz, M.C., Martinez, E., Lyons, E.J. (2017) The relationship between self-efficacy, motivation, social support and exercise identity. Orally Presented at the Society of Behavioral Medicine annual meeting, March 30, San Diego, CA.
6. **Lewis, Z.H.,** Lyons, E.J., Nowakowski, S., Swartz, M.C. (2016) Are personal characteristics correlated with measurement error in wearable activity monitors? Presented at the Society of Behavioral Medicine annual meeting, March 30-April 2, Washington D.C.
7. **Lewis, Z.H.,** Swartz, M.C., Lyons, E.J. (2016). What types of incentives elicit weight control in adults?: A systematic review of behavioral interventions. Presented at the Society of Behavioral Medicine annual meeting, March 30-April 2, Washington D.C.
8. **Lewis, Z.H.,** Markides, K.S., Ottenbacher, K., Al Snih, S. (2015). The Role of Physical Activity and Physical Function on the Risk of Falls in Older Mexican Americans. Presented at the Gerontological Society of America’s Annual Scientific Meeting, November 18-22, Orlando, FL.
9. **Lewis, Z.H.** & Lyons, E.J. (2015). The Walking Dead: Is implementation of a zombie running game feasible among adult women? Presented at the Society of Behavioral Medicine annual meeting, April 22-25, San Antonio, CA.
10. **Lewis, Z.H.** &Lyons, E.J. (2014). Activity monitor-based mhealth intervention increases fitness in older adults: a pre-experimental pilot study. Presented at the International Society for Behavioral Nutrition and Physical Activity annual meeting, May 21-24, San Diego, CA.
11. Lyons,E.J. & **Lewis-Powell, Z.H.** (2014). An activity monitor and mobile device intervention is feasible among older adults. Presented at Translational Science 2014, April 9 – 11, Washington, DC.
12. **Lewis, Z.H.** &Almstedt, H. (2012). Intermittent pneumatic compression may improve bone mineral density at the hip. Presented at the Southwest American College of Sports Medicine annual meeting, October, Newport Beach, CA.
13. Almstedt, H. & **Lewis-Powell, Z.H.** (2012). College age dancers have stronger bones than runners and controls, despite low energy availability. Presented at the ACSM annual meeting, May, San Francisco, CA.
14. Almstedt, H. & **Lewis-Powell, Z.H.** (2011). College age dancers have stronger bones than

runners and controls, despite low energy availability. Presented at the annual biomedical research conference for minority students, November, St. Louis, MO.

1. **LOCAL:**
2. **Lewis, Z.H.,** Markides, K.S., Ottenbacher, K., Al Snih, S. (2016). The Impact of 10-year Physical Activity Changes on 7-year Mortality in Older Mexican Americans. Presented at the Public Health Symposium at the University of Texas Medical Branch, April, Galveston, TX.
3. **Lewis, Z.H.,** Markides, K.S., Ottenbacher, K., Al Snih, S. (2015). The Role of Physical Activity and Physical Function on the Risk of Falls in Older Mexican Americans. Presented at the Annual Forum on Aging at the University of Texas Medical Branch, October, Galveston, TX.
4. **Lewis, Z.H.,** Markides, K.S., Ottenbacher, K., Al Snih, S. (2015). The Activity Paradox: Relationship Between Physical Ability and Falls in Older Mexican Americans. Presented at the Public Health Symposium at the University of Texas Medical Branch, April, Galveston, TX.
5. **Lewis, Z.H.,** Lyons, E.J., Jarvis, J.M., Baillargeon, J.G. (2015). Using an electronic activity monitor system as an intervention modality: A systematic review. Presented at the Public Health Symposium at the University of Texas Medical Branch, April, Galveston, TX.
6. **Lewis, Z.H.** & Lyons, E.J. (2015). The Walking Dead: Is Implementation of a Zombie Running Game Feasible Among Adult Women? Presented at the Center for Interdisciplinary Research in Women's Health poster session at the University of Texas Medical Branch, March, Galveston, TX.
7. **Lewis, Z.H**. & Lyons, E.J. (2015). The Walking Dead: Is Implementation of a Zombie Running Game Feasible Among Adult Women? Presented at the Clinical & Translational Research Forum at the University of Texas Medical Branch, March, Galveston, TX.
8. **Lewis, Z.H.** & Lyons, E.J. (2014). Activity Monitor-Based Health Intervention Increases Fitness in Older Adults: A Pre-experimental Pilot Study. Presented at the Public Health Symposium at the University of Texas Medical Branch, February, Galveston, TX.
9. **Lewis, Z.H.** & Lyons, E.J. (2014). Activity Monitor-Based Health Intervention Increases Fitness in Older Adults: A Pre-experimental Pilot Study. Presented at the Clinical & Translational Research Forum at the University of Texas Medical Branch, February, Galveston, TX.
10. **Lewis, Z.H.** & Almstedt, H. (2013). Intermittent Pneumatic Compression May Improve Bone Mineral Density at the Hip. Presented at the Undergraduate Research Symposium at Loyola Marymount University, March, Los Angeles, CA.
11. **Lewis, Z.H.** & Almstedt, H. (2012). Intermittent Pneumatic Compression May Improve Bone Mineral Density at the Hip. Presented at the Sigma Xi Student Symposium at Loyola Marymount University, October, Los Angeles, CA.
12. **Lewis, Z.H.** & Almstedt, H. (2012). Intermittent Pneumatic Compression May Improve Bone Mineral Density at the Hip. Presented at the Summer Undergraduate Research Symposium at Loyola Marymount University, July, Los Angeles, CA.
13. Almstedt, H. & **Lewis-Powell, Z.H.** (2012). College Age Dancers Have Stronger Bones than Runners and Controls, Despite Low Energy Availability. Presented at the Undergraduate Research Symposium at Loyola Marymount University, March, Los Angeles, CA.
14. Almstedt, H. & **Lewis-Powell, Z.H.** (2011). College Age Dancers Have Stronger Bones than Runners and Controls, Despite Low Energy Availability. Presented at the ACE & Honors Research Symposium at Loyola Marymount University, November, Los Angeles, CA.
15. **INVITED PRESENTATIONS:**
16. **STUDENT PRESENTATIONS:**
17. Danayan, S, **Lewis, Z.H.** (2021) Physical Activity and Social-media Support. Presented virtually at the California Conference on Motor Behavior and Sport & Exercise Psychology, March 6th 2021, Virtual Conference
18. Picazo, A.L., Pritting, L., Jeanmarie-Tucker, M., **Lewis, Z.H.** (2019). The Correlative Relationship Between Fitness Goals and Wearable Usage: An Observational Study. Presented at the American College of Sports Medicine annual meeting, May 29-June 1, Orlando, FL.
19. Jeanmarie-Tucker, M., Picazo, A.L., Pritting, L., **Lewis, Z.H.** (2019). Relationship between Socialization and Weight Changes Among Individuals that Use Wearable Devices. Presented at the American College of Sports Medicine annual meeting, May 29-June 1, Orlando, FL.
20. Pritting, L., Picazo, A.L., Jeanmarie-Tucker, M., **Lewis, Z.H.** (2019). Investigating the relationship between social media use and reported rates of exercise. Presented at the American College of Sports Medicine annual meeting, May 29-June 1, Orlando, FL.
21. Picazo, A.L., Pritting, L., Jeanmarie-Tucker, M., **Lewis, Z.H.** (2019). The Correlative Relationship Between Fitness Goals and Wearable Usage: An Observational Study. Presented at the Undergraduate Research Symposium at Loyola Marymount University, March 23rd, Los Angeles, CA
22. Jeanmarie-Tucker, M., Picazo, A.L., Pritting, L., **Lewis, Z.H.** (2019). Relationship between Socialization and Weight Changes Among Individuals that Use Wearable Devices. Presented at the Undergraduate Research Symposium at Loyola Marymount University, March 23rd, Los Angeles, CA
23. Pritting, L., Picazo, A.L., Jeanmarie-Tucker, M., **Lewis, Z.H.** (2019). Investigating the relationship between social media use and reported rates of exercise. Presented at the Undergraduate Research Symposium at Loyola Marymount University, March 23rd, Los Angeles, CA

**GRANT SUPPORT:**

1. **Internal Competitive Grants**

RSCA 2019-2020 CO

“Formative investigation of fitness wearable devices and social media intervention design”

PI: Zakkoyya Lewis, $5,000- 01/2020 to 05/2021

1. **External Grants**

16PRE27090012- American Heart Association

“TAME HEALTH: Testing Activity Monitors’ Effect on Health”

PI: Zakkoyya Lewis, 100% effort; $52,000 ($26,000 per year)- 01/01/2016 to 12/31/2016

# PROFESSIONAL AND TEACHING EXPERIENCE:

1. **TEACHING EXPERIENCE:**

Assistant Professor 2019-present

California State Polytechnic University, Pomona

Pomona, CA

*Courses taught:*

KIN 2070: Health and Well-Being

KIN 4120/L: Movement Anatomy and Kinesiology, Lab

KIN 4530: Sports Medicine

Visiting Assistant Professor 2018-2019

Loyola Marymount University

Los Angeles, CA

*Courses taught:*

HHSC 155 Human Anatomy and Physiology I

HHSC 156 Human Anatomy and Physiology I Lab

HHSC 190 Medical Terminology and Seminar

HHSC 256 Human Anatomy and Physiology II Lab

HHSC 495 Allied Health Internship

Graduate Assistant 2013 – 2016

Rehabilitation Sciences, The University of Texas Medical Branch

Galveston, TX

*Guest Lectures:*

NUTR 6304 Weight Control Management

PHS 6141 Rehabilitation Science Roundtable

Clinician 2013

Lindamood-Bell Learning Center

1. **CLINICAL EXPERIENCE:**

Athletic Training Internship 2010

Los Angeles Sparks

Athletic Trainer—Student 2010-2013

Loyola Marymount University

Athletic Trainer—Student 2011

Carson High School

Physical Therapist Aide 2012

Select Physical Therapy

Athletic Trainer—Student 2012

West LA Community College

1. **OTHER PROFESSIONAL EXPERIENCE**

Consultant, Remote 2017-2019

Mt. Sinai School of Medicine

Los Angeles, CA

Fitness Research Manager 2016-2018

Beachbody, LLC

Santa Monica, CA

1. **CERTIFICATIONS**

ACUE, Microcredential in Promoting Active Learning Online 2020

Exercise Is Medicine, Credential Level II 2019

Independent Applying the QM Rubric (APPQMR) 2018

ACSM Exercise Physiologist, Certified 2016

Athletic Trainer, Certified 2013

American Heart Association, CPR/ AED 2010

# THESIS SUPERVISION

# SUPERVISOR

# COMMITTEE MEMBER

* 1. Annie Mergenthaler (ongoing) Committee: Lara Killick, Elizabeth Foster, Zakkoyya H. Lewis-Trammell. Systematic Review of the Efficacy of yoga as a behavioral intervention for children with ASD

# Monica A. Quila (ongoing) Committee: Edward Jo, Alexandra Auslander, Zakkoyya H. Lewis-Trammell. The Effects of Lower Body Intermittent Pneumatic Compression on Acute Recovery From Exercise: A Systematic Review.

# Kalin A. Tomlinson (2020) Committee: Edward Jo, Zakkoyya H. Lewis-Trammell, Michael Yi. Title: The Potentiation Effects of a Plyometric-Based Warm-Up Exercise On Subsequent Sprint Performance In Collegiate Track Athletes.

# COMMITTEE RESPONSIBILITIES AND SERVICE:

1. **NATIONAL:**
2. Coalition on Anti-Racism Education (CARE), co-founder 2020-present
3. Student Co-Chair 2015-2017

Behavioral Informatics and Technology Special Interest Group, Society of Behavioral Medicine

1. **UNIVERSTIY:**
2. CPP Equity Advisory Committee 2020-present
3. Preventive Medicine & Community Health Graduate Student Organization, Chair 2014-2016
4. **SCHOOL:**
5. College of Science (COS) Strategic initiative project 2019-present
6. **DEPARTMENT:**
7. Kinesiology and Health Promotion (KHP) Strategic Initiative, group leader 2020-present
8. KHP Curriculum committee 2020-present
9. KHP Faculty search committee 2020
10. KHP Student success committee 2019-2020
11. KHP strategic planning discovery team 2019-2020
12. KHP Chair review committee 2019

**MEMBERSHIP IN SCIENTIFIC SOCIETIES/PROFESSIONAL ORGANIZATIONS:**

CSU Alliance for Graduate Education & the Professoriate, coachee 2020-present

Society of Behavioral Medicine 2015-present

American College of Sports Medicine 2011- present

National Athletic Trainers Association 2011-present

American Heart Association 2015-2017

Sigma Xi: Research Society 2012-2014

**HONORS:**

Peyton and Lydia Schapper Endowed Scholarship Fund 2016

Don W. Micks Scholarship in Preventive Medicine and Community Health 2015

Emily E. Dupree Endowed Award for Excellence in Rehabilitation Science 2015

Excellence in Student Research: Minority Health/ Health Disparities 2015

*Annual Forum on Aging*

Clinical Science Poster Award 2015

*Center for Interdisciplinary Research in Women's Health poster session*

Research Excellence Poster Award 2014

*Clinical & Translational Research Forum*

Graduate Assistantship, University of Texas Medical Branch 2013 – 2015

McNairs Scholar 2012-2013

University Honors Program 2010-2013

South West American College of Sports Medicine Student Research Award 2012

Honors Ambassadorial Award 2012

Annual Biomedical Research Conference for Minority Students Travel Award 2011

ACE Achievement Award 2011