

Curriculum Vitae

A. PERSONAL

Jonathan Ryan North
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B. EDUCATION

B1. Degrees

Graduate

Masters in Kinesiology 2017 – Present
University of Illinois at Urbana-Champaign

Undergraduate

Bachelors of Science in Community Health 20013 – 2016
University of Illinois at Urbana-Champaign

C. PROFESSIONAL EXPERIENCE

Undergraduate Research Assistant

University of Illinois at Urbana-Champaign 2012 – 2013
Neurocognitive kinesiology Lab, under the direction of Dr. Charles Hillman. Research focused on the effects of physical activity on cognition in children:

Graduate Research Assistant

University of Illinois at Urbana-Champaign 2017 – 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.

Ongoing studies include:

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

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).

D. SCHOLARLY ACTIVITY

D1.

Poster Presentations

Cohen, J. D., Palac, D., Bullard, T., **North, J. R.**, Phansikar, M., & Mullen, S. P. (April, 2018). *Relationships among affect, memory, perceptions, and physical function in older adults with cancer*. A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA. Abstract retrieved from (TBA)

Accepted Abstract Submissions – In Print

North, J. R., Cohen, J. D., Palac, D., Bullard, T., Phansikar, M., Wong, B., Wilund, K., & Mullen, S. P. (April, 2018). Increased sleep efficiency through heat therapy and exercise. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA. Abstract retrieved from (TBA)

Mullen, S. P., Cohen, J. D., Palac, D., Bullard, T., Phansikar, M., **North, J. R.**, Wong, B., & Wilund, K. (April, 2018). A pilot RCT testing effects of steam-room usage after exercise on cardiovascular functioning among pre-hypertensive adults. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA. Abstract retrieved from (TBA)

Phansikar, M., Palac, D., Cohen, J.D., Bullard, T., **North, J. R.**, Wilund, K., Wong, B., Mullen, S. P. (April, 2018). Complementary effects of exercise and heat therapy on mindfulness and cognition. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA. Abstract retrieved from (TBA)