

## CURRICULUM VITAE

**TaShauna U. Goldsby**

University of Alabama at Birmingham  
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### EDUCATION AND TRAINING

- 2014 - **National Institutes of Health/ National Institute of Diabetes and Digestive and Kidney Diseases, T32 Postdoctoral Fellowship in Obesity Research (T32DK062710-01A1), Nutrition Obesity Research Center, University of Alabama at Birmingham**  
Mentor: David B. Allison, Ph.D.
- 2012 **Ph.D., Public Health, University of Connecticut**  
*Concentration:* Social and Behavioral Health Sciences  
*Dissertation:* “The Immediate and Long Lasting Effects of Aerobic Exercise among Ethnically Diverse Adults: A Meta-Analysis”  
*Co-advisors:* Linda S. Pescatello, Ph.D. and Blair T. Johnson, Ph.D.
- 2012 **Certificate., Health Psychology, University of Connecticut**  
Mentor: Crystal Park, Ph.D.
- 2009 **M.S., Kinesiology, University of Massachusetts, Amherst**  
*Concentration:* Exercise Physiology  
*Thesis:* “Validation of the 1R and 2R Regression Models to Predict Energy Expenditure using the Actical Accelerometer”  
*Co-advisors:* Patty S. Freedson, Ph.D. and Sofiya Alhassan, Ph.D.
- 2006 **B.S., Chemistry, Lincoln University, Oxford, PA**

### RESEARCH POSITIONS

- 2013 - 2014 **Clinical Research Supervisor**, Center for Metabolic Health, The Hospital of Central Connecticut.  
*Responsibilities:* 1) Oversee staff research focused on diabetes, cardiac rehabilitation, and weight management; 2) Manage annual budget of \$325K, including grants and contracts; 3) Oversee education and training experiences of research staff
- 2012 - 2014 **Clinical Research Scientist**, Center for Metabolic Health, The Hospital of Central Connecticut.  
*Responsibilities:* 1) Conduct independent research focused on diabetes, cardiac rehabilitation, and weight management; 2) Translate protocols into workable documents, for publications and presentations; 3) Complete and maintain all study documentation related to quality control and assurance

- 2010 - 2012      **Research Assistant**, Center for Health, Intervention, and Prevention and The Synthesis of Prevention Intervention Research in Exercise Group, University of Connecticut.  
*Responsibilities:* 1) Conduct large-scale, team based research to address complex issues related to chronic diseases and exercise
- 2009 - 2012      **Project Coordinator**, Center for Health, Intervention, and Prevention, University of Connecticut.  
*Responsibilities:* 1) Coordinate, organize and direct work related to the “Contingency Management for Promoting Weight Loss in University Students Trial” [NIH/NHLBI (R21HL092382-01A2)]; including budgets, institutional review board documents, subject recruitment and staffing
- 2009 - 2010      **Research Assistant**, Center for Health, Intervention and Prevention, University of Connecticut.  
*Responsibilities:* 1) Conduct research focused on “Motivational Interventions for Exercise in Hazardous Drinking College Students Trial” [NIH/NIAAA (R21AA017717-01A1)]; including objective and subjective physical activity assessment
- 2009 - 2008      **Research Assistant**, Department of Kinesiology, University of Massachusetts, Amherst.  
*Responsibilities:* 1) Conducts research focused on “The Preschool Structured Outdoors Playtime Trial” including data management, exercise instruction and content/ curriculum development
- 2009 - 2006      **Research Assistant**, Department of Kinesiology, University of Massachusetts, Amherst.  
*Responsibilities:* 1) Conducts research on “Novel Analytic Techniques to Assess Physical Activity” [NIH/NCI (R01CA121005)]; 2) And Supplement “Recognizing Exercise & Activity and Testing in Children and Teens” [NIH/NCI (R01CA121005-03S1)] including objective physical activity assessment, protocol development and participant testing.

## TEACHING POSITIONS

- 2013 - 2014      **Instructor**, Department of Community Medicine and Health Care, University of Connecticut School of Medicine  
*Course:* Lecture Series for Residents
- 2013 - 2014      **Instructor**, Department of Medicine, The Hospital of Central Connecticut  
*Course:* Service Learning for Residents
- 2007 - 2009      **Graduate Teaching Assistant**, Department of Kinesiology, University of Massachusetts, Amherst  
*Course:* Exercise Physiology and Laboratory (KIN 470)

## OTHER TRAINING

- 2016 -              **Credentialed Evidence Analyst**, American College of Sports Medicine

## GRANT SUPPORT

### **Title: Catalyzing Healthier Communities in Birmingham, AL**

Main Objective: To perform a health impact assessment to better understand the social determinants of health that affects the residents of Birmingham, AL

Fiscal Year: 2016

Funding Agency: Appalachian Regional Commission, Pew Charitable Trusts and Robert Wood Johnson Foundation

Role: Research Contractor

Total Cost: \$45,000

### **Title: Promoting Weight Loss in African American Cancer Survivors in the Deep South-Supplement**

Main Objective: To quantify physical activity literacy among overweight and obese African American cancer survivors in the Deep South.

Fiscal Year: 2014

Funding Agency: NIH/NCI 5R01CA160313-03S1, Research Supplements to Promote Diversity in Health Related Research Program and Continuing Umbrella of Research Experiences (CURE)

Role: Principal Investigator

Total Cost: \$190,899

### **Title: Assessing Walking in Overweight and Obese Community Dwelling Adults**

Main Objective: To quantify physical activity among sedentary overweight and obese adults in a community clinic.

Fiscal Year: 2013

Funding Agency: Thornton Trust Committee, Hospital of Central Connecticut

Role: Principal Investigator

Total Costs: \$3,000

### **Title: Cardiac Rehabilitation for Physical Activity among Older Adults**

Main Objective: To examine the impact of cardiac rehabilitation on increasing physical activity levels among older adults.

Fiscal Year: 2013

Funding Agency: Thornton Trust Committee, Hospital of Central Connecticut

Role: Principal Investigator

Total Costs: \$1,300

### **Title: The Immediate and Long Lasting Effects of Aerobic Exercise among Ethnically Diverse Adults: A Meta-Analysis**

Main Objective: To quantify the blood pressure response to exercise training (i.e., chronic of long-term effects) interventions focusing non-Hispanic Blacks.

Fiscal Year: 2011

Funding Agency: Center for Health, Intervention, and Prevention, University of Connecticut

Role: Principal Investigator

Total Costs: \$1,500

## HONORS AND DISTINCTIONS

2016

**Recipient**, University of Alabama at Birmingham, Office of Postdoctoral Education; 13<sup>th</sup> Annual Postdoctoral Fellow Research Day: 1<sup>st</sup> Place Presentation (Award \$400)

- 2016 **Finalist**, University of Alabama at Birmingham, President's Diversity Award
- 2015 - 2016 **Recipient**, American College of Sports Medicine Leadership and Diversity Training Program, Level III
- 2015 **Finalist**, University of Alabama at Birmingham, Office of Postdoctoral Education; Postdoctoral Research Awards
- 2015 **Recipient**, University of Alabama at Birmingham, Office of Postdoctoral Education; 12<sup>th</sup> Annual Postdoctoral Fellow Research Day: 2<sup>nd</sup> Place Presentation (Award \$300)
- 2014 - 2015 **Recipient**, American College of Sports Medicine Leadership and Diversity Training Program, Level III
- 2014 **Recipient**, University of Alabama at Birmingham, Office of Postdoctoral Education; Postdoctoral Career Enhancement (Award \$3,000)
- 2013 **Recipient**, Hospital of Central Connecticut, Patient Experience Research Day
- 2012 - 2013 **Recipient**, American College of Sports Medicine Leadership and Diversity Training Program, Level IIa
- 2011 - 2012 **Recipient**, American College of Sports Medicine Leadership and Diversity Training Program, Level IIa
- 2010 **Recipient**, American College of Sports Medicine Minority Health Special Interest Group, Travel Award
- 2010 **Recipient**, Federation of American Societies for Experimental Biology: Leadership Development and Grant Writing Seminar Program Travel Award
- 2010 **Finalist**, New England Chapter of the American College of Sports Medicine Student Investigator Competition
- 2010 **Recipient**, New England Chapter of the American College of Sports Medicine Lawrence E. Armstrong Minority Scholarship
- 2008 - 2007 **Recipient**, Northeast Alliance Graduate Student Fellowship
- 2006 - 2007 **Recipient**, Northeast Alliance Graduate Intern Student Fellowship

## **PROFESSIONAL SOCIETIES**

- 2015- **Member**, Southeast Chapter of The American College of Sports Medicine
- 2008- **Member**, American College of Sports Medicine
- 2008 - 2014 **Member**, New England Chapter of The American College of Sports Medicine

## EDITORIAL BOARDS

- 2015- **Editorial Board**, *Journal of Obesity and Weight Loss Therapy*
- 2015- **Associate Faculty Reviewer**, *F1000 Prime*
- 2015- **Ad-Hoc Reviewer**, *Journal of Racial and Ethnic Health Disparities*
- 2014- **Ad-Hoc Reviewer**, *Obesity*
- 2013- **Associate Reviewer**, *American Journal of Health Promotion*
- 2013- **Ad-Hoc Reviewer**, *The Open Hypertension Journal*
- 2012- **Ad-Hoc Reviewer**, Lippincott Williams Wilkins Journals
- 2012- **Ad-Hoc Reviewer**, *Health Education Research*
- 2012- **Ad-Hoc Reviewer**, *PLoS Medicine*

## PUBLICATIONS

### Published Articles

- 1) Carter SJ, **Goldsby TU**, Fisher G, Plaisance EP, Gower BA, Glasser SP, Hunter GR. Arterial elasticity is decreased following high-intensity interval exercise in normotensive African American women. *Applied Physiology, Nutrition and Metabolism* Epub 07Jan2016. 10.1139/apnm-2015-0512
- 2) George BJ, **Goldsby TU**, Brown AW, Li P, Allison DB. Unsubstantiated Conclusions for Improper Statistical Design and Analysis of a Randomized Controlled Trial. *International Journal of Yoga*. 2016 Jan; 8(15R4).
- 3) Zalewski BM, Chmielewska A, Szajewska H, Keithley JK, Li P, **Goldsby TU**, Allison DB. Correction of data errors and reanalysis of "The effect of glucomannan on body weight in overweight or obese children and adults: a systematic review of randomized controlled trials". *Nutrition*. 2015 Jul-Aug; 31(7-8):1056-7. doi: 10.1016/j.nut.2015.02.008. Epub 2015 Mar 5. PubMed PMID: 26059384.
- 4) Thind H, **Goldsby TU**, Dulin-Keita A, Baskin ML. Cultural beliefs and physical activity among African-American adolescents. *Am J Health Behav*. 2015 Mar;39(2):285-94. doi: 10.5993/AJHB.39.2.15. PubMed PMID: 25564841.
- 5) Johnson BT, MacDonald HV, Bruneau ML Jr, **Goldsby TU**, Brown JC, Huedo-Medina TB, Pescatello LS. Methodological quality of meta-analyses on the blood pressure response to exercise: a review. *J Hypertens*. 2014 Apr;32(4):706-23. doi:10.1097/HJH.000000000000097. Review. PubMed PMID: 24463936.
- 6) Dulipsingh L, Zailskas S, **Goldsby T**, McInnis T, Marotta A. Assessment of pain and treatment satisfaction in patients with painful diabetic peripheral neuropathy. *Conn Med*. 2013 Oct;77(9):523-7. PubMed PMID: 24266128.
- 7) Lim R, Zailskas S, **Goldsby TU**, Lukens C, Muravev R, Dulipsingh L. Effect of zoledronic acid on bone density and markers of bone turnover in a community clinic. *Conn Med*. 2013 Jun-Jul;77(6):357-9. PubMed PMID: 23923255.
- 8) Alhassan S, Nwaokemeh O, Lyden K, **Goldsby TU**, Mendoza A (2013). A pilot study to examine the

effect of additional structured outdoor playtime on preschoolers' physical activity levels. *Child Care in Practice*, 19:1, 23-35.

### In Press

- 1) Skinner AS, **Goldsby TU**, Allison DB. Regression to the Mean: A Commonly Overlooked and Misunderstood Factor Leading to Unjustified Conclusion. April 2016, *Childhood Obesity*.
- 2) George BJ, Beasley M, Brown AW, Dawson J, Dimova R, Divers J, **Goldsby TU**, Heo M, Kaiser KA, Keith SW, Kim MY, Li P, Mehta T, Oakes JM, Skinner A, Stuart E, Allison DB. Common Statistical Errors in Obesity Research. *Obesity*.
- 3) Locher J, **Goldsby TU**, Goss AM, Gower B, Ard JD. Calorie Restriction in Overweight Seniors: Do Benefits Exceed Potential Risks? *Experimental Gerontology*.

### In Review

- 1) **Goldsby TU**, Allison DB, Yeager VA, Sen BP, Ferinand A, Taylor DM, Mazella B, Menachemi N. Impact of Urban Park on Pediatric Obesity Rates: Evidence from a quasi-experiment using electronic health record data. *International Journal of Environmental Research and Public Health*
- 2) **Goldsby TU**, MacDonald HV, Johnson BT, Huedo-Medina TB and Pescatello LS. The Influence of Aerobic Exercise Training on Blood Pressure among Non-Hispanic Blacks: A Meta-Analysis. *American Journal of Hypertension*.

### In Preparation

- 1) Bustamante E, Coleman N, Conroy M, Fordyce C, Garrison L, **Goldsby TU**, Hasson R, Hooker S, Marquez D, Vermeesch A. Exercise is Medicine for Underserved Population: Factors Influencing Implementation.

### Presentations Published as Abstracts

- 1) **Goldsby TU**, Allison DB, Yeager VA, Sen BP, Ferinand A, Taylor DM, Mazella B, Menachemi N. Impact of Urban Park on Pediatric Obesity Rates: Evidence from a quasi-experiment using electronic health record data. *Medicine and Science Sports and Exercise*, 48(5), May 2016.
- 2) MacDonald HV, Lau S, Ash GI, **Goldsby TU**, Huedo-Medina TB, Johnson BT, and Pescatello LS. Determining the Optimal Aerobic Exercise Prescription for Antihypertensive Therapy: A Meta-Analysis. *Medicine and Science Sports and Exercise*, 47(5), May 2015.
- 3) **Goldsby TU**, MacDonald HV, Johnson BT, Huedo-Medina TB and Pescatello LS. The Immediate Antihypertensive Effects of Acute Aerobic Exercise: A Meta-Analysis. *Medicine and Science Sports and Exercise*, 45 (5), May 2013.
- 4) MacDonald HV, **Goldsby TU**, Johnson BT, Huedo-Medina TB, Kraemer WJ and Pescatello LS. The Antihypertensive Effects of Dynamic Resistance Exercise Training: A Meta-Analysis. *Medicine and Science Sports and Exercise*, 45 (5), May 2013.
- 5) **Goldsby TU**, MacDonald HV, Johnson BT, Huedo-Medina TB and Pescatello LS. The Influence of Aerobic Exercise Training on Blood Pressure among Non-Hispanic Blacks: A Meta-Analysis. *Medicine and Science Sports and Exercise*, 44 (5), May 2012.
- 6) MacDonald HV, **Goldsby TU**, Johnson BT, Huedo-Medina TB and Pescatello LS. The Antihypertensive Effects of Aerobic Exercise Training: A Meta-Analysis. *Medicine and Science Sports and Exercise*, 44(5), May 2012.
- 7) Johnson BT, MacDonald HV, Bruneau ML, **Goldsby TU**, Brown JC, Huedo-Medina Tania, Pescatello LS. Quality Coding of Meta-analyses Of the Blood Pressure Response to Exercise: A Systematic Review. *Medicine and Science Sports and Exercise*, 44(5), May 2012.
- 8) **Goldsby TU**, Jensen C, Barry D, Pescatello LS. Contingency Management for Decreasing Caloric Intake in University Students. *Medicine and Science Sports and Exercise*, 43(5), May 2011.

- 9) **Goldsby TU**, Weinstock J, Petry NM, Capizzi J, Pescatello LS. Motivational Interventions for Physical Activity among College Students. *Medicine and Science in Sports and Exercise*, 42(5), May 2010.
- 10) **Goldsby TU**, Howe CA, Kozey S, Staudenmayer JW, Freedson PS. Validation of the 1R and 2R Regression Models To Predict Energy Expenditure Using The Actical Accelerometer. *Medicine and Science in Sports and Exercise*, 41(5), May 2009.
- 11) **Goldsby TU**, Haller JM, Howe CA, Staudenmayer JW, Freedson PS. Validation of an Accelerometer estimate of Activity Energy Expenditure. *Medicine and Science in Sports and Exercise*, 40(5), May 2008.
- 12) Lakshminrusimha S, Gugino SF, Mathew B, Nielsen LC, **Goldsby TU**, Morin FC III, Davis LM, Russell JA, and Steinhorn RH. Intratracheal Recombinant Human Superoxide Dismutase (IT- rhSOD) Prevents Increased Pulmonary Arterial Contractility Following Ventilation with 100% O<sub>2</sub> in Neonatal Control and Persistent Pulmonary Hypertension (PPHN) Lambs. *Pediatric Research*, Volume 57, April 2005.

## PRESENTATIONS

- 1) **Goldsby TU**, Allison DB, Yeager VA, Sen BP, Ferinand A, Taylor DM, Mazella B, Menachemi N. Impact of Urban Park on Pediatric Obesity Rates: Evidence from a quasi-experiment using electronic health record data. University of Alabama at Birmingham, Postdoctoral Research Day. (February 2016, Oral presentation).
- 2) Allison D, Pavela G, **Goldsby TU**, Kaiser K, and Mehta T. Obesity and Chronic Diseases: Are Minorities Equally Affected? University of Alabama at Birmingham. (September 2015, Invited Symposium).
- 3) **Goldsby TU**. Physical Activity and Nutrition. All Access Sports Camp. Legion Field, Birmingham AL. (July 2015, Invited Lecture).
- 4) **Goldsby TU**, MacDonald HV, Johnson BT, Huedo-Medina TB and Pescatello LS. The Influence of Aerobic Exercise Training on Blood Pressure among Non-Hispanic Blacks: A Meta-Analysis. University of Alabama at Birmingham, Postdoctoral Research Day. (February 2015, Oral presentation)
- 5) **Goldsby TU**. Community Based Weight Loss Interventions. University of Tennessee at Chattanooga. (September 2014, Invited lecture)
- 6) Swift DL, Hamilton M, Hasson RE, Vermeesch A, **Goldsby TU**. Too Little Exercise, Too Much Sitting: Intervention for Multiethnic Populations. Presented at the American College of Sports Medicine Annual meeting, Orlando, FL. (May 2014, Symposium)
- 7) Luciano D, Grove A, Lypais A, La Monica R, **Goldsby T**, Luciano A. Traditional versus Robotic Assisted Laparoscopic Staging of Endometriosis. Presented at the Global Congress of the American Association of Gynecologic Laparoscopists, Washington DC. (November 2013, Poster presentation)
- 8) **Goldsby TU**. Achieving Information Literacy: Conducting and Presenting Systematic Scientific Reviews and Meta-Analyses. University of Connecticut. (August 2013, Invited Lecture).
- 9) Pescatello LS, Johnson BT, **Goldsby TU**, Ash GI, Farinatti P. Exercise Prescription for Health: New and Emerging Findings Using Blood Pressure as a Model. Individual talk: "A Meta-Analysis on the Blood Pressure Response to Exercise among Non-Hispanic Blacks". Presented at the Regional Meeting of the New England Chapter of American College of Sports Medicine, Providence, RI. (November 2012, Symposium)
- 10) **Goldsby TU**. Achieving Information Literacy: Conducting and Presenting Systematic Scientific Reviews and Meta-Analyses. University of Connecticut. (August 2012, Invited Lecture).
- 11) MacDonald HV, **Goldsby TU**, Johnson BT, Huedo-Medina TB and Pescatello LS (FACSM). *The Antihypertensive Effects of Aerobic Exercise Training: A Meta-Analysis*. Presented at the Regional Meeting of the New England Chapter of American College of Sports Medicine, Providence, RI. (November 2011, Oral presentation)

- 12) Hayes R, Ash GI, **Goldsby TU** and Pescatello LS (FACSM). *The Influence of Exercise on Blood Pressure: A Meta-Analysis of Combined Aerobic and Resistance Exercise Trials*. Northeast Alliance for Graduate Education and the Professoriate Closing Presentations. Storrs, CT. (August 2011, Poster presentation)
- 13) **Goldsby TU**, Jensen C, Barry D and Pescatello LS (FACSM). *Contingency Management for Decreasing Caloric Intake in University Students*. Presented at the Regional Meeting of the New England Chapter of American College of Sports Medicine, Providence, RI. (November 2011, Oral presentation)
- 14) **Goldsby TU**, Weinstock J, Petry NM, Capizzi J, Pescatello LS (FACSM). *Motivational Interventions for Physical Activity among College Students*. Presented at the Annual Meeting of the American College of Sports Medicine, Baltimore, MD. (June 2010, Oral presentation)

## SERVICE

### Professional

2016	<b>Panelist</b> , University of Alabama at Birmingham, Neuroscience Roadmap Scholars
2015	<b>Judge</b> , University of Alabama at Birmingham, Graduate Student Research Exchange Poster Competition
2015 -	<b>Complier</b> , Obesity and Energetic Offerings, University of Alabama at Birmingham
2015 -	<b>Mentor</b> , Southeast Region of the American College of Sports Medicine Leadership and Diversity Training Program, Level I. Student Lauren Smith, current graduate student at Florida Atlantic University
2014 -	<b>Member</b> , The American College of Sports Medicine (ACSM), Ad Hoc Committee on Diversity Action
2014 -	<b>Member</b> , The American College of Sports Medicine (ACSM), Strategic Health Initiative: Health Equity
2013 -	<b>Member</b> , The American College of Sports Medicine (ACSM), Pronouncements Committee
2012 - 2014	<b>Member</b> , University of Connecticut Health Center, Connecticut Institute for Clinical and Translational Science, Institutional Review Board
2012 - 2013	<b>Member</b> , The New England Chapter of American College of Sports Medicine (NEACSM), Scholarship, Award, and Fundraising Committee
2011 - 2013	<b>Student Representative</b> , The New England Chapter of American College of Sports Medicine (NEACSM) Executive Committee
2011-2012	<b>Graduate Student Member</b> , Office of Research Compliance, University of Connecticut, Institutional Review Board
2011	<b>Graduate Student Mentor</b> , Northeast Alliance for Graduate Education and the Professoriate at the University of Connecticut. Student: Rayshaunda Hayes, Chaminade



University, Honolulu, Hawaii. Research Project: The Influence of Exercise on Blood Pressure: A Meta-Analysis of Combined Aerobic and Resistance Exercise Trials

2008 **Graduate Student Mentor**, Northeast Alliance for Graduate Education and the Professoriate at the University Of Massachusetts, Amherst. Student: Christie Gonzales, University of Puerto Rico Mayaguez. Research Project: Relationship between Physical Activity Enjoyment and Energy Expenditure in Children.

2008 **Graduate Student Mentor**, Northeast Alliance for Graduate Education and the Professoriate at the University Of Massachusetts, Amherst. Student: Dalia De Jesus, University of Puerto Rico Mayaguez. Research Project: Examining the Relationship between Gender and Energy Expenditure during Children's Physical Activities.

2006 – 2007 **Facilitator and Co-Chair**, Graduate Education and Career Development Initiative. University of Massachusetts Amherst

**Community**

2016 **Mentor**, Operation HOPE Inc., Hope in a Box

2015 - **Volunteer Researcher**, City of Birmingham, Division of Youth Services, My Brother's Keeper Initiative.

2012 - 2014 **Board Member**, Hartford Communities that Care. Mission: Promote healthy families that will produce and nurture healthy children who will become caring and productive citizens in the community.