

EDUCATION

Doctor of Philosophy in Kinesiology

Concentration: Exercise Physiology

Michigan State University; East Lansing, MI

August 2016 – October 2020

Advisor: Karin A. Pfeiffer, PhD

B.S. Health and Human Sciences

Loyola Marymount University; Los Angeles, CA

August 2013 – May 2016

Summa Cum Laude

RESEARCH EXPERIENCE

Research Lead 2016 – 2020
Michigan State University, Department of Kinesiology

Responsible for the grant writing, study design, implementation, project management, and evaluation of three separate exercise studies, one of which was an exercise intervention delivered in a physical education setting evaluating fitness and psychosocial outcomes.

Program Evaluation Specialist 2016 – 2020
Michigan State University, Department of Kinesiology

Evaluated physical health and nutrition outcomes in students participating in the CrimFit Youth Program which commits to promoting physical activity in Flint, MI.

Undergraduate Research Opportunities Program (UROP) 2014 – 2015
Summer Undergraduate Research Program (SURP)
Loyola Marymount University, Department of Health and Human Sciences

Research assistant for the Improving Physical Activity After Cancer Treatment (IMPAACT) trial, a community-based exercise intervention for cancer survivors. Assisted with data collection, study implementation, data analysis, conference presentations, and manuscript writing.

Summer Undergraduate Research in Physiology Program 2015
University of Michigan, Pediatric Pulmonology Division

Accepted to the Summer Undergraduate Research in Physiology Program (Mentor: Marc B. Hersenson, M.D.,Ph.D) from a competitive pool of nationwide undergraduate applicants. The program included acquiring molecular laboratory techniques, attending multiple professional development workshops, and presenting my research findings at a department-wide conference.

PROFESSIONAL EXPERIENCE

Graduate Assistant 2017 – 2020
Michigan State University, Department of Kinesiology

Responsible for instruction of lecture and laboratory lower- and upper-division courses; ½ FTE appointment (20 hours per week) on non-fellowship years.

Personal Trainer, Group Fitness Instructor 2013 – 2020
CourtOne Athletic Clubs, Lansing, MI
Michigan State University, Campus Recreation, East Lansing, MI

Burns Recreation Center, Loyola Marymount University, Los Angeles CA
Serve as a ACSM Certified Personal Trainer; TRX[®], Nike Training Club, and Spinning[®] Group Fitness Instructor.

Operations Manager 2014 - 2015
Fitness and Wellness Center, Loyola Marymount University, Los Angeles, CA

Management of financial budgets, employee scheduling, personal training protocols, and other tasks in coordination with the Assistant Director.

Center for Health and Fitness Intern 2015
Beach Cities Health District, Redondo Beach, CA

Assisted with the coordination and promotion of 5 community health outreach programs at the nation's largest public health agency.

Peer-reviewed Journal Articles (in print or accepted):

1. Grote S, **Ricci JM**, Dehom S, Modeste N, Sealy D, Tarleton HP (2020). Heart Rate Variability And Cardiovascular Adaptations Among Cancer-Survivors Following A 26-Week Exercise Intervention. *Integrative Cancer Therapies*. In Print.
2. **Ricci JM**, Astorino, TA, Currie, KD, Pfeiffer KA (2020). Cardiometabolic and Perceptual Responses to Body-Weight Resistance High-Intensity Interval Exercise in Boys. *Pediatric Exercise Science*. Advance online publication. <https://doi.org/10.1123/pes.2020-0040>.
3. **Ricci JM**, Clevenger KA, Sellers S, Davenport S, Pfeiffer, KA (2020). Associations between extracurricular activity participation and health-related variables in underrepresented children. *Sports Medicine and Health Science*, 2(2), 102-108.
4. **Ricci JM**, Flores V, Kuroyama I, AsherA, Tarleton HP (2018). Pilot Study of Dose-Response Effects of Exercise on Change in C-Reactive Protein, Cortisol, and Health-Related Quality of Life Among Cancer Survivors. *BioResearch Open Access*, 7(1), 52–62.
5. Lewis TC, Metitiri EE, Mentz GB, Ren X, Goldsmith AM, Eder BN, Wicklund KE, Walsh MP, Comstock AT, **Ricci JM**, Brennan SR, Washington GL, Owens KB, Mukherjee B, Robins TG, Batterman SA, Hershenson MB, Community Action Against Asthma Steering Committee (2018). Influence of viral infection on the relationships between airway cytokines and lung function in asthmatic children. *Respir Res*. 19(1), 228.
[] Study Design [X] Data Collection [] Statistical Analysis [] Drafted Manuscript [X] Edited/Revised Manuscript
6. Lewis TC, Metitiri EE, Mentz GB, Ren X, Goldsmith AM, Eder BN, Wicklund KE, Walsh MP, Comstock AT, **Ricci JM**, Brennan SR, Washington GL, Owens KB, Mukherjee B, Robins TG, Batterman SA, Hershenson MB and the Community Action Against Asthma Steering Committee (2018). Impact of community respiratory viral infections in urban children with asthma. *Ann Allergy, Asthma Immunol*. 122(2), 175-183.
[] Study Design [X] Data Collection [] Statistical Analysis [] Drafted Manuscript [X] Edited/Revised Manuscript
7. Shoepe TC, Vejarano G, Reyes N, Gobreial NM, **Ricci JM** (2017). Volume Estimations for Combined Free-Weight and Rubber-Band Resistance Exercise. *Kinesiology: International journal of fundamental and applied kinesiology*, 49(2), 169-177.

Manuscripts in Progress/Under Review:

1. **Ricci JM**, Astorino, TA, Currie, KD, Pfeiffer KA. Efficacy and Program Evaluation of a Fitness and Skill-Based High-Intensity Interval Training (HIIT) Program in Elementary School Physical Education. Submitting to *Research Quarterly for Exercise and Sport* in November 2020.
2. **Ricci JM**, Astorino, TA, Currie, KD, Pfeiffer KA. Acute Cardiometabolic and Perceptual Responses to Individual and Group-Based Body-weight Resistance Exercise in Girls. Submitted to *Medicine & Science in Sports & Exercise* in October 2020.
3. Grote S, **Ricci JM**, Dehom S, Modeste N, Sealy D, Tarleton HP. Improvements in Balance and Neuropathy Outcomes Among Cancer-Survivors Following a 26-Week Combined Aerobic and Resistance Training Exercise Intervention. *Submitting in January 2021*.
4. **Ricci JM**, Carlson JJ, Petushek E, Pfeiffer KA. Prevalence and Associations Among Micronutrient Intakes and Cardiovascular Disease Risk Factor Status in Adolescents. Submitting to *Nutrients* in November 2020.

Book Chapters:

1. Pivarnik J, **Ricci JM** (2018). The Role of Physical Activity in Obesity Prevention. In DH Davies, HE Fitzgerald (Ed.), *Obesity in Childhood and Adolescence*. (2nd ed.). Westport, CT: Praeger.

Published Abstracts (in print or accepted):

1. **Ricci JM**, Astorino, TA, Currie, KD, Pfeiffer KA (2020). Acute Perceptual Responses to Individual and Group-Based High-Intensity Interval Exercise in Girls. Virtual Poster presentation at the American College of Sports Medicine Annual Meeting. doi: 10.1249/01.mss.0000675200.30045.9e.
2. **Ricci JM**, Stanbouly R, Kryska EL, Astorino TA, Pfeiffer KA (2019). Acute Physiological and Perceptual Responses to Body-Weight Circuit and Treadmill-Based High-Intensity Interval Exercise in Children. Poster presentation at the American College of Sports Medicine Annual Meeting, Orlando, FL.

3. **Ricci JM**, Currie KD, Astorino AA, Pfeiffer KA (2019). A Novel Approach to Analyze Acute Responses to Body-Weight Circuit and Treadmill-Based High-Intensity Interval Exercise in Children. Oral Presentation at the Pediatric Work Physiology Conference in Umea, Sweden. doi: <https://doi.org/10.1123/pes.2020-0002>.
4. **Ricci JM**, Kimbo Y, McCormick L, Goldsworthy MM, Davenport S, Pfeiffer KA (2018). Associations Among Body Composition, Time Spent Outside, and Sleep in Low Socioeconomic Children. Poster Presentation at the North American Society for Pediatric Exercise Medicine (NASPEM) Conference in Oakland, CA. *Pediatric Exercise Science*, 30(S1-S34).
5. **Ricci JM**, Carlson JJ, Petushek E, Pfeiffer KA (2018). Differences in CVD Risk Factor Status and Micronutrient Intakes by Physical Activity Level in Youth. Poster Presentation at the Annual American College of Sports Medicine Meeting. *Medicine & Science in Sports & Exercise*, 50(5S).
6. **Ricci JM**, Pfeiffer, KA Clevenger KA, Pivarnik JM, Sellers S (2017). Sport and Physical Activity Lesson Participation and Health-Related Variables in Low-Income Youth. Poster Presentation at the Annual American College of Sports Medicine Meeting. *Medicine & Science in Sports & Exercise*, 49(5S).

Conference Presentations (not included in Published Abstracts):

National:

1. **Ricci JM**, Tarleton HP (2017). Change in CRP, Cortisol, and Quality of Life Among Cancer Survivors Following 26-Weeks of Exercise. Podium presentation at the HealthMeasures User Conference, Chicago, IL.

Regional:

1. **Ricci JM**, Astorino TA, Currie KD, Pfeiffer KA (2019). Acute Perceptual Responses to Individual and Group-Based High-Intensity Interval Exercise in Girls. American College of Sports Medicine Midwest Chapter, Oak Brook, IL.
2. **Ricci JM**, Astorino TA, Pfeiffer KA (2018). Acute Physiological Responses to Body-Weight Circuit and Sprint High-Intensity Interval Exercise in Children. American College of Sports Medicine Midwest Chapter, Grand Rapids, MI.
3. **Ricci JM**, Carlson JJ, Petushek E, Pfeiffer KA (2017). Differences in CVD Risk Factor Status and Micronutrient Intakes by Physical Activity Level in Youth. American College of Sports Medicine Midwest Chapter, Grand Rapids, MI.

4. **Ricci JM**, Grote S (2015). Heart rate variability in post-treatment cancer patients following a 26-week exercise intervention. American College of Sports Medicine Southwest Chapter, Costa Mesa, CA.
5. **Ricci JM**, Yeboah KS, Perez SE, Strand SL, Almstedt HC (2014). Validity of a Mobile Application in Assessing Balance. American College of Sports Medicine Southwest Chapter, Costa Mesa, CA.
6. Gobreial NM, **Ricci JM**, Reyes NP, Vejarano G, Shoepe TC (2014). Movement and Work Quantification in Elastic Variable Resistance Exercise. American College of Sports Medicine Southwest Chapter, Costa Mesa, CA.
7. Yeboah KS, **Ricci JM**, Perez SE, Strand SL, Almstedt HC (2014). The Immediate Effects of Core Stability and Motor Control Exercises on the Overhead Deep Squat. American College of Sports Medicine Southwest Chapter, Costa Mesa, CA.

Local:

1. **Ricci JM**, Grote S (2015). Cardiovascular Markers in Post-Treatment Cancer Survivors Following 26-Weeks of Aerobic and Resistance Training. Loyola Marymount University Undergraduate Research Symposium, Los Angeles, CA.

RESEARCH GRANTS & SCHOLARSHIPS

External Grants and Scholarships (submitted and funded):

1. American College of Sports Medicine Midwest Chapter. **Title:** Outstanding Graduate Student Research Proposal Award. **Amount:** \$500 (November 2019)
 Formulated Concept Aims Research Plan Budget Supporting Documents
2. Michigan State University Federal Credit Union (MSUFCU). **Title:** Wellness Competition Proposal Award. **Amount:** \$700 (March 2019)
 Formulated Concept Aims Research Plan Budget Supporting Documents
3. American College of Sports Medicine Midwest Chapter. **Title:** Outstanding Graduate Student Research Proposal Award. **Amount:** \$500 (December 2018)
 Formulated Concept Aims Research Plan Budget Supporting Documents
4. American College of Sports Medicine Midwest Chapter. **Title:** Outstanding Graduate Student Research Proposal Award. **Amount:** \$500 (November 2017)
 Formulated Concept Aims Research Plan Budget Supporting Documents

Internal Grants and Scholarships (submitted and funded):

1. Michigan State University, College of Education. **Title:** Research Practicum/Dissertation Development Fellowship. **Amount:** \$3,443 (December 2019)
[X] Formulated Concept [X] Aims [X] Research Plan [X] Budget [N/A] Supporting Documents
2. Michigan State University, College of Education. **Title:** Graduate Student Research Enhancement Award. **Amount:** \$1,000 (December 2019)
[X] Formulated Concept [X] Aims [X] Research Plan [X] Budget [N/A] Supporting Documents
3. Michigan State University, College of Education. **Title:** Henry J. and Betty Montoye Endowed Fellowship in Kinesiology. **Amount:** \$1,800 (April 2020)
[N/A] Formulated Concept [N/A] Aims [N/A] Research Plan [N/A] Budget [N/A] Supporting Documents
4. Michigan State University, College of Education. **Title:** William H. Heusner Endowed Graduate Fellowship in Kinesiology. **Amount:** \$2,100 (April 2019)
[N/A] Formulated Concept [N/A] Aims [N/A] Research Plan [N/A] Budget [N/A] Supporting Documents
5. Michigan State University, College of Education. **Title:** Summer Research Fellowship. **Amount:** \$6,000 (May-August 2019)
[X] Formulated Concept [X] Aims [X] Research Plan [X] Budget [X] Supporting Documents
6. Michigan State University, Department of Kinesiology. **Title:** Research Scholarship Award. **Amount:** \$1,600 (February 2018)
[N/A] Formulated Concept [N/A] Aims [N/A] Research Plan [N/A] Budget [N/A] Supporting Documents

External and Internal Grants and Scholarships (submitted and NOT funded):

1. SHAPE America. **Title:** 2019-2020 Thom McKenzie Research Grant. **Amount:** \$2,000 (February 2020)
[X] Formulated Concept [X] Aims [X] Research Plan [X] Budget [X] Supporting Documents
2. Blue Cross Blue Shield of Michigan Foundation. **Title:** Student Award Program **Amount:** \$3,000 (April 2019)
[X] Formulated Concept [X] Aims [X] Research Plan [X] Budget [X] Supporting Documents
3. North American Society for Pediatric Exercise Medicine (NASPEM). **Title:** Marco Cabrera Student Research Award **Amount:** \$1,000 (April 2019)
[X] Formulated Concept [X] Aims [X] Research Plan [X] Budget [X] Supporting Documents

MENTORING

Undergraduate Student Research Projects:

1. Makowski EN, Schwers MW, **Ricci JM**, Astorino TA, Currie KD, Pfeiffer KA (2019). Acute Cardiometabolic Responses to Various Modes of High-Intensity Interval Exercise in Girls.

Undergraduate Presentation Award Recipient at the American College of Sports Medicine Midwest Chapter Meeting, Oak Brook, IL. *Undergraduate Presentation Award Recipient.*

2. Kryska E, Stanbouly R, **Ricci JM**, Astorino TA, Pfeiffer KA (2019). Acute Perceptual Responses to Body-Weight Circuit and Treadmill-based High-Intensity Interval Exercise in Children. Oral presentation at the Undergraduate Research and Arts Forum, Michigan State University.
3. Kryska E, Stanbouly R, **Ricci JM**, Astorino TA, Pfeiffer KA (2018). Acute Perceptual Responses to Circuit and Sprint High-Intensity Interval Exercise in Children. Poster presentation at the American College of Sports Medicine Midwest Chapter Meeting, Grand Rapids, MI.
4. Stanbouly D, **JM Ricci**, Pfeiffer KA (2017-2018). Nutritional Differences by Physical Activity and Adiposity Status in Adolescents. Poster presentation at the American College of Sports Medicine Midwest Chapter Meeting, Grand Rapids, MI; Oral presentation at the Michigan American College of Sports Medicine Conference, Gaylord, MI.
5. Ellsworth A, **JM Ricci**, KA Clevenger, BG Bullock, S Sullivan, KA Pfeiffer (2017-2018). Relationships of Mindfulness Measures with Physical Activity. Poster presentation at the American College of Sports Medicine Midwest Chapter Meeting, Grand Rapids, MI; Oral presentation at the Michigan American College of Sports Medicine Conference, Gaylord, MI.

AWARDS & HONORS

University Enrichment Fellow Michigan State University, College of Education	2016 – 2020
Hans Stoboy Young Scholar Prize Pediatric Work Physiology Conference	2019
Program Scholar Award Loyola Marymount University Highest GPA within graduating class of the Health and Human Sciences Department	2016
Willa Morehart Endowment Recipient (\$2,000) Loyola Marymount University	2015
Mr. & Mrs. Daze Endowed Scholarship (\$2,000) Loyola Marymount University	2014
Luxford Family Scholarship (\$1,500) Loyola Marymount University	2014
Outstanding Student Poster Award	2014

McConnell Foundation Scholarship (\$50,000)

2012 – 2016

The McConnell Foundation

Undergraduate Honors Program

2013

University of California Santa Cruz

TEACHING EXPERIENCE

Undergraduate Core Courses:

2020

Instructor, KIN 310: Physiological Basis of Physical Activity

Michigan State University, Department of Kinesiology

Instructor responsibilities including designing and delivering 80-minute lectures, creation of homework assignments, quizzes, and exams, student correspondence, and management of gradebook.

Semester	Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Spring 2020	41	1.3	1.5	1.4	1.8	1.7

Scores range from Superior (1) to Inferior (5).

2018 - 2020

Instructor, KIN 411: Lab Experience in Exercise Physiology

Michigan State University, Department of Kinesiology

Instructor responsibilities include leading two lab sessions per week, email correspondence, grading of homework and exams, and management of gradebook.

Semester	Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Spring 2020	8	1.1	1.4	1.2	1.3	1.3
Spring 2020	9	1.2	1.4	1.4	1.8	1.8
Fall 2019	10	1.1	1.6	1.2	1.6	1.2
Fall 2019	7	1.7	1.9	2.1	1.8	2.1
Fall 2018	7	1.3	1.8	1.4	2.2	1.6
Fall 2018	10	1.6	1.8	1.6	2.5	1.9

Scores range from Superior (1) to Inferior (5).

2017 - 2019

Instructor, KIN 121: The Healthy Lifestyle

Michigan State University, Department of Kinesiology

Instructor responsibilities include designing 50-minute exercise programs,

designing and delivering 50-minute lectures, creation of homework assignments and exams, student correspondence, and management of gradebook.

Semester	Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Spring 2019	46	1.5	2.1	1.6	1.9	1.7
Fall 2018	47	1.5	2.2	1.6	1.8	1.8
Summer 2018	18	1.2	1.8	1.3	1.5	1.3
Spring 2018	50	1.3	2.1	1.4	1.6	1.5

Scores range from Superior (1) to Inferior (5)

Fall 2017

Co-Instructor, KIN 217: Applied Human Anatomy Lab

Michigan State University, Department of Kinesiology

Instructor responsibilities include: guiding students to identify structures, exam creation and set-up, exam grading, student correspondence, management of gradebook, and APR software training.

Fall 2019

Spring 2019

Fall 2017

Graduate Assistant, KIN 216: Applied Human Anatomy

Michigan State University, Department of Kinesiology

Teaching assistant responsibilities included: observing all course lectures, completing a guest lecture on muscle tissue, organizing, and supervising the mentorship and teaching assistant programs, creating homework assignments, leading review sessions, student correspondence, and management of gradebook.

Undergraduate Physical Activity Courses:

Spring 2018

Instructor, KIN 113E: Weight Training II

Michigan State University, Department of Kinesiology

Instructor responsibilities include instruction of weight training and personal training programing, design of daily strength training routines, creation of homework assignments, student correspondence, and management of gradebook.

Spring 2018

Instructor, KIN 107E: Tennis I

Michigan State University, Department of Kinesiology

Instructor responsibilities include technique instruction, delivery of drills and feedback, tournament play design, student correspondence, and management of gradebook.

Teaching Development Positions:

- Fall 2016 **Teaching Assistant**, HHSC 476: Exercise Physiology Laboratory
Loyola Marymount University, Department of Health and Human Sciences
Teaching assistant responsibilities include: grading approx. 10 ten-page lab reports per week, supervise all lab sessions, maintain equipment, complete lab set-up and clean-up.
- Spring 2016 **Tutor**, HHSC 475: Exercise Physiology
Loyola Marymount University, Department of Health and Human Sciences
Started a tutoring program for the lecture-based exercise physiology course. Responsibilities included scheduling and leading review sessions in which I would lecture on important topics in preparation for exams.

SERVICE

Services to the Community:

- Assistant Coach**, Girls on the Run MidMichigan 2020
- Volunteer**, Todd Martin Youth Leadership 2019

Services to the Department:

- Member**, Kinesiology Graduate Student Organization (KGSO) 2016 - Present
Michigan State University, Department of Kinesiology
- Research Development Chair**, Kinesiology Graduate Student Organization (KGSO) 2017
Michigan State University, Department of Kinesiology
- Participant**, Teddy Bear Picnic event to promote physical activity in children 2016, 2017
Michigan State University, Department of Kinesiology
- Lab Assistant**, Athlete Fitness Testing for Hockey Team 2016, 2017
Michigan State University, Department of Kinesiology
- Group Leader**, 4-H Health and Food Science Camp 2017
Michigan State University, Department of Kinesiology
- Assistant**, Healthy Homecoming Walk to promote Exercise is Medicine Campaign 2016
Michigan State University, Department of Kinesiology
- Group Leader**, Walk and Roll Safety Day to promote safe routes to school 2016
Michigan State University, Department of Kinesiology

Services to the University:

Team Leader, Special Olympic Games 2016
Loyola Marymount University

Professional Affiliations:

Student Member, American College of Sports Medicine 2020

Student Member, Midwest Chapter - American College of Sports Medicine 2020

Student Member, North American Society for Pediatric Exercise Medicine (NASPEM) 2020

Student Member, National Strength and Conditioning Association (NSCA) 2020

Student Member, SHAPE America 2020

Member, The Honor Society of Phi Kappa Phi 2019

MWACSM Leadership and Mentorship Program Participant 2016 – 2017

PROFESSIONAL DEVELOPMENT

Seminars and Workshops:

Graduate Student Teaching and Professional Development Workshops 2016 - Present
Michigan State University

Responsible Conduct of Research Courses and Workshops 2016 – 2020
Michigan State University

Accommodating Students with Disabilities - Teaching Workshop 2015
Loyola Marymount University

Interactive instructor workshop by the Disability Support Services regarding how to effectively instruct students with various learning disabilities.

Abstract Writing Seminar 2014
Loyola Marymount University

Seminar regarding how to properly design a research abstract, search for journal articles, and create a research presentation in preparation for submission.

Certifications and Licensures:

CPR/AED/First Aid – American Red Cross 2021

Certified Personal Trainer - American College of Sports Medicine	2020
Certified TRX [®] Suspension Trainer Instructor	2020
Certified Cycling Instructor - Spinning [®]	2020
Bloodborne Pathogens Training – American Red Cross	2020

REFERENCES

Karin A. Pfeiffer, Ph.D.

Professor

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Michigan State University

Office: (517) 353-5222

Email: kap@msu.edu

(doctoral advisor)

Heather P. Tarleton, Ph.D., M.S., M.P.A.P.

Associate Professor

Department of Health and Human Sciences

Loyola Marymount University

Office: (310) 338-4247

Email: Heather.Tarleton@lmu.edu

(research mentor and co-author for IMPAACT research efforts)

Silvie Grote, DrPH, ACSM-RCEP

Associate Professor

Division of Kinesiology and Athletics

Cypress College

Email: silviegrote@me.com

(research mentor and co-author for IMPAACT research efforts)

Todd A. Astorino, Ph.D.

Associate Professor

Department of Kinesiology

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(doctoral dissertation committee member)