

# CURRICULUM VITAE

## Ashley L. Artese

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### EDUCATION

**Postdoctoral Research Fellow**, Duke University School of Medicine, 2021 - 2023  
Duke Center for the Study of Aging and Human Development (Duke Aging Center)  
National Institute on Aging (NIA) T32 Postdoctoral Research Training Grant: NIA T32 AG000029  
Mentors: Dr. Anthony Sung and Dr. Amy Pastva

**Ph.D.** in Exercise Physiology, Florida State University, August 2018  
Dissertation Topic: The effect of functional impact training and yin yoga on body composition in breast cancer survivors  
Advisor: Dr. Lynn Panton

**Master of Science** in Exercise Science, University of South Carolina, August 2010  
Concentration: Applied Physiology

**Bachelor of Science** in Kinesiology, College of William and Mary, May 2008  
Minor: Music

### PROFESSIONAL EXPERIENCE

<b>Assistant Professor of Exercise Science and Health Promotion</b> Department of Exercise Science and Health Promotion, Florida Atlantic University Boca Raton, FL	<b>2023 – Present</b>
<b>Postdoctoral Research Fellow</b> Duke Aging Center, Duke University School of Medicine Durham, NC	<b>2021 – 2023</b>
<b>Assistant Professor of Health and Exercise Science</b> Department of Health and Human Performance, Roanoke College Salem, VA	<b>2018 – 2021</b>
<b>Fitness Presenter</b> National Exercise Trainers Association (NETA) Minneapolis, MN (remote)	<b>2016 – 2020</b>

<b>Graduate Research Assistant</b> Department of Geriatrics, College of Medicine, Florida State University Tallahassee, Florida	<b>2014 – 2018</b>
<b>Graduate Teaching Assistant</b> Department of Nutrition, Food and Exercise Sciences, Florida State University Tallahassee, Florida	<b>2013 – 2018</b>
<b>Program for Instructional Excellence (PIE) Teaching Associate</b> The Graduate School, Florida State University Tallahassee, Florida	<b>2015 – 2018</b>
<b>Senior Exercise Physiologist and Group Exercise Coordinator</b> HealthPoint Center for Health and Fitness, Tideland Health Pawleys Island, South Carolina	<b>2011 – 2013</b>
<b>Program Coordinator</b> CIGNA Corporate Healthy Life Fitness Center Philadelphia, Pennsylvania	<b>2010 – 2011</b>
<b>Graduate Teaching Assistant</b> Department of Exercise Science, University of South Carolina Columbia, South Carolina	<b>2008 – 2010</b>
<b>Resident Tutor</b> Preston Residential College, Residence Life Department, University of South Carolina Columbia, South Carolina	<b>2009 – 2010</b>

### **PEER-REVIEWED PUBLISHED MANUSCRIPTS**

1. **Artese, A.L.**, Zhou, X., Tometich, D.B., Small, B.J., Ahles, T.A., Ahn, J., Bethea, T.N., Breen, E.C., Cohen, H.J., Extermann, M., Graham, D., Isaacs, C., Jim, H.S.L, McDonald, B.C., Nakamura, Z.M., Patel, S.K., Rentscher, K.E., Root, J.C., Saykin, A.J., Van Dyk, K., Zhai, W., Carroll, J.E., Mandelblatt, J. (2024) Physical Activity and Cognition: Longitudinal findings from the Thinking and Living with Cancer Study. *Journal of the National Cancer Institute*
2. Gecaj, S.Z., Damewood, M.E., Clark, S.-F., Marshall, D.M., **Artese, A.L.** (2024). Older adults' perceptions of returning to exercise classes during COVID-19. *Activities, Adaptation, and Aging*.
3. Mandelblatt, J.S., Dage, J.L., Zhou, X., Small, B.J., Ahles, T.A., Ahn, J., **Artese, A.L.**, Bethea, T.N., Breen, E.C., Carroll, J.E., Cohen, H.J., Extermann, M., Graham, D., Isaacs, C., Jim, H.S.L, McDonald, B.C., Nakamura, Z.M., Patel, S.K., Rebeck, G.W., Rentscher, K.E., Root, J.C., Russ, K.A., Tometich, D.B., Van Dyk, K., Zhai, W., Huang, L. Saykin, A.J. (2024). Are Alzheimer's Disease-related plasma biomarkers associated with cancer-related cognitive decline among older breast cancer survivors? *Journal of the National Cancer Institute*.

4. **Artese, A.L.**, Winthrop, H.M., Bohannon, L., Lew, M.V., Johnson, E., MacDonald, G., Ren, Y., Pastva, A.M., Hall, K.S., Wischmeyer, P.E., Macleod, D., Molinger, J., Barth, S., Jung, S-H, Cohen, H.J., Bartlett, D.B., Sung, A.D. (2023). A pilot study to assess the feasibility of a remotely monitored high-intensity interval training program prior to allogeneic hematopoietic stem cell transplantation. *PLOS ONE*, 18(11), e0293171.
5. **Artese, A.L.**, Rawat, R., Sung, A.D. (2023). The use of commercial wrist-worn technology to track physiological outcomes in behavioral interventions. *Current Opinion in Clinical Nutrition and Metabolic Care*, 6(6), 534-540.
6. Nakamura, Z.M., Small, B.J., Zhai, W., Ahles, T.A., Ahn, J., **Artese, A.L.**, Bethea, T.N., Breen, E.C., Cohen, H.J., Extermann, M., Graham, D., Irwin, M.R., Isaacs, C., Jim, H.S.L., Kuhlman, K.R., McDonald, B.C., Patel, S.K., Rentscher, K.E., Root, J.C., Saykin, A., Tometich, D.B., Van Dyk, K., Zhou, X., Mandelblatt, J.S., Carroll, J.E. (2023). Depression symptom trajectories in older breast cancer survivors: The Thinking and Living with Cancer Study. *Journal of Cancer Survivorship*.
7. **Artese, A.L.**, Sitlinger, A., MacDonald, G., Deal, M.A., Hanson, E.D., Pieper, C.F., Weinberg, J.B., Brander, D.M., Bartlett, D.B. (2023). Effects of high-intensity interval training on health-related quality of life in chronic lymphocytic leukemia: A pilot study. *Journal of Geriatric Oncology*, 4(1), 101373.
8. Damewood, M.E., Clark, S.F., **Artese, A.L.** (2023). Physical activity during the COVID-19 stay-at-home order in active older adults: A qualitative study. *Journal of Aging and Physical Activity*. 1(aop), 1-7
9. Dixon, E.J., Sánchez De La Cruz, C.R., **Artese, A.L.** (2022). Evaluating the influence of gravity on shoulder strength measures assessed via handheld dynamometry. *Journal of Sport Rehabilitation*, 31, 933-936.
10. Sitlinger, A., Deal, M.A., Garce, E., Connelly, M., Thompson, D., Stewart, T., Macdonald, G., Hanson, E.D., Neely, M., Neely, B., **Artese, A.**, Weinberg, J.B., Brander, D., Bartlett, D.B. (2022). Associations of clinical and circulating metabolic biomarkers with low physical fitness and function in adults with chronic lymphocytic leukemia. *Frontiers in Oncology*, 3774.
11. **Artese, A.L.**, Hunt, R.L., Ormsbee, M.J., Kim, J.S., Arjmandi, B.H. & Panton, L.B. (2021). Effect of functional impact training on body composition, bone mineral density, and strength in breast cancer survivors. *Medicine & Science in Sports & Exercise*, 53(1), 90-101.
12. **Artese, A.L.**, Whitney, N.J., Grohbrugge, K.E., & Panton, L.B. (2021). Assessment of arm lean mass, fat mass, and bone mineral density in breast cancer survivors without lymphedema. *Oncology Nursing Forum*, 48(2), 166-172.
13. Terracciano, A., **Artese, A.**, Yeh, J., Edgerton, L., Granville, L., Aschwanden, D., Luchetti, M., Glueckauf, R.L., Stephan, Y., Sutin, A.R. & Katz, P. (2020). Effectiveness of Powerful Tools for Caregivers on caregiver burden and on care recipient behavioral and psychological symptoms of

dementia: A randomized controlled trial. *Journal of the American Medical Directors Association*, 21(8), 1121-1127.

14. **Artese, A.**, Stamford, B.A., & Moffatt, R.J. (2019). Cigarette smoking: An accessory to the development of insulin resistance. *American Journal of Lifestyle Medicine*. 13(6), 602-605.
15. **Artese, A.**, Simonavice, E., Madzima, T.A., Kim, J.S., Arjmandi, B., Ilich, J.Z., & Panton, L.B. (2018). Body composition and bone mineral density in breast cancer survivors and non-cancer controls: A 12-15-month follow-up. *European Journal of Cancer Care*, 27(2), e12824.
16. **Artese, A.**, Ehley, D., Sutin, A.R., & Terracciano, A. (2017). Personality and actigraphy-measured physical activity in older adults. *Psychology and Aging*, 32(2), 131-138.
17. **Artese, A.**, Simonavice, E., & Panton, L.B. (2016). The benefits of resistance training in breast cancer survivors: A focus on maintaining bone density. *Expert Review of Quality of Life in Cancer Care*, 1(3), 239-248.
18. Grubbs B., **Artese, A.**, Schmitt, K., Cormier, E., & Panton, L.B. (2016). A pilot study to assess the feasibility of group exercise and animal assisted therapy in older adults. *Journal of Aging and Physical Activity*, 24(2), 322-331.
19. Sutin, A.R., Stephan, Y., Luchetti, M., **Artese, A.**, & Terracciano, A. (2016). The Five-Factor Model of personality and physical inactivity: A meta-analysis of 16 samples. *Journal of Research in Personality*, 63, 22-28.

## **MANUSCRIPTS SUBMITTED**

1. **Artese, A.L.**, Sainvil, M., Fish, L.J., Hill, L., Somers, T., Matthews, A., Blazek, L., Sito, E., Andermann, T., Rezvani, A.R., Choi, T., Gasparetto, C.J., Horwitz, M.E., Long, G.D., Lopez, R.D., Rizzieri, D.A., Sarantopoulos, S., Chao, N.J., Allen, D.H., Hong, S., Sung, A.D. Exploring facilitators and barriers to daily chlorhexidine gluconate bathing in adult patients undergoing hematopoietic stem cell transplantation. (Submitted to *Supportive Care in Cancer*)
2. **Artese, A.L.**, Winthrop, H.M., Beyer, M., Haines, K.L., Molinger, J., Pastva, A.M, Wischmeyer, P.E. Novel Strategies to Promote ICU Recovery Via Personalized Exercise, Nutrition and Anabolic Interventions (Submitted Invited Review to *Critical Care Clinics*)

## **BOOK CHAPTERS AND CONTRIBUTIONS**

1. **Artese, A.** & Panton, L. (2024). Chapter 6: Writing an exercise prescription for older adults. *Exercise for Aging Adults: A Guide for Practitioners* (2<sup>nd</sup> ed). Sullivan, G.M. & Pomidor, A.K. (Ed.). Springer Publishing Company, 81-98.
2. Panton, L. & **Artese, A.** (2024). Chapter 4: Types of exercise: Flexibility, balance, strengthening, endurance. *Exercise for Aging Adults: A Guide for Practitioners* (2<sup>nd</sup> ed). Sullivan, G.M. & Pomidor, A.K. (Ed.). Springer Publishing Company, 47-69.

3. **Artese, A.** (2021). Expert View: Training at high intensities: A HIIT in the industry. *Exercise Physiology: Integrating Theory and Application, 3<sup>rd</sup> Edition*. Kraemer, W., Fleck, S., Deschenes, M. Wolters Kluwer.
4. **Artese, A. & Grubbs, B.** (2017). Role of exercise in the prevention and treatment of osteoarthritis. *Management of Osteoarthritis-A Holistic View*. Anand, A. (Ed.). Bentham Science, 10-22.
5. Panton, L. & **Artese, A.** (2015). Chapter 4: Types of exercise: Flexibility, balance, strengthening, endurance. *Exercise for Aging Adults: A Guide for Practitioners*. Sullivan, G.M. & Pomidor, A.K. (Ed.). Springer Publishing Company, 41-58.

### **PEER-REVIEWED PUBLISHED ABSTRACTS**

1. **Artese, A.**, Sitlinger, A., MacDonald, G., Deal, M.A., Hanson, E. D., Pieper, C.F., Weinberg, J.B., Brander, D.M., Bartlett, D.B. (2022). Quality of life changes following high-intensity interval training in older adults with chronic lymphocytic leukemia. *Medicine & Science in Sports & Exercise*, 54(9S), 157-158. (Poster Presentation: 2022 American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA)
2. **Artese, A.**, Hunt, R.L., Marshall, D.R., Ormsbee, M., Kim, J.-S., & Panton, L.B. (2019). Body composition, strength, and physical function following two training interventions for breast cancer survivors. *Medicine & Science in Sports & Exercise*, 51(6S), 238. (Poster Presentation: 2019 ACSM Annual Meeting, Orlando, FL)
3. Behl, T., **Artese, A.**, Hunt, R., Marshall, D., Ormsbee, M.J., Kim, J-S., & Panton, L.B. (2019). Body composition, strength, and physical function in short- and long-term breast cancer survivors. *Medicine & Science in Sports & Exercise*, 51(6S), 879. (Poster Presentation: 2019 ACSM Annual Meeting, Orlando, FL)
4. Schattinger, C., Leonard, J., **Artese, A.**, Pappas, C., Ormsbee, M.J., & Panton, L.B. (2019). Pre-sleep consumption of casein protein on resting metabolic rate and appetite in premenopausal women. *Medicine & Science in Sports & Exercise*, 51(6S), 790. (Poster Presentation: 2019 ACSM Annual Meeting, Orlando, FL)
5. **Artese, A.**, Hunt, R.L., Marshall, D.R., Kim, J.-S., Ormsbee, M., Moffatt, R., & Panton, L.B. (2018). Comparison of bone and body composition in the affected and unaffected arms in breast cancer survivors. *Medicine & Science in Sports & Exercise*, 50(5S), 381. (Poster Presentation: 2018 ACSM Annual Meeting, Minneapolis, MN)
6. Hunt, R., **Artese, A.**, Kim, J-S., & Panton, L.B. (2018). The relationship of cognitive scores with muscle power, strength, and 6-minute walk in breast cancer survivors. *Medicine & Science in Sports & Exercise*, 50(5S), 467. (Poster Presentation: 2018 ACSM Annual Meeting, Minneapolis, MN)

7. **Artese, A.**, Ehley, D., Sutin, A.R., & Terracciano, A. (2017). The relation between personality and physical activity in older adults living in a retirement community. *Medicine & Science in Sports & Exercise*, 49(5S), 473. (Poster Presentation: 2017 ACSM Annual Meeting, Denver, CO)
8. Inglis, J.E., Jafarinasabian, P., Hebrock, H., Ave, M., Goosby, K., Beyer, E., **Artese, A.**, Panton, L., & Ilich-Ernst, J. (2017). Older women with osteosarcopenic obesity have lower handgrip strength and knee extension strength than osteopenic or obese-only women. *Advances in Nutrition*, 8(1), 9. (Poster presentation: Advances & Controversies in Clinical Nutrition Conference, Orlando, FL)
9. **Artese, A.**, Simonavice, E., Madzima, T. A., Liu, P-Y., Kim, J-S, Ormsbee, M.J., Prado, C.M., Arjmandi, B.H., Ilich, J.Z., & Panton, L.B. (2016). Physical activity, strength, body composition, muscle quality, and functionality in breast cancer survivors. *Medicine & Science in Sports & Exercise*, 48(5S), 359-360. (Poster Presentation: 2016 ACSM Annual Meeting, Boston, MA)
10. **Artese, A.**, Panton, L.B., Terracciano, A., & Sutin, A.R. (2015). Relationship between daily steps and sleep in older adults living in an assisted living community. *Medicine & Science in Sports & Exercise*, 47(5S), 730-731. (Poster Presentation: 2015 ACSM Annual Meeting, San Diego, CA)
11. Grubbs, B., **Artese, A.**, Schmitt, K., Cormier, E., & Panton, L.B. (2015). Effects of exercise and pet therapy in older adults living in a retirement facility. *Medicine & Science in Sports & Exercise*, 47(5S), 335-336. (Poster Presentation: 2015 ACSM Annual Meeting, San Diego, CA)
12. Mei, L., Simonavice, E., Madzima, T., Grubbs, B., **Artese, A.**, Ilich, J., Liu, P-Y., Kim, J-S., & Panton, L.B. (2014). Effects of long-term adherence to resistance training on strength and body composition in breast cancer survivors. *Medicine & Science in Sports & Exercise*, 46(5S), 887. (Poster Presentation: 2014 ACSM Annual Meeting, Orlando, FL)
13. Barnes, J., Chamberlain, R., Stanley, T., Tsui, T., **Artese, A.**, Padilla, C., Yasukawa, M., Connell, A., & Kambis, K. (2008). Intermittent hypoxic exposure improves mean reaction time (MRT) upon rapid ascent to high altitude. *Medicine & Science in Sports & Exercise*, 40(5), S170. (Poster Presentation: 2008 ACSM Annual Meeting, Indianapolis, IN)
14. Kambis, K., Barnes, J., Yasukawa, M. Chamberlain, R., Tsui, T., Stanley, T., **Artese, A.**, & Connell, A. (2008). Intermittent hypoxic exposure reduces acute mountain sickness upon subsequent rapid ascent to high altitude. *Medicine & Science in Sports & Exercise*, 40(5), 887, S170-171. (Poster Presentation: 2008 ACSM Annual Meeting, Indianapolis, IN)

## **REGIONAL CONFERENCE POSTER PRESENTATIONS**

1. Damewood, M., Clark, S.F, **Artese, A.** (2024). Perceived benefits and barriers to water-based exercise in active older adults. (Poster Presentation: 2024 Southeast American College of Sports Medicine (SEACSM) Annual Meeting, Greenville, SC)

2. Damewood, M., Clark, S.F, **Artese, A.** (2022). Physical activity during and after the COVID-19 stay-at-home orders in active older adults. (Poster Presentation: 2022 SEACSM Annual Meeting, Greenville, SC) \*2<sup>nd</sup> place award in Undergraduate Student Poster Competition
3. Grohbrugge, K.E., **Artese, A.**, Hunt, R.L., Ormsbee, M., Kim, J.-S., & Panton, L.B. (2020). Quality of life and fatigue are related to exercise perceptions in breast cancer survivors. (Poster Presentation: 2020 SEACSM Annual Meeting, Jacksonville, FL)
4. Whitney, N.J., **Artese, A.**, Hunt, R.L., Ormsbee, M., Kim, J.-S., & Panton, L.B. (2020). Relationship between physical activity, strength, and physical function in breast cancer survivors. (Poster Presentation: 2020 SEACSM Annual Meeting, Jacksonville, FL)
5. **Artese, A.**, Hunt, R.L., Ormsbee, M., Kim, J.-S., & Panton, L.B. (2019). Changes in quality of life, fatigue, and perceptions of exercise following two exercise interventions in breast cancer survivors. (Poster Presentation: 2019 American Institute for Cancer Research Conference, Chapel Hill, NC)
6. **Artese, A.**, Hunt, R.L., Marshall, D.R., Ormsbee, M., Kim, J.-S., & Panton, L.B. (2019). Body composition, strength, and physical function following two training interventions for breast cancer survivors. (Poster Presentation: 2019 SEACSM Annual Meeting, Greenville, SC) \*1<sup>st</sup> place award in President's Cup Challenge
7. Hunt, R.L., **Artese, A.**, Kim, J.-S., Grubbs, L.M., & Panton, L.B. (2019). The effects of exercise training on cognition and quality of life in breast cancer survivors. (Poster Presentation: 2019 SEACSM Annual Meeting, Greenville, SC) \*3<sup>rd</sup> place award in Master's Student Competition
8. Sanchez-De La Cruz, C., Clark, S.F., **Artese, A.L.** (2019). A comparison of strength, muscle power, and range of motion in the affected and unaffected arms in breast cancer survivors. (Poster Presentation: 2019 Virginia Academy of Science Undergraduate Research Meeting)
9. **Artese, A.**, Hunt, R.L., Marshall, D.R. Kim, J.S., Moffatt, R., Ormsbee, M.J., & Panton, L.B. (2018). Comparison of bone and body composition in the affected and unaffected arms in breast cancer survivors. (Poster Presentation: 2018 SEACSM Annual Meeting, Chattanooga, TN)
10. **Artese, A.** Functional impact training and yin yoga on body composition in breast cancer survivors. (Rapid Research Race Presentation: 2017 SEACSM Annual Meeting, Greenville, SC)
11. **Artese, A.**, Ehley, D., Sutin, A.R., & Terracciano, A. (2017). The relation between personality and physical activity in older adults. (Poster Presentation: 2017 SEACSM Annual Meeting, Greenville, SC)
12. **Artese, A.**, Simonavice, E., Madzima, T.A., Liu, P-Y., Kim, J-S, Ormsbee, M.J., Prado, C.M., Arjmandi, B.H., Ilich, J.Z., & Panton, L.B. (2016). Physical activity, strength, body composition, muscle quality, and functionality in breast cancer survivors. (Thematic Poster Presentation: 2016 SEACSM Annual Meeting, Greenville, SC)

13. **Artese, A.**, Panton, L.B., Terracciano, A., & Sutin, A.R. (2015). Physical activity and sleep in older adults in the Florida Longitudinal Study of Aging. (Poster Presentation: 2015 SEACSM Annual Meeting, Jacksonville, FL)

## **COURSES TAUGHT**

### **Florida Atlantic University – Boca Raton, FL**

PET 4550: Exercise Testing and Prescription

HSC 4581: Health Promotion

APK 6111: Advanced Exercise Physiology I

### **Roanoke College – Salem, VA**

HHP 160: Fitness for Life: Group Exercise

INQ 177: Yoga: History, Philosophy, and Foundations

HHP 195: Introduction to Health and Exercise Science

HHP 208: Exercise Testing & Prescription

HHP 208L: Exercise Testing & Prescription Laboratory

HHP 226: Strength & Conditioning

HHP 316: Nutrition

HHP 402: Special Populations

HHP 406: Independent Study

### **Florida State University – Tallahassee, FL**

PET 4551L: Exercise Testing & Prescription Laboratory

PET 3380L: Applied Exercise Physiology Laboratory

PET 3380: Applied Exercise Physiology

### **Tallahassee Community College – Tallahassee, FL**

PEM 1171: Aerobics

### **University of South Carolina – Columbia, SC**

EXSC 223L: Anatomy & Physiology I Laboratory

EXSC 224L: Anatomy & Physiology II Laboratory

EXSC 530L: Physiology of Muscular Activity Laboratory

EXSC 531L: Clinical Exercise Physiology Laboratory

## **EXTERNAL GRANTS (AWARDED)**

### **Foundation for Physical Therapy Research Grant**

A cardiorespiratory fitness test for acute illness: Validity, reliability, and clinical utility of Functional Incremental Stepping in Place Test

Total Award: \$14,000 to FAU (Funded)

Role: Co-Investigator

Funded Date: January 2024 – January 2025



### **Virginia Academy of Science Small Project Research Grant**

Validation of the Tendo Power Analyzer as a test to measure upper body muscle power and physical function in older adults

Total Award: \$1,250 (Funded)

Role: Principal Investigator

Funded Date: July 2020 – July 2021

### **Mary Louise Andrews Award for Cancer Research**

The effect of yoga on strength, muscle power, and physical function in breast cancer survivors

Total Award: \$3,000 (Funded)

Role: Principal Investigator

Funded Date: June 2019 – May 2021

### **American College of Sports Medicine Foundation Doctoral Student Research Grant**

Effects of functional impact training and yin yoga on body composition in breast cancer survivors

Total Award: \$5,000 (Funded)

Role: Principal Investigator

Funded Date: July 2017 – June 2018

### **National Strength and Conditioning Association (NSCA) Foundation Doctoral Student Research Grant**

Functional impact training on body composition in breast cancer survivors

Total Award: \$15,000 (Funded; Award adjusted to \$10,000 due to ACSM Doctoral Grant award)

Role: Principal Investigator

Funded Date: August 2017 – July 2018

### **ACSM-Gatorade Sports Science Institute (GSSI) Young Scholar Travel Grant**

Physical activity, strength, body composition, muscle quality, and function in breast cancer survivors

Total Award: \$1,000 (Funded)

Funded Date: May 2016

## **EXTERNAL GRANTS (PENDING)**

### **National Heart, Lung, and Blood Institute**

Remotely Monitored, Mobile Health Supported, High Intensity Interval Training (REMM-HIIT) in hematopoietic stem cell transplant survivors (REMM-HIIT-S)

Total Award: \$45,820 in direct costs to FAU (Pending)

Role: Co-Investigator (10% effort)

### **National Cancer Institute**

A Multicenter Randomized Phase 2 Study of Remotely Monitored, Mobile Health Supported, High Intensity Interval Training (REMM-HIIT) in hematopoietic stem cell transplant (HCT)

Total Award: \$78,704 in direct costs to FAU (Pending)

Role: Co-Investigator (10% effort)

## **INTERNAL GRANTS (AWARDED)**

### **Florida Atlantic University Technology Fee Grant**

Enhancing the Student Experience: Portable Devices for Assessment of Cardiorespiratory Fitness and Physical Activity

Total Award: \$43,969.23 (Funded)

Role: Principal Investigator

### **Roanoke College Summer Research Grant**

Validation of the Tendo Power Analyzer as a measure of upper body physical function in older adults

Total Award: \$4,320 (Funded)

Role: Principal Investigator

Funded Date: Summer 2020 (study postponed due to COVID-19)

### **Roanoke College Starter Grant**

An exploration of perceptions of exercise and fitness program needs in breast cancer survivors

Total Award: \$1,932 (Funded)

Role: Principal Investigator

Funded Date: January 2020 – June 2020

### **Roanoke College Starter Grant**

Effect of a yoga intervention on strength, physical function, and arm mobility in breast cancer survivors

Total Award: \$2,000 (Funded)

Role: Principal Investigator

Funded Date: January 2019 – June 2019

### **Roanoke College Summer Research Grant**

Experiences of breast cancer survivors participating in functional impact training or yin yoga: A qualitative study

Total Award: \$4,320 (Funded)

Role: Principal Investigator

Funded Date: Summer 2019

### **Florence Smith McAllister Endowed Fellowship (Florida State University)**

Total Award: \$5,000 (Funded)

Awarded to a graduate student for academic excellence, outstanding character, leadership, and participation in university activities

Funded Date: August 2017 – May 2018

## **MENTORED STUDENT RESEARCH GRANTS (AWARDED)**

### **Virginia Academy of Science Undergraduate Student Research Grant**

A comparison of strength, muscle power, and range of motion in the affected and unaffected arms in breast cancer survivors

Total Award: \$750 (Funded)

Funded Date: October 2019

Role: Research Mentor (Savannah-Faith Clark and Christian Sanchez-De La Cruz)

### **Roanoke College Pathways Program**

An exploration of the effects of COVID-19 on exercise habits, perceptions, and quality of life in older adults who participate in water-based exercise

Total Award: \$500 (Funded)

Funded Date: August 2020

Role: Research Mentor (Savannah-Faith Clark)

### **ADDITIONAL GRANT WRITING EXPERIENCE**

#### **Duke Cancer Institute Population Science Pilot Studies Program**

Exercise training to promote recovery for hematopoietic stem cell transplant survivors and caregivers

Role: Grant Co-author (Co-authored grant proposal with mentor and grant PI, Dr. Anthony Sung)

Requested Funds: \$25,000

Funded Date: January 2023 – December 2024

### **NON-PEER-REVIEWED INDUSTRY PUBLICATIONS**

1. Artese, A. (2022). Working with Breast Cancer Survivors: Is Upper-body Resistance Training Safe? *ACE Healthy Living*. Online publication
2. Artese, A. (2021). How to safely return to the gym in 2021. *ACE Healthy Living*. Online publication.
3. Grohbrugge, K. & Artese, A. (2020) Band Blast. *IDEA Fitness Journal*, 17(3).
4. Artese, A. (2020). Successful group fitness mentoring in 2020. *ACE Insights*. Online publication.
5. Artese, A. (2019). Yoga for breast cancer survivors. *ACE Insights*. Online publication.
6. Marshall, D. & Artese, A. (2019). Let's have a ball. *IDEA Fitness Journal*, 16(4), 52-53.
7. Artese, A. (2019). Exercise your way to stronger bones. *ACE Healthy Living*. Online publication.
8. Artese, A. (2019). You passed your certification exam—now what?. *ACE Insights*. Online publication.
9. Panton, L.B. & Artese, A. (2018). Finding strength after breast cancer. *Bloom*. 27,7.
10. Panton, L.B. & Artese, A. (2018). Breast cancer survivors who lose muscle mass can benefit from strength training. *The Conversation*. Online publication.
11. Artese, A. (2018). Kick your way to fitness over the holidays with this high-intensity kickboxing workout. *ACE Healthy Living*. Online publication.
12. Artese, A. (2018). Planning the perfect fitness week. *ACE Insights*. Online publication.

13. Artese, A. (2018). Keep your clients and participants motivated throughout the holiday season. *ACE Insights*. Online publication.
14. Artese, A. (2018). Balancing act: how to incorporate balance work into your training sessions. *ACE Insights*. Online publication.
15. Artese, A. (2018). Working with Breast Cancer Survivors: Program Design and Beyond. *ACE Insights*. Online publication.
16. Artese, A. & Marshall, D. (2018). Skills and Drills: Back to Basics: Kickboxing Safety. *IDEA Fitness Journal*, 15(10), 83-87.
17. Artese, A. & Marshall, D. (2018). Class Take-Out: Functional-Impact Fun!. *IDEA Fitness Journal*, 15(2), 57-58.

### **UNIVERSITY AND REGIONAL PRESENTATIONS**

1. Duke Aging Center Research and Education Retreat. "Remotely monitored high-intensity interval training: A HIIT for clinical care." Duke University. December 16, 2022.
2. Thinking & Living with Cancer Annual Meeting. "Examining changes in physical activity and its relationship to physical function in older breast cancer survivors." Georgetown University. Online Presentation. September 19, 2022.
3. Geriatrics Grand Rounds. "Exercise and cancer: Interventions to improve health and functional outcomes." Duke University School of Medicine. Durham, NC. June 13, 2022.
4. Osher Lifelong Learning Institute Staff Retreat. "Psychological and physiological aspects of aging." Duke University. Durham, NC. June 7, 2022.
5. Program for Instructional Excellence Conference. "JumpStart Your Semester." Florida State University. Tallahassee, FL. January 13, 2017.
6. Program for Instructional Excellence Workshop. "Developing Classroom Materials and Activities." Florida State University. Tallahassee, FL. September 8, 2016.
7. College of Human Sciences Teaching Assistant Training "Teaching in the Discipline." Florida State University. Tallahassee, FL. August 26, 2016.
8. College of Human Sciences Graduate Student Advisory Council Spring Colloquium "Engaging Students in the Classroom." Florida State University. Tallahassee, FL. March 31, 2016.
9. Program for Instructional Excellence Conference. "Communicating with Your Students." Florida State University. Tallahassee, FL. January 8, 2016.

10. Program for Instructional Excellence Workshop. "Developing Classroom Materials and Activities." Florida State University. Tallahassee, FL. November 6, 2015.
11. Campus Recreation Group Fitness Instructor Training (GFIT) Program. "Anatomy & Physiology: Terminology & Muscles." Florida State University. Tallahassee, FL. October 6, 2015.
12. College of Human Sciences Teaching Assistant Training "Teaching in the Discipline." Florida State University. Tallahassee, FL. August 21, 2015.

## **UNIVERSITY AND PROFESSIONAL SERVICE**

ACSM Committee on Certification and Registry Boards (CCRB) <i>Group Exercise Subcommittee Chair</i>	2024 – Present
ACSM Committee on Certification and Registry Boards (CCRB) <i>Committee member</i>	2021 – Present
SEACSM Student Bowl Committee <i>Committee member</i>	2023
Southeast ACSM Conference <i>Session Chair</i>	2019 – 2022
SEACSM Conference Abstract and First-Time Presenter Applications <i>Reviewer</i>	2017 – 2023
Roanoke College Health Professions Advisory Group (HealthPAG) <i>Committee member</i>	2019 – 2021
Roanoke College Academic Integrity Committee <i>Committee member</i>	2021
Virginia Academy of Science (VAS) <i>Judge, Fall Undergraduate Research Meeting</i>	2019
ACSM Evidence Based Practice (EBP) Committee <i>Committee Member</i>	2016 – 2019
Southeast ACSM Leadership and Diversity Training <i>Mentor</i>	2019
National Exercise Trainers Association, <i>The Fitness Professional's Manual, 5<sup>th</sup> edition</i> <i>Reviewer</i>	2017
Florida State University Graduate Policy Committee (GPC) <i>Student Representative</i>	2017
Florida State University Outstanding Teaching Assistant Award Committee <i>Reviewer</i>	2016 – 2017
Florida State University Human Sciences Dissertation Award Program Committee <i>Reviewer</i>	2016

## **CERTIFICATIONS AND TRAININGS**

- ACSM Certified Exercise Physiologist 2017 – Present
- Les Mills® BodyAttack Instructor 2019 – Present
- Les Mills® BodyCombat Instructor 2014 – Present
- Yoga Alliance 200 Hour Registered Yoga Teacher (RYT) 2012 – Present
- Athletics & Fitness Association of America (AFAA) Group Exercise Instructor 2010 – Present
- ZUMBA® Fitness Basics 1 and Basics 2 Licensed Instructor 2010 – Present
- Aqua Zumba Licensed Instructor 2020 – Present
- American Council on Exercise (ACE) Certified Group Fitness Instructor 2006 – Present
- ACE Certified Personal Trainer 2006 – Present
- American Red Cross - CPR, AED, and First AID 2006 – Present

## **HONORS AND AWARDS**

- Southeast ACSM President's Cup Award Winner (2019) – 1<sup>st</sup> place
- FSU Graduate School Research and Creativity Award (2018) – Awarded \$1,000
- FSU Fellows Society Inductee (2017)
- A. Reutlinger and Lillian H. Munn Scholarship (2017) – Awarded \$1,000
- College of Human Sciences Academic Leadership Award (2016)
- Hortense Glenn Society Inductee (2016)
- Pao-Sen Chi Memorial Scholarship Endowment (2016) – Awarded \$1,000
- Wood-Parramore Scholarship (2016) – Awarded \$500
- Seminole Torchbearers Inductee (2015)
- Kappa Omicron Nu Honors Society Inductee (2015)
- A. Reutlinger and Lillian H. Munn Scholarship (2015) – Awarded \$1,000
- Dr. Ava D. Rodgers Endowed Scholarship (2015) – Awarded \$1,200
- College of Human Sciences Travel Award (2015) – Awarded \$76
- Dr. Ava D. Rodgers Endowed Scholarship (2014) – Awarded \$750
- Earned Program for Instructional Excellence (PIE) Teaching Training Recognition (2013)
- Preston Residential College Resident Tutor of the Year (2010)
- Greyson Daugherty Kinesiology Scholarship (2007) – Awarded \$3,000

## **PROFESSIONAL MEMBERSHIPS**

- American College of Sports Medicine
- Southeast American College of Sports Medicine
- Yoga Alliance