

# Courtney D. Jensen

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## EDUCATION

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**University of Connecticut**, Department of Kinesiology 8/2015  
*Ranked #1 doctoral program in U.S. (2005–2015) by the National Academy of Kinesiology*

- **Doctor of Philosophy** in Kinesiology
- *Dissertation title: The Treatment of Rib Fractures with Thoracic Epidural Analgesia*
- *Advisor: Craig R. Denegar, Ph.D., P.T.*
- *GPA: 3.98/4.00*

**University of the Pacific**, Department of Sport Sciences 5/2008  
• **Master of Arts** in Health and Exercise Science

**Willamette University**, Department of Exercise Science 12/2004  
• **Bachelor of Arts** in Exercise Science

## PROFESSIONAL EXPERIENCE

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Assistant Professor 8/2016 – present

University of the Pacific, Stockton, CA

*Taught 12 classes: **HESP 100** (Intro to Research), **HESP 129** (Exercise Physiology), **HESP 147** (Muscle Physiology), **HESP 177** (Cardiovascular Physiology), **HESP 180** (Clinical Epidemiology), **HESP 191** (Independent Study: Human Performance Physiology), **HESP 197** (Independent Research: Biomedical Statistics), **HESP 233** (Advanced Kinesiology), **HESP 248** (Applied and Clinical Physiology), **HESP 279** (Graduate Research Methods), **HESP 291** (Independent Study: Stress Physiology), **HESP 297** (Independent Research).*

Visiting Assistant Professor 1/2015 – 5/2016

University of the Pacific, Stockton, CA

Graduate Research Assistant 1/2010 – 8/2013

University of Connecticut, Storrs, CT

*Leading research assistant on 3 NIH RO1 studies. Coordinated equipment purchasing, developed and implemented exercise interventions, performed psychological evaluations, conducted cardiorespiratory testing, and managed all databases.*

## **STUDENT INVOLVEMENT at UNIVERSITY OF THE PACIFIC**

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**Thesis Advisor (2018–current):** “Trends in campus recreation use” by Dustin Rich.

**Thesis Advisor (2017–current):** “Thoracic trauma: morbidity and mortality” by Jeremy McConnell.

**Thesis Advisor (2016–2017):** “Using the medication cabinet to predict fall risk in elderly adults” by Jessica Lopez.

**Thesis Committee (2017–current):** “The effect of exertional fatigue on skeletal muscle performance in soccer players” by Lena Perry.

**Thesis Committee (2017–current):** “Pre-performance music alters muscular recruitment characteristics” by Alex Lesser.

**Thesis Committee (2016–2017):** “The relationship between exercise-induced fatigue and postural stability among geriatric patients with vestibular disorders” by Alexis King.

**Thesis Committee (2015–2016):** “Does heart rate recovery detect training distress in collegiate soccer players?” by Haylee Bettencourt.

**Thesis Committee (2015–2016):** “Musculoskeletal exercise in vestibular hypofunction rehabilitation therapy” by Albert Santa Cruz.

**Thesis Committee (2015–2016):** “Acute effects of the power snatch on vertical jump performance” by Nick Diaz.

**Student Research (2018):** Coauthored 31 abstracts accepted at national conferences with 36 Pacific students. Traveled with 31 of those students to Minneapolis, MN and donated >\$500 to student costs.

**Student Research (2017):** Coauthored 9 abstracts accepted at national conferences with 14 Pacific students. Traveled with 10 of those students to Denver, CO and donated >\$400 to student costs.

**Student Internships (2017):** Oversight of three student internships at the Bureau of Statistics in Kampala, Uganda in June, 2017 (per deim for travel expenses; otherwise uncompensated).

**Student Internships (2016):** Uncompensated oversight of two student internships at the Bureau of Statistics in Kampala, Uganda in June–July, 2016. I donated >\$1,800 to student costs to facilitate the trip.

**Faculty Advisor: MedLife (Pacific Chapter) (2016–current):** MedLife (Medication, Education, and Development for Low Income Families) was started spring 2016 by Haylee Bettencourt.

**Faculty Advisor: “Caduceus” (2015–current):** *Caduceus: Pacific Undergraduate Health Journal*. Kiran Mazloom (class of 2016) started the publication spring 2015. As faculty advisor, I provided guidance, editing, marketing, and printing. We have published 5 editions to date.

**Faculty Co-Advisor: φεκ Professional Fraternity (2016–current):** Founded in 2012 by Diana Wang, Rhoda Bea Hernando, Diana Yan, Darren Asano, Jessica Lopez, Joshua Lee, and Brandon Chin.

**Engineering Senior Project Panel Member (2018):** “Lumbago Relief Harness” by Firdaus Jahangir, Johnny Lam, and Jonas Sung.

**Engineering Senior Project Panel Member (2015):** “Smart Knee Brace” by Mark Rodriguez, Travis Bodnar, and Adam Zittel.

**WE-Fit (2015):** *WE-Fit* (Wellness, Education, and Fitness) is a student-run community weight loss program. Advised students and gave presentations during spring, 2015.

## UNIVERSITY SERVICE

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**Tiger Day (Profile Day).** *Presenter for HESP department in 2015, 2016, 2017, and 2018.*

**Academic Affairs Committee for Graduate Study.** *Member, 2017-2018*

**COP Council.** *Member, 2017.*

**Transfer advising.** Fall 2017, Spring 2018.

**Assessment Coordinator for Health and Exercise Science.** Spring, 2018

## PUBLICATIONS

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Creighton J, Jensen CD, Kaplan T. (2018). Intra- and Interrater Reliability of the Soong Classification for Distal Radius Volar Locking Plate Placement. *Hand, Official Journal of the American Association for Hand Surgery*. In press; accepted for publication August 5, 2018.

Jensen CD, Gleason D, VanNess JM. (2018). A Four-Week Unstructured Break Improved Athletic Performance in Collegiate Rugby Players. *Journal of Strength and Conditioning Research*. DOI: [10.1519/JSC.0000000000002417](https://doi.org/10.1519/JSC.0000000000002417). Impact factor: 2.06. 1) [Journal of Strength and Conditioning Research webpage](#) *ResearchGATE*

Amaral MM, Herrin WE, Jacobson LE, Saxe LE, Jensen CD. (2017). The use of coarsened exact matching to evaluate treatment mode in the rib fracture patient. *Journal of Surgical Research*. DOI: [10.1016/j.jss.2017.11.028](https://doi.org/10.1016/j.jss.2017.11.028). Impact factor: 2.19. 1) [Science Direct webpage](#). 2) [Full text link](#). *ResearchGATE*

Jensen CD, Stark JT, Jacobson LE, Powers JM, Leslie KL, Kinsella-Shaw JM, Joseph MF, Denegar CR. (2017). Implications of Thoracic Epidural Analgesia on Hospital Charges in Rib Fracture Patients. *Pain Medicine*. DOI: [10.1093/pm/pnw353](https://doi.org/10.1093/pm/pnw353). Impact factor: 2.34. 1) [Pain Medicine webpage](#). 2) [Full text link](#). *ResearchGATE*

Jensen CD, Stark JT, Jacobson LE, Powers JM, Joseph MF, Kinsella-Shaw JM, Denegar CR. (2016). Improved outcomes associated with the liberal use of thoracic epidural analgesia in patients with rib fractures. *Pain Medicine*. DOI: 10.1093/pm/pnw199. Impact factor: 2.34. 1) [Pain Medicine webpage](#). 2) [Full text link](#).

**ResearchGATE**

### Invited Book Chapters

Denegar CR, Jensen CD. (2015). Understanding the Research Perspective: Basic, Applied, and Clinical Investigations. In Armstrong LE, Kraemer WJ. *ACSM Research Methods, 1<sup>st</sup> Edition*. Philadelphia: Lippincott Williams & Wilkins.

 Wolters Kluwer

### Articles in Review (student names in red):

Jensen CD, Ruiz JL, Leslie KL, Amaral MM, VanNess JM, Jacobson LE, Saxe JM. Statins Increase Likelihood and Frequency of Falls: Retrospective and Prospective Analyses of an Elderly Population. *Journal of Aging and Physical Activity*. Impact factor: 2.04

Jensen CD, Leslie KL, Jacobson LE, Holmgren NJ, Ruiz JL, Saxe JM. Retrospective and Prospective Validation of the Hendrich II Fall Risk Model in Older Adults. *Journal of Aging and Health*. Impact factor: 2.17

King AC, VanNess, JM, Oliver TJ, Jensen CD. Elevated BMI impairs balance among older adults with vestibular disorders. *Obesity Research and Clinical Practice*. Impact factor: 1.18

King AC, Bhateja T, Saxe JM, Jacobson LE, Jensen CD. The Interrelationship Between Depression and Hemoglobin: Men Are Affected More Than Women. *Mental Health and Physical Activity*. Impact factor: 2.00

### Article in Progress

Jensen CD, Amaral MM, Saxe JM, Jacobson LE. The Sixth Fractured Rib: A Threshold for Treatment Decisions and Patient Outcomes. Target journals: *Journal of Anesthesia History* or *AANA Journal* or *Journal of Pain Management*.

### Published Abstracts (student names in red):

1) Lindsie S. Rogers, J. Mark VanNess, Roman Musselman, Courtney D. Jensen. *Physiological Performance Predictions Based on Simple Assessments*. Presented at: 2018 ACSM National Conference, June 2, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538611.17356.2a. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 793. 3) *MSSE*, 49(5): S660.

**ResearchGATE**

2) Nicole J. Richards, Cynthia Villalobos, Justin C. Brown, Paul D. Vosti, Courtney D. Jensen. *Exercise Prescription in Cancer Survivors: What Explains Poor Retention?* Oral presentation at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000537231.56817.fc. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 649. 3) *MSSE*, 49(5): S540.

**ResearchGATE**

3) Cali A. VanValkenburg, Angela R. Nuccio, Cynthia Villalobos, Angela D'Souza, Sam Jamosmos, Courtney D. Jensen. *Kinesio Tape Fails to Affect Characteristics of Skeletal Muscle Recruitment*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538245.77944.62. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 680. 3) *MSSE*, 49(5): S552.

**ResearchGATE**

4) Victoria R. Mitchell, William P. Lydon, J. Mark VanNess, John Mayberry, Joey Rossi, Courtney D. Jensen. *Hit or Miss: Kinematic Predictors of In-Game Performance in Collegiate Pitching*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538191.10294.d2. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 664. 3) *MSSE*, 49(5): S552.

**ResearchGATE**

5) Samantha R. Gayla, Cynthia Villalobos, Justin C. Brown, J. Mark VanNess, Paul D. Vosti, Courtney D. Jensen. *Chemotherapy and the Exercising Cancer Survivor*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538331.73480.0b. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 707. 3) *MSSE*, 49(5): S588.

**ResearchGATE**

6) Alexia E. Amo, Cynthia Villalobos, Justin C. Brown, Paul D. Vosti, Courtney D. Jensen. *The Importance of Adiposity to the Cancer Patient Initiating Exercise*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538339.49716.a3. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 710. 3) *MSSE*, 49(5): S590.

**ResearchGATE**

7) Amber Huang, Cynthia Villalobos, Justin C. Brown, J. Mark VanNess, Jeremy P. McConnell, Paul D. Vosti, Courtney D. Jensen. *The Effect of Radiation Therapy on Cancer Patients Participating in Structured Exercise*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538329.88727.4c. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 707. 3) *MSSE*, 49(5): S588.

**ResearchGATE**

**8) Emily Roessel, Evelyn N. Delgado, Megan L. Darling, Nathaniel J. Holmgren, Courtney D. Jensen, J. Mark VanNess.** *Wingate Test-Retest Variability in Healthy Subjects*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000538197.40788.08. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 666. 3) *MSSE*, 49(5): S553-S554.

**ResearchGATE**

**9) Kelly L. McKinnie, J. Mark VanNess, Michelle M. Amaral, Greg Roberts, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen.** *Obesity Associated Hypertension In Admitted Patients: Treating Isolated Systolic Hypertension May Be Short Sighted*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536879.15816.fd. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 543-544. 3) *MSSE*, 49(5): S451.

**ResearchGATE**

**10) Bushra Irshad, Lariel J. Mateo, Michelle M. Amaral, Lewis E. Jacobson, Jonathan M. Saxe, Courtney D. Jensen.** *Obesity in the Trauma Patient Delays Hospital Discharge and Increases Treatment Cost*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000537102.86007.ad. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 611-612. 3) *MSSE*, 49(5): S508.

**ResearchGATE**

**11) Jeremy P. McConnell, Cali A. VanValkenburg, Vincent C. Nittoli, Adam W. Shunk, Courtney D. Jensen.** *Evaluating the Concussed Athlete: Co-Occurring Psychiatric Conditions Predict Psychological Function and Recovery*. Presented at: **2018 ACSM National Conference**, June 1, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536984.13824.5f. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 576. 3) *MSSE*, 49(5): S477-S478.

**ResearchGATE**

**12) Roman Musselman, J. Mark VanNess, Greg Roberts, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen.** *The Kidney as a Hub for pH Modulation: The Interrelationship of Lactate, Pulse, and Blood Pressure*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536473.20098.78. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 421. 3) *MSSE*, 49(5): S348.

**ResearchGATE**

**13) William P. Lydon, J. Mark VanNess, John Mayberry, Joey Rossi, Courtney D. Jensen.** *Sparta Testing and Vertical Jump Co-Predict Fastball Speed in Collegiate Pitchers*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536546.60482.4b. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 445. 3) *MSSE*, 49(5): S368.

**ResearchGATE**

**14) Joseph W. Mayhan**, Cali A. VanValkenburg, Vincent C. Nittoli, Adam W. Shunk, Courtney D. Jensen. *Portrait of the Concussed Student-Athlete: Grade and Sex Affect Presentation of Symptoms*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536654.99464.bc. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 478. 3) *MSSE*, 49(5): S396.

**ResearchGATE**

**15) Chandee L. Pressnall**, Cynthia Villalobos, Justin C. Brown, Paul D. Vosti, Courtney D. Jensen. *Structured Exercise in the Cancer Patient Improves Insomnia and Fatigue, but Not Depression*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536619.72541.7f. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 468. 3) *MSSE*, 49(5): S387.

**ResearchGATE**

**16) Gianna D. Maragliano**, Ifeoma C. Agwuenu, Maggie E. Bristow, Vincent C. Nittoli, Adam W. Shunk, Courtney D. Jensen. *Differences in Reporting: The Concussed Student Versus the Concerned Parent*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536642.58187.a5. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 475. 3) *MSSE*, 49(5): S393.

**ResearchGATE**

**17) Alexis C. King**, J. Mark VanNess, Toni J. Oliver, Courtney D. Jensen. *Elevated BMI Impairs Balance Among Older Adults with Vestibular Disorders*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536496.86031.75. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 428-429. 3) *MSSE*, 49(5): S355.

**ResearchGATE**

**18) Sarah R. McDowell**, Cynthia Villalobos, Justin C. Brown, Paul D. Vosti, Courtney D. Jensen. *Exercise and the Cancer Patient: Function Improves Independent of Cardiovascular and Anthropometric Changes*. Thematic poster presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536348.52446.fd. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 383. 3) *MSSE*, 49(5): S319.

**ResearchGATE**

**19) Nguyen Nguyen**, Cynthia Villalobos, Natalie Figueroa, Tristan J. Kittinger, Paul D. Vosti, Courtney D. Jensen. *The Role of Ethnicity in Developing Cardiovascular Disease in At-Risk Populations*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536251.05538.15 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 355. 3) *MSSE*, 49(5): S296.

**ResearchGATE**

**20) Hyosung Han, Alexis C. King, J. Mark VanNess, Cynthia Villalobos, Courtney D. Jensen.** *Firefighters and Physical Function: Should There Be Annual Testing?* Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536262.58834.d5. 1) [MSSE Webpage](#). 2) *MSSE, 50(5S): 358*. 3) *MSSE, 49(5): S298*.

**ResearchGATE**

**21) Lena K. Perry, Cynthia Villalobos, J. Mark VanNess, Paul D. Vosti, Courtney D. Jensen.** *Anthropometry, Physical Functioning, and Quality of Life in the Exercising Diabetic Patient*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000536113.43175.6d. 1) [MSSE Webpage](#). 2) *MSSE, 50(5S): 314*. 3) *MSSE, 49(5): S260*.

**ResearchGATE**

**22) Tina Bhateja, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen.** *The Interrelationship Between Depression and Hemoglobin: Men Are Affected More Than Women*. Thematic poster presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535909.41294.41. 1) [MSSE Webpage](#). 2) *MSSE, 50(5S): 250*. 3) *MSSE, 49(5): S208*.

**ResearchGATE**

**23) Nicholas Zachmeier, Hyosung Han, Alexis C. King, J. Mark VanNess, Cynthia Villalobos, Courtney D. Jensen.** *Risk of Cardiovascular Disease in American Firefighters: An Intervention Is Warranted*. Presented at: **2018 ACSM National Conference**, May 31, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535709.37438.81. 1) [MSSE Webpage](#). 2) *MSSE, 50(5S): 189*. 3) *MSSE, 49(5): S157*.

**ResearchGATE**

**24) Jennica Harrison, Grace L. Naylor, J. Mark VanNess, Michelle M. Amaral, Greg Roberts, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen.** *Alcohol and Cardiovascular Health: Acute Alterations vs. Chronic Adaptations*. Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535697.47740.52. 1) [MSSE Webpage](#). 2) *MSSE, 50(5S): 186*. 3) *MSSE, 49(5): S154-S155*.

**ResearchGATE**

**25) Maggie E. Bristow, Cali A. VanValkenburg, Gianna D. Maragliano, Vincent C. Nittoli, Adam W. Shunk, Courtney D. Jensen.** *The interrelationship and diagnostic utility of memory and reaction time in concussed students*. Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535835.54412.40. 1) [MSSE Webpage](#). 2) *MSSE, 50(5S): 227*. 3) *MSSE, 49(5): S189-S190*.

**ResearchGATE**



**26) Saejel G. Mohan, J. Mark VanNess, Jonathan M. Saxe, Greg Roberts, Lewis E. Jacobson, Courtney D. Jensen.** *Thermoregulation, Strokes, and Dementia: A Healthy Heart Begets a Healthy Brain.* Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535882.28038.e4. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 242. 3) *MSSE*, 49(5): S202.

**ResearchGATE**

**27) Cynthia Villalobos, Paul D. Vosti, J. Mark VanNess, Courtney D. Jensen.** *Exercise Reduces HbA1c in Type 2 Diabetics, but Improved Strength Associates with Poorer Outcomes.* Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535850.96650.26. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 232. 3) *MSSE*, 49(5): S193-S194.

**ResearchGATE**

**28) Megan L. Darling, J. Mark VanNess, Jonathan M. Saxe, Michelle M. Amaral, Lewis E. Jacobson, Courtney D. Jensen.** *A Curious Relationship Between Obesity, Diabetes, and Dementia.* Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535853.81403.b4. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 233. 3) *MSSE*, 49(5): S194.

**ResearchGATE**

**29) Brianna N. Tracy, Lonnae A. Hohman, William E. Herrin, Norah Madaya, Courtney D. Jensen.** *A Call for Physical Activity Guidelines to Be Established in Equatorial Africa.* Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535249.77913.16. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 51. 3) *MSSE*, 49(5): S43.

**ResearchGATE**

**30) Grace L. Naylor, Jennica Harrison, J. Mark VanNess, Michelle M. Amaral, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen.** *Overtuning the Hypothesis that Cigarettes Can Enhance Hematocrit and Improve Aerobic Capacity.* Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535348.35854.f3. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 81. 3) *MSSE*, 49(5): S68.

**ResearchGATE**

**31) Natalie Figueroa, Cynthia Villalobos, J. Mark VanNess, Paul D. Vosti, Courtney D. Jensen.** *Baseline Body Composition Affects Exercise Response: Results from Diabetic and Athletic Populations.* Presented at: **2018 ACSM National Conference**, May 30, Minneapolis, MN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000535255.64451.f6. 1) [MSSE Webpage](#). 2) *MSSE*, 50(5S): 52-53. 3) *MSSE*, 49(5): S44.

**ResearchGATE**

**32) Jessica M. Lopez**, Lewis E. Jacobson, Kathy L. Leslie, Jonathan M. Saxe, **Courtney D. Jensen**. *Statin Use Predicts Fall Risk Among Older Adults*. Presented at: **2017 ACSM National Conference**, June 1, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000518036.42338.c2. 1) [MSSE Webpage](#).

2) *MSSE*, 49(5S): 422. 3) *MSSE*, 45(9): S316.

**ResearchGATE**

**33) Alexis C. King**, Lewis E. Jacobson, Jonathan M. Saxe, **Courtney D. Jensen**. *The Financial Cost of Obesity in Thoracic Trauma*. Presented at: **2017 ACSM National Conference**, June 1, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000518019.46831.21. 1) [MSSE Webpage](#). 2) *MSSE*, 49(5S): 416. 3) *MSSE*, 45(9): S311.

**ResearchGATE**

**34) Haylee A. Bettencourt**, **Courtney D. Jensen**, Ryan Jorden, J. Mark VanNess. *Physiological Variables to Detect Training Distress in Collegiate Soccer Players*. **2017 ACSM National Conference**, June 1, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000518484.54512.4e. 1) [MSSE Webpage](#). 2) *MSSE*, 49(5S): 571.

**ResearchGATE**

**35) Voon Chi Chia**, Angie L. Wei, Nicole A. Laskosky, **Courtney D. Jensen**. *The Relationship Between Academic Stress and Skeletal Muscle Performance*. **2017 ACSM National Conference**, June 2, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000519631.74278.a4. 1) [MSSE Webpage](#).

2) *MSSE*, 49(5S): 964.

**ResearchGATE**

**36) Nick Diaz**, **Courtney D. Jensen**, J. Mark VanNess. *Acute Effects of the Power Snatch on Vertical Jump Performance*. **2017 ACSM National Conference**, May 31, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000517175.13603.3e. 1) [MSSE Webpage](#). 2) *MSSE*, 49(5S): 127.

**ResearchGATE**

**37) Ifeoma C. Agwuenu**, Haylee A. Bettencourt, J. Mark VanNess, **Courtney D. Jensen**. *Multicomponent Training Distress Scale (MTDS) Questionnaire to Detect Training Distress in Collegiate Soccer Players*. **2017 ACSM National Conference**, June 1, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000518498.17287.1c. 1) [MSSE Webpage](#). 2) *MSSE*, 49(5S): 575.

**ResearchGATE**

**38) Jeremy P. McConnell**, J. Mark VanNess, Derek Gleason, **Courtney D. Jensen**. *Training Unloading During Winter Break Improves Fitness in Male Rugby Players*. **2017 ACSM National Conference**, June 3, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000519899.05036.33.

1) [MSSE Webpage](#). 2) *MSSE*, 49(5S): 1056.

**ResearchGATE**

**39)** Jung JY, Suh H, **Jensen CD**, Braun TD, Riley KE, Park CL, Pescatello LS. *The Influence of Yoga and Stress Management Intervention on Physical Activity and Function among College Students*. **2014 ACSM National Conference**, May 28, Orlando, FL. Published in *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000451145.70384.89. *MSSE*, 46(5S): 262.

**40)** **Jensen CD**, Darragh KL, Parker BA, Capizzi JA, White CM, Clarkson PM, Thompson PD, Pescatello, LS. *Cardiometabolic Risk Factors and Mental Health*. **2013 ACSM National Conference**, May 31, Indianapolis, IN. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000433724.19268.96. *MSSE*, 45(5S): 472. **ResearchGATE**

**41)** **Jensen CD**, Brown JC, Walker TJ, Petry NM, Pescatello LS. *Physical Activity, Quality of Life, and Medical Problems in HIV Positive Substance Users*. **2011 ACSM National Conference**, June 2, Denver CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.MSS.0000401517.84111.a0. *MSSE*, 43(5S): 550. **ResearchGATE**

**42)** Goldsby TU, **Jensen CD**, Barry D, Pescatello LS. *Contingency Management for Decreasing Caloric Intake in University Students*. **2011 ACSM National Conference**, June 2, Denver CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.MSS.0000401396.63428.e7. *MSSE*, 43(5S): 506

#### **Unpublished Conference Presentations (student names in red):**

**Jensen CD**, Amaral MM, Herrin W, Jacobson LE, Leslie KL, **Mateo LJ**, Saxe JM. (2017). "The Sixth Fractured Rib: A Threshold for Treatment Decisions." **Oral Presentation** at the **iHEA World Congress**, July 10, Boston, MA.

**Nuccio A**, **Villalobos C**, **D'Souza A**, **Jamosmos S**, **Jensen CD** (Faculty Mentor). (2017). "Kinesio Tape: Effect on Force Output." **31st Annual National Council on Undergraduate Research Conference**, April 6–8, Memphis, TN.

**Laskosky N**, **Chia VC**, **Gee S**, **Morozumi M**, **Wei A**, **Jensen CD** (Faculty Mentor). (2016). "The effects of academic stress on force output." **30th Annual National Council on Undergraduate Research Conference**, April 7–9, Asheville, NC.

**Jensen CD**, Darragh KL, Parker BA, Capizzi JA, White CM, Clarkson PM, Thompson PD, Pescatello, LS. (2012). "Cardiometabolic Risk Factors and Mental Health". **NEACSM webpage**. **Oral Presentation** at the **New England American College of Sports Medicine Annual Meeting**, November 9, Providence, RI.

**Jensen CD**, Walker TJ, Brown JC, Petry NM, Pescatello LS. (2011, November). "The Influence of Physical Activity Level on Quality of Life and Global Index of Medical Problems in HIV-Positive Substance Users". **Oral Presentation** at the **New England American College of Sports Medicine Annual Meeting**, Providence, RI.

Goldsby TU, Jensen CD, Barry D, Pescatello LS (2011, November). "Contingency Management for Decreasing Caloric Intake in University Students." **New England American College of Sports Medicine Annual Meeting**, Providence, RI.

Jensen CD. (2008, July and 2009, July). "Health and Wellness Across the Lifespan". Delivered **Oral Presentations** at two annual **Summer Institutes Conferences** in Salem, OR (<http://www.summerinstitutes.com/>). Summer Institutes is an educational organization, partnered with University of the Pacific, that hosts conferences and workshops for K-12 teachers, providing continuing education credits for teacher credentials. Contact: Sue Speckman.

### **Pacific Undergraduate Research and Creativity Conference (student names in red):**

Laskosky N, Chia VC, Gee S, Morozumi M, Wei A, Jensen CD (Faculty Mentor). (2016, May). "The effects of academic stress on force output." **16th Pacific Undergraduate Research & Creativity Conference (PURCC-2016)**, Stockton, CA.


Pratt D, Stiles T, Jensen C, Stevens S, VanNess JM. (2006, May). "Intravenous saline improves physical capacity and improves extracellular water mass in a patient with Chronic Fatigue Syndrome." **6th Pacific Undergraduate Research and Creativity Conference (PURCC-2006)**, Stockton, CA.

### **Invited Presentations and Guest Lectures**

Invited presentation at the Science Seminar Series (S3) at University of the Pacific (DUC Ballroom): 2/6/2018. Presentation title: *The Sixth Fractured Rib: A Threshold for Treatment Decisions*. Contact: Shelly Gulati, Ph.D.

Guest lecture in "HESP 129: Principles of Exercise Physiology" at University of the Pacific: 12/5/2017. Lecture title: *Genetics: Introduction, Diseases, and Applications*. Contact: Peg Ciccolella, Ph.D.

Guest lecture in "PTHR 312: Exercise Physiology in Physical Therapy" at University of the Pacific: 10/5/2017. Lecture title: *Specificity of Adaptation: History, Biology, and Therapeutic Applications*. Contact: Mark VanNess, Ph.D.

Recorded lectures available at:  **PACIFIC Lectures**

Four guest lectures in "HESP 129: Principles of Exercise Physiology" at University of the Pacific: 9/5/2017, 9/7/2017, 9/12/2017, and 9/14/2017. Lecture series title: *Metabolism: Contemporary Updates to Conventional Understanding*. Contact: Peg Ciccolella, Ph.D.

Recorded lectures available at:  **PACIFIC Lectures**

Invited lecture at the Health Sciences Center at Makerere University in Kampala, Uganda on 7/14/2016. Presentation delivered to physicians and faculty of the Medical School and the Physiology Department. Title: *Skeletal Muscle Physiology: Size Principle and Cell Signaling*. Contact: Josephine Kasolo, Ph.D.

Guest presenter for MedLife at University of the Pacific, 4/27/2017. Title: *Preparing for International Internships: Public Health Collaborations in Uganda*. Contact: Lena Perry.

Guest presenter for φεκ Professional Fraternity at University of the Pacific, 10/27/2015. Title: *Researching and Publishing Patient Outcomes*. Contact: Evelyn Delgado.

Guest presenter for Pre-PT Club at University of the Pacific on 3/19/2015. Title: *Outside the Clinic*. Contact: Grace Laughlin.

Guest Lecturer in “HESP 129: Principles of Exercise Physiology” at University of the Pacific, 5/31/2016. Title: *Muscle Physiology*. Contact: Mark VanNess, Ph.D.

Guest Lecturer in “HESP 163: Therapeutic Exercise” at University of the Pacific, 4/6/2016. Title: *Theory and Demonstration of Isokinetic Muscle Testing*. Contact: Jennifer Hoenig.

Guest Lecturer in “HESP 235: Exercise Metabolism” at University of the Pacific, 10/30/2015. Title: *An Introduction to Size Principle*. Contact: Mark VanNess, Ph.D.

Three guest lectures in “HESP 248: Applied and Clinical Physiology” at University of the Pacific: 3/2/2015, 3/4/2015, and 3/6/2015. Lecture series title: *Hypertrophy, Henneman, and mTOR*. Contact: Mark VanNess, Ph.D.

Guest lecturer in “EXS 113: Introduction to Exercise Science” at Central Connecticut State University, 4/16/2012. Title: *The Ingredients of Athleticism in the Human Genome*. Contact: Gregory Panza.

## Other Media

Designed and created figures in: Ash et al. (2013). The Promises and Challenges of the Use of Genomics in the Prescription of Exercise for Hypertension: The 2013 Update. *Current Hypertension Reviews*, 9: 130-147.

## GRANTS and AWARDS

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### Grants

Awarded \$4,000 on behalf of the College Research Committee to fund the project “Student research in Health and Exercise Science: Peer-reviewed presentations at the 2018 annual conference of the American College of Sports Medicine.”

Travel Grant for Trauma Research Collaboration (\$5,000) St. Vincent Hospital, Ascension Health	July, 2017
Travel Grant for Trauma Research Collaboration (\$1,700) St. Vincent Hospital, Ascension Health	August, 2016

Travel Grant for Ugandan Research Collaboration (\$1,200) School of International Studies, University of the Pacific	May, 2016
Graduate Student Travel Grant (\$650) University of Connecticut Graduate School	April, 2013
3x NGSA Scholarship and Leadership Travel Grant Neag Graduate Student Association	March, 2013 October, 2012 March, 2011

## Awards

Podesto Award with \$2,000 stipend for Excellence in Student Life, Mentoring, and Counseling <i>University of the Pacific Student Life</i>	May, 2018
Outstanding Professor of the Year award <i>Latinx Community Outreach</i>	May, 2018

## APPOINTMENTS and AFFILIATIONS

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<b>Manuscript Reviewer</b> (impact factor)	
<i>Journal of Cachexia, Sarcopenia and Muscle</i> (9.7)	2018 – current
<i>Endocrine-Related Cancer</i> (5.3)	2017 – current
<i>NCUR Proceedings</i>	2017 – current
<i>Annals of Epidemiology</i> (2.6)	2016 – current
<i>Journal of Strength and Conditioning Research</i> (2.1)	2011 – current

### Research Consultancies

<i>Uganda Bureau of Statistics</i> (Kampala, Uganda). Analyze and interpret census data, advise revisions of census questionnaires.	2016 – current
<i>St. Vincent Hospital</i> (Indianapolis, Indiana). Analyze and interpret treatment outcomes, particularly in trauma medicine.	2015 – current

<b>Intel Student Science Program sponsor</b>	2011 – 2013
Sponsored a student (Jibin Manimala) for 2 years, culminating with his presentation at the <i>Intel International Science and Engineering Fair</i> . Project title: <i>Efficacy of Isometric Handgrip Training to Lower Resting Blood Pressure: A Systematic Review and Meta-Analysis</i> . <a href="#">Intel Student Science website</a>	

<b>GeoAid Medical Practitioner</b> (Lomié, Cameroon)	2007
Volunteered on a four-person medical team that serviced patients in Cameroon. Treated 210 outpatients (physiotherapy and distribution of medications) and assisted in 19 surgeries (bowel colectomies, herniorrhaphies, colporrhaphies, and hysterectomies). Contact: Frederick Frank, MD.	

## CERTIFICATIONS

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### ***American Red Cross***

Adult CPR/AED 2005 - Present

### ***Collaborative Institutional Training Initiative***

Human Subjects Research: Basic Biomedical Curriculum 2010 - Present

Human Subjects Research: Conflicts of Interest 2010 - Present

Responsible Conduct of Research 2011 - Present

IRB Members 2017 - Present

IRB Administration 2017 - Present

### ***University of Connecticut's Environmental Health & Safety***

Bloodborne Pathogens Training 2010

General Biosafety Training 2010

Biomedical Waste Packaging Training 2010

Shipping and Transportation of Biological Agents Training 2010

### ***Willamette University's Integrated Technology Services***

Graphic Design and Web Development Certification 2005

## TEACHING STATISTICS (University of the Pacific)

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Spring, 2018 | 87 advisees  
6 weekly office hours

**HESP 180 Clinical Epidemiology**  
33 students. Mean course evaluation: 3.94 / 4.00

**HESP 248 Applied and Clinical Physiology**  
12 students. Mean course evaluation: 3.76 / 4.00

Avg. number of students per class:  
22.5

Avg. student rating across all courses:  
3.89 / 4.00

**Additional responsibilities:** Taught 13 independent study courses and oversaw 2 internships.

Fall, 2017 | 83 advisees  
6 weekly office hours

**HESP 147 Exercise Physiology I**  
37 students. Mean course evaluation: 3.94 / 4.00

**HESP 180 Clinical Epidemiology**  
39 students. Mean course evaluation: 3.92 / 4.00

**HESP 279 Graduate Research Methods**  
15 students. Mean course evaluation: 3.74 / 4.00

Avg. number of students per class:  
30.3

Avg. student rating across all courses:  
3.90 / 4.00

**Additional responsibilities:** Taught 9 independent study courses.

Summer, 2017 | 6 weekly office hours

**HESP 129 Principles of Exercise Physiology**  
7 students. Mean course evaluation: 3.86 / 4.00

Avg. number of students per class:  
7.0

Avg. student rating across all courses:  
3.86 / 4.00

Spring, 2017 | 69 advisees  
8 weekly office hours

**HESP 129 Principles of Exercise Physiology**  
34 students. Mean course evaluation: 3.94 / 4.00

Avg. number of students per class:  
34.0

Avg. student rating across all courses:  
3.94 / 4.00

**Additional responsibilities:** Taught 6 independent study courses.



Fall, 2016 | 31 advisees  
8 weekly office hours

**HESP 129 Principles of Exercise Physiology (Section 1)**  
29 students. Mean course evaluation: 3.96 / 4.00

**HESP 129 Principles of Exercise Physiology (Section 2)**  
34 students. Mean course evaluation: 3.92 / 4.00

**HESP 147 Exercise Physiology I**  
34 students. Mean course evaluation: 3.92 / 4.00

**HESP 233 Advanced Kinesiology**  
8 students. Mean course evaluation: 4.00 / 4.00

Spring, 2016 | 14 advisees  
6 weekly office hours

**HESP 129 Principles of Exercise Physiology**  
29 students. Mean course evaluation: 3.88 / 4.00

**HESP 100 Research Methods**  
34 students. Mean course evaluation: 3.95 / 4.00

**HESP 248 Clinical and Applied Physiology**  
8 students. Mean course evaluation: 3.97 / 4.00

Fall, 2015 | 8 weekly office hours

**HESP 129 Principles of Exercise Physiology**  
24 students. Mean course evaluation: 3.87 / 4.00

**HESP 147 Exercise Physiology I**  
30 students. Mean course evaluation: 3.63 / 4.00

Spring, 2015 | 8 weekly office hours

**HESP 129 Principles of Exercise Physiology (Section 1)**  
23 students. Mean course evaluation: 3.61 / 4.00

**HESP 129 Principles of Exercise Physiology (Section 2)**  
26 students. Mean course evaluation: 3.66 / 4.00

**HESP 177 Exercise Physiology II**  
24 students. Mean course evaluation: 3.43 / 4.00

Avg. number of students per class:  
26.3

Avg. student rating across all courses:  
3.94 / 4.00

**Additional responsibilities:** Taught  
5 independent study courses.

Avg. number of students per class:  
23.7

Avg. student rating across all courses:  
3.92 / 4.00

**Additional responsibilities:** Taught 2  
independent study courses.

Avg. number of students per class:  
27.0

Avg. student rating across all courses:  
3.74 / 4.00

Avg. number of students per class:  
24.3

Avg. student rating across all courses:  
3.57 / 4.00