

Barbara Sanchez - Curriculum Vitae

WORK ADDRESS

**Room A020 – Physical Activity and Education Services
Exercise Science Program
The Ohio State University
Columbus, Ohio 43210
Sanchez.1094@osu.edu**

EDUCATION BACKGROUND

PhD	2020-	The Ohio State University, Columbus, Ohio Health & Exercise Science Expected Graduation: May 2024
M.S.	2018-2020	The Ohio State University, Columbus, Ohio Health & Exercise Science Summa Cum Laude
B.S.	2014-2018	University of South Florida, Tampa, Florida Exercise Science Honors College Summa Cum Laude

PROFESSIONAL APPOINTMENTS

2018 –	Graduate Teaching Assistant and Research Fellow – The Ohio State University <i>Exercise Science - Department of Human Science</i> <ul style="list-style-type: none">○ Conduct performance & comprehensive fitness assessments○ Develop cardiorespiratory and strength exercise programs based on testing results and client's goals○ Engage in all aspects of the research process and be a contributing team member to the Exercise Physiology Lab○ Teach undergraduate courses in the Health & Exercise Science program
January 2017-May 2018	Research Lab Supervisor – University of South Florida <i>Performance and Physique Enhancement Lab</i> <ul style="list-style-type: none">○ Monitor and assist study participants in exercise regime○ Engage in data collection procedures through operations of various equipment and testing procedures

2014-2016

Florida HOSA-Future Health Professionals State Officer

*An international organization for the leadership
and personal development of future health care professionals*

- Facilitate leadership workshops
- Organize and facilitate state conferences
- Develop relationships between student members and the health care community

ADDITIONAL PROFESSIONAL EXPERIENCE

July 2021 to Present

Personal Trainer

Esporta Fitness, Columbus, OH

- Coach one-on-one sessions with clients to attain body composition and strength goals
- Provide a supportive and exciting atmosphere to welcome those new to the fitness space
- Provide an encouraging and challenging atmosphere specifically for female clients to empower them through strength training

January 2018 to July 2018

Fitness Trainer and Guest Service Associate

Tampa Sports Academy, Tampa, FL

- Coach one-on-one and group strength, coordination, and power training sessions with youth athletes
- Assist in the business development of the company through social media and marketing strategies

September 2017-January 2018

Health and Wellness Coordinator

Verizon Health and Wellness Center, Tampa, FL

- Conduct fitness assessments and wellness coaching sessions
- Develop incentive and motivation health and wellness programs
- Coach one-on-one strength and group training

November 2015-July 2018

Front of House Team Member

Tijuana Flats Burrito Company, Tampa, FL

- Perform POS transactions and proper management of cash handling
- Aided in training new employees
- Build upon guest relations for progress in business growth

PRIMARY RESEARCH INTEREST

Women's Health, Fitness and Performance

Women's Health and Fitness through Pregnancy and Postpartum

Military Women's Health, Fitness, and Performance

PROFESSIONAL MEMBERSHIPS

Society for Menstrual Cycle Research

National Strength and Conditioning Association

American College of Sports Medicine

Florida HOSA Alumni and Professional Association

CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association (NSCA)

Adult and Pediatric First Aid/CPR/AED – American Red Cross

CITI: Biomedical Investigators and Key Personnel

CITI: Biomedical Responsible Conduct of Research

PROFESSIONAL AND ACADEMIC COMMITTEES

2021-Present Founder and Member – eWISE: Empowering Women in Sport and Exercise

2020-Present Manuscript Reviewer – *Journal of Strength and Conditioning Research*

2020-Present Graduate Committee Member-Graduate Student Interdisciplinary Research Initiative, The Ohio State University, Columbus OH

2019-Present Vice Chair-Graduate Student Advisory Council, The Ohio State University, Columbus, OH

2019-2020 Vice President-Kinesiology Graduate Student Council, The Ohio State University, Columbus, OH

2019-2020 Department of Human Sciences GTA Community

2016-2017 President- Latin Dance Club, University of South Florida, Tampa, FL

2015-2016 Marketing Director- Latin Dance Club, University of South Florida, Tampa, FL

HONORS AND AWARDS

- 2020 Wesley and Katharine Cushman Memorial Scholarship recipient
- 2019 Wesley and Katharine Cushman Memorial Scholarship recipient
- 2015 “Best Research Presentation” University of South Florida Morsani College of Medicine Pre-Health Scholar Program Independent Research Fair

SCIENTIFIC PRESENTATIONS/PUBLICATIONS

- 2020 Maresh, C.M., Senk, J.M., **Sanchez B.**, Martini, E.R., Kenefick, R.W., Castellani, J.W., Armstrong, L.E. Differentiated rating of perceived exertion responses to various exercise-heat protocols in men wearing industrial work uniforms. Accepted for: 25th Annual ECSS Congress, Seville, Spain, July 1-3, 2020
Deferred due to COVID Pandemic
- 2019 Maresh, C.M., Post, E.M., Caldwell, L.C., Beeler, M.K., **Sanchez, B.N.**, Martini, E.R., Volek, J.S., Kraemer, W.J. Acute hormonal responses to an intense resistance exercise protocol in untrained men and women.
Presented at: 24th Annual ECSS Congress, Prague, Czech Republic, July 3-6, 2019
- 2019 **Sanchez, B.N.**, Beeler, M.K., Maresh, C.M., Kraemer, W.J., Comstock, B.A. Effects of a Psyching Up Technique on Maximal Deadlift Ability: A Pilot Study. Presented at 66th Annual American College of Sports Medicine Meeting, Orlando, FL May 28-June 1, 2019
Medicine and Science in Sport and Exercise, 51 (Suppl 5) (May 2019)
- 2017 Campbell B, Best S, Aguilar D, Vargas A, Corson A, Perry R, Noboa K, Fink-Irizarry P, Toledo A, **Sanchez B**, Drywa D, Adams A, Concepcion N, and Gavaria D. The effects of whey protein isolate vs. a reduced volume of a proprietary processed whey protein isolate supplementation in conjunction with resistance training on body composition in resistance trained males. *Journal of the International Society of Sports Nutrition*, 14(Suppl 2):P54 (September 2017).
Performance and Physique Enhancement Lab, Lab Research Assistant, University of South Florida, Tampa, Florida

INTERNAL GRANT FUNDING

Ceviren, B., Fitz, J., Lu, X., Lightle, K., McChesney, E. T., and **Sanchez, B.** (2021). Evaluation of the Graduate Student Interdisciplinary Research Initiative in the OSU College of Education and Human Ecology. Office of Research, Innovation, and Collaboration. \$3,375.

TEACHING APPOINTMENTS

Fall 2021	Instructor on Record: KNHES 5590: Comprehensive Laboratory in Exercise Science Teaching Assistant: KNHES 3414: Physiological Systems in Human Performance Teaching Assistant: KNHES 3416: Theory of Strength & Conditioning Teaching Assistant: KNHES 7102: Science of Physical Activity and Nutrition for Coaches
Summer 2021	Instructor on Record: KNHES 5590: Comprehensive Laboratory in Exercise Science
Spring 2021	Lab Coordinator: KNHES 5685: Adult Exercise Programming Implementation-Laboratory Component Teaching Assistant: KNHES 3415: Applied Physiology in Human Performance
Fall 2020	Instructor on Record: KNHES 5590: Comprehensive Laboratory in Exercise Science Lab Coordinator: KNHES 5500: The Science of Physical Activity for the Health Care Professionals-Laboratory Component Teaching Assistant: KNHES 3414: Physiological Systems in Human Performance
Summer 2020	Instructor on Record: KNHES 5590: Comprehensive Laboratory in Exercise Science
Spring 2020	Lab Instructor: KNHES 5685: Adult Exercise Programming Implementation – Laboratory Component Teaching Assistant: KNHES 3414: Physiological Systems in Human Performance
Fall 2019	Lab Instructor: KNHES 5500: The Science of Physical Activity for the Health Care Professionals – Laboratory Component Teaching Assistant: KNHES 3414: Physiological Systems in Human Performance
Spring 2019	Lab Instructor: KNHES 5685: Adult Exercise Programming-Implementation – Laboratory Component
Fall 2018	Lab Instructor: KNHES 5500: The Science of Physical Activity for the Health Care Professionals – Laboratory Component

ADDITIONAL TEACHING EXPERIENCE

Spring 2021	Guest Lecture: KNHES 2360: Introduction to Exercise Science Topic: Graduate Student Panel, Anaerobic Testing, Strength Testing Guest Lecture: KIN100-03501 Concepts of Fitness & Wellness – Minot State University Topic: Fitness & Wellness Across the Female Lifespan
Fall 2020	Guest Lecture: KNHES 3414: Physiological Systems in Human Performance Topic: The Menstrual Cycle

- Spring 2020 Guest Lecture: KNHES 2360: Introduction to Exercise Science
Topics: Research: Thesis Project, Graduate Student Panel, Anthropometry, Anaerobic Capacity/Power
- Fall 2019 Guest Lecture: KNHES 3414: Physiological Systems in Human Performance
Topic: The Menstrual Cycle
- Summer 2019 Guest Instructor KNEHS 5590: Comprehensive Laboratory in Exercise Science
Topic: Strength Assessments and Olympic Lifting Techniques
- Spring 2019 Guest Lecture: KNHES 2360: Introduction to Exercise Science
Topic: Graduate Student Panel
- Guest Instructor KNEHS 5590: Comprehensive Laboratory in Exercise Science
Topic: Strength Assessments and Olympic Lifting Techniques
- Fall 2018 Guest Instructor KNEHS 5590: Comprehensive Laboratory in Exercise Science
Topic: Strength Assessments and Olympic Lifting Techniques

PROFESSIONAL DEVELOPMENT

- Fall 2021 Co-hosted GSIRI Workshop for Graduate Students: Introduction to Interdisciplinary Research
 Co-hosted GSIRI Workshop for Graduate Students: Introduction to Mixed Methods Research
- Spring 2021 Preparing Future Faculty – Workshop 1: From Graduate School to Full Professor: The Road Less Traveled – April 2021
- Fall 2020 KNEPE 7863 Teaching Health & Fitness Courses at the College Level – Graduate Course
- Summer 2020 Introduction to Teaching Online – ODEE Instructional Course – July 2020
 Office of Distance Education and E-Learning (ODEE) Workshop – Exploring CarmenZoom: Student-Student Interaction – July 2020
 ODEE Workshop – Recording Lecture Video: Best Practices and Tools – June 2020
- Spring 2020 ODEE Workshop – Planning for Your Online Summer Course – April 2020
 Graduate Teaching Associated Learning Community – Department of Human Sciences
Facilitator – Brown Bag Discussion Event: Mentoring Undergraduate Research – February 2020

Facilitator – Brown Bag Discussion Event: Reflection on Teaching – January 2020

Fall 2019 Graduate Teaching Associated Learning Community – Department of Human Sciences
Critical Friend Program
Flipped Classroom & Active Learning – November 2019
Inquiry Based Instruction – October 2019
Creating Your Teaching Portfolio – September 2019
Initial Meeting – August 2019

Summer 2019 American College of Sports Medicine (ACSM) Annual Meeting
May 28-June 1, 2019
Orlando, Florida

References

Dr. Carl M. Maresh

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Dr. William J. Kraemer

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Dr. Carmen Swain

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Dr. Bill Campbell

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