

EXERCISE & NUTRITIONAL SCIENCES PhD

APPROVED MENTOR LIST

2017-18

Below are the eight focus content areas for the ENS PhD Program. Faculty members have identified their current research area and their typical focus area. Please click on area of interest to view those faculty members who have interest in that area of focus.

General Focus Areas:

- A. [Biomechanics](#) Injury Prevention & Movement Abilities
- B. [Chronic](#) Disease Prevention
- C. [Energy](#) Balance Metabolism, Physiology and Health
- D. [Epidemiology](#)/Surveillance Measurement
- E. [Health](#) Information/Communication/Technology
/Promotion
- F. [Lifespan](#)/Aging & Health
- G. [Nutrition](#) Behaviors in Physical Activity
- H. [Public](#) Health/Community/Policy

A. Biomechanics Injury Prevention & Movement Abilities

Cheryl Der Ananian, PhD
(Cheryl.Deranian@asu.edu)
Associate Professor, Exercise Science and Health Promotion

The promotion of physical activity for older adults with an emphasis on utilizing physical activity as a secondary prevention strategy for chronic illnesses include arthritis and heart disease; community-based physical activity for older adults; translation and dissemination of evidence-based physical activity programs.

Natalia Dounskaia, PhD
(Natalia.Dounskaia@asu.edu)
Associate Professor, Exercise Science and Health Promotion

Control of human multi-joint movements, including arm movements and postural control, and adverse effect of normal gaining and motor disorders.

Daniel Peterson, PhD
(Daniel.Peterson1@asu.edu)
Assistant Professor, Nutrition

Understand the interaction between balance, cognitive deficits, brain structure, and falls in neurological populations such as people with Parkinson's disease and multiple sclerosis. In particular, I am interested in how gait and balance can be improved (and falls avoided) through rehabilitation using principles of motor learning.

Shannon Ringenbach, PhD
(Shannon.Ringenbach@asu.edu)
Associate Professor, Exercise Science and Health Promotion

Assisted cycle therapy on motor, cognitive & clinical functions in persons with Down Syndrome, intellectual disability, ADHD, stroke, physical & mental health, behavioral neuroscience, etc.

Back to [Mentor List](#)

B. Chronic Disease Prevention

Barbara Ainsworth, PhD, MPH, FACSM, FNAK
(Barbara.ainsworth@asu.edu)
Regents Professor, Exercise Science and Health Promotion
Physical activity epidemiology, surveillance of physical activity, measurement of physical activity, and physical activity in middle age and minority women.

Siddhartha Angadi, PhD
(Sangadi@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Effects of chronic exercise and diet on cardiovascular function in patients with congestive heart failure. Acute effects of diet and exercise on cardiovascular function in diseased populations. Weight loss independent effects of diet and exercise for modifying cardiovascular risk.

Jared Dickinson, PhD
(Jared.Dickinson@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Mechanisms of muscle adaptation; mechanisms that contribute to the loss of muscle size and function with aging (i.e. sarcopenia); maximizing the ability for exercise and nutritional strategies to effectively preserve muscle health in older adults and accelerate functional recovery in at-risk clinical populations.

Glenn Gaesser, PhD
(Glenn.Gaesser@asu.edu)
Professor, Exercise Science and Health Promotion
Acute and chronic impact of exercise and diet on endothelial function; weight-loss independent health benefits of exercise and diet; obesity paradox; physical activity assessment technology.

Steven Hooker, PhD, FACSM
(Steven.Hooker@asu.edu)
Professor, Exercise Science and
Health Promotion

Physical activity interventions for
midlife and older adults,
particularly racial/ethnic minority
men; the associations between
physical activity and health
outcomes (e.g., stroke, cognitive
function, CVD); community-based
participatory research.

Carol Johnston, PhD, RD
(Carol.Johnston@asu.edu)
Professor, Nutrition

Vitamin C: relationships with adiposity,
vinegar: antiglycemic effects in health adults
and individuals with type 2 diabetes,
vegetarian diets, and low carbohydrate diets.

Linda Larkey, PhD, CRTT
(Linda.Larkey@asu.edu)
Professor, Nursing and Health Innovation

Testing theory-based methods of
communicating health messages to
underserved/low-income populations,
community-based participatory research
practices, and examining mind-body methods
of alleviating symptoms in cancer survivor.

Chong Lee, EdD, FACSM
(Chong.Lee@asu.edu)
Associate Professor, Exercise Science and
Health Promotion

Investigating the combined impact of lifestyle
factors (i.e., physical activity, healthy diet, not
smoking, etc.) on CVD and cancer mortality;
developing new waist girth, body fatness, and
physical fitness standards in children and
adults (e.g. population-specific groups); and
constructing new global prediction algorithms
of CVD, cancer (i.e. colorectal, breast, etc.),
and type 2 diabetes using health behaviors
and health factors across race and sex
groups.

Rebecca Lee, EdD, FACS
(relee6@mainex1@asu.edu)
Professor, Nursing and Health Innovation

Community research with Hispanic
populations in the US and Mexico to reduce
health disparities. Use of innovative
strategies, incorporating social cohesion,
capitalizing on innovations in technology and

improving the quality of neighborhood
environments. Research grants focusing on
social, environmental, community and virtual
interventions to increase physical activity and
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(Betty.Phillips@asu.edu)
University Professor and Professor,
Psychology; Co-director: Obesity Solutions
Initiative

Neuroscience of taste, Conditioned food
preferences; Food taste, acceptance and
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Associate Professor, Nursing and Exercise
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(Pamela.Swan@asu.edu)
Associate Professor, Exercise Science and
Health Promotion

Exercise, obesity and health, Muscular-
skeletal health consequences of severe weight
loss (Post Bariatric Surgery), Regional
adiposity, Effects of exercise on resting energy

expenditure, Health effects of whole body vibration exercise.

Karen Sweazea, PhD
(Karen.Sweazea@asu.edu)

Associate Professor, Nutrition
Exploration of potentially protective mechanisms existing in mammalian and non-mammalian organisms against complications that can arise in diseases associated with being overweight or having high blood sugar levels; Evaluation of functional foods in the reversal of complications associated with overweight and diabetes; cardiovascular impact of poor nutrition.

Natasha Tasevska, MD, PhD
(Natasha.Tasevska@asu.edu)

Assistant Professor, Nutrition
Developing biomarkers of intake; Dietary validation and calibrations studies and measurement error in self-reported diet; Epidemiological investigations of the effects of sugars on cancer, obesity and other chronic diseases.

Sonia Vega-Lopez (Sonja.Vega-Lopez@asu.edu)

Associate Professor, Nutrition
Assessment of diet and lifestyle factors that affect chronic disease risk among minority populations; Development of culturally sensitive strategies to aid Latinos and other high-risk populations in chronic disease prevention; Development of community-based interventions to aid in the prevention of chronic diseases and reduction of risk factors; evaluation of the effects of diet and lifestyle modifications on chronic disease risk factors,

obesity, the metabolic disease and diabetes management; Effect of diets and dietary components on the metabolism of cholesterol and lipoproteins.

Corrie Whisner, PhD
(Corrie.Whisner@asu.edu)

Assistant Professor, Nutrition
Broad research interests: metabolic disturbances in nutrition-related diseases, lifestyle interventions to prevent or correct chronic disease, and the influence of both genetic and environmental factors on health outcomes. Specific interests include Interactions between dietary intake and gut microbiome in relation to bone health and obesity outcomes in pediatric populations; Mineral metabolism in at-risk, pediatric populations such as infants and adolescents; Functional food (prebiotics/probiotics) applications for health.

Shawn Youngstedt, PhD
(Shawn.Youngstedt@asu.edu)

Professor, Nursing, Health Innovation & Exercise Science, and Health Promotion
Sleep, mental and physical health. a) The risks of long sleep. Both short sleep duration (less than 6 hours) and long sleep duration (8 hours or more) are associated with mortality and multiple morbidities. Although the risks of long sleep have been greater and more consistent than the risks of short sleep, we are one of the only groups that are experimentally studying long sleep. b) Non-pharmacologic means of improving sleep and mental health. We have conducted research examining the effects of exercise and bright light on insomnia, sleep apnea, and PTSD.

Back to [Mentor List](#)

C. Energy Balance Metabolism, Physiology and Health

Siddhartha Angadi, PhD (Sangadi@asu.edu)
Assistant Professor, Exercise Science and Health Promotion

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Shawn Youngstedt, PhD

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Professor, Nursing and Health Innovation & Exercise Science and Health Promotion

Influence of chronic moderate sleep restriction on health in older adults. Influence of napping on health in older adults.

Back to [Mentor List](#)

D. Epidemiology/Surveillance Measurement

Marc Adams, PhD, MPH

(Marc.Adams@asu.edu)

Assistant Professor, Exercise Science and Health Promotion

Behavior change: walking, physical activity; Environment: city designs, walkability, transit environments; Intervention design: e-Health & adaptive interventions; Theory: behavioral economics; Measurement: pedometers, GIS/GPS; Primary prevention.

including school-and community-based programs.

Glenn Gaesser, PhD

(Glenn.Gaesser@asu.edu)

Professor, Exercise Science and Health Promotion

Acute and chronic impact of exercise and diet on endothelial function; weight-loss independent health benefits of exercise and diet; obesity paradox; physical activity assessment technology.

Barbara Ainsworth, PhD, MPH, FACSM,

FNAK (Barbara.ainsworth@asu.edu)

Regents Professor, Exercise Science and Health Promotion

Physical activity epidemiology, using surveillance data to identify populations at risk for low physical activity, measurement of physical activity, and physical activity promotion in middle age and minority women.

Jennifer Huberty, PhD

(Jennifer.Huberty@asu.edu)

Associate Professor, Exercise Science and Health Promotion

Physical activity (PA) adherence in middle-aged women, pregnant women, college females; relationship of self-worth to PA; social-support/group-based interventions (e.g., face to face and online); utilizing PA to improve grief/depressive symptoms in perinatal loss; utilizing technology to improve PA in women (i.e., text-message, mobile app); complementary approaches (e.g. yoga meditation) to improve mental, physical health, and quality of life in women and cancer patients.

Meg Bruening, PhD, MPH, RD

(Meg.Bruening@asu.edu)

Assistant Professor, Nutrition

Public health nutrition promotion and obesity prevention targeted to underserved youth and families. Major topics include: Social epidemiology/social network/socio-environmental influences on eating and physical activity behaviors; food insecurity risk and resiliency factors; Developing and evaluating public health nutrition interventions,

Chong Lee, EdD, FACSM
(Chong.Lee@asu.edu)
Associate Professor, Exercise Science and Health Promotion
Investigating the combined impact of lifestyle factors (i.e., physical activity, healthy diet, not smoking, etc.) on CVD and cancer mortality; developing new waist girth, body fatness, and physical fitness standards in children and adults (e.g. population-specific groups); and constructing new global prediction algorithms of CVD, cancer (i.e. colorectal, breast, etc.), and type 2 diabetes using health behaviors and health factors across race and sex groups.

Rebecca Lee, EdD, FACS
(relee6@mainex1@asu.edu)
Professor, Nursing and Health Innovation
Community research with Hispanic populations in the US and Mexico to reduce health disparities. Use of innovative strategies, incorporating social cohesion, capitalizing on innovations in technology and improving the quality of neighborhood environments. Research grants focusing on social, environmental, community and virtual interventions to increase physical activity and improve dietary habits in Hispanic populations.

Punam Ohri-Vachaspati, PhD, RN
(Punam.Ohri-Vachaspati@asu.edu)
Professor, Nutrition
Understanding social-ecological determinants of obesity, specifically the role of environments, and policies in influencing consumption behaviors and health outcomes; and study of nutrition interventions in community settings.

Shannon Ringenbach, PhD
(Shannon.Ringenbach@asu.edu)
Associate Professor, Exercise Science and Health Promotion
Exercise interventions on motor, cognitive, clinical functions in persons with Down Syndrome and Intellectual disability.

Shawn Youngstedt, PhD
(Shawn.Youngstedt@asu.edu)
Professor, Nursing, Health Innovation & Exercise Science, and Health Promotion
Developing biomarkers of intake; Dietary validation and calibrations studies and measurement error in self-reported diet; Epidemiological investigations of the effects of sugars on cancer, obesity and other chronic diseases.

Back to [Mentor List](#)

E. Health Information/Communication/Technology/Promotion

Marc Adams, PhD, MPH
(Marc.Adams@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Behavior change: walking, physical activity; Environment: city designs, walkability, transit environments; Intervention design: e-Health & adaptive interventions; Theory: behavioral economics; Measurement: pedometers, GIS/GPS; Primary prevention.

Matthew Buman, PhD
(Mbuman@mainex1.asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Dynamic interplay of sleep, sedentary, and more active behaviors for health promotion; Community-based interventions for mid-life

and older adults; wearable sensors for 24-hour behavioral monitoring.

Eric Hekler, PhD
(Eric.Hekler@mainex1.asu.edu)
Assistant Professor, Nutrition
Personalized behavior change, digital health, health, physical activity, research design and evaluation methods, agile science, behavioral theory development, just-in-time-adaptive interventions, human-computer interaction, the application of control systems engineering to the creation of personalized behavioral interventions, self-experimentation for behavior change.

Jennifer Huberty, PhD
(Jennifer.Huberty@asu.edu)
Associate Professor, Exercise Science and Health Promotion

Physical activity (PA) adherence in middle-aged women, pregnant women, college females; relationship of self-worth to PA; social-support/group-based interventions (e.g., face to face and online); utilizing PA to improve grief/depressive symptoms in perinatal loss; utilizing technology to improve PA in women (i.e., text-message, mobile app); complementary approaches (e.g. yoga meditation) to improve mental, physical health, and quality of life in women and cancer patients.

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Professor, Nursing and Health Innovation
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underserved/low-income populations, community-based participatory research practices, and examining mind-body methods of alleviating symptoms in cancer survivor.

Sonia Vega-Lopez (Sonja.Vega-Lopez@asu.edu)
Associate Professor, Nutrition
Developing predictive biomarkers of sugar intake, Dietary validation and calibrations studies and measurement error in self-reported diet; Epidemiological investigations of the effects of sugars on cancer, obesity and other chronic diseases.

Christopher Wharton, PhD
(Christopher.Wharton@asu.edu)
Associate Professor, Nutrition
Healthy food production and distribution, Food systems and sustainability, Local food programs, Food security.

Back to [Mentor List](#)

F. Lifespan/Aging & Health

Barbara Ainsworth, PhD, MPH, FACSM, FNAK (Barbara.ainsworth@asu.edu)
Regents Professor, Exercise Science and Health Promotion

Relationship between physical activity, fundamental motor skills, and movement abilities in middle age and older women.

Siddhartha Angadi, PhD (Sangadi@asu.edu)
Assistant Professor, Exercise Science and Health Promotion

Effects of chronic exercise and diet on cardiovascular function in patients with congestive heart failure. Acute effects of diet and exercise on cardiovascular function in diseased populations. Weight loss independent effects of diet and exercise for modifying cardiovascular risk.

Meg Bruening, PhD, MPH RD
(Meg.Bruening@asu.edu)
Assistant Professor, Nutrition

Public health nutrition promotion and obesity prevention targeted to underserved youth and families. Major topics include: Social

epidemiology/social network/socio-environmental influences on eating and physical activity behaviors; Food insecurity risk and resiliency factors; Developing and evaluating public health nutrition interventions, including school-and community-based programs.

Matthew Buman, PhD
(Mbuman@mainex1.asu.edu)
Assistant Professor, Exercise Science and Health Promotion

Dynamic interplay of sleep, sedentary, and more active behaviors for health promotion; Community-based interventions for mid-life and older adults; wearable sensors for 24-hour behavioral monitoring.

Cheryl Der Ananian, PhD
(Cheryl.Deranianian@asu.edu)
Associate Professor, Exercise Science and Health Promotion

The promotion of physical activity for older adults with an emphasis on utilizing physical activity as a secondary prevention strategy for

chronic illnesses include arthritis and heart disease; community-based physical activity for older adults; translation and dissemination of evidence-based physical activity programs.

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programs on weight gain during adolescent pregnancy.

Back to [Mentor List](#)

G. Nutrition Behaviors in Physical Activity

Marc Adams, PhD, MPH
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Back to [Mentor List](#)

H. Public Health/Community/Policy

Marc Adams, PhD, MPH (Marc.Adams@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Behavior change: walking, physical activity; Environment: city designs, walkability, transit environments; Intervention design: e-Health & adaptive interventions; Theory: behavioral economics; Measurement: pedometers, GIS/GPS; Primary prevention.

Meg Bruening, PhD, MPH RD
(Meg.Bruening@asu.edu)
Assistant Professor, Nutrition
Public health nutrition promotion and obesity prevention targeted to underserved youth and families. Major topics include: Social epidemiology/social network/socio-environmental influences on eating and physical activity behaviors; Food insecurity risk and resiliency factors; Developing and evaluating public health nutrition interventions, including school-and community-based programs.

Cheryl Der Ananian, PhD
(Cheryl.Deranianian@asu.edu)
Associate Professor, Exercise Science and Health Promotion
The promotion of physical activity for older adults with an emphasis on utilizing physical activity as a secondary prevention strategy for chronic illnesses include arthritis and heart disease; community-based physical activity for older adults; translation and dissemination of evidence-based physical activity programs.

Steven Hooker, PhD, FACSM
(Steven.Hooker@asu.edu) Professor, Exercise Science and Health Promotion
Physical activity interventions for midlife and older adults, particularly racial/ethnic minority men; the associations between physical activity and health outcomes (e.g., stroke, cognitive function, CVD); community-based participatory research.

Rebecca Lee, EdD, FACS
(relee6@mainex1@asu.edu)
Professor, Nursing and Health Innovation
Community research with Hispanic populations in the US and Mexico to reduce health disparities. Use of innovative strategies, incorporating social cohesion, capitalizing on innovations in technology and improving the quality of neighborhood environments. Research grants focusing on social, environmental, community and virtual

interventions to increase physical activity and improve dietary habits in Hispanic populations.

Punam Ohri-Vachaspati, PhD, RN
(Punam.Ohri-Vachaspati@asu.edu)
Professor, Nutrition
Understanding social-ecological determinants of obesity, specifically the role of environments, and policies in influencing consumption behaviors and health outcomes; and study of nutrition interventions in community settings.

Back to [Mentor List](#)