

# HO HAN, PhD

Oklahoma State University

Public Health Program

School of Community Health Science, Counseling and Counseling Psychology

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## EDUCATION

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- 2014**      **Doctor of Philosophy (Ph.D.)** Department of Kinesiology and Health Education, University of Texas, Austin, Texas  
Mentor: Harold W. (Bill) Kohl III, PhD  
Specialization: Health Behavior and Health Education (Physical Activity)  
Dissertation: *“The patterns of physical activity and sedentary behaviors among university students: Application of the Transtheoretical Model to sedentary behaviors.”*
- 2009**      **Master of Arts (M.A.)** Department of Kinesiology and Health Education, University of Texas, Austin, Texas  
Mentor: John L. Ivy  
Specialization: General Exercise Physiology  
Master Thesis: *“Benefits of each ingredient in dietary supplement on body composition or antioxidants levels.”*
- 2004**      **Bachelor of Science (B.S.)** Department of Physical Education, Korea National Sport University, Seoul, Republic of Korea  
Specialization: Physical Education – Taekwondo (Martial Arts)

## POST-DEGREE EDUCATION AND TRAINING

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- 2015-2017**      **Post-Doctoral Research Associate**, Department of Kinesiology, School of Public Health and Health Sciences, University of Massachusetts Amherst, Amherst, Massachusetts, USA  
Mentor: Dr. Catrine Tudor-Locke
- 2017**      **Center for the Integration of Research, Teaching and Learning** 15 hours of online workshops for each course including: (1) Service-learning pedagogy and practice, (2) Research mentor training, and (3) Diversity in the college classroom

- 2016**      **Business Foundation Series for Scientists and Engineers** 64-hour post-graduate course for leadership enhancement in business. Sponsored by the University of Massachusetts Amherst.
- 2015**      **Post-Doctoral Research Associate**, School of Public Health, Austin Regional Campus, University of Texas Health Science Center at Houston, Austin, Texas, USA  
Mentor: Dr. Harold W. (Bill) Kohl III  
Specialization: Physical Activity and Public Health

## **PROFESSIONAL EXPERIENCE**

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- 2018-Present** **Assistant Professor**, Oklahoma State University, Stillwater, OK  
School of Community Health Science, Counseling and Counseling Psychology
- 2017 ~ 2018** **Lecturer**, Oklahoma State University, Stillwater, OK  
School of Community Health Science, Counseling and Counseling Psychology
- 2015 ~ 2017** **Post-Doctoral Research Associate**, University of Massachusetts Amherst, MA  
School of Public Health and Health Science, Department of Kinesiology
- 2014 ~ 2015** **Post-Doctoral Research Associate**, University of Texas Health Science Center at Houston, School of Public Health, Austin Regional Campus, Austin, TX  
Division of Epidemiology, Human Genetics and Environmental Science
- 2014 ~ 2015** **Adjunct Instructor**, Huston-Tillotson University, Austin TX  
Department of Kinesiology
- 2007 ~ 2014** **Graduate Teaching Assistant**, University of Texas at Austin  
Department of Kinesiology and Health Education &  
School of Biological Sciences in College of Natural Sciences
- 2010~2011** **Graduate Research Assistant**, University of Texas Health Science Center at Houston, School of Public Health, Austin Regional Campus
- 2008**      **Graduate Research Assistant**, University of Texas at Austin  
Department of Kinesiology and Health Education  
Exercise Physiology and Metabolism Laboratory

## PUBLICATIONS

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\*Corresponding author

Baghizadeh Fini M, Mahaffey C, Rhoads K, **Han H\***. 2022. Preventive dental behaviors among U.S. college students based on the Health Belief Model. *PLOS One*. (Under review)

**Han H\***, Kim HT, Baghizadeh Fini M, Miller B, Rhoads K, Mahaffey C, Chen X, McMaughan DJ. 2022. Modifiable health behaviors and weight-related outcomes in a national sample of US college students. *Journal of American College Health*. (Under review)

Chen X, Ariati J, McMaughan DJ, **Han H**, Hubach R, Miller B. 2022. COVID-19 information seeking behaviors among college students in Oklahoma. *Journal of American College Health*. DOI: 10.1080/07448481.2022.2090842

Malaska M, Cluck A, Porter M, Mahaffey C, **Han H**, Clement D. 2022. The COVID-19 experience: A survey of registered nurses. *Nurse*. 52(6):55-61. DOI: 10.1097/01.NURSE.0000829916.58616.62

McMaughan DJ, Rhoads K, Davis C, Chen X, **Han H**, Jones R, Mahaffey C, Miller B. 2021. COVID-19 related experiences among college students with and without disabilities: Psychosocial impacts, supports, and virtual learning environments. *Frontiers in Public Health*. 9:782793. DOI: 10.3389/fpubh.2021.782793

Kim HT, Sun W, Malaska M, Miller B, **Han H\***. 2021. Use of real-time cadence to prescribe aerobic physical activity intensity and its comparison with existing methods. *Journal of Sport Sciences*, DOI: 10.1080/02640414.2021.1999617

Kim HT, Song TJ, Lim SY, Kohl HW, III, **Han H\***. 2021. Physical activity engagement outside of college physical education: Transtheoretical Model application to physical activity. *American Journal of Health Behavior*. 45(5):924-932.

Kim HT, Kohl HW, III, **Han H\***. 2020. Times in physical activity and sedentary behavior associated with awareness and knowledge of the 2008 Physical Activity Guidelines for Americans. *Health Behavior and Policy Review*. 7(1):19-26.

Kim HT, Kohl HW, III, Pettee Gabriel KK, **Han H\***. 2020. Differential use of strategic constructs of the Transtheoretical Model across objectively measured sedentary behavior time. *American Journal of Health Behavior*. 44(1):18-25.

**Han H\***, Kim HT, Sun W, Malaska M, Miller B. 2019. Validation of wearable activity monitors for real-time cadence. *Journal of Sports Sciences*. DOI: 10.1080/02640414.2019.1702281.

Tudor-Locke CE, Aguiar EJ, **Han H**, Ducharme SW, Schuna Jr JM, Barreira TV, Moore CC, Busa MA, Lim JI, Sirard J, Chipkin SR, Staudenmayer J. 2019. Walking cadence (steps/min) and intensity in 21-40 year olds: The CADENCE-adults. *International Journal of Behavioral Nutrition and Physical Activity*. 16(1):8

**Han H**, Lim JI, Viskochil R, Aguiar EJ, Tudor-Lock CE, Chipkin SR. 2018. Pilot study of impact of a pedal desk on postprandial responses in sedentary workers. *Medicine & Science in Sports & Exercise*. 50(10):2156-2163

Tudor-Locke CE, **Han H**, Aguiar EJ, Barreira TV, Schuna Jr JM, Kang M, Rowe DA. 2018. How fast is fast enough? – Walking cadence (steps/min) as a practical estimate of intensity in adults: a narrative review. *British Journal of Sports Medicine*. 52(12):776-788

Tudor-Locke CE, Schuna Jr JM, **Han H**, Aguiar EJ, Larrivee S, Hsia DS, Ducharme SW, Barreira TV, Johnson WD. 2018. Cadence (steps/min) and intensity during ambulation in 6-20 year olds: the CADENCE-kids study. *International Journal of Behavioral Nutrition and Physical Activity*. 15(1):20.

**Han H\***, Pettee Gabriel KK, Kohl HW, III. 2017. The patterns of physical activity and sedentary behaviors outside of a college physical activity course. *Health Behavior and Policy Review*. 4(4):328-338.

**Han H\***, Pettee Gabriel KK, Kohl HW, III. 2017. Application of the Transtheoretical Model to sedentary behaviors and its association with physical activity status. *PLOS One*. 12(4):e0176330.

Tudor-Locke CE, Schuna Jr. JM, **Han H**, Aguiar EJ, Green MA, Busa MA, Larrivee S, Johnson WD. 2017. Step-based physical activity metrics and cardiometabolic risk: NHANES 2005-06. *Medicine & Science in Sports & Exercise*. 49(2):283-291.

**Han H\***, Pettee Gabriel KK, Kohl HW, III. 2015. Evaluations of validity and reliability of a Transtheoretical Model for sedentary behavior among college students. *American Journal of Health Behavior*. 39(5):601-609.

***In preparation***

**Han H**, Aguiar EJ, Boyer K, Tudor-Locke CE. Individualized cadence cut-point for estimating accelerometer-derived free-living walking behavior.

**Han H**, Aguiar EJ, Staudenmayer J, Tudor-Locke CE. Zero cadence as a proxy indicator of sitting behaviors in objective monitoring.

## **GRANT SUBMISSIONS**

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### ***Pending***

**2021~2022** Co-Investigator: Training the next generation of health advocacy heroes. (PI: Xuewei Chen). \$10,000.

### ***Funded***

**2021 ~ 2022** Principal Investigator: Development of healthy walking equations. OSU HCCP FDRC Internal Research Grant. \$4,500

**2020 ~ 2021** Principal Investigator: Application of health behavior theories for sedentary behavior. OSU HCCP FDRC Internal Research Grant. \$4,200

**2019 ~ 2020** Principal Investigator: Compliance with intensity-focused prescription of physical activity. OSU HCCP FDRC Internal Research Grant. \$3,048

**2018 ~ 2019** Principal Investigator: Validation of consumer-based activity monitors for real-time cadence. OSU HCCP FDRC Internal Research Grant. \$1,695

**2016 ~ 2017** Co-Investigator: Impact of a pedal-desk on postprandial glucose and triglyceride blood levels. Center for Promotion of Health in the New England Workplace (CPH-NEW) (PI: Stuart R. Chipkin). \$11,000.

### ***Unfunded***

**2020~2021** Co-Investigator: Training the next generation of health advocacy heroes. (PI: Xuewei Chen). \$10,000.

**2017 ~ 2018** Co-Investigator: Walking cadence dose-response – “how fast” is enough to guide glycemic control. American College of Sports Medicine (PI: Elroy J. Aguiar). \$10,000

**2017 ~ 2018** Co-Investigator: The WiSE-P: Walk more, Sit less, and Exercise Pilot. National Institutes of Health and Office of Behavioral and Social Sciences Research (NIH/OBSSR) (R21, PAR-16-261). (PI: Catrine Tudor-Locke) \$258,034.

**2016 ~ 2017** Principal Investigator: Individualized cadence cut-point for estimating accelerometer-derived free-living walking behavior. American College of Sports Medicine. \$10,000

## **CONFERENCE PRESENTATIONS**

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Maryam Baghizadeh Fini, Heontae Kim, Kelley Rhoads, Carlos Mahaffey, **Ho Han**. Application of the Health Belief Model to preventive dental behavior among college students. American Public Health Association: 2022 Annual Meeting & Expo. Boston, Massachusetts, USA November 6-9, 2022

Maryam Baghizadeh Fini, Heontae Kim, Carlos Mahaffey, Kelley Rhoads, **Ho Han**. The effect of COVID-19 pandemic on preventive dental behaviors among college students. American Public Health Association: 2022 Annual Meeting & Expo. Boston, Massachusetts, USA November 6-9, 2022

Xuewei Chen, DJ McMaughan, **Ho Han**, Kelley Rhoads, Crys Davis, Richard Jones, Carlos Mahaffey, Bridget Miller. Use and trust in COVID-19 information sources differed by health literacy. American Public Health Association: 2022 Annual Meeting & Expo. Boston, Massachusetts, USA November 6-9, 2022

**Ho Han**, Heontae Kim. Preferred walking speed as an indicator of walking intensity. American College of Sports Medicine: 69<sup>th</sup> Annual Meeting. San Diego, California, USA May 31-June 4, 2022

Jarod Lorenz, Elysia Grant, Heontae Kim, **Ho Han**. Prevalence of substance use and food insecurity among gender nonconforming college students. Oklahoma State University: The 2022 Undergraduate Research Symposium. Stillwater, Oklahoma, USA April 19, 2022

Crys Davis, DJ McMaughan, Kelley Rhoads, Xuewei Chen, **Ho Han**, Richard A. Jones, Carlos Mahaffey, Bridget Miller. Understanding college students' intentions to follow COVID-19 precautions with the Theory of Planned Behavior. Oklahoma Partners in Public Health 2021 Virtual Conference. September 21-22, 2021

**Ho Han**, Heontae Kim, Bridget Miller, Kelley Rhoads. Modifiable health behaviors and weight-related outcomes in a national sample of US college students. The 32<sup>nd</sup> International Congress of Psychology (ICP). Prague, Czech Republic July 18-23, 2021

Kelley E. Rhoads, Carlos Mahaffey, Bridget Miller, **Ho Han**. Psychological factors associated with sexual consent myth endorsement. The 32<sup>nd</sup> International Congress of Psychology (ICP).

Prague, Czech Republic July 18-23, 2021

Bridget Miller, **Ho Han**, Heontae Kim, Carlos Mahaffey. Effects of daily health behaviors on mental health in US college students. The 32<sup>nd</sup> International Congress of Psychology (ICP). Prague, Czech Republic July 18-23, 2021

**Ho Han**, Heontae Kim, Wei Sun, Mary Malaska, Bridget Miller. Use of real-time cadence to prescribe aerobic physical activity intensity and its comparison with existing methods. American Public Health Association: Virtual Annual Meeting & Expo. October 24-28, 2020

Hannah Sutton, Heontae Kim, Wei Sun, Mary Malaska, Bridget Miller, **Ho Han**. Compliance rate for device-based intensity prescriptions and individual preference for the methods. American College of Sports Medicine: 67<sup>th</sup> Annual Meeting (virtual). May 26-30, 2020

Hannah Sutton, Heontae Kim, Wei Sun, Mary Malaska, Bridget Miller, **Ho Han**. Preferred method to ensure compliance with physical activity intensity prescription. Central States Chapter of the American College of Sports Medicine: 2019 Annual Conference. Broken Arrow, Oklahoma USA October 24-25, 2019

**Ho Han**, Heontae Kim, Harold W. Kohl III. Differences in strategic constructs of the Transtheoretical Model across the levels of sitting time. American College of Sports Medicine: 66<sup>th</sup> Annual Meeting. Orlando, Florida USA May 28-June 01, 2019

Wei Sun, Heontae Kim, Mary Malaska, Bridget Miller, **Ho Han**. Compliance with intensity-focused prescription of physical activity using real-time cadence. Texas Chapter of the American College of Sports Medicine: 2019 Annual Conference. Fort Worth, Texas USA February 28-March 1, 2019

Heontae Kim, Wei Sun, Mary Malaska, Bridget Miller, **Ho Han**. Validation of wearable activity monitors for real-time cadence. Texas Chapter of the American College of Sports Medicine: 2019 Annual Conference. Fort Worth, Texas USA February 28-March 1, 2019

Colleen Sands, Scott W. Ducharme, Elroy J. Aguiar, **Ho Han**, Christopher Moore, Catrine Tudor-Locke. Impact of cadence-based metronome entrainment on walking velocity. New England Chapter of the American College of Sports Medicine: 2017 Annual Fall Conference. Providence, Rhode Island USA October 19-20, 2017

**Ho Han**, Elroy J. Aguiar, John M. Schuna, Jr., Tiago V. Barreira, Sandra Larrivee, William D.

Johnson, Catrine Tudor-Locke. Cadence cut-point thresholds for moderate-intensity ambulatory activity in children and adolescents: The CADENCE-Kids Study. International Conference on Ambulatory Monitoring of Physical Activity and Movement: 2017 Annual Meeting. Bethesda, Maryland June 21-23, 2017

Elroy J. Aguiar, **Ho Han**, Scott W. Ducharme, Jongil Lim, Christopher Moore, John M. Schuna, Michael A. Busa, John R. Sirard, Stuart R. Chipkin, John Staudenmayer, Catrine Tudor-Locke. Classification accuracy of cadence thresholds for discriminating moderate and vigorous intensity ambulation. International Conference on Ambulatory Monitoring of Physical Activity and Movement: 2017 Annual Meeting. Bethesda, Maryland June 21-23, 2017

Catrine Tudor-Locke, Elroy J. Aguiar, **Ho Han**, Scott W. Ducharme, Jongil Lim, Christopher Moore, John M. Schuna, Michael A. Busa, Tiago V. Barreira, Stuart R. Chipkin. Accelerometer-determined steps/min versus activity counts/min for discriminating moderate-intensity ambulation. International Conference on Ambulatory Monitoring of Physical Activity and Movement: 2017 Annual Meeting. Bethesda, Maryland June 21-23, 2017

Christopher Moore, Elroy J. Aguiar, **Ho Han**, Catrine Tudor-Locke. A review of step-counting devices mean absolute percent errors (MAPE): Informing validation standards. International Conference on Ambulatory Monitoring of Physical Activity and Movement: 2017 Annual Meeting. Bethesda, Maryland June 21-23, 2017

**Ho Han**, John M. Schuna, Jr., Tiago V. Barreira, Sandra Larrivee, William D. Johnson, Catrine Tudor-Locke. Zero cadence as a proxy indicator of sedentary behaviors in children and adolescents. International Society for Behavioral Nutrition and Physical Activity: 2017 Annual Meeting. Victoria Canada June 7-10, 2017

Catrine Tudor-Locke, **Ho Han**, Scott W. Ducharme, John M. Schuna, Jr., Tiago V. Barreira, Elroy J. Aguiar, Jongil Lim, Christopher Moore, Michael A. Busa, John R. Sirard, Stuart R. Chipkin, John Staudenmayer. Waist and wrist accelerometer step outputs in treadmill and simulated activities of daily living. International Society for Behavioral Nutrition and Physical Activity: 2017 Annual Meeting. Victoria Canada June 7-10, 2017

Elroy J. Aguiar, Scott W. Ducharme, **Ho Han**, Jongil Lim, Christopher Moore, Michael A. Busa, John R. Sirard, Stuart R. Chipkin, John Staudenmayer, Catrine Tudor-Locke. Calibration of walking cadence associated with percentage of heart rate reserve. International Society for Behavioral Nutrition and Physical Activity: 2017 Annual Meeting. Victoria Canada June 7-10, 2017



**Ho Han**, Elroy J. Aguiar, Scott W. Ducharme, Jongil Lim, Christopher Moore, Michael A. Busa, John R. Sirard, Stuart Chipkin, John Staudenmayer, Catrine Tudor-Locke. Zero Cadence as a Proxy Indicator of Sitting Behaviors in Objective Monitoring. American College of Sports Medicine: 64<sup>th</sup> Annual Meeting. Denver, Colorado USA May 30-June 03, 2017

Jongil Lim, **Ho Han**, Elroy J. Aguiar, Michael A. Busa, Scott W. Ducharme, Christopher Moore, John R. Sirard, Stuart R. Chipkin, John Staudenmayer, Catrine Tudor-Locke. Development and Validation of Universal Step Detecting Threshold for Raw Accelerometer Data. American College of Sports Medicine: 64<sup>th</sup> Annual Meeting. Denver, Colorado USA May 30-June 03, 2017

Elroy J. Aguiar, Scott W. Ducharme, **Ho Han**, Jongil Lim, Christopher Moore, Michael A. Busa, John R. Sirard, Stuart Chipkin, John Staudenmayer, Catrine Tudor-Locke. The Relationship between Walking Cadence (steps/min) and Percentage of Maximal Heart Rate. American College of Sports Medicine: 64<sup>th</sup> Annual Meeting. Denver, Colorado USA May 30-June 03, 2017

Catrine Tudor-Locke, John M. Schuna, Jr., Tiago V. Barreira, **Ho Han**, Elroy J. Aguiar, Scott W. Ducharme, Jongil Lim, Christopher Moore, Michael A. Busa, John R. Sirard, Stuart Chipkin, John Staudenmayer. The Relationship between Steps/min and Intensity on a Treadmill in 21-40 Year Old Adults. American College of Sports Medicine: 64<sup>th</sup> Annual Meeting. Denver, Colorado USA May 30-June 03, 2017

**Ho Han**, Elroy J. Aguiar, John Staudenmayer, Catrine Tudor-Locke. Determination of Individual Characteristics Associated with Poor Device Accuracy during Slow Walking Speeds. Institute for Applied Life Sciences: 2016 Research Highlight. Amherst, Massachusetts USA October 21, 2016

**Ho Han**, Elroy J. Aguiar, John Staudenmayer, Scott W. Ducharme, Chris Moore, Michael A. Busa, John R. Sirard, Catrine Tudor-Locke. Accuracy of Accelerometer-Determined Cadence in Simulated Free-Living Activities in Young Adults: CADENCE-Adults. New England Chapter of the American College of Sports Medicine: 2016 Annual Fall Conference. Providence, Rhode Island USA October 12-14, 2016

Elroy J. Aguiar, **Ho Han**, Scott W. Ducharme, Jongil Lim, Chris Moore, Michael A. Busa, John Staudenmayer, Catrine Tudor-Locke. Relationships between Allometrically Scaled Cadence, Step Length, Speed and Oxygen Consumption during Over-Ground Walking. New England

Chapter of the American College of Sports Medicine: 2016 Annual Fall Conference. Providence, Rhode Island USA October 12-14, 2016

Christopher Moore, Scott W Ducharme, **Ho Han**, Elroy J Aguiar, John Staudenmayer, Michael A Busa, Catrine Tudor-Locke. Accuracy of the Actigraph GT9XLink Accelerometer at a Novel Location on the Heel for Step Detection. New England Chapter of the American College of Sports Medicine: 2016 Annual Fall Conference. Providence, Rhode Island USA October 12-14, 2016

Scott W Ducharme, Richard EA van Emmerik, Elroy J Aguiar, **Ho Han**, Chris Moore, Jongil Lim, John Staudenmayer, Michael A Busa, John R Sirard, Catrine Tudor-Locke. Stride-Time Variability and Metabolic Cost of Walking as a Function of Walking Speed. New England Chapter of the American College of Sports Medicine: 2016 Annual Fall Conference. Providence, Rhode Island USA October 12-14, 2016

**Ho Han**, John M. Schuna, Jr, William D. Johnson, Catrine Tudor-Locke. Accelerometer-Determined Step Counts in Simulated Free-living Activities in Children and Adolescents: CADENCE-Kids. American College of Sports Medicine: 63<sup>rd</sup> Annual Meeting. Boston, Massachusetts USA May 31-June 04, 2016

Catrine Tudor-Locke, John M. Schuna, Jr., **Ho Han**, Sandra Larrivee, William D. Johnson. The Relationship Between Steps/min and Intensity on a Treadmill in Children and Adolescents: CADENCE-Kids. American College of Sports Medicine: 63<sup>rd</sup> Annual Meeting. Boston, Massachusetts USA May 31-June 04, 2016

**Ho Han**, Kelley Pettee Gabriel, Harold W. Kohl III. Patterns of Physical Activity and Sedentary Behaviors Outside of a College Physical Education Course. American College of Sports Medicine: 62<sup>nd</sup> Annual Meeting. San Diego, California USA May 26-30, 2015

**Ho Han**, Kelley Pettee Gabriel, Harold W. Kohl III. Development of a Transtheoretical Model Questionnaire for Sedentary Behaviors: Evaluation of Validity and Reliability. American Academy of Health Behavior: 14<sup>th</sup> Annual Scientific Meeting. San Antonio, Texas USA March 15-18, 2015

**Ho Han**, Kelley Pettee Gabriel, Harold W. Kohl III. Application of the Transtheoretical Model to sedentary behaviors and its association with physical activity status. American Academy of Health Behavior: 14<sup>th</sup> Annual Scientific Meeting. San Antonio, Texas USA March 15-18, 2015

**Ho Han**, Heontae Kim, Harold W. Kohl III. Objectively Measured Physical Activity and Sedentary Time Associated with Awareness and Knowledge of the 2008 Physical Activity Guidelines for Americans. International Society for Behavioral Nutrition and Physical Activity: 2014 Annual Meeting. San Diego, California USA May 21-24, 2014

**Ho Han**, Harold W. Kohl III. Behavioral Determinants of Physical Activity among University Students Enrolled in a Physical Education Class: A Pilot Study. International Society for Behavioral Nutrition and Physical Activity: 2012 Annual Meeting. Austin, Texas USA May 23-26, 2012

Lisa M. Ferguson, Lynne Kammer, Zhenping Ding, Bei Wang, **Ho Han**, Phil Doerner, John L. Ivy. A Low Carbohydrate, Moderate Protein Beverage Improves Submaximal Endurance Cycling Performance in Trained Cyclists. American College of Sports Medicine: 56<sup>th</sup> Annual Meeting. Seattle, Washington USA May 27-30, 2009

## **TEACHING EXPERIENCE**

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### **Courses Taught**

**Oklahoma State University, School of Community Health Science, Counseling and Counseling Psychology** Stillwater, OK

*Assistant Professor*

HLTH 3613 Community Health (online, hybrid, in-person) – Fall & Spring 2018 ~ 2022

HLTH 3643 Health Behavior Theory (online, hybrid, in-person) – Fall & Spring 2018 ~ 2022

HLTH 5683 Health Behavior Theory and Practice for Public Health (online, in-person) – Fall 2022

HLTH 5000 Thesis Research – Fall & Spring 2021 ~ 2022

HLTH 5020 Health Promotion Workshop – Spring 2022

HLTH 4783 Health Issues in Gerontology (online) – Summer 2020, 2022

HLTH 3010 Health Workshop – Fall 2019, 2022

HLTH 3723 Principles of Epidemiology (online) – Summer 2019, 2021, 2022

**Oklahoma State University, School of Community Health Science, Counseling and Counseling Psychology** Stillwater, OK

*Lecturer*

HLTH 3723 Principles of Epidemiology (online) – Summer 2018

HLTH 3643 Health Behavior Theory – Spring 2018

HLTH 3613 Community Health – Spring 2018

HLTH 3913 Alcohol and Drug Education – Spring 2018

HHP 3223 Motor Learning – Spring 2018

HLTH 3723 Principles of Epidemiology – Fall 2017

HLTH 4533 Psychosocial Issues in Health Promotion – Fall 2017  
HLTH 4880/4990 Internship in Health Education and Promotion – Fall 2017

**University of Massachusetts, Department of Kinesiology**

Amherst, MA

*Adjunct Instructor*

KIN 499F Research Methodology – Wearable Technology – Spring 2017  
KIN 499E Wearable Technologies in Physical Activity and Health – Fall 2016  
KIN 397 Special Topics in Physical Activity and Health – Spring 2016

**Huston-Tillotson University, Department of Kinesiology**

Austin, TX

*Adjunct Instructor*

KINE 3304 Dimensions of Health and Wellness – Spring 2015  
KINE 3302 Physiology of Exercise – Spring 2015  
KINE 1113 Weight Training – Spring 2015  
KINE 1117 Self Defense and Martial Arts – Spring 2015  
KINE 3300 Test and Measurement – Fall 2014  
KINE 3301 Theory and Methods of Teaching Physical Education – Fall 2014

**University of Texas, Department of Kinesiology and Health Education**

Austin, TX

*Graduate Teaching Assistant*

HED 395 7-Foundations of Epidemiology – Spring 2014/Fall 2013  
HED 370K 1-Foundations of Health Promotion I – Spring 2013/Spring 2012  
HED 370K 2-Foundations of Health Promotion II – Fall 2012  
HED 395 26-Planning Health Promotion Program – Fall 2011

**University of Texas, Department of Kinesiology and Health Education**

Austin, TX

*Graduate Instructor*

PED 106C 2-Cardiovascular & Weight Training – Spring 2011  
PED 106C 7-Weight Training – Spring 2011/Fall 2010  
PED 104R 1-Beginning Racquetball – Spring 2010  
PED 106C 6-Circuit Aerobics – Fall 2009  
KIN 119 Kinesthetic Awareness/Core Body Development – Spring 2009  
PED 105R 1-Beginning Tae Kwon Do/Self-Defense – Spring 2007

**University of Texas, School of Biological Sciences**

Austin, TX

*Graduate Teaching Assistant*

BIO 309D The Human Body – Fall 2008/Fall 2007  
BIO 160L Immunology Laboratory – Spring 2008

### **Invited Guest Lectures**

**University of Massachusetts, School of Public Health and Health Science** Amherst, MA

Center for Personalized Health Monitoring Graduate Seminar – Fall 2016

Topic: Exploring the relationships between step-based physical activity metrics and metabolic outcomes

**University of Massachusetts, Department of Biostatistics and Epidemiology** Amherst, MA

EPI 691P Physical Activity Epidemiology Seminar – Fall 2016

Topic: Objective measures of physical activity: methods of parametrizing and analyzing

**University of Massachusetts, Department of Kinesiology** Amherst, MA

KIN 891 Kinesiology Seminar Series – Spring 2016

Topic: Individualized cadence cut-points for estimating accelerometer-derived free-living walking behavior

**American College of Sports Medicine Annual Meeting 2015** San Diego, CA

Korean United States Applied Physiological Society Seminar – Summer 2015

Topic: Associations between physical activity and sedentary behaviors among college students

**University of Texas Health Science Center, School of Public Health** Austin, TX

PH 5401 Physical Activity & Public Health Practice – Fall 2014

Topic: The patterns of physical activity and sedentary behaviors among college students

**University of Texas, Department of Kinesiology and Health Education** Austin, TX

HED 370K 2-Foundation of Health Promotion II – Fall 2013

Topic: Understanding the Precede-Proceed Model

**Korea National Sport University, Department of Health Education** Seoul, South Korea

HE 3823 Teaching & Learning Theories of Physical Education – Summer 2012

Topic: Application of the Transtheoretical Model to Physical Activity

### **Student Mentorship**

#### **Graduate Students**

Melissa Uftring, doctoral student in Health and Human Performance, Oklahoma State University, USA, 2022-2023

Tyler Kane, doctoral student in Counseling Psychology, Oklahoma State University, USA, 2022-

2024.

Dalton Blankinship, master students in Health Promotion, Oklahoma State University, USA, 2022. Faculty Committee for Plan of Study (Healthworks: Cookbook creative project).

Maryam Baghizadeh Fini, master student in Health Promotion, Oklahoma State University, USA, 2021-2022. Developing research questionnaires (Theory of Planned Behavior & Health Belief Model), writing two manuscripts, submitting an IRB proposal, submitting two publications and conference abstracts.

Wei Sun, master student in Counseling Psychology, Oklahoma State University, USA, 2018-2019. Compliance with intensity-focused prescription of physical activity using real-time cadence. Involved in two research projects (submitted IRB proposals, recruited participants, collected data) and manuscript writings, submitted five conference abstracts, published two manuscripts.

Guilherme Tacao, master student in Physical Therapy, University of São Paulo, Brazil, 2016. International Visiting Scholar. Conducted research titled, “Expected values for steps/day in special populations: A systematic review update. Master research mentoring”.

### **Undergraduate Students**

Hannah Fiscus, undergraduate major in Public Health, Oklahoma State University, USA, 2022. Research mentor.

Jarod Lorenz & Elysia Grant, undergraduate major in Health Education and Promotion, Oklahoma State University, USA, 2021-2022. Research mentor.

Meg Bloom, undergraduate major in Health Education and Promotion, Oklahoma State University, USA, 2020. Mentored research participation in the National College Health Assessment project. Conducted literature review and brainstormed research idea. Prepared an abstract for college research meeting.

Hannah Sutton, undergraduate major in Health Education and Promotion, Oklahoma State University, USA, 2019. Supervised Independent Study, titled “Application of the Theory of Planned Behavior to sedentary behavior”. Met weekly and provided regular feedback on research progress, submitted two conference abstracts.

Curtis Feland, undergraduate major in Health Education and Promotion, Oklahoma State University, USA, 2019. Mentored research participation in multiple projects. Recruited participants and

collected data, attended regular lab meetings.

Erica Doyle, undergraduate in Kinesiology, University of Massachusetts Amherst, USA, 2017. Supervised Independent Study, titled “Relationship between daily physical activity and mood”. Collected research data, submitted conference abstract.

## **SCHOLARLY ACTIVITIES**

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### ***Journal Manuscript Reviews***

#### Ad Hoc Reviewer for Peer-Review Publication

*Journal of Physical Activity and Health*

*American Journal of Epidemiology*

*Preventive Medicine*

*American Journal of Health Promotion*

*Health Education Research*

*Medicine and Science in Sports and Exercise*

*Sports Medicine*

*International Journal of Behavioral Medicine*

*American Journal of Human Biology*

*Rural and Remote Health*

*Journal of Aging and Physical Activity*

#### Journal Review Board

*American Journal of Health Behavior*

### ***Abstract Review for Poster and Podium Presentation***

*2022 American College Health Association Annual Meeting (Health Promotion section)*

*2021 American Public Health Association Annual Meeting & Expo (Physical Activity section)*

*2017 American Academy of Health Behavior Annual Meeting*

## **FELLOWSHIPS AND AWARDS**

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Oklahoma State University HCCP Research Dissemination Award (2021-2022) - \$400

Oklahoma State University HCCP Research Dissemination Award (2020-2021) - \$450

Oklahoma State University HCCP Research Dissemination Award (2019-2020) - \$400

Oklahoma State University HCCP Research Dissemination Award (2018-2019) - \$400

The University of Texas School of Public Health Research Fellowship (2014) - \$8,400

The University of Texas at Austin Kinesiology and Health Education Departmental Scholarship (2014) - \$1,000

Korean American Entrepreneurs Federation Research Grant (2012-2013) - \$4,500  
*Developing Programs for Physical Activity and Health Promotion*  
 The University of Texas at Austin Alderson Teaching Fellowship (2012) - \$1,500  
 The University of Texas School of Public Health Continuing Fellowship (2010-2011) - \$5,000  
 The University of Texas at Austin Manuel Justiz Scholarship (2009) - \$2,500  
 The LOTTE Foundation Encouragement of Learning Scholarship I & II - \$7,500  
 The University of Texas at Austin (Research Travel Grants)  
     \$920, Department of Kinesiology and Health Education, 2014  
     \$360, Graduate School, 2013  
     \$620, Department of Kinesiology and Health Education, 2012  
     \$540, Department of Kinesiology and Health Education, 2011  
     \$440, Department of Kinesiology and Health Education, 2009

## **PROFESSIONAL AFFILIATIONS, SERVICES AND CERTIFICATIONS**

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### ***Affiliations***

**2020 ~** Member, American Public Health Association  
**2019 ~** Member, American College Health Association  
**2013 ~** Member, National Physical Activity Society  
**2010 ~** Member, American College of Sports Medicine  
**2012 ~ 2020** Member, International Society for Behavioral Nutrition and Physical Activity  
**2013 ~ 2020** Member, International Society for Physical Activity and Health  
**2015 ~ 2019** Member, International Society for the Measurement of Physical Behaviour  
**2016 ~ 2018** Member, Boston Physical Activity Research Collaborative, Harvard University  
**2014 ~ 2018** Member, American Academy of Health Behavior  
**2014 ~ 2015** Health Education Consultant, Korean American Entrepreneurs Federation, Austin, TX  
**2010 ~ 2015** Member, Physical Activity and Public Health Working Group, Austin Regional Campus, University of Texas School of Public Health  
**2012 ~ 2014** Member, Health Education Student Association, University of Texas at Austin  
**2011 ~ 2014** President, Korean Student Association, University of Texas at Austin  
**2010 ~ 2011** Vice President, Korean Student Association, University of Texas at Austin

### ***Services and Committees***

**2022-** Member, CEHS Faculty Research and Development Committee  
**2022** Chair, HCCP Faculty Search Committee (Tulsa campus), Oklahoma State University  
**2022** Member, HCCP School Chair Search Committee, Oklahoma State University  
**2022** Chair, HCCP Faculty Search Committee, Oklahoma State University  
**2021-2022** Chair, CEHS Faculty Research and Development Committee



- 2021-** Chair, HCCP Faculty Research and Development Committee
- 2021-** Member, Physical Activity and Nutrition Council
- 2020-2021** Member, HCCP Faculty Research and Development Committee
- 2021** Member, Faculty Search Committee (outside dept.), Oklahoma State University
- 2020-2021** Member, EHS Faculty Research and Development Committee Representative
- 2019-** Member, CePH Accreditation Committee, Oklahoma State University
- 2019-2020** Member, Phi Beta Delta Honor Society for International Scholars
- 2020-2021** Advisor, Health Promotion Club, Oklahoma State University
- 2019-2020** Advisor, Korean Student Association (1-991520), Oklahoma State University
- 2018-2020** Member, EHA International Advisory Council, Oklahoma State University
- 2019** Member, HCCP Faculty Search Committee, Oklahoma State University
- 2018** Member, HCCP Faculty Search Committee, Oklahoma State University
- 2017** Member, Program Representative Committee, Oklahoma State University

***Certifications***

- AED/CPR** Certification from the American Red Cross (#656798)
- Bleeding Control** Certification from the American College of Surgeons and the Committee on Trauma
- Taekwondo Master** Certification from the Korea Taekwondo Association (#3128232)
- The Second Grade Sport for all Instructors in Taekwondo** at Ministry of Culture, Sports and Tourism, Republic of Korea (#69745)
- International Taekwondo Referee** at the World Taekwondo Federation (#175435)
- Taekwondo Black-belt, Forth Degree** at Korea Taekwondo Association (#03409249)
- Sports Massage** at Korea Sports Massage Therapist Association (#42312)
- Life Guard** at Korean Red Cross (#9615432)
- Swordsmanship Black-belt, First Degree** at Korea Fencing Association (#24324)
- Judo Black-belt, Second Degree** at Korea Judo Association (#220197)

**SPECIAL TRAINING**

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- Experiment and Assay*** Lactate, Triglyceride, Antioxidant, and Free Fatty Acid Assay, Western blot, Cell culture, Metabolic Cart operation
- Measurement*** Various measurement techniques for physical activity and sedentary behaviors (experiences of accelerometer data management for more than 2,200 people)
- Statistics*** SPSS, SAS and Stata
- Language*** Fluent writing and speaking skills in Korean & English
- Exercise*** Taekwondo, Weight Training, Judo, Swimming, Tennis, Badminton, Softball and Golf (Advanced)