

## **PERSONAL**

---

**Address**    *Work:*    Department of Exercise and Sport  
Science  
The University of North Carolina at  
Chapel Hill  
209 Fetzner Hall, CB#8700  
210 South Road  
Chapel Hill, NC 27599-8700

**Contact**    *Work:*    +1.919.962.0396    *Email:*    [ppagan@unc.edu](mailto:ppagan@unc.edu)  
*Mobile:*    +1.787.529.8995    *Web:*    <https://www.med.unc.edu/ahs/physical/directory/patricia-pagan-lassalle/>  
*ORCID:*    <https://orcid.org/0000-0003-3755-7884>  
*ResearchGate:*    [www.researchgate.net/profile/Patricia\\_Pagan\\_Lassalle](http://www.researchgate.net/profile/Patricia_Pagan_Lassalle)

## **SUMMARY**

---

### **RESEARCH OBJECTIVES**

I am interested in addressing three primary lines of enquiry:

1. Associations between lifestyle risk factors and cardiometabolic disease, with a focus on racial/ethnic disparities.
2. Mechanisms underlying cardiovascular disease etiology.
3. Development and interpretation of noninvasive methodologies for assessing cardiovascular disease risk.

### **ACCOMPLISHMENTS**

- Diverse research experiences working with different populations including racial and ethnic minorities with greater burden of cardiometabolic risk at Syracuse University, The University of Puerto Rico at Rio Piedras, and The University of North Carolina at Chapel Hill
- 10 semesters of teaching assistant experience including curriculum development, test/quiz, recitation, and interactive materials for lecture
- Numerous Honors & Awards at my previous and current institutions indicating a successful academic career
- Productive scientific career as indicated via my publication record (12 manuscripts, 9 journal abstracts, numerous conference presentations), and 6 invited guest lectures
- Federal and foundational funding experience through my own work and collaboration on several federally funded grants.
- Successful undergraduate mentoring track record including research grants and Honor's Thesis.
- Dedicated member of the scientific community through professional service, including journal reviews and membership of departmental committees and workgroups.

## **EDUCATION**

---

2019-present    **Doctor of Philosophy**  
*Exercise Physiology.*  
The University of North Carolina at Chapel Hill, Chapel Hill, NC, USA.  
Supervisor(s): Drs. Lee Stoner and Michelle L. Meyer  
**Thesis: Pagan Lassalle, P.** (Expected 2023). *The Effects of Psychosocial Factors on Cardiometabolic Risk in Non-Hispanic Black Adults.* The University of North Carolina at Chapel Hill (USA). [PhD]

- 2019      **Master of Science**  
*Exercise Physiology.*  
 Syracuse University, Syracuse, NY, USA.  
 Supervisor(s): Dr. Kevin Heffernan  
**Thesis: Pagan Lassalle, P.** (2019). *Assessing Traditional and Sub-clinical Cardiovascular Risk Factors of Young, Healthy Non-Hispanic White and Hispanic Women.* Syracuse University (USA). [Master's]
- 2017      **Bachelor of Science**  
*Health and Exercise Science.*  
 Syracuse University, Syracuse, NY, USA.  
 Supervisor(s): Dr. Kevin Heffernan

## PROFESSIONAL TRAINING/CERTIFICATES

---

- 2020-present    **Graduate Certificate in Business Fundamentals**  
*Graduate School-CareerWell.*  
 The University of North Carolina at Chapel Hill, Chapel Hill, NC, USA.  
 Supervisor(s): Dr. Jason Cramer

## RESEARCH EXPERIENCE

---

- 2019-present    **Graduate Research Assistant in the Cardiometabolic Laboratory**  
*Department of Exercise and Sport Science | The University of North Carolina at Chapel Hill. [Link](#)*
- Independent cardiometabolic researcher.
  - Mentored 12 undergraduate students, and co-mentored 1 high school student
  - **Thesis: Evaluate the effects of psychosocial factors on cardiometabolic risk in Non-Hispanic Black Adults.**
    - Associations between perceived discrimination and arterial stiffness: a scoping review
    - OMRON, VaSera, and Vicorder Agreement and Reliability Study (NIH Diversity Supplement)
    - Associations between perceived discrimination, stress, and arterial stiffness in non-Hispanic Black Adults in the Jackson Health Study and Atherosclerosis Risk in Communities Study
- Projects*  
 Vicorder and SphygmoCor Xcel Agreement Study: Determine the agreement between two Pulse Wave Velocity and Analysis devices.  
 CARTESIAN Study: International study to look at the prolonged effects of COVID-19 on cardiovascular health.  
 PR BRFSS: Large dataset analysis looking at determinants of health in Puerto Rico following two natural disasters (Hurricanes Irma and Maria). Supervisor: Drs. Yamnia Cortés and Krista Perriera
- 2017-2019      **Graduate Research Assistant in the Human Performance Lab**  
*Department of Health and Exercise Science | Syracuse University. [Link](#)*  
 Supervisor: Kevin Heffernan
- Independent cardiometabolic researcher.
  - Undergraduate mentor.
- Project: CARE Research Project (Funded: NIH R03):* Initially only included non-Hispanic White and non-Hispanic Black men and women 18-35 y, due to research interest broadened the scope of the project to include Hispanic women.
- Summer 2017    **Summer Research Internship at the Center for Sports Health and Exercise Science**  
*School of Medicine | The University of Puerto Rico. [Link](#)*  
 Supervisor: Dr. Anita Rivera-Brown
- Research intern

*Project:* Heat and Hydration on Young Triathlete Performance Research Project: Evaluated the effects of heat and hydration in young triathletes competing in a simulated international triathlete competition.

2016-2017 **Undergraduate Research Assistant in the Human Performance Lab**

*Department of Health and Exercise Science | Syracuse University. [Link](#)*

*Supervisor:* Dr. Kevin Heffernan

- Undergraduate assistant

*Project:* MOXY Research Project: Evaluated the effects of lower limb ischemia on the atherosclerotic process in Division 1 runners in comparison to recreationally active male counterparts.

2016-2017 **Undergraduate/Graduate Research Assistant in the Aging and Physical Activity Across the Lifespan (APAAL) Lab**

*Department of Health and Exercise Science | Syracuse University [Link](#)*

*(Currently at the University of Wisconsin at Madison)*

*Supervisor:* Dr. Luis Columna

- Research intern and resource manager
- Peer/Undergraduate mentor.
- (Graduate, 2017) Assessed cardiovascular measures as a liaison with the Human Performance Lab

*Project:* FIT Families: Evaluated the effects of a physical activity intervention on motor behavior and skills of kids with autism.

2014-2015 **Undergraduate Research Assistant in the Altitude Simulation Lab**

*Department of Health and Exercise Science | Syracuse University. [Link](#)*

*Supervisor:* Dr. Tom Brutsaert

- Undergraduate assistant

*Project:* High Altitude vs. Low lander adaptations to high altitude environments: Evaluated the effects of genetics and high altitude on human subjects as part of a multinational study taking place in Peru and Syracuse University.

## TEACHING EXPERIENCE

---

2019-present **Graduate Teaching Assistant**

*Department of Exercise and Sport Science | The University of North Carolina at Chapel Hill. [Link](#)*

- Instructor for undergraduate classes (EXSS 276, ~200 students and EXSS 376, ~10 students/section)
- Development of content for weekly recitations.
- Development of interactive curriculum (i.e., weekly lectures for laboratories) and exam content.

2017-2019 **Graduate Teaching Assistant**

*Department of Biology | Syracuse University. [Link](#)*

- Instructor for undergraduate classes.
- Development of content for weekly recitations.
- Grading of pre-laboratory and laboratory exercises, quizzes, and tests.

## HONORS AND AWARDS

---

Spring 2022	3-Minute Rapid Fire Oral Abstract Competition Finalist at AHA Epi Lifestyle
Spring 2022	2 <sup>nd</sup> Place Doctoral Research Competition at SEACSM
Spring 2022	Top 8 Abstracts at SEACSM for PhD Students
Fall 2021	Top 10 Abstracts for Young Investigator at ARTERY21
Spring 2020	SEACSM Leadership and Diversity Training Program
Fall 2019- Spring 2020	Graduate Doctoral Merit Scholarship at UNC Chapel Hill
Spring 2019	Burton Blatt Scholarship at Syracuse University
Fall 2018	Top 5 Abstracts at MARC ACSM for Masters' Students

Fall 2017	Top 5 Abstracts at MARC ACSM for Masters' Students
Fall 2017-Spring 2018	Margaret P. Stafford Traditions Scholarship at Syracuse University
Fall 2017-Spring 2018	Burton Blatt Scholarship at Syracuse University
Spring 2017	<i>Magna Cum Laude</i> at Syracuse University
Spring 2015-Spring 2017	School of Education Dean's List at Syracuse University
Fall 2015-Spring 2017	Golden Key International Honor Society at Syracuse University
Fall 2013-Spring 2017	Founder's Scholarship Recipient at Syracuse University
Fall 2013-Fall 2014	College of Arts and Sciences Dean's List at Syracuse University

## PUBLICATIONS

---

### JOURNAL

1. Castro N, Bates LC, Zieff GZ, **Lassalle PP**, Faulkner J, *et al.* Adiposity in Preadolescent Children: Associations with Cardiorespiratory Fitness. *PLOS ONE*. 17, e0275982 (2022). <https://doi.org/10.1371/journal.pone.0275982>
2. Cilhoroz BT, DeBlois JP, Lefferts WK, Keller A, **Lassalle, PP**, Meyer ML, *et al.* Exploration of cerebral hemodynamic pathways through which large artery function affects neurovascular coupling in young women. *Front. Cardiovasc. Med.* 9, 2211 (2022). PMID: 36035945
3. Cortés YI, **Lassalle PP**, & Perreira KM. Health Care Access and Health Indicators in Puerto Rico Pre- and Post- Hurricane Maria: Behavioral Risk Factor Surveillance System (2015–2019). *J. Immigr. Minor. Heal.* (2022) doi:10.1007/s10903-022-01391-z. PMID: 35948823
4. Heffernan, K.S., Stoner, L., Meyer, M.L., Kiefer, A.W., Bates, L.C., **Lassalle, P.P.** *et al.* Associations Between Estimated and Measured Carotid-Femoral Pulse Wave Velocity in Older African American and White Adults: The Atherosclerosis Risk in Communities (ARIC) Study. *The Journal of Cardiovascular Aging.* (2022), 2(7). <http://dx.doi.org/10.20517/jca.2021.22>
5. Conners R, Bates LC, **Lassalle, PP**, Zieff G, Whitehead PN., *et al.* Current and Future Implications of COVID-19 among Youth Wheelchair Users: 24-Hour Activity Behavior. *Children.* (2021). PMID: 34438581
6. **Lassalle PP**, DeBlois JP, Keller A, Stoner L, Barreira T, Heffernan KS. Central Blood Pressure and Subclinical Atherosclerotic Risk in Young Hispanic American Women. *Ethnicity & Disease.* PMID: 34720552
7. **Lassalle, PP**, Meyer ML, Conners R, Zieff G, Faghy MA, Arena R, Vermeesch A, Joseph R, Stoner L. Sedentary behavior in minority populations is a feasible health strategy during and beyond COVID-19. *TJACSM* (2021) PMID: 34746382
8. Zieff G, Wagoner C, Patterson C, **Lassalle PP**, Lee J. Cardiovascular consequences of skeletal muscle impairments in breast cancer. *Sports.* (2020), 8(6), 80. PMID: 32486406
9. **Lassalle PP**, Meyer ML, Boggess KA, Stoner L. Central Pulse Wave Velocity in Neonates: Feasibility and Comparison to Normative Data. *Hypertension Res* (2020). <https://doi.org/10.1038/s41440-020-0489-y> PMID: 32565542
10. **Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK, & Heffernan KS. Effect of external compression on femoral retrograde shear and microvascular oxygenation in exercise trained and recreationally active young men. *European Journal of Applied Physiology.* (2019).119. 10.1007/s00421-019-04170-1. PMID: 31190212
11. Heffernan KS, Columna L, Prieto L, **Lassalle PP**, *et al.* Home Blood Pressure Assessment in Children with Autism Spectrum Disorder: A Feasibility Study. *Artery Res.* (2019). doi:10.2991/artres.k.191123.001
12. Dolphin M, Elias-Revollado G, **Lassalle PP** & Columna L. Physical Activity in Cuba: A Short-Term Study Abroad Experience. *PALAESTRA* 33, (2019).

### MANUSCRIPTS IN PREPARATION

1. Pomeroy A, **Lassalle PP**, Kline CE, Heffernan KS, Meyer ML, Stoner L. (In Review) The effect of short vs. long sleep duration on pulse wave velocity: a meta-analysis. *Sleep Medicine Reviews*
2. Rivera-Brown A, **Lassalle PP**. (In Review) Hydration and performance in young triathletes during a competition in a tropical climate. *Pediatric Exercise Science*
3. Castro N, Zieff GZ, Bates LC, **Lassalle PP**, Higgins S, *et al.* (In Review) Preadolescent cardiometabolic health: Associations with fitness, physical activity, sedentary behavior, nutrition, and sleep. *Children*
4. **Lassalle PP**, Bates LC, Halpin PF, Kerr ZY, Hanson ED, Meyer ML, Stoner L. (In Prep) 24-Hour Activity Behaviors are Associated with COVID-19 Prevalence.

5. Rojas J, **Lassalle PP**, Zieff G, Bates LC, Barajas B, Meyer ML, Stoner L. (In Prep) The Effect of Exercise On Change in Arterial Stiffness Over Time: A Meta-analysis.

## ABSTRACTS

1. **Lassalle PP**, Bates LC, Halpin PF, Kerr ZY, Hanson ED, Meyer ML, Stoner L. (2022) 24-Hour Activity Behaviors are Associated with COVID-19 Prevalence. *Circulation*.
2. Rojas J, Barajas B, **Lassalle PP**, Zieff G, Bates LC, Meyer ML, Stoner L. (2021) The Effect of Exercise On Change in Arterial Stiffness Over Time: A Meta-analysis. *Med. Sci. Sport. Exerc.*
3. Pomeroy A, **Lassalle PP**, Kline CE, Heffernan KS, Stoner L. (2021) Sleep Duration and Arterial Stiffness: A Meta-analysis. *Med. Sci. Sport. Exerc.*
4. **Lassalle PP**, Meyer ML, Heffernan KS, Keifer AW, Bates LC, Hanson ED, Horiuchi M, *et al.* (2021). Associations Between Carotid-Femoral and Estimated Pulse Wave Velocity in Older Adults: The Atherosclerosis Risk in Communities (ARIC) Study. *Circulation*.
5. Cortes YI, **Lassalle PP**, Perreira KM (2021). Health Care Access and Health Indicators in Puerto Rico Pre- and Post-Hurricane Maria: Analysis of Data from 2015-2018 BRFSS. *Circulation*.
6. **Lassalle PP**, Meyer ML, Boggess KA, Stoner, L. (2020). Aortic Pulse Wave Velocity in Neonates: Feasibility and Comparison to Normative Data. *Circulation*.
7. **Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK & Heffernan KS. (2019). Effects of External Calf Compression on Microvascular Oxygenation in the Lower Limb of Young Men. *Med. Sci. Sport. Exerc.* **51**, 492.
8. **Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK & Heffernan KS. (2018). Manipulation of retrograde shear in the superficial femoral artery in recreationally active & exercise-trained men: 824 board #85 May 30 3:30 PM – 5:00 PM. *Medicine & Science in Sports & Exercise*, 50(5S), 183.
9. Rivera-Brown AM, Quiñones-González JR, & **Lassalle PP**. (2018). Fluid intake pattern, dehydration, and performance in young athletes during A triathlon in tropical climate: 1413 board #221 May 31 8:00 AM – 9:30 AM. *Medicine & Science in Sports & Exercise*, 50(5S), 342.

## CONFERENCE PRESENTATIONS

### *PLATFORM PRESENTATIONS*

1. \***Lassalle PP**, Bates L, Halpin P, Kerr ZY, Hanson ED, Meyer ML, Stoner L. (2022) Do 24-Hour Beneficial Behaviors Associated with COVID-19 Prevalence Differ by Cancer History? American Heart Association Epi Lifestyle Early Investigator Competition. Chicago, IL. Mar 1-4, 2022. [Presentation]
2. Brown K, Bryan Q, McGowan A, **Lassalle PP**, Stoner L. (2022) The Impact of Perceived Discrimination and Perceived Stress on Cardiorespiratory Fitness. American College of Sports Medicine Southeast Conference. Greenville, SC. Feb 17-19, 2022. [Presentation]
3. \***Lassalle PP**, Stone K, Fryer S, Faulkner J, Meyer ML, Heffernan KS, Kucharska-Newton A, Zieff G, Paterson C, Matsushita K, Hughes T, Tanaka H, Stoner L. Associations of lower limb atherosclerosis and arteriosclerosis with cardiovascular risk factors and disease in older adults: the ARIC study. ARTERY21. Paris, FR Oct 21-23, 2021. [Presentation]
4. Glasgow A, DeBlois JP, Keller A, **Lassalle PP**, Heffernan KS. (2021) The Impact of Perceived Discrimination on Cardiac Autonomic Modulation in Young Women. Women's Cardiovascular and Brain Health Research Symposium. [Presentation]
5. DeBlois JP, Keller A, **Lassalle PP**, Heffernan KS. (2021) Neurovascular Coupling Contributes to Domains of Cognitive Function in Young Women. Women's Cardiovascular and Brain Health Research Symposium. [Presentation]
6. \***Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK & Heffernan KS. (2018). Effects of External Calf Compression on Microvascular Oxygenation in the Lower Limb of Young Men. American College of Sports Medicine Regional Mid-Atlantic Conference. Harrisburg, PA. November 1-3, 2018. [Presentation]
7. \***Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK, & Heffernan KS (2017). Manipulation of retrograde shear in the superficial femoral artery in recreationally active & exercise-trained men. American College of Sports Medicine Regional Mid-Atlantic Conference. Harrisburg, PA. November 2-4, 2017 [Presentation]

**POSTER PRESENTATIONS**

8. Musacchio M, Samtmann T, Smith I, Meyer ML, Stoner L, Courtney JB, **Lassalle PP**. (2023) Are Clustered 24-HR Activity Behaviors Associated with Depression? American College of Sports Medicine Southeast Conference. Greenville, SC. Feb 23, 2022. [Poster]
9. \***Lassalle PP**, Bates L, Halpin P, Kerr ZY, Hanson ED, Meyer ML, Stoner L. (2022) 24-Hour Activity Behaviors are Associated with COVID-19 Prevalence. American Heart Association Epi Lifestyle. Chicago, IL. Mar 1-4, 2022. [Poster]
10. \***Lassalle PP**, Bates L, Halpin P, Kerr ZY, Hanson ED, Meyer ML, Stoner L. (2022) 24-Hour Activity Behaviors are Associated with COVID-19 Prevalence. American College of Sports Medicine Southeast Conference. Greenville, SC. Feb 17-19, 2022. [Poster]
11. Zieff G, Castro N, Bates LC, **Lassalle PP**, Stoner L. (2022) Association of Lifestyle Factors and Cardiometabolic Health Among Preadolescent Children. American College of Sports Medicine Southeast Conference. Greenville, SC. Feb 17-19, 2022. [Poster]
12. McGowan A, Brown K, Bryan Q, **Lassalle PP**, Stoner L. (2022) Does the Association Between Cardiorespiratory Fitness and Perceived Stress Differ by Biological Sex? American College of Sports Medicine Southeast Conference. Greenville, SC. Feb 17-19, 2022. [Poster]
13. Carey G, Adams NT, Poles J, **Lassalle PP**, Stoner L. (2022). Impact of Vaccination Status on 24-H Behavior: A Research Proposal. American College of Sport Medicine Southeast Conference. Greenville, SC. February 17-19, 2022. [Poster]
14. Levet-Bourtayre J, Bates LC, Castro N, Zieff G, **Lassalle PP**, Stoner L. (2022) Simultaneous Investigation of Activity Behaviors, Dietary Patterns, and Physical Fitness with Adiposity in Preadolescent Children. American College of Sport Medicine Southeast Conference. Greenville, SC. Feb 17-19, 2022. [Poster]
15. \***Lassalle PP**, Meyer ML, Boggess KA, Stoner L. (2020). Central Pulse Wave Velocity in Neonates: Feasibility and Comparison to Normative Data. Women's Health Research Poster Presentation & Awards Program. Chapel Hill, NC. Mar 10, 2020. [Poster]
16. \***Lassalle PP**, Meyer ML, Boggess KA, Stoner L. (2020). Central Pulse Wave Velocity in Neonates: Feasibility and Comparison to Normative Data. Integrative Vascular Biology and McAllister Heart Institute Annual Research Symposium. Chapel Hill, NC. Mar 10, 2020. [Poster]
17. \***Lassalle PP**, Meyer ML, Boggess KA, Stoner L. (2020). Aortic Pulse Wave Velocity in Neonates: Feasibility and Comparison to Normative Data. Human Movement Science Day. Chapel Hill, NC. Mar 20, 2020. [Poster]
18. \***Lassalle PP**, Meyer ML, Boggess KA, Stoner L. (2020). Aortic Pulse Wave Velocity in Neonates: Feasibility and Comparison to Normative Data. American Heart Association Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Conference. Phoenix, AZ. Mar 3-6, 2020. [Poster]
19. \***Lassalle PP**, Meyer ML, Boggess KA, Stoner L. (2020). Feasibility of Assessing Pulse Wave Velocity in Neonates. American College of Sports Medicine Southeast Conference. Jacksonville, FL. Feb 13-15, 2020. [Poster]
20. \***Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK & Heffernan KS. (2019). Effects of External Calf Compression on Microvascular Oxygenation in the Lower Limb of Young Men. American College of Sports Medicine National Conference. Orlando, FL. May 28-Jun 1, 2019. [Poster]
21. \***Lassalle PP**, Palamar AJ, DeBlois JP, Lefferts WK, & Heffernan KS. (2018). Manipulation of retrograde shear in the superficial femoral artery in recreationally active & exercise-trained men. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-Jun 2, 2018. [Poster]
22. \*Rivera-Brown AM, Quiñones-González JR, & **Lassalle PP** (2018). Fluid intake pattern, dehydration, and performance in young athletes during A triathlon in tropical climate. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-Jun 2, 2018. [Poster]

NOTE: \*PRESENTED

**GUEST LECTURES AND INVITED PRESENTATIONS**

1. **Lassalle PP**, Pomeroy A, Cowley E, Bates-Fraser L, Stoner L (2023). The Life of a Graduate Student - A Guide to managing competing expectations. *SEACSM*. Greenville, SC. Feb 23-25<sup>th</sup>, 2023.
2. Stoner L, Zieff G, Vermeesch A, Pomeroy A, **Lassalle PP**. (2022). COVID-19 and Exercise is Medicine for Underserved Communities: Lessons Learned, Future Challenges and Recommendations [Symposium]. *San Diego, CA. May 31, 2022*.
3. Stoner L, Zieff G, **Lassalle PP**, Bates L. (2021). A primer on repeated sitting exposure and the cardiovascular system: Considerations for study design, analysis, interpretation, and translation. *University of Gloucestershire (Virtual). Feb 08, 2021*.

4. **Lassalle, PP**, Bates L. (2021). Exercise and Diabetes. *The University of North Carolina at Chapel Hill (Virtual) Chapel Hill, NC. Jan 27<sup>th</sup>, 2021.*
5. Heffernan KS, **Lassalle PP**, White L. (2018). *Science of Fitness. Syracuse University Fisher Center, New York, NY. November 16<sup>th</sup>, 2018.*
6. Columna L, **Lassalle, PP**. (2017). *Adapted Physical Education & Exercise Science. Sharon H. Jacquet Commons at Syracuse University, Syracuse, NY. May 2017.*

## GRANTS

### RESEARCH GRANTS SUBMITTED

PI	Agency	Award	Amount	Status	Title
Patricia Pagan Lassalle	American Heart Association	Predoctoral Fellowship	USD: 32,553	Awarded	Association of perceived discrimination and stress with arterial stiffness in non-Hispanic Black adults.
Patricia Pagan Lassalle	National Institute of Health	Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research.	USD: 83,704	Not discussed	Association of perceived discrimination and stress with arterial stiffness in non-Hispanic Black adults.
Patricia Pagan Lassalle	National Institute of Health	Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research.	USD: 83,624	Scored	Association of perceived discrimination and stress with arterial stiffness in non-Hispanic Black adults.

### EXTERNAL GRANTS

PI	Agency	Role	*Amount	Tenure	Title
Dr. Lee Stoner	NIH NHLBI (R01HL162805-01)	GA	USD: 632,183	2022-2023	Cardiometabolic Disease Prevention in College-based Young Adults: Mapping a Contextual Sedentary Behavior Intervention
Dr. Michelle Meyer	NIH Diversity Supplement (3R01AG062488-02S1)	Scholar	USD: 63,558	2020-2022	Vicorder vs. Omron VP-1000 Plus: A comparison study
Patricia Pagan Lassalle	SEACSM	PI	USD: 600	2020	Leadership and Diversity Training Program

Dr. Kevin Heffernan	NIH (R03)	GA	USD: 75,000	2019	Impact of Ethnicity and Race on Cardiovascular and Cognitive Function in Young Adults
---------------------	-----------	----	-------------	------	---

\*Fiscal Year Total Cost by Institute and Center

### INTERNAL GRANTS

PI	Agency	Role	Amount	Tenure	Title
Dr. Kristin Ondrak	Center for Faculty Excellence at UNC Chapel Hill	GA	USD: 1,500	2019	Large Course Redesign for EXSS 276

### TRAVEL GRANTS

Agency	Amount	Tenure	Location	Purpose
School of Education Travel Grant	USD: 300	2018	Minneapolis, MN	ACSM Annual Meeting
Syracuse University Himan Brown Award	USD: 1,000	2017	Havana, Cuba	Short-term Study Abroad

### TEACHING

#### TEACHING EXPERIENCE

Course Prefix	Course Title	Credits	Term	Evaluation (/5.0)	Enrolled
EXSS 276	Human Physiology	3	Fall 2022	N/A	161
*EXSS 276	Human Physiology	3	Spring 2022	N/A	172
EXSS 276	Human Physiology	3	Fall 2021	4.5	150
EXSS 395	Undergraduate Research Course	2	Spring 2021	5.0	1
EXSS 376	Physiological Basis of Human Performance Lab	2	Spring 2021	3.44	29
EXSS 395	Undergraduate Research Course	2	Fall 2020	5.0	1
EXSS 376	Physiological Basis of Human Performance Lab	2	Fall 2020	4.2	21
*EXSS 276	Human Physiology	3	Spring 2020	N/A	166
EXSS 395-053	Undergraduate Research Course	2	Spring 2020	5.0	1
*EXSS 276	Human Physiology	3	Fall 2019	N/A	172
EXSS 395-053	Undergraduate Research Course	2	Fall 2019	5.0	1
BIO 217	Anatomy and Physiology II	4	Spring 2019	3.8	46
BIO 216	Anatomy and Physiology I	4	Fall 2018	3.7	44
BIO 217	Anatomy and Physiology II	4	Spring 2018	3.7	46
BIO 216	Anatomy and Physiology I	4	Fall 2017	3.4	40

\*There are no TA specific evaluations for this course.

#### COURSES PREPARED AND ABLE TO TEACH

- Anatomy & Physiology
- Exercise physiology



- Exercise/health science research methods

**MENTORING EXPERIENCE**

---

UNDERGRADUATE

Year	Student	Degree	Institution	Dept.	Role
2022	Samtmann, T	BS	UNC	Sport & Exercise	Supervisor
2022	Onuoha, P	HS	NIH STEP-UP	Sport & Exercise	Co-Supervisor
2021	Smith, I	BS	UNC	Health Policy & Mgmt.	Supervisor
2021	Musacchio, M	BS	UNC	Sport & Exercise	Supervisor
2021	Brown, K	BS	NC A&T/AHA	Sport & Exercise	Supervisor
2021	Bryan, Q	BS	UNC	Sport & Exercise	Supervisor
2021	McGowan, A	BS	UNC	Sport & Exercise	Supervisor
2021	Castillo, C	BS	UNC	Sport & Exercise	Supervisor
2021	Pierce, C	BS	UNC	Sport & Exercise	Supervisor
2020	Barajas, B	BS	UNC	Sport & Exercise	Supervisor
2020	Daniel, M	BS	UNC	Sport & Exercise	Supervisor
2020	Rojas, J	BS	UNC	Sport & Exercise	Supervisor
2019	Garver, D	BS	UNC	Sport & Exercise	Supervisor

FUNDING FOR MENTORED STUDENTS

Student	Level	Agency	Role	Amount	Tenure
Kayla Brown	Undergraduate	SEACSM	Mentor	\$600	2022
Jacklyn Rojas	Undergraduate	UNC Chapel Hill SURF	Mentor	USD: 7,000	2020

**PROFESSIONAL SERVICE**

---

PROFESSIONAL ASSOCIATIONS

- 2021-Present Non-Invasive Physiology Interest Group of the American College of Sports Medicine, Student Executive Leader.
- 2019-Present American Heart Association, Student Member.
- 2019-Present Southeast Regional Chapter of the American College of Sports Medicine, Student Member.
- 2016-Present American College of Sports Medicine, Student Member.
- 2016-2017 Northeast Regional Chapter of the American College of Sports Medicine, Student Member.

DEPARTMENTAL COMMITTEES

- 2021-2022 Graduate Student Representative for Exercise and Sport Science Diversity, Equity, and Inclusion Committee
- 2020-2021 Undergraduate and Graduate Exercise and Sport Science Student Recruitment

STUDENT ASSOCIATIONS

- 2020-2021 Graduate and Professional Student Federation Senate Representative for Human Movement Science Curriculum
- 2020-2021 HMSC Incoming Student Mentor

**JOURNAL REVIEWER**

---

- 2022-Present *Frontiers in Cardiovascular Medicine, Topic Editor*
- 2021-Present *Frontiers in Cardiovascular Medicine*
- 2021-Present *Translational Journal of the American College of Sports Medicine*
- 2019-Present *Applied Physiology, Nutrition, and Metabolism*; Graduate Reviewer.
- 2019-Present *PLOS ONE*; Graduate Reviewer.

**WORKING GROUPS**

---

- 2020 Physical Activity and Sedentary Behavior Research Group (PASBRG)
- 2020 Sedentary Behavior Research Network (SBRN)
- 2020 Atherosclerosis Risk in Communities Study Pulse Wave Velocity Research Group

**WORKSHOPS/TRAINING/OTHER QUALIFICATIONS**

---

- 2020 UNC Safe Zone Allyship Training
- 2019 Protection of Human Research Subjects (Biomedical Research)  
CITI

**INTERNATIONAL EXPERIENCES**

---

- 2017 Exploring Cuban Culture Short-Term Program (through Syracuse University)
  - o Chosen among a select few to participate in a 10-day immersion program to study the influences of Spanish, African, and American cultures on Cuban culture. Examined and experienced the special education programs in Cuba.
- 2016 Semester abroad at the University of Queensland at St. Lucia (through Syracuse University)
  - o Studied at one of the top research universities in the world. Created a vast international network and adapted to a new culture and environment. Employed communication, organization, and time management skills to explore new cities. Managed finances in differing currencies.

**TECHNICAL SKILLS**

Cardiovascular	Endocrine	Metabolic	Software
Near Infra-red Spectroscopy (NIRS)	Phlebotomy	Skinfold Caliper	SAS
Pulse Wave Analysis	Plasma isolation	Air Displacement Plethysmography (Bod Pod)	STATA
Pulse Wave Velocity	Serum isolation	Bioelectric Impedance (BIA)	R
Applanation tonometry		Dual X-ray Absorptiometry (DXA)	RedCap
Ultrasound, Continuous Wave Ultrasound			Qualtrics XM
Blood Pressure			Web development
Accelerometry			Listserv development
			Adobe Illustrator

## REFERENCES

---

Dr. Lee Stoner  
University of North Carolina  
Dept. Sport & Exercise Science  
306 Woollen Gym, CB# 8605  
Chapel Hill, NC 27599  
Tel: +1.919.962.0534      Email: [stonerl@email.unc.edu](mailto:stonerl@email.unc.edu)

Dr. Michelle Meyer  
University of North Carolina  
Dept. Emergency Medicine  
107 Manning Drive  
Chapel Hill, NC 27599  
Tel: +1.919.966.6539      Email: [michelle\\_meyer@med.unc.edu](mailto:michelle_meyer@med.unc.edu)

Dr. Justin B. Moore  
Wake Forest School of Medicine  
Dept. Implementation Science  
Bowman Gray Center for Medical Education  
475 Vine Street  
Winston-Salem, NC 27101  
Tel: +1.336.716.3702      Email: [jusmoore@wakehealth.edu](mailto:jusmoore@wakehealth.edu)