

Curriculum Vitae

A. PERSONAL

Jason Daniel Cohen
 Department of Kinesiology and Community Health
 University of Illinois at Urbana-Champaign
 Exercise Technology and Cognition Lab
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B. EDUCATION

B1. Degrees

Graduate

Doctor of Philosophy in Bio-Behavioral Kinesiology 2013 – Present
 University of Illinois at Urbana-Champaign

Undergraduate

Bachelor of Science in Psychology 2009 – 2013
 Union College

C. PROFESSIONAL EXPERIENCE

Course Lead Instructor

University of Illinois at Urbana-Champaign

Kin 247-Online: Introduction to Sports Psychology 2016 – Present

Graduate Research Assistant

University of Illinois at Urbana-Champaign 2013 – Present

Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. Research focuses on the understanding of factors facilitating long-term physical activity behavior, maintenance and self-regulation capabilities across the lifespan.

Completed Studies include:

Cognitive Regulation Training and Exercise (CORTEX) Trial:

This study is funded by the *National Heart, Lung and Blood Institute* (07/2012-06/2015) CORTEX is designed to test the efficacy of a 4-week pre-exercise booster training to enhance adherence and engagement to a 4-month exercise program, among middle-aged adults (45-64).

Heat & Aerobic Training (HEAT) With Young Adults:

HEAT is currently being conducted at a recreation center at the University of Illinois with 18-25 year olds. HEAT is designed as an 8-week randomized controlled trial testing the effectiveness of bi-weekly iPad-enhanced 50-minute aerobic exercise sessions followed by 10-15-minute sauna sessions relative to an exercise only control (followed by sitting).

Ongoing studies include:

Wayfinding, Exergaming, and Spatial-memory Training (WEST):

This study is funded by the *Center for Health, Aging, & Disability* (08/2013-12/2015). WEST study is randomized controlled pilot intervention comparing a 10-week exergaming intervention vs. an exercise-only control.

Cognition, Agility & Fitness (CALF):

CALF is a cross-sectional study looking at relationships among aerobic fitness, agility, and cognitive functioning.

Heat & Aerobic Training (HEAT-II/STEAM):

STEAM is internally funded by UIUC's Research Board; it is a randomized controlled trial involving a parallel study design comparing a 14-week aerobic training program followed by sitting vs. aerobic training followed by sitting in a steam-room (moderate heat stress). The Primary aims are: to reduce blood pressure, inflammation, and psychosocial stress. The Secondary aims are: to improve cognitive functioning and mindfulness

Sauna Attitudes, Use, Norms, and Symptoms (SAUNAS):

SAUNAS is a survey-based study, which will be distributed to regional fitness facilities, spas and bathhouses in an effort to understand more about perceptions and beliefs about the sauna experience.

Cognitive Regulation Training and Exercise (CORTEX)-II Trial:

CORTEX-II was designed as a parent study of the CORTEX Trial to test the efficacy of a dual site (at-lab and at-home) 4-week pre-exercise booster training to enhance adherence and engagement to a 12-month exercise program among middle-aged adults (35-64 years).

Graduate Teaching Assistant**University of Illinois at Urbana-Champaign**

Kin 122: Physical Activity and Health Behavior	2013 - 2014
Kin 247: Intro to Sports Psychology*	2013 - Present
*Rated as an Excellent Instructor (Fall 2015, Spring 2016)	
Kin 247 Online: Intro to Sports Psychology	2016- Present

Undergraduate Research Assistant**Union College**

2012 – 2013

Healthy Aging Lab, under the direction of Dr. Cay Anderson-Hanley. Research focuses on proximal and distal temporal changes in memory capabilities in older adults after short-term or sustained bouts of aerobic exercise:

D. SCHOLARLY ACTIVITY**D1.****Peer-Reviewed Publications**

Buckley, J., **Cohen, J.D.**, Kramer, A.F., McAuley, E., & Mullen, S.P. (2014). Cognitive control in the self-regulation of physical activity and sedentary behavior. *Frontiers in human neuroscience*, 8.

Manuscript ID: 104230

Frontiers in Human Neuroscience 2014

In Preparation

Cohen, J.D., Palac, D., Mullen, S.P. (2017). **Cancer, Exercise & Technology Interventions.**

Cohen, J.D., Bullard, T., Palac, D., Kramer, A.F., McAuley, E, Mullen, S.P. (2017). **Revised Model for Predicting Attrition from Exercise in Adults.**

Mullen, S.P., **Cohen, J.D.**, Wong, B., Augustinas, S., Copeland, T. (2016). **Mild Heat Stress, Exercise & Cognition.** *Biomedical Research International.*

Mullen, S.P., **Cohen, J.D.**, **Exercise and Adjuvant Therapies: A Review of Randomized Controlled Trials.**

Mullen, S.P., **Cohen, J.D.**, Palac, D., Bullard, T., Hua, A.K., **Primary Outcomes Heat Exercise and Attention Training Trial.**

Mullen, S.P., **Cohen, J.D.**, Palac, D., Bullard, T., Hua, A.K., **Primary Outcomes Cognitive Regulation Training and Exercise Trial.**

Book Chapters**Accepted**

Mullen, S.P., **Cohen, J.D.**, Palac, D., **Physical Activity and Sedentary Behavior**. *Behavioral and Social Science in Medicine: Principles and Practice of Biopsychosocial Care*. NY: Springer.

Symposium Presentations

CORTEX: A randomized controlled trial to test cognitive training effects on 4-month exercise adherence SBM 2015

Effects on cognitive functioning from 20 hours of training: Secondary outcomes from the CORTEX trial SBM 2015

A Novel Cognitive Training Intervention Reduces Back Pain in Middle-aged Adults SBM 2016

D2.

Poster Presentations

Cohen, J. D., Bullard, T., Palac, D., Kramer, A. F., McAuley, E., & Mullen, S. P. (March, 2017). *Revised model for predicting attrition from exercise*. Poster to be presented at the Annual Meeting for the Society of Behavioral Medicine. San Diego, CA. Abstract retrieved from (TBA)

Cohen, J. D., Trinh, L., Kramer, A. F., McAuley, E., & Mullen, S. P. (March, 2017). *Prior cancer diagnosis associated with lower adherence and physical activity in an RCT involving cognitive training designed to increase exercise adherence*. Poster presented at the Annual Meeting of the American Society of Preventive Oncology. Seattle, WA. Abstract retrieved from (TBA)

Cohen, J.D., Palac, D., Bullard. T., Hua, A.K., Shroyer, R., Wong, B., Wilund, K., Woods, J., Kramer, A.F., Mullen, S.P. (April, 2016). *Chronic Cognitive Effects of Sauna Following Aerobic Exercise on Processing Speed*. Poster presented at the annual meeting for the Society for Behavioral Medicine. Washington, DC. Abstract retrieved from http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf

Cohen, J.D., Palac, D., Bullard, T., Mullen, S.P. (April, 2015). *Physical and Cognitive Benefits of Combining Steam-Room Use with Exercise*. Poster presented at the annual meeting for the Society for Behavioral Medicine. San Antonio, TX. Abstract retrieved from <http://www.sbm.org/UserFiles/file/am15-Final-v23-sm.pdf>

Cohen, J.D., Rudolph, E., Anderson-Hanley, C., (April, 2014). *Aerobic and cognitive exercise over time: virtual versus outdoor cycling*. Poster presented at the annual meeting for the Society for Behavioral Medicine. Philadelphia, PA. Abstract retrieved from http://www.sbm.org/UserFiles/file/AM14_Final_Program_web_ready.pdf

Meritorious Student Award Winner

Aerobic and Cognitive Exercise Over Time: Virtual versus Outdoor Cycling SBM 2014

Accepted Poster Submissions

- Short and Long-Term Effects of Multi-Modal Cognitive Training on Processing Speed SBM 2016
- Inter-individual Differences in Self-Regulation of Exercise: A Latent Profile Analysis SBM 2016
- Exercise-related attitudinal changes after 20 hours of cognitive training. SBM 2017

Accepted Abstract Submissions

- Mullen, S.P., **Cohen, J.D.**, Bullard, T., Erickson, K., Bherer, L., Kramer, A.F., & McAuley, E. (April, 2015). *CORTEX: A randomized controlled trial to test cognitive training effects on 4-mo exercise adherence*. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. Abstract retrieved from <http://www.sbm.org/UserFiles/file/am15-Final-v23-sm.pdf>
- Bullard, T., Banducci, S., **Cohen, J.D.**, Palac, D., Erickson, K., Bherer, L., Kramer, A.F., McAuley, E., & Mullen, S.P. (April, 2015). *Effects on cognitive functioning from 20-hr training: Secondary outcomes from the CORTEX trial*. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. Abstract retrieved from <http://www.sbm.org/UserFiles/file/am15-Final-v23-sm.pdf>
- Mullen, S.P., Bullard, T., **Cohen, J.D.**, Palac, D., Hua, A.K., Johnson, A., & Mudar, R. (March, 2015). *A comparison of traditional and tablet-delivered Trails A&B in Three Samples*. Poster presented at the Annual meeting for the Cognitive Neuroscience Society. San Francisco, CA. Abstract retrieved from <http://www.cogneurosociety.org/cns-2015-program/>
- Hua, A.K., Bullard, T., **Cohen, J.D.**, Palac, D., McAuley, E., Kramer, A.F., Mullen, S.P. (March, 2016). *A Novel Cognitive Training Intervention Reduces Back Pain in Middle-aged Adults*. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, D.C. Abstract retrieved from http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf
- Palac, D., **Cohen, J. D.**, Hua, A. K., Bullard, T., Kramer, A. F., McAuley, E., Mullen, S. P. (March, 2016). Short and Long-term Effects of Multi-Modal Cognitive Training on Processing Speed. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, D.C. Abstract retrieved from http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf
- Bullard, T., **Cohen, J.D.**, Palac, D., Hua, A.K., Kramer, A.F., McAuley, E., Mullen, S.P. (March, 2016). Inter-individual Differences in Self-Regulation of Exercise: A Latent Profile Analysis. Poster presented at the Annual Meeting for the Society for Behavioral

Medicine. Washington, D.C. Abstract retrieved from
http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf

Bullard, T., Rebar, A., **Cohen, J.**, Palac, D., Wichman, A.L., Kramer, A.F., McAuley, E., & Mullen, S.P. (March, 2017). *Exercise-related attitudinal changes after 20 hours of cognitive training*. Poster submitted to the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA. Abstract retrieved from (TBA)

E. AWARDS

Meritorious Student Project Award Winner SBM-2014
Cohen, J.D., Rudolph, E., Anderson-Hanley, C., (April, 2014). *Aerobic and cognitive exercise over time: virtual versus outdoor cycling*. Poster presented at the annual meeting for the Society for Behavioral Medicine. Philadelphia, PA.

F. SERVICE

F1. Professional

Abstract Award Reviewer

January 2017 Society of Behavioral Medicine – *Student Special Interest Group*

Student Representative

May 2016 – Present Society of Behavioral Medicine – *Physical Activity Special Interest Group*

Primary responsibilities included dissemination of information about the on-goings of the special interest group to students and faculty across the country, publishing articles in the Society of Behavioral Medicine's Journal, planning symposia, special topics and other relevant events.

G. PROFESSIONAL ASSOCIATION MEMBERSHIP

<i>Psi Chi Honor Society</i>	2012-Present
<i>Phi Kappa Phi Honor Society</i>	2013-Present
<i>Society of Behavioral Medicine</i>	2013-Present
<i>Human Factors and Ergonomics Society</i>	2013-2014
<i>APA Division 47</i>	2015-Present
<i>Cognitive Neuroscience Society</i>	2015-Present
<i>Association for Psychological Science</i>	2016-Present