It is expected that students complete 15 credit hours in a focused content area. The 8 focus areas include: A) Chronic Disease Prevention; B) Lifespan/Aging & Special Populations; C) Energy Balance, Metabolism, & Physiology; D) Public Health/Community/Policy; E) Epidemiology/Surveillance/Measurement; F) Health Information/Communication Technology; G) Nutrition/Physical Activity Health Behaviors; H) Biomechanics, Injury Prevention & Movement Abilities. Specific courses in the focus areas are determined by the student and committee members. Below each faculty mentor has identified their current research area and their typical focus areas (letter A-H).

1. Marc Adams, PhD, MPH (Marc.Adams@asu.edu) D, E, F, G
   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.

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

3. Barbara Ainsworth, PhD, MPH, FACSM, FNAK (Barbara.ainsworth@asu.edu) B, E, F, G
   Professor, Exercise Science and Health Promotion
   Physical activity epidemiology, Surveillance of physical activity, PA in middle-age and minority women.

4. Meg Bruening, PhD, RD (Meg.Bruening@asu.edu) B, E, G
   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.

5. Matthew Buman, PhD (Mbuman@mainex1.asu.edu) B, F, G
   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.

6. Cheryl Der Ananian, PhD (Cheryl.Derananian@asu.edu) B,D,G,H
   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 including arthritis and heart disease; community-based physical activity interventions for older adults; translation and dissemination of evidence-based physical activity programs.
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<th>Chronic Disease Prevention</th>
<th>Lifespan/Aging &amp; Health</th>
<th>Energy Balance, Metabolism, Physiology and Health</th>
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<th>Epidemiology/Surveillance/Technology Promotion</th>
<th>Nutrition/Physical Activity/Health Behaviors</th>
<th>Biomechanics Injury Prevention &amp; Movement Abilities</th>
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7. Jared Dickinson, PhD ([Jared.Dickinson@asu.edu](mailto:Jared.Dickinson@asu.edu)) A, B, C  
Assistant Professor, Exercise Science and Health Promotion  
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.

8. Natalia Dounskaia, PhD ([Natalia.Dounskaia@asu.edu](mailto:Natalia.Dounskaia@asu.edu)) B, H  
Associate Professor, Exercise Science and Health Promotion  
Control of human multi-joint movements, including arm movements and postural control, and adverse effect of normal aging and motor disorders.

9. Glenn Gaesser, PhD ([Glenn.Gaesser@asu.edu](mailto:Glenn.Gaesser@asu.edu)) A, C, E  
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.

10. Eric Hekler, PhD ([Eric.Hekler@mainex1.asu.edu](mailto:Eric.Hekler@mainex1.asu.edu)) F, G  
Assistant Professor, Nutrition  
Physical activity/healthful eating intervention design/evaluation via technology (e.g., smartphones), context (e.g., built environment), and emotionally-focused motivation. Exploring ways to merge user-centered design and behavioral science.

11. Steven Hooker, PhD, FACSM ([Steven.Hooker@asu.edu](mailto:Steven.Hooker@asu.edu)) D, E, F, G  
Professor, Exercise Science and Health Promotion  
Relationships between physical activity and elements of the built environment; Physical activity interventions for midlife and older adults, particularly men; The associations between physical activity and health outcomes (e.g., stroke, cognitive function, CVD); Community-based participatory research.

12. Jennifer Huberty, PhD ([Jennifer.Huberty@asu.edu](mailto:Jennifer.Huberty@asu.edu)) E, F, G  
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); utilizing policy to improve PA behaviors in youth during and after school.

13. Carol Johnston, PhD, RD ([Carol.Johnston@asu.edu](mailto:Carol.Johnston@asu.edu)) A, C, G  
Professor, Nutrition  
Vitamin C: relationships with adiposity, vinegar: antiglycemic effects in healthy adults and individuals with type 2 diabetes, vegetarian diets, low carbohydrate diets.

14. Linda Larkey, PhD, CRTT ([Linda.Larkey@asu.edu](mailto:Linda.Larkey@asu.edu)) A, F, G  
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.
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<tr>
<td>15.</td>
<td>Chong Lee, EdD, FACSM (<a href="mailto:Chong.Lee@asu.edu">Chong.Lee@asu.edu</a>) A, E 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.</td>
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<td>16.</td>
<td>Rebecca Lee, EdD, FACSM (<a href="mailto:Chong.Lee@asu.edu">Chong.Lee@asu.edu</a>) A, B, D, E, G 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.</td>
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<td>17.</td>
<td>Punam Ohri-Vachaspati, PhD, RD (<a href="mailto:Punum.Ohri-Vachaspati@asu.edu">Punum.Ohri-Vachaspati@asu.edu</a>) D, E, G 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.</td>
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<td>18.</td>
<td>Elizabeth “Betty” Phillips, PhD (<a href="mailto:Betty.Phillips@asu.edu">Betty.Phillips@asu.edu</a>) A, C, G University Professor and Professor, Psychology; Co-director: Obesity Solutions Initiative Neuroscience of taste, Conditioned food preferences; Food taste, acceptance and consumption.</td>
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<td>Lynda Ransdell, PhD (<a href="mailto:Lynda.Ransdell@asu.edu">Lynda.Ransdell@asu.edu</a>) A, B, D, F Associate Dean &amp; Professor, Exercise Science and Health Promotion Women and Physical Activity, Theory-based physical activity interventions, The built environment and physical activity, enhancing sport performance, and higher education leadership and success.</td>
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<td>Shannon Ringenbach, PhD (<a href="mailto:Shannon.Ringenbach@asu.edu">Shannon.Ringenbach@asu.edu</a>) A, E, H Associate Professor, Exercise Science and Health Promotion Exercise interventions on motor, cognitive, clinical functions in persons with Down Syndrome and intellectual disability.</td>
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<td>21.</td>
<td>Gabriel Shaibi, PhD (<a href="mailto:Gabriel.Shaibi@asu.edu">Gabriel.Shaibi@asu.edu</a>) A, C, G Associate Professor, Nursing and Exercise Science and Health Promotion Effects of exercise on cardiometabolic disease risk (e.g., insulin resistance, metabolic syndrome, and type 2 diabetes) in overweight and obese children and adolescents. Physiology of insulin resistance and type 2 diabetes across the lifespan.</td>
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<td>22.</td>
<td>Pamela Swan, PhD, FACSM, FTOS (<a href="mailto:Pamela.Swan@asu.edu">Pamela.Swan@asu.edu</a>) A, C, G 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.</td>
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23. Karen Sweazea, PhD (Karen.Sweazea@asu.edu) A, C
   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.

24. Natasha Tasevska, MD, PhD (Natasha.Tasevska@asu.edu) A, C
   Assistant 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.

25. Sonia Vega-Lopez (Sonia.Vega-Lopez@asu.edu) A, B, C, D, F, G
   Associate Professor, Nutrition
   Effect of diets and dietary components on the metabolism of cholesterol and lipoproteins;
   Evaluation of the effects of diet and lifestyle modifications on chronic disease risk factors,
obesity, the metabolic disease and diabetes management; Development of community-based
   interventions to aid in the prevention of chronic diseases and reduction of risk factors;
   Development of culturally sensitive strategies to aid Latinos and other high-risk populations in
   chronic disease prevention.

26. Meghan Vidt, PhD (MVidt@asu.edu) H
   Assistant Professor, Exercise Science and Health Promotion
   Musculoskeletal biomechanics of the shoulder and upper limb. Comprehensive approach to
   assessment of upper limb mobility, functionality, and injury risk in various populations, including
   older adults, patients with a rotator cuff tear, and workers. Identify the underlying mechanisms
   contributing to upper limb movement and functional deficits, so that effective treatment
   strategies can be developed to return patients to a pre-injury level of function. This work is
   accomplished through the application of experimental, computational, and medical imaging
   techniques.

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

29. Corrie Whisner, PhD (Corrie.Whisner@asu.edu) A, B, C, F, G
   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; Effects of digital / social media intervention programs on weight gain during
adolescent pregnancy.

30. Shawn Youngstedt, PhD (Shawn.Youngstedt@asu.edu) A, C, G
   Professor, Nursing and 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.