CURRICULUM VITAE

Susan Zacharia
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Education

Degree: ***Doctor of Philosophy***
Major Area: Health Promotion
Institution: The University of Oklahoma; Norman, OK
Date Conferred: August 2015

Degree: ***Master of Science***
Major Area: Health Promotion
Institution: The University of Oklahoma; Norman, OK
Date Conferred: August 2010

Degree: ***Master of Science***
Major Area: Bioinformatics
Institution: Bharathidasan University; Tamil Nadu, India
Date Conferred: August 2005

Professional Experiences

Virginia Commonwealth University, Richmond, VA: July 2022 - Present
Associate Professor (Term Faculty)
Department of Kinesiology and Health Science

Virginia Commonwealth University, Richmond, VA: January 2017- June 2022
Assistant Professor (Term Faculty)
Department of Kinesiology and Health Science

Minnesota State University, Mankato, MN: August 2015 - May 2016
Assistant Professor
Department of Health Science

University of Oklahoma, Norman, OK: January 2011 - May 2015
Graduate Teaching/Research Assistant
Department of Health and Exercise Science.

University of Oklahoma, Norman, OK: August 2008 - May 2010
Graduate Teaching/Research Assistant
Department of Health and Exercise Science.

Teaching Experience

Teaching Associate Professor, Department of Kinesiology & Health Sciences, Virginia Commonwealth University, VA –

HPEX 352	Substance Abuse
HPEX 353	Disease Trends, Prevention, and Control
HPEX 354	Coping & Adaptation
HPEX 371	Exercise Psychology
HEMS 642	Theoretical Foundations of Health Behavior Change
HEMS 648	Health Behavior Change Counseling Techniques for Clinical Interventions
HEMS 649	Planning, Implementing and Evaluating Group/Community Health Behavior Change Interventions
HEMS 691	Advanced Medical Terminology

Assistant Professor, Department of Health Science, Minnesota State University, MN -

HLTH-101	Health and Environment
HLTH-380W	Health Education Planning, Implementing and Evaluating
HLTH-477	Behavior Change Foundations and Strategies

Graduate Teaching/Research Assistant, Department of Health & Exercise Science, University of Oklahoma, OK -

HES-1823	Scientific Principles of Health and Disease
HES-2913	Personal Health
HES-1221	Individual Fitness

Certifications / Scholarships

Certified Health Education Specialist (CHES),
National Commission for Health Education Credentialing, since 2016
Adult & Pediatric First Aid/ CPR/ AED
American Red Cross, until 2024
Graduate Teaching/Research Assistant, University of Oklahoma
(Masters/Doctoral Student): 2008-2015

Professional Memberships

Society for Public Health Education (SOPHE)
Affiliate member, 2018-Present
American Public Health Association (APHA)
Affiliate member, 2012-Present
American College of Sports Medicine (ACSM)
Affiliate member, 2011-Present

Scholarly Activities

A. Articles in Peer-reviewed Journal

1. **Zacharia, S**., Taylor, E. L., Branscum, P.W., Cheney, M. K., Hofford, C.W., & Crowson, M. (2018). Effects of a Yoga Intervention on Adults with Lower Limb Osteoarthritis: a Randomized Controlled Trial. *American Journal of Health Studies. 33(2), 89-98.*

2. **Zacharia, S**., Taylor, E. L., Hofford, C., Brittain, D., & Branscum, P. (2013). Effects of an 8-week Tai Chi exercise program on physical functional performance in middle-aged women. *Journal of Applied Gerontology*. *34*(5), *573-589*. doi: 10.1177/0733464813504491

3. **Zacharia, S**., Funk, M., Alshuwaiyer, G., Gwin, S., Taylor, E. L., & Branscum, P. (2013). Internet-based physical activity interventions at the worksite: A systematic review. *American Journal of Health Studies. 28*(3), *114-126.*

B. Peer Reviewed Published Abstracts & Presentations at National Conferences

1. Alshuwaiyer, G., Funk, M., **Zacharia, S.,** Taylor, E. L., Gwin, S., Ayers, D., Garcia M.C., Bemben, M. (2013, May). The effect of an 8-week theory-based walking program on physical activity level and risk factors for cardiovascular disease (Poster Presentation). Published abstract in the official journal of the American College of Sports Medicine's Annual Meeting, USA, 60th Annual Meeting, ***Poster Session*** D-33. S312 Vol. 45 (5) Supplement.

2. **Zacharia, S**., Taylor, E. L., Hofford, C., Brittain, D., & Branscum, P. (2012, October). Effects of an 8-week Tai Chi exercise program on physical functional performance in middle-aged women (Oral Presentation). Published abstract in the Proceedings of the American Public Health Association's Annual Meeting, USA, 140th Annual Meeting, ***Oral Session*** 3410.1. (Abstract available from https://apha.confex.com/apha/140am/webprogram/Paper257233.html)

3. Funk, M., **Zacharia, S.,** Alshuwaiyer, G., Gwin, S., Taylor, E. L., & Branscum, P. (2012, October). Internet-based physical activity interventions at the worksite: A systematic review (Poster Presentation). Published abstract in the Proceedings of the American Public Health Association's Annual Meeting, USA, 140th Annual Meeting, ***Poster Session*** 3097. (Abstract available from https://apha.confex.com/apha/140am/webprogram/Paper257246.html)

4. Funk, M.D., Alshuwaiyer, G., **Zacharia, S.,** Taylor, E.L. (2012 September). Effects of an 8-week walking intervention on physical activity and anthropometric measures in inactive middle aged women (***Poster Presentation***). Published abstract in The Obesity Society 30th Annual Scientific Meeting, USA.

5. **Zacharia, S**., Taylor, E. L., Hofford, C., & Brittain, D. (2011, June). Effects of an 8-week Tai Chi exercise program on balance and physical functional performance in middle-aged women (***Poster Presentation***). Published abstract in the official journal of the American College of Sports Medicine's Annual Meeting, USA, 58th Annual Meeting, Session F-32. S574 Vol. 43 (5) Supplement.

Research Interests

- Using complementary and alternative medicine (CAM) as a supportive treatment therapy for cardiovascular diseases, arthritis, and other chronic diseases
- Developing and implementing comprehensive lifestyle interventions to increase physical activity levels and decrease chronic disease risk
- Improving balance and physical functional performance among middle-aged and older adults to reduce the risk of falls and facilitate independent living and healthy aging.

Grant Experience

- Title- *Sole2Soul*: Cultural line dancing as a novel approach to physical activity for healthy aging in older African Americans
  Agency- VCU College of Humanities and Sciences- Catalyst Award (2022-2023)
  Amount- $25,000
  Role- Co-PI (PI- Dr. Joann Richardson)

- Title- *Sole2Soul*: Cultural line dancing as a novel approach to physical activity for healthy aging in older African Americans
  Agency- VCU College of Humanities and Sciences- Seed Award (2021-2022)
  Amount- $5,000
  Role- Co-PI (PI- Dr. Joann Richardson)

- Doctoral Dissertation Research Award (2015), funded by The University of Oklahoma, Robberson Research and Creative Endeavors Grant (Amount-$1000).

- Travel grant funds to present at the American College of Sports Medicine's 60th Annual Meeting (2013), funded by The University of Oklahoma, Graduate Student Senate (Amount-$750).

- Travel grant funds to present at the American Public Health Association's Annual Meeting, USA, 140th Annual Meeting (2012), funded by The University of Oklahoma, Graduate Student Senate (Amount-$750).

- Travel grant funds to present at the American Public Health Association's Annual Meeting, USA, 140th Annual Meeting (2012), funded by The University of Oklahoma, Robberson Travel Grant (Amount-$500).

- Travel grant funds to present at the American College of Sports Medicine's 58th Annual Meeting (2011), funded by The University of Oklahoma, Graduate Student Senate (Amount-$292.80).

Major Projects

- ***SOLE2SOUL*: CULTURAL LINE DANCING AS A NOVEL APPROACH TO PHYSICAL ACTIVITY FOR HEALTHY AGING IN OLDER AFRICAN AMERICANS**
  - A twelve-week line dance exercise program will be performed on African American adults aged between 55 and above.
  - Participant's balance, strength, flexibility, physical function, blood pressure, lipid profile, BMI, body fat percentage and physical activity level will be measured before and after the intervention to determine the impact of the line dance program.
  - Participant's self-efficacy, fear of fall, quality of life and social support for exercise will also be measured to determine the impact of the line dance program.
  - The data analysis will be done using SPSS version 25.0 (Statistical Packages for Social Sciences).

- **THE EFFECTS OF AN 8-WEEK YOGA EXERCISE AND RELAPSE PREVENTION PROGRAM ON PAIN, BALANCE, PHYSICAL FUNCTION, FLEXIBILITY, EXERCISE ADHERENCE AND PREDICTORS OF EXERCISE IN ADULTS WITH OSTEOARTHRITIS**
  - An eight-week Yoga exercise followed by a relapse prevention program was performed on adults aged between 40 and 65 with lower extremity osteoarthritis.
  - Participant's postural sway, strength, flexibility, physical function, pain, and physical activity level were measured before and after the intervention to determine the impact of Yoga exercise.
  - Participant's exercise self-efficacy, exercise intention and social support for exercise and increase in the rate of continued participation in yoga exercise adherence was measured to determine the impact of relapse prevention program.
  - The data analysis was done using SPSS version 20.0 (Statistical Packages for Social Sciences).

- **SUBSTANCE USE IN BLANCHARD YOUTH**
  - A one-time individual and group interview (focus group) with middle and high school students on prescription drug abuse.
  - A one-time structured interview with key informants in the community lasting 30 minutes.
  - The qualitative data analysis was done using NVivo 10.

- **THE EFFECT OF AN 8-WEEK WALKING AND DIETRAY PROGRAM ON PHYSICAL ACTIVITY LEVEL, BALANCE, PHYSICAL FUNCTION, AND PREDICTORS OF EXERCISE ON ADULTS WITH TYPE II DIABETES AND CVD**
  - An eight-week walking and dietary intervention was performed on adults aged between 45 and 65.
  - Participant's balance, physical functional performance, physical activity level and exercise predictors were measured before and after the intervention
  - Participants were encouraged to walk 10,000 steps a day and also received an email and a phone call every week for 8 weeks providing encouragement and guidance on how to reach their weekly exercise goal.
  - The data analysis was done using SPSS version 18.0 (Statistical Packages for Social Sciences).

- **PERCEIVED EXERCISE BARRIERS AND BENEFITS IN ADULTS WITH OSTEOARTHRITIS**
  - A face-to-face structured interview (qualitative method) lasting 30-45 minutes was conducted on adults aged 40-55 years with osteoarthritis both exercisers (at least 150 minutes of moderate exercise a week) and non-exercisers (less than 150 minutes of moderate exercise) to explore the participant's opinions/feelings/experience.
  - The qualitative data analysis was done using NVivo 10.

- **THE EFFECTS OF AN 8-WEEK TAI CHI EXERCISE PROGRAM ON BALANCE AND PHYSICAL FUNCTION IN MIDDLE AGED WOMEN**
  - An eight-week Tai Chi intervention was performed on middle aged women aged between 45 and 65.
  - Participant's postural sway, physical functional performance and physical activity level was measured before and after the intervention to determine the impact of Tai Chi exercise.
  - Postural sway was measured using NeuroCom Balance Master and physical functional performance was measured using CS-PFP (Continuous Scale Physical Functional Performance-10)
  - The data analysis was done using SPSS version 17.0 (Statistical Packages for Social Sciences).