

Jonathan North

Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign / Exercise Technology and Cognition Lab
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A. EDUCATION

Graduate

2017 – 2021 (Anticipated) Doctor of Philosophy in Kinesiology, UIUC

Undergraduate

2013 – 2016 Bachelor of Science in Community Health, UIUC

B. SCHOLARLY ACTIVITY

Conference Abstracts

1. Mullen, S. P., Cohen, J., 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. Poster presented at the annual meeting for the Society of Behavioral Medicine.
2. 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*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.
3. **North, J. R.**, Cohen, J., Palac, D., Bullard, T., Phansikar, M., Wong, B., Wilund, K., & Mullen, S. P. (April, 2018). Increased sleep efficiency through heat therapy and exercise. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
4. 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. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.

C. PROFESSIONAL EXPERIENCE

Graduate Research Assistant

2017 – Present, University of Illinois at Urbana-Champaign

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 across the lifespan. Study responsibilities include administration of and training other assistants to administer cognitive, neuropsychological and functional fitness testing; supervision of aerobic exercise sessions; data analysis; abstract and manuscript writing. Research projects include:

Cognitive Regulation Training and Exercise (CORTEX)-II Trial: The CORTEX-II trial is a study designed to test the efficacy of a 4-week pre-exercise booster training (both in-lab and at-home) to enhance adherence and engagement to a 12-month exercise program, among middle-aged adults.

Cognition, Agility & Fitness (CALF): CALF is a cross-sectional study examining the relationships among aerobic fitness, agility, and cognitive functioning. The CALF study uses a novel device with the aim of improving methods for measuring physical agility, spatial memory, and lower-body mobility, coordination, and speed.

Undergraduate Research Assistant

2013 – 2016, University of Illinois at Urbana-Champaign
Neurocognitive kinesiology Lab, under the direction of Dr. Charles Hillman. Research focused on the effects of physical activity on cognition in children:

D. TEACHING EXPERIENCE

Instructor of Record

2018, University of Illinois at Urbana-Champaign
Kinesiology 247: Introduction to Sport and Exercise Psychology

E. AWARDS

Travel Award

Spring 2018, University of Illinois at Urbana-Champaign

F. ASSOCIATION MEMBERSHIP

2016 – 2017 USA – Weightlifting
2017 – Present Society of Behavioral Medicine