

Dr. Masataka Umeda
Assistant Professor
The University of Texas at San Antonio

Department of Kinesiology
College for Health, Community and Policy
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<https://hcap.utsa.edu/kinesiology/research/exercise-and-psychology-lab.html>

Education

Doctor of Philosophy, Kinesiology, University of Wisconsin - Madison

Master's Degree, Health Education, University of Tsukuba

Bachelor's Degree, Exercise Science, University of Tsukuba

Academic Positions

2012 - 2016	Assistant Professor, Texas Tech University
2009 - 2011	Postdoctoral Fellow, Department of Physical Medicine and Rehabilitation, University of Colorado-Denver
2003 - 2007	Graduate Research Assistant, Department of Kinesiology, University of Wisconsin-Madison
2003 - 2005	Graduate Teaching Assistant, Department of Kinesiology, University of Wisconsin-Madison

Research Interests

My research interest is to better understand physical activity and pain using laboratory pain tests and cardiovascular psychophysiological techniques.

SCHOLARSHIP/RESEARCH/CREATIVE WORKS

Intellectual Contributions

Journal Article, Academic Journal - Peer-Reviewed/Refereed

33. Umeda, M., Park, S.-W. Association between self-construals, social pain sensitivity, and gender. *The Journal of Psychology*. (Revising to Resubmit)
32. Umeda, M. Gender differences in daily life pain sensitivity in young adults: Roles of trait anxiety and physical activity. *Scandinavian Journal of Pain*. (Submitted)
31. Umeda, M. Racial differences in laboratory and daily life pain sensitivity between Asian American and non-Hispanic White adults. *Psychosomatic Medicine*. (Submitted)
30. Umeda, M., Park, S.-W., Chung, E. Social determinants of pain: Association of area disadvantage and discrimination history with daily life pain sensitivity in young adults. (In Progress)

2023

29. Umeda, M., Park, S.-W., Chung, E., Ullevig, S. (2023). The food insecurity and academic function among college students during the COVID-19 pandemic: A role of the first-college student status., *Journal of American College Health*.

2022

28. Umeda, M., Okifuji, A. (2022). Exploring the sex differences in conditioned pain modulation and its determining factors in healthy adults. *Musculoskeletal Science and Practice*, 63(102710).
27. Umeda, M., Kim, Y., Jaen, C.R., Okifuji, A., Corbin, L.W., Maluf, K.S. (2022). Mediating role of physical activity in the relationship between exercise-induced muscle pain and fibromyalgia severity. *Physiotherapy Theory and Practice*.
26. Umeda, M. Prediction of pain responses to subsequent cold pressor test via baseline heart rate variability in healthy adults. *European Journal of Pain*, 26(8), 1811-1820.

2021

25. Chung, E., Gonzalez, K., Ullevig, S.L., Zhang, J., Umeda, M. Obesity, not the diet alone induced insulin resistance and cardiac dysfunction during pregnancy and postpartum. *Scientific Report*, 11(18057).
24. Umeda, M., Leutze, T.M., Inagaki, T.K. (2021). Replication and extension of the link between the cardiovascular system and sensitivity to social pain in healthy adults. *Social Neuroscience*, 16(3), 265-76.

2020

23. Umeda, M., Ullevig, S.L., Chung, E., Kim, Y., Escobedo, T.J., Zeitz, C.J. (2020). Depression mediates the relationship between food insecurity and pain interference in college students. *International Journal of Environmental Research and Public Health*, 18(78).
22. Kim, Y., Umeda, M., Lochbaum, M., Sloan, R.A. (2020). Examining the day-to-day bidirectional associations between physical activity, sedentary behavior, screen time, and sleep health in adolescents during school days. *PLOS One*, 15(9), e0238721.

21. Umeda, M., Okifuji, A. (2020). Comparable conditioned pain modulation and augmented blood pressure responses to cold pressor test among resistance exercisers in comparison to healthy controls. *Biological Psychology*, 153(107889).

2019

20. Kim, Y., Umeda, M. (2019). Chronic pain, leisure-time physical activity, and all-cause mortality in the US adults: The NHANES 1999-2004 follow-up study. *American Journal of Health Promotion*, 33(8), 1182-1186.
19. Chung, E., Grue, K.A., Kaur, G., Mallory, B., Serrano, C.R., Ullevig, S.L., Kottapalli, K.R., Lee, S. C., Dufour, J.M., Shen, C.-L., Umeda, M. (2019). Maternal exercise before and during pregnancy alleviates metabolic dysfunction associated with high-fat diet in pregnant mice, without significant changes in gut microbiota. *Nutrition Research*, 69, 42-57.
18. Umeda, M., Kim, Y. (2019). Gender differences in the prevalence of chronic pain conditions and leisure time physical activity among US adults. An NHANES study. *International Journal of Environmental Research and Public Health*, 16(6), 988.
17. Ullevig, S.L., Umeda, M., Chung, E., Sesatty, A.L., Samsuhadi, K.E., Fogt, D.L. (2019). Effects of acute cold exposure on plasma inflammatory and lipid biomarkers related to cardiovascular disease risk., *Journal of Integrative Cardiology Open Access*, 2(1), 3-10.

2018

16. Umeda, M., Escobedo, T. (2018). Comparisons of conditioned pain modulation and physical activity between Hispanic and non-Hispanic White adults. *Journal of Racial and Ethnic Health Disparities*, 6(3), 472-480.

2017

15. Umeda, M., Griffin, C., Cross, A., Heredia, C., Okifuji, A. (2017). Conditioned pain modulation among young, healthy, and physically active African American and non-Hispanic White adults. *Journal of Psychosomatic Research*, 98, 64-70.

2016

14. Kim, Y., Umeda, M., Lochbaum, M., Stegemeier, S. (2016). Physical Activity, Screen-Based Sedentary Behavior, and Sleep Duration in Adolescents: Youth Risk Behavior Survey, 2011-2013. *Preventing Chronic Disease*, 13, E131.
13. Umeda, M., Kempka, L.E., Weatherby, A.C., Greenlee, B.T., Mansion, K.C. (2016). Effects of caffeinated chewing gum on muscle pain during submaximal isometric handgrip exercise in adults with fibromyalgia. *Physiology and Behavior*, 157, 139-45.
12. Umeda, M., Lee, W., Marino, C.A., Hilliard, S.C. (2016). Influence of moderate intensity physical activity levels and gender on conditioned pain modulation. *Journal of Sports Sciences*, 34(5), 467-476.
11. Umeda, M., Kempka, L.E., Greenlee, B.T., Weatherby, A.C. (2016). A smaller magnitude of exercise-induced hypoalgesia in African Americans compared to

non-Hispanic Whites: A potential influence of physical activity. *Biological Psychology*, 113(1), 46-51.

2015

10. Umeda, M., Williams, J.P., Marino, C.A., Hilliard, S.C. (2015). Muscle pain and blood pressure responses during isometric handgrip exercise in healthy African American and non-Hispanic White adults. *Physiology and Behavior*, 138, 242-246.
9. Umeda, M., Corbin, L.W., Maluf, K.S. (2015). Examination of contraction-induced muscle pain as a behavioral correlate of physical activity in women with and without fibromyalgia. *Disability and Rehabilitation*, 37(20), 1864-1869.
8. Umeda, M., Corbin, L.W., Maluf, K.S. (2015). Pain mediates the association between physical activity and the impact of fibromyalgia on daily function. *Clinical Rheumatology*, 34(1), 143-149.

2014

7. Umeda, M., Marino, C.A., Lee, W., Hilliard, S.C. (2014). The association between exercise enjoyment and physical activity in women with fibromyalgia. *International Journal of Sports Medicine*, 35(12), 1044-1050.

2013

6. Umeda, M., Corbin, L.W., Maluf, K.S. (2013). Preliminary investigation of absent nociceptive flexion reflex responses among more symptomatic women with fibromyalgia syndrome. *Rheumatology International*, 33(9), 2365-2372.

2010

5. Umeda, M., Newcomb, L.W., Ellingson, L.E., Koltyn, K.F. (2010). Examination of the dose-response relationship between pain perception and blood pressure induced by isometric exercise., *Biological Psychology*, 85(1), 90-96.

2009

4. Umeda, M., Newcomb, L.W., Koltyn, K.F. (2009). Influence of blood pressure elevations by isometric exercise on pain perception in women., *International Journal of Psychophysiology*, 74(1), 45-52.

2007

3. Koltyn, K.F., Umeda, M. (2007). Contralateral attenuation of pain following short duration submaximal isometric exercise., *The Journal of Pain*, 8(11), 887-892.

2006

2. Koltyn, K.F., Umeda, M. (2006). Exercise, hypoalgesia, and blood pressure., *Sports Medicine*, 36(3), 207-214.

2004

1. Cassisi, J.E., Umeda, M., Deisinger, J.A., Sheffer, C., Lofland, K.R., Jackson, C.

(2004). Patterns of Pain Descriptor Usage in African Americans and European Americans With Chronic Pain., *Cultural Diversity and Ethnic Minority Psychology*, 10(1), 81.

Magazine/Trade Publication - Not Peer-Reviewed/Refereed

2014

1. Umeda, M. (2014). Chronic pain: Understanding the root, finding cures. The Why Files The Science Behind The News.
whyfiles.org/2014/chronic-pain-understanding-the-roots-finding-the-cures/

Contracts, Fellowships, Grants, Sponsored Research and Residencies

Grant - Submitted

2025

14. Umeda, M., "Racial disparities in pain: Effect of social rejection on descending pain inhibitory processing in Asian American and non-Hispanic White adults PI's/Co-PI's ; Sharedcredit: Masataka Umeda 100.00%," Sponsored by Natl Inst of Health, \$412,501.00. (September 1, 2023 - August 31, 2025).
13. Umeda, M., "Social rejection and fibromyalgia: the effect of acute social rejection on central pain inhibitory processing and the potential role of depression PI's/Co-PI's ; Sharedcredit: Masataka Umeda 100.00%," Sponsored by Natl Inst of Health, \$412,500.00. (July 1, 2023 - June 30, 2025).
12. Umeda, M., "Racial disparities in pain: Effect of social rejection on descending pain inhibitory processing in Asian American, African American, and non-Hispanic White adults," Sponsored by Natl Inst of Health, \$412,500.00. (April 1, 2023 - March 31, 2025).

2024

11. Umeda, M., "SC1: Role of physical activity in the impairments in central pain inhibitory processing and autonomic tone and the severity of clinical pain in fibromyalgia PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 50.00% Umeda, Masataka Co-PI - 50.00%," Sponsored by NIH Natl Inst General Medical Sci, \$1,050,004.00. (January 1, 2021 - December 31, 2024).
10. Umeda, M., "Exploring the effects of caffeine on exercise-induced muscle pain, physical activity behaviors, and clinical pain in fibromyalgia PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 100.00%," Sponsored by Natl Inst of Health, \$570,003.00. (December 1, 2021 - November 30, 2024).
9. Umeda, M., "Racial disparities in pain: Effect of social rejection on descending pain inhibitory processing in Asian American, African American, and non-Hispanic White adults," Sponsored by Natl Inst of Health, \$424,667.00. (July 1, 2022 - June 30, 2024).
8. Umeda, M., "Exploring dose-dependent effects of caffeine on exercise-induced muscle pain, physical function, and pain processing in fibromyalgia PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 100.00%," Sponsored by NIH

Natl Inst of Arthr/Musculoskeletal/S, \$568,587.00. (April 1, 2021 - March 31, 2024).

2023

7. Umeda, M., "Acute effects of music on baseline vagal tone and exercise-induced muscle pain in fibromyalgia patients.," Sponsored by UTSA GREAT Grant, \$20,000.00. (October 1, 2022 - July 31, 2023).
6. Umeda, M., "Does social pain sensitivity moderate the effect of social rejection on heart rate variability in healthy adults?," Sponsored by UTSA VPR Office, \$5,000.00. (October 1, 2022 - July 31, 2023).

2022

5. Umeda, M., "Aerobic exercise and central pain inhibitory processing in African Americans PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 80.00% Fogt, Donovan Co-PI - 20.00%," Sponsored by Natl Inst of Health, \$1,386,276.00. (April 1, 2018 - March 31, 2022).

2020

4. Umeda, M., "Effect of aerobic exercise intervention on central pain processing among African American men and women with greater risk of chronic pain PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 90.00% Ullevig, Sarah Co-PI - 10.00%," Sponsored by Natl Inst of Health, \$421,136.00. (December 1, 2018 - November 30, 2020).
3. Umeda, M., "Psychophysiological factors underlying augmented muscle pain during exercise in fibromyalgia PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 100.00%," Sponsored by UTSA VPR Office, \$5,000.00. (September 1, 2019 - August 31, 2020).

2019

2. Umeda, M., "Physical activity and central pain inhibition in elderly African Americans PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 80.00% Cooke, William Co-PI - 20.00%," Sponsored by Natl Inst of Health, \$400,448.00. (September 1, 2017 - August 31, 2019).
1. Umeda, M., "Aerobic exercise and central pain inhibitory processing in African Americans PI's/Co-PI's;Sharedcredit: Umeda, Masataka PI - 95.00% Cooke, William Co-PI - 5.00%," Sponsored by Natl Inst of Health, \$373,786.00. (July 1, 2017 - June 30, 2019).

Presentations

Oral Presentation - Peer-Reviewed/Refereed

2008

1. Umeda, M., Newcomb, L. W., Ellingson, L. E., & Koltyn, K. F., "Examination of the dose-response relationship between blood pressure and pain perception following isometric exercise.," American College of Sports Medicine Annual

Scientific Meeting. (May 30, 2008).

Poster - Peer-Reviewed/Refereed

2022

14. Umeda, M. (Author & Presenter), Kim, Y., Jaen, C. R., Okifuji, A., Corbin, L. W., & Maluf, K. S., "Mediating role of physical activity in the relationship between exercise-induced muscle pain and fibromyalgia severity," American College of Sports Medicine Annual Scientific Meeting, ACSM, San Diego CA. (June 2022).

2020

13. Umeda, M., & Okifuji, A., "Conditioned pain modulation and blood pressure responses to cold pressor test among resistance exercisers," American College of Sports Medicine Annual Scientific Meeting, American College of Sports Medicine, San Francisco, CA. (June 2020).

2015

12. Umeda, M., Lee, W., Marino, C. A., & Hilliard, S. C., "Influence of moderate intensity physical activity levels and gender on conditioned pain modulation," American College of Sports Medicine Annual Scientific Meeting, American College of Sports Medicine, San Diego, CA. (May 29, 2015).
11. Greenlee, B. T., Kempka, L. E., Weatherby, A. C., & Umeda, M., "Effects of isometric handgrip exercise on muscle pain and electrical pain ratings in healthy African American and non-Hispanic White adults," Texas Tech University Undergraduate Research Conference. (April 1, 2015).
10. Weatherby, A. C., Kempka, L. E., Greenlee, B. T., & Umeda, M., "Effects of caffeine ingestion on muscle pain during isometric handgrip exercise in patients with fibromyalgia," Texas Tech University Undergraduate Research Conference. (March 31, 2015).

2014

9. Umeda, M., Corbin, L. W., & Maluf, K. S., "Examination of contraction-induced muscle pain as a behavioral correlate of physical activity in women with and without fibromyalgia," TTUHSC Gender Specific Medicine and Women's Health Symposium. (October 24, 2014).
8. Umeda, M., Marino, C. A., Lee, W., & Hilliard, S. C., "The association between exercise enjoyment and physical activity in women with fibromyalgia," American College of Sports Medicine Annual Scientific Meeting, American College of Sports Medicine, Orlando, FL. (May 29, 2014).
7. Chatrath, A., & Umeda, M., "Voluntary physical activity levels are negatively associated with the severity of symptoms in women with fibromyalgia," Texas Tech University Undergraduate Research Conference. (March 15, 2014).

2013

6. Umeda, M., Marino, C. A., Lee, W., & Hilliard, S. C., "The association between exercise enjoyment and physical activity in women with fibromyalgia," TTUHSC

Gender Specific Medicine and Women's Health Symposium. (November 14, 2013).

2011

5. Umeda, M. (Author & Presenter), Corbin, L. W., & Maluf, K. S. (Author), "The role of pain in mediating the association between leisure time physical activity and impact of fibromyalgia on daily function," University of Colorado-Denver Postdoctoral Research Day, University of Colorado-Denver, Aurora, CO. (March 31, 2011).

2010

4. Umeda, M. (Author & Presenter), Nagel, C. A., Balter, J. E., Nofsinger, M. L., Corbin, L. W., & Maluf, K. S. (Author), "The effects of isometric handgrip exercise on pain perception and nociceptive reflexes in women with and without fibromyalgia.," International Association for the Study of Pain Biannual Scientific Meeting, International Association for the Study of Pain, Montreal, Quebec, Canada. (August 1, 2010).
3. Umeda, M., Nagel, C. A., Balter, J. E., Nofsinger, M. L., Corbin, L. W., & Maluf, K. S. (Author), "The effects of isometric handgrip exercise on pain perception and nociceptive reflexes in women with and without fibromyalgia.," Center for Women's Health Research Annual Scientific Meeting, University of Colorado-Denver, Aurora, CO. (March 10, 2010).

2006

2. Umeda, M. (Author & Presenter), Newcomb, L. W. (Author), & Koltyn, K. F. (Author), "Influence of blood pressure elevations following isometric exercise on pain perception in women.," American Pain Society Annual Scientific Meeting, San Antonio, TX. (March 30, 2006).

2005

1. Umeda, M. (Author & Presenter), & Koltyn, K. F. (Author), "Influence of aerobic exercise intensity on alterations in pain perception in women.," American College of Sports Medicine Annual Scientific Meeting, Nashville, TN. (May 25, 2005).

Oral Presentation - Not Peer-Reviewed/Refereed

2015

1. Umeda, M., "Conditioned pain modulation: Link to clinical pain conditions and influence of regular exercise," TTUHSC Gender Specific Medicine and Women's Health Symposium. (October 23, 2015).

TEACHING

Teaching Interests

My teaching interest is to help students understand the importance of regular physical activity in health and fitness, and develop skills to better understand research in relevant areas.

Courses Taught

Graduate

KIN5123 Research in Kinesiology
KIN6973 Exercise Psychology

Undergraduate

KIN2303 Foundations of Kinesiology
KIN4023 Exercise Psychology

Directed Student Learning

KIN4933 Research Practicum in Kinesiology, (August 2023 - December 2023).
Advised: Julie Inpeng, Doreen Vargas

Kinesiology Work-Study Research Assistant, (August 2023 - December 2023).
Advised: Stephen Tran

KIN4933 Research Practicum in Kinesiology, (January 2023 - May 2023).
Advised: Julia Wade, Jennifer Griffin, Stephen Tran

Master's Thesis Committee Member, "CHARACTERIZING MUSCLE ACTIVITY AND HEART RATE VARIABILITY ON GAIT BIOMECHANICS IN CHILDREN WITH CEREBRAL PALSY DURING LOKOMAT GAIT REHABILITATION."
Completed, (September 2022 - May 2023).
Advised: Nicole Gramm

KIN4933 Research Practicum in Kinesiology, (August 2022 - December 2022).
Advised: Ivetto Santos

PH4936 Internship in Public Health, (August 2022 - December 2022).
Advised: Jhon Espinosa-Guzman

KIN4933 Research Practicum in Kinesiology, (January 2022 - May 2022).
Advised: Ivette Santos

PH4936 Internship in Public Health, (January 2022 - May 2022).
Advised: Natalia Marquez

Volunteer Research Assistant, (August 2021 - December 2021).
Advised: Ivette Santos

KIN4913 Independent Study, (January 2021 - May 2021).
Advised: Madison Curry

KIN4936 Internship in Kinesiology, (August 2020 - December 2020).
Advised: Victoria Espinoza

KIN4936 Internship in Kinesiology, (January 2020 - May 2020).
Advised: Elias Showler, Na'Talya McConnell

KIN4936 Internship in Kinesiology, (August 2019 - December 2019).
Advised: Emily Gregory, Nora Rodriguez

UTSA RISE & MARC U*STAR Research Programs, (September 2018 - December 2019).
Advised: Tanya Escobedo, Psychology (B.A.)

UTSA McNair Scholar Program, "Interaction between social pain and cardiovascular system." Completed, (October 1, 2018 - August 31, 2019).
Advised: Teresa Leutez, Kinesiology (B.S.)

KIN4936 Internship in Kinesiology, (May 2019 - July 2019).
Advised: Sofia Herrera

KIN4936 Internship in Kinesiology, (January 2019 - May 2019).
Advised: Christopher Riddle, Kinesiology (B.S.)

RA Supervision, (September 2018 - May 2019).
Advised: Christopher Zeitz, Psychology (M.S.)

Master's Thesis Committee Member, "Sex differences among physical activity, dietary intake, weight-related health risks, and food security in racially-diverse college students." Completed, (December 8, 2018).
Advised: Shirley Adenji, Health and Kinesiology (M.S.)

Academic Advising

2021 - Present	Advised, 1 Undergraduate Students
2021 - 2022	Advised, 7 Undergraduate Students
2019 - 2021	Advised, 1 Undergraduate Students
2018 - 2019	Advised, 1 Undergraduate Students

SERVICE

Department Service

- 2023 - Present Committee Member, Academic Policy and Curriculum Committee.
- 2022 - Present Committee Member, Graduate Studies Committee. We review applications to our graduate program regularly and discuss the issues of our graduate program.
- 2022 - 2023 Committee Member, FTT Promotion Evaluation Committee. We reviewed applications for FTT promotion and made our recommendations for department chair.
- 2021 - 2023 Committee Member, Annual Review Departmental Review Committee. We reviewed annual report from faculty and evaluated them. Also we developed new evaluation criteria for KIN department.
- 2020 - 2022 Committee Member, Strategic Plan and Bylaw Preparation Task Force. We discussed and updated the departmental strategic plan and bylaw.
- 2019 - 2020 Committee Member, PETE UG Curriculum Task Force. We discussed the issues of PETE undergraduate curriculum.
- 2018 - 2019 Committee Member, Graduate Studies Committee. We reviewed applications to our graduate program regularly and discussed issues of our graduate program.
- 2019 Committee Member, PhD Task Force. We discussed steps to developing a PhD program.
- 2018 - 2019 Committee Member, Academic Policy and Curriculum Committee. We discussed and updated academic policy and curriculum.
- 2018 - 2019 Committee Member, Kinesiology Position Search Committee. We reviewed applications for motor control position and interviewed candidates. We made a short list of candidates to recommend to department.
- 2015 Committee Member, Assistant Professor Search for Motor Behavior, Texas Tech University.
- 2014 HESS Comprehensive Exam Proctor, Texas Tech University.
- 2013 - 2014 Committee Member, Assistant Professor Search in Epidemiology/Health, Texas Tech University.

College Service

2021 - 2023 Committee Member, HCaP Diversity, Equity, and Inclusiveness Committee. We discussed issues regarding DEI and developed the DEI statement.

University Service

2020 - 2022 Committee Member, University Faculty Grievance Committee. We served on a faculty grievance case during summer 2021. We met frequently, and interviewed with a grievant and a respondent and then submitted our recommendations to help resolve the faculty grievance case.

2020 UTSA GREAT Grant Reviewer.

2019 UTSA Undergraduate Research & Creative Inquiry Showcase Poster Judge.

2019 UTSA Day Event.

2015 Poster judge, TTU Undergraduate Research Conference, Texas Tech University.

2013 Poster Reviewer, TTU Undergraduate Research Conference, Texas Tech University.

2013 Poster Reviewer, TTU Graduate School Poster Competition, Texas Tech University. Attending assigned posters and evaluating the poster presentations.

Professional Service

2023 Reviewer, Journal Article, Women's Health Report.

2023 Reviewer, Journal Article, Psychology, Health, and Medicine.

2023 Reviewer, Journal Article, Journal of Women's Health.

2023 Reviewer, Journal Article, Journal of Clinical Medicine.

2023 Reviewer, Journal Article, Journal of Pain Research.

2022 Reviewer, Journal Article, Journal of Neurotrauma.

2022 Reviewer, Journal Article, Psychology, Health, and Medicine.

2022 Reviewer, Journal Article, Journal of Racial and Ethnic Health Disparities.

2021 Reviewer, Journal Article, International Journal of Environmental Research and Public Health.

2020 - 2021 Guest Editor for Special Issue - Individual Differences in Pain in Various Populations, International Journal of Environmental Research and Public Health.

2021 Reviewer, Journal Article, Journal of Clinical Medicine.

2021 Reviewer, Journal Article, Psychology, Health, and Medicine.

2020 Reviewer, Journal Article, International Journal of Environmental Research and Public Health.

2020 Reviewer, Journal Article, Journal of Pain Research.

2019 Reviewer, Journal Article, International Journal of Environmental Research and Public Health.

2019 Reviewer, Journal Article, Journal of Pain Research.

2019 Reviewer, Journal Article, International Journal of Environmental Research and Public Health.

2019 Reviewer, Journal Article, Journal of Pain Research.

2019 Reviewer, Journal Article, Journal of Clinical Medicine.

2019 Reviewer, Journal Article, Journal of Pain Research.

2015 - 2016 Reviewer, Journal Article, Clinical Journal of Pain. Reviewing a manuscript

2015 Reviewer, Journal Article, Medicine and Science in Sports and Exercise. Reviewing a manuscript for this journal

2015 Reviewer, Journal Article, Disability and Rehabilitation. Reviewing a manuscript for the journal.

2015 Reviewer, Journal Article, Clinical Journal of Pain. Reviewing a

- manuscript for the journal.
- 2015 Reviewer, Journal Article, Clinical Journal of Pain. Reviewing a manuscript for the journal.
- 2015 Reviewer, Journal Article, Clinical Journal of Pain. Reviewing a manuscript for the journal.
- 2014 Reviewer, Journal Article, Menopause. Reviewing a manuscript for the journal.
- 2014 Reviewer, Journal Article, Disability and Rehabilitation. Reviewing a manuscript for the journal.
- 2014 Reviewer, Journal Article, International Journal of Sports Medicine. Reviewing a manuscript for the journal.
- 2014 Reviewer, Journal Article, International Journal of Sports Medicine. Reviewing a manuscript for the journal.
- 2013 Reviewer, Journal Article, Disability and Rehabilitation. Reviewing a manuscript for the journal.
- 2013 Reviewer, Journal Article, Disability and Rehabilitation. Reviewing a manuscript for the journal.
- 2013 Reviewer, Journal Article, Disability and Rehabilitation. Reviewing a manuscript for the journal.
- 2013 Reviewer, Journal Article, European Journal of Pain. Reviewing a manuscript for the journal
- 2011 Reviewer, Journal Article, Biological Psychology. Reviewing a manuscript for publication

Awards, Honors, and Biographical Listings

- 2010 Best Poster Award, The Women's Health Research Symposium, University of Colorado-Denver
- 2008 John J. Bonica Research Fellowship, International Association for the Study of Pain
- 2006 Department of Kinesiology Travel Award, Department of kinesiology, University of Wisconsin-Madison

- 2005 Department of Kinesiology Travel Award, University of Wisconsin-Madison, Department of Kinesiology
- 2004 Department of Kinesiology Travel Award, Department of Kinesiology, University of Wisconsin-Madison

Government, Industry, Military and Professional Positions

- 2018 - Present Assistant Professor, University of Texas at San Antonio
- 2017 - 2018 Visiting Assistant Professor, University of Texas at San Antonio
- 2016 - 2017 Assistant Professor of Research, University of Texas at San Antonio

Professional Memberships

- 2023 - Present Society of Behavioral Medicine
- 2012 - Present American College of Sports Medicine
- 2020 - 2021 American Heart Association
- 2016 - 2017 American Pain Society
- 2015 - 2016 TTUHSC Center for Excellence for Translational Neuroscience and Therapeutics
- 2013 - 2016 TTUHSC Laura W. Bush Institute of Women's Health

Faculty Development Activities Attended

- 2023 Continuing Education Program, Canvas+ The New Course Experience, UTSA, Academic Innovation, San Antonio, Texas
- 2022 Continuing Education Program, Innovation Academy: April, Academic Innovation, The University of Texas at San Antonio, San Antonio, Texas
- 2015 Continuing Education Program, Pearson Information Session- Learning Catalytics, TTU TLPDC
- 2015 Workshop, Updates on recruiting and application review system, TTU Graduate School

2014

Tenure Academy, TTU TLPDC