

**CURRICULUM VITAE**

**Jennifer J. Sherwood, Ph.D.**

Department of Kinesiology  
California State University, East Bay  
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January 2022

**EDUCATION**

- 2001-2004**      **Postdoctoral Research Fellow**  
University of Vermont, School of Medicine  
Department of Molecular Physiology & Biophysics  
Advisors: Susan Lowey, Ph.D. & Kathleen Trybus, Ph.D.
- 1995-2001**      **PhD, Biology (Muscle Biology)**  
Marquette University  
Department of Biology  
Advisor: Thomas J. Eddinger, Ph.D.
- 1992-1994**      **MS, Physical Education/Exercise Physiology**  
Ball State University  
Department of Physical Education  
Advisor: Bruce Craig, Ph.D.
- 1988-1992**      **BS, Dietetics**  
Michigan State University

**PROFESSIONAL EXPERIENCE**

- 2021-present**      **Associate Professor**  
California State University, East Bay  
Department of Kinesiology
- 2015-2021**      **Assistant Professor**  
California State University, East Bay  
Department of Kinesiology
- 2012-2015**      **Lecturer**  
California State University, East Bay  
Department of Kinesiology
- 2008-2012**      **Assistant Professor**  
Holy Names University  
Department of Biological Sciences

- 2007-2008**      **Adjunct Faculty**  
Holy Names University  
Department of Biological Sciences
- 2005-2007**      **Assistant Fitness Manager/Personal Trainer**  
Equinox Fitness Center, San Francisco, CA
- 2004-2005**      **Visiting Professor**  
University of California, San Francisco  
Department of Pharmaceutical Chemistry

#### SCHOLARSHIP

#### Peer Reviewed/Refereed Journal Publications

Indicates **undergraduate students**. Also hyperlinked [HERE](#).

1. Yingling, V.R., Webb, S., Inouye, C., O, J., **Sherwood, J.J.** (Aug. 2017). Muscle power predicts bone strength in division II athletes. *J. Strength Cond. Res.* [https://doi: 10.1519/JSC.0000000000002222](https://doi.org/10.1519/JSC.0000000000002222).
2. **Sherwood, J. J.**, Inouye, C., Webb, S. L., & Jenny, O. (2019). Reliability and validity of the sit-to-stand as a muscular power measure in older adults. *Journal of Aging and Physical Activity*, 1 (aop), 1-12. Doi: 10.1123/japa.2019-0133. [Epub ahead of print] PubMed PMID: 31810060.
3. **Sherwood, J.J.**, Inouye, C., Webb, S.L., Zhou, A., **Anderson, E.A.**, **Spink, N.S.** (2019). Relationship between cognitive performance in community dwelling, ethnically diverse older adults: a cross-sectional study. *Peer J.* 7: e6159. doi: 10.7717/peerj.6159. eCollection 2019. PubMed PMID: 30643695; PubMed Central PMCID: PMC6327882.
4. Carlson, J.A., Petrella, J.K., Yingling, V., Marshall, M.R., O, J., **Sherwood, J.J.** (2018). Undergraduate research in kinesiology: examples to enhance student outcomes. *Kinesiology Review.* 7: 305-313. <https://doi.org/10.1123/kr.2018-0038>
5. O, J., **Sherwood, J. J.**, & Yingling, V. R. (2016). Undergraduate research and service-learning programs in a kinesiology program at a teaching university. *Quest.* <http://dx.doi.org/10.1080/00336297.2016.1226908>.
6. **Sherwood, J.J.**, Waller, G.S., Warshaw, D.M. and Lowey, S. (2004, July 27) A point mutation in the skeletal myosin regulatory light chain reduces the step size of skeletal muscle myosin. *Proceedings of the National Academy of Sciences, USA.* 101(30):10973-8. doi: 10.1073/pnas.0401699101. Epub 2004 Jul 15. PubMed PMID: 15256600; PubMed Central PMCID: PMC503728
7. **Sherwood, J.J.** and Eddinger, T.J. (2002) Shortening velocity and myosin heavy and light chain isoform mRNA in rabbit arterial smooth muscle cells. *American Journal of Physiology: Cell Physiology.* 282(5): C1093-102. doi: 10.1152/ajpcell.00307.2001. PubMed PMID: 11940525.
8. Eddinger, T.J. Korwek, A.J. Meer, D.P. and **Sherwood, J.J.** (2000) Expression of smooth muscle myosin light chain 17 and unloaded shortening in single smooth muscle cells. *American Journal of Physiology.* 278, C1133-C1142. doi: 10.1152/ajpcell.2000.278.6.C1133. PubMed PMID: 10837341
9. Widrick, J.J. Norenberg, K.M. Blaser, C.A. Karhanek, M., **Sherwood, J.**, Trappe, S.W., Trappe, T.A., Costill, D.L. and Fitts, R.H. (1998) Force-velocity-power and force-pCa relationships of human soleus

fibers after 17 days of bed rest. *Journal of Applied Physiology*. 85(5): 1949-1956. Doi: 10.1152/jappl.1998.85.5.1949. PubMed PMID: 9804603.

10. Duncan, G.E., Mahon, A.D., Gay, J.A. and **Sherwood J.J.** (1996) Physiological and perceptual responses to graded treadmill exercises in male children. *Pediatric Exercise Science*. 8(3): 251- 258.

### Refereed Professional Conference/Meeting Presentations

Indicates **undergraduate students**. \*Awarded **Outstanding Original Research for Students**

1. Mendoza, AR., **Sherwood, J.J.**, and Gravier, M. (2021, Oct.) Feasibility and Effectiveness of a Real-Time Virtual Exercise Group to Promote Physical Activity in Chronic Aphasia. Panel presented at the 66th Annual Conference of the Western Society for Kinesiology and Wellness, Oakland, CA
2. \*Ruiz Mena, P., Vatuvei, R., Gonzalez, M., **Sherwood, J.J.**, Inouye, C. (2021, Oct.). Relationships between muscle fitness and radial bone strength in older adults. Presented at the 66th Annual Conference of the Western Society for Kinesiology and Wellness, Oakland, CA
3. \*Abdulkhaliq, R., Moore, D., Millar, S., Reyes, C., Gravier, M., **Sherwood, J.**, Mendoza, A.R. (2021, Oct.). Characterizing Physical Behaviors in Adults with Aphasia. Presented at 66th Annual Conference of the Western Society for Kinesiology and Wellness, Oakland, CA
4. Garza, I., Gonzalez, M., Ruiz Mena, P., Un von Euw, H., Vatuvei, R., Inouye, C., Yingling, V., Sherwood, J.J. (2020, Oct.). Preregistration as a teaching tool for undergraduate and graduate students in Kinesiology. Panel presented at 65th Annual Conference of the Western Society for Kinesiology and Wellness, Oakland, CA
5. \*Ruiz Mena, P., Garza, I., Gonzalez, M., Un von Euw, H., Vatuvei, R., Inouye, C., **Sherwood, J.J.** (2020, Oct.). Relationship of Lower Limb Power and Handgrip Strength to Cognitive Function. Presented at the 65th Annual Conference for the Western Society of Kinesiology and Wellness, Oakland, CA
6. **Sherwood, J.J.** (2020, July) Preregistration. Society for Transparency, Openness and Replication in Kinesiology (STORK). STORK Summer Series. Zoom presentation.
7. \*Magorien, K., Tabera, J., Vallente, B., Yague, C., Inouye, C., **Sherwood, J.J.**, Webb, S., and Yingling, V. (2019, Oct.) Peak Muscle Power Correlates with Bone Strength in Healthy Older Adults. Presented at the 64th Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV.
8. Yingling, V.R., **Sherwood, J.J.** (2018, Oct.) Muscle-bone: match across the ages – can muscle power predict bone strength across the lifespan? Invited panel presentation at 38th Southwest American College of Sports Medicine Annual Regional Meeting, Costa Mesa, CA.
9. **Sherwood, J.J.**, Inouye, C., Webb, S.L., Romanovski, P.V., Ashizawa, T., Coleman, T., Adams, J.W., Ossene Mintsas, M. (2018, May). Developing and validating the sit-to-stand as a muscular power measure in older adults. Panel presented at 65th Annual American College of Sports Medicine International Conference, Minneapolis, MN
10. **Sherwood, J.J.**, Yingling, V.R., (2018, March) Nutrition for bone. Workshop presentation for AmeriCorps, Hayward, CA.
11. Adams, J.W., Ashizawa, T., Castillo, R., Coleman, T., Inouye, C., Ossene Mintsas, M., Romanovski, P.V., **Sherwood, J.J.**, Webb, S.L. (2017, Oct.). Validating Gymaware for measuring muscular velocity in healthy older adults. Presentation at 62nd Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV

12. **Sherwood, J.J.**, Yingling, V.R., O, J., McCullagh, P., Brown, H., Goc Karp, G. (2017, Oct.) High impact educational programs at undergraduate teaching universities. Invited panel presentation at 62nd Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV.
13. **Romanovski, P.V, Adams, Ossene Mintsa, M., Sherwood, J.J.** (2017, Oct.). Developing and validating a muscular power measure for older adults in the sit-to-stand. Poster presented at 37th Annual Southwest American College of Sports Medicine Conference, Long Beach, CA
14. **Spink, N.S, Anderson, E., Castillo, R., Coleman, T., Inouye, C., Morioka, S.N., Ossene Mintsa, M., Romanovski, P.V., Sherwood, J.J., Tabera, J.S., Webb, S.L.** Zhou, Y.Y. (2017, May.). Peak heart rate during the 6-minute walk test predicts cognitive function in healthy older adults. Poster presented at 64th Annual American College of Sports Medicine Conference, Denver, CO
15. **Sherwood, J.J.** (2017, March) Exercise programming for patients with cardiovascular disease: progressions and regressions. Invited presentation at the 32nd Annual California Society for Cardiac Rehabilitation Conference. Alta Bates Summit Medical Center-Ashby Campus, Berkeley, CA
16. **Sherwood, J.J., Cox-Tomich, L., Yingling, V.R.** (2017, February). Bone health for kids. Panel presented at California Association for Health, Physical Education, Recreation and Dance (CAPHERD) Conference, San Diego, CA
17. Savala, S., **Sherwood, J.J.**, Piper, T. (2017, Feb.). Better Together! K-12 Teachers and university faculty collaborating for student success. Panel presented at California Association for Health, Physical Education, Recreation and Dance (CAHPHERD) Conference, San Diego, CA
18. **Anderson, E., Inouye, C., Sherwood, J.J., Spink, N., Tabera, J., Webb, S.L., Zhou, Y.Y.** (2016, Oct.). 6-Minute walk test: relationship to cognitive function in healthy older adults. Panel presentation at 61st Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV.
19. **Sherwood, J.J., Inouye, C., Tabera, J., Webb, S.L.** (2016, October). Service learning based course designed to prepare kinesiology professionals to work with older adults. Poster presentation at 61st Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV.
20. **Spink, N.S., Chandler, R.A., Inouye, C., Morioka, S.N., Sherwood, J.J., Tabera, J., Webb, S.L., Zhou, Y.Y.** (2016, October). Peak heart rate during the 6-Minute walk test predicts cognitive function in healthy older adults. Poster at the 36th Annual Southwest American College of Sports Medicine Meeting, Costa Mesa, CA.
21. **Anderson, E., Inouye, C., Jordan, B., Medina, K., Rueda, A., Sherwood, J.J., Spink, N., Tabera, J., Webb, S.L., Zhou, Y.Y.** (2016, May). 6-Minute walk test: relationship to cognitive function in healthy older adults. Poster at 63rd Annual American College of Sports Medicine Meeting, Boston, MA.
22. **Brizendine, E., Yang, D., Sherwood, J.J., Webb, S.L., Inouye, C.** (2015, October). Relationship of heart rate recovery to cardiovascular fitness measures in highly endurance-trained young men and women. Poster presentation at 60th Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV.
23. Webb, S. **Sherwood, J., Inouye, I., Anderson, E. Camarse, C., Jordan, B. Medina, K., Mon, N., Spink, N., Ritika, R.** (2015, Oct.). Faster heart rate recovery negatively correlates with C-reactive protein levels in healthy, older adults. Panel presentation at 60th Annual Conference of the Western Society for Kinesiology and Wellness, Reno, NV.

**Grants Awarded as Principal Investigator/Principal Writer**

**Extramural**

Christopher & Dana Reeve Foundation, 2nd Dyle Direct Effect Quality of Life grants program

Title: Adaptive Online Exercise for Individuals with Aphasia

Amount Awarded: **\$22,259**

Principal Investigators: Gravier, M.; Mendoza, A.R. and **Sherwood, J.J.** (2021)

**Intramural**

CSUEB Enhanced Course Learning (ECL) grant

Title: Kinesiology Lab Consumables

Amount Awarded: **\$47,880**

Principal Writer: **Sherwood, J.J.** (2019-2020)

CSUEB Enhanced Course Learning (ECL) grant

Title: Kinesiology Lab Consumables

Amount Awarded: **\$30,000**

Principal Writer: **Sherwood, J.J.** (2018-2019)

CSUEB Enhanced Instructionally Related Activities (EIRA) grant

Title: Professional Conference Experiences to Support Kinesiology Student Learning and Professional Development

Amount Awarded: **\$26,270**

Principal Writer: **Sherwood, J.J.** (2018-2019)

CSUEB Enhanced Course Learning (ECL) grant

Title: Kinesiology Lab Consumables

Amount Awarded: **\$20,000**

Principal Writer: **Sherwood, J.J.** (2017-2018)

CSUEB Enhanced Instructionally Related Activities (EIRA) grant

Title: Professional Conference Experiences to Support Kinesiology Student Learning and Professional Development

Amount Awarded: **\$31,000**

Principal Writer: **Sherwood, J.J.** (2017-2018)

CSUEB Enhanced Instructionally Related Activities (EIRA) grant

Title: Professional Development for Kinesiology Students through Conference Presentations

Amount Awarded: **\$31,000**

Principal Writer: **Sherwood, J.J.** (2016-2017)

CSUEB Enhanced Instructionally Related Activities (EIRA) grant

Title: Kinesiology Labs

Amount Awarded: **\$20,000**

Principal Writer: **Sherwood, J.J. (2016-2017)**

CSUEB Enhanced Instructionally Related Activities (EIRA) grant

Title: Kinesiology Students to Attend Professional Conferences

Amount Awarded: **\$17,754**

Principal Writer: **Sherwood, J.J. (2015-2016)**

CSUEB Faculty Support Grant for Individual Researchers

Title: Muscular Fitness: Relationship to Bone Geometry, Strength, Power, and Lean Body Mass in Healthy Older Adults

Amount Awarded: **3 units of release time**

Principal Writer: **Sherwood, J.J. (2016-2017)**

CSUEB Faculty Support Grant for Service Learning Assessment

Amount Awarded: **3 units of release time**

Principal Writer: **Sherwood, J.J. (2015)**

CSUEB Collaborative Research Faculty Support Grant

Amount Awarded: **3 units of release time**

Principal Writer: **Sherwood, J.J. & Inouye C. (2015)**

## INSTRUCTION

### Master's Courses Taught

Physiological Basis of Exercise, Training for Physical Performance,

### Undergraduate Courses Taught

Exercise and Gerontology, Exercise Physiology Lecture and Lab, Exercise Nutrition and Metabolism, Exercise Prescription, Clinical Exercise Physiology

### Master's Thesis and Project Advisor

Tabera, J. (2020-2021) Muscle Power Measures Across the Lifespan

Burke, S. (2020-21) Observational Study of Personal Training Behaviors

Jusinski, J. (2019-21) CSUEB women's soccer nutrition intervention

Hdlasky, M. (2019) The effectiveness of equine therapy in treating PTSD and depression

Brizendine, E. (2016) An individualized physical training worksite wellness program

### Mentored Center for Student Research Scholars

Cruz, A. (2021) Pioneer Student Research Scholar

Vatuvei, R. (2021) Pioneer Student Research Scholar (co-mentor with C. Inouye)

- Ruiz Mena, P. (2020-2021) Distinguished Pioneer Student Research Scholar (co-mentor with C. Inouye)
- Ruiz Mena, P. (2020) Associate Pioneer for Student Research Scholar (co-mentor with C. Inouye)
- Tran, M. (May 2020) Center of Student Research Travel Grant (\$743.06) for American College Sports Medicine Conference (co-mentor with C. Inouye)
- Tran, M. (Fall 2019) Distinguished Pioneer Student Research Scholar (co-mentor with C. Inouye)
- Heredia, A. (May 2020) Center of Student Research Travel Grant (\$743.06) for American College Sports Medicine Conference (co-mentor with C. Inouye)
- Heredia, A. (Fall 2019) Distinguished Pioneer Student Research Scholar (co-mentor with C. Inouye)
- Magorien, K. (May 2020) Center of Student Research Travel Grant (\$743.06) for American College Sports Medicine Conference (co-mentor with C. Inouye)
- Magorien, K. (2018-2020) Distinguished Pioneer Student Research Scholar (co-mentor with C. Inouye)
- Adams, J. (2017-2018) Research Scholar, Center for Student Research (co-mentor with C. Inouye)
- Javier, C. (2017-2018) Center for Student Research Undergraduate Fellows (co-mentor with C. Inouye)
- Castillo, R. (2016-2017) Center for Student Research Undergraduate Fellow (co-mentor with C. Inouye)
- Ossene Mintsas, M.D. (2016-2017) Center for Student Research Undergraduate Fellow (co-mentor with C. Inouye)
- Romanovski, P., Castillo, R., Spink, N., Morioka, S., Coleman, T. (2017) Statewide Research Competition Submission (not selected), Center for Student Research (co-mentor with C. Inouye)
- Romanovski, P. (2016-2017) Center of Student Research Undergraduate Fellow (co-mentor with C. Inouye)
- Spink, N. (May 2017) Center of Student Research Travel Grant (\$1,000) for American College Sports Medicine Conference (co-mentor with C. Inouye)
- Spink, N. (2015-2017) Center of Student Research Undergraduate Fellow (co-mentor with C. Inouye)
- Spink, N. (May 2016) Center of Student Research Travel Grant (\$1,000) for American College Sports Medicine Conference (co-mentor with C. Inouye)
- Anderson, E. (2014-2016) Center of Student Research Undergraduate Fellow (co-mentor with C. Inouye)
- Jordan, B. (2014-2015) Research Scholar, Center for Student Research (co-mentor with C. Inouye)

### **Co-curricular Student Programs**

Program:	<b>Get Fit! Stay Fit!</b>
Program Description:	on-campus internship offers staff & faculty physical training
Student Involved each year:	25-75
Period of Involvement:	2012-present
Role:	Co-founded and faculty facilitator

Program: **Kinesiology Research Group**  
Program Description: regular research and professional development opportunities for students  
Student Involved each year: 25-75  
Period of Involvement: 2012-present  
Role: Faculty coordinating team member

Program: **Muscle Power Research Team**  
Program Description: mentor students in research activities & research collaboration  
Student Involved each year: 2-10  
Period of Involvement: 2012-present  
Role: Co-PI with C. Inouye, Ed.D

Program: **Aphasia Treatment Program/Kinesiology Research Group**  
Program Description: mentor students in research activities & research collaboration  
Student Involved each year: 2-10  
Period of Involvement: 2012-present  
Role: Co-PI with M. Gravier, Ph.D.-SLP and AR Mendoza, Ph.D

**California Physical Activity and Health Project - Workshops to prepare K-12 Physical Education Teachers with Advanced Exercise Physiology and Prescription Content Knowledge**

1. California Health and Physical Education Teacher Workshop for Alvord School District, Long Beach Group, California State University, CA, Dec.6, 2016
2. California Health and Physical Education Summer Institute, Bay Area Group, California State University, East Bay, CA, August 1-3, 2016
3. California Health and Physical Education Summer Institute, Long Beach Group, California State University, Long Beach, CA, June 25-27, 2016
4. California Health and Physical Education Summer Institute, Redwood Group, California State University, Humboldt, CA, June 20-22, 2016
5. California Health and Physical Education Summer Institute, Long Beach Group, California State University, Long Beach, CA, July 30-Aug. 2, 2015
6. California Health and Physical Education Summer Institute, Bay Area Group, California State University, East Bay, CA, June 16-18, 2015

**Service - Professional Organizations**

- 2020-2022 Treasurer and Membership Committee Chair for the Society for Transparency, Openness and Replication in Kinesiology
- 2021-2022 President of Western Society for Kinesiology and Wellness



- 2020-2021 President-Elect of Western Society of Kinesiology and Wellness
- 2021 Manuscript peer review for Scientific Reports -Nature and Journal of Aging and Physical Activity
- 2018-2020 Young Scholar Award Coordinator for Western Society of Kinesiology and Wellness
- 2019 -2021 Moderator for SportRxiv preprint journal for the Society for Transparency, Openness and Replication in Kinesiology
- 2019 Reviewer for Journal of Kinesiology and Wellness, Student Edition
- 2019 Peer review for Journal of Physical Activity and Health