CENTER FOR SUCCESSFUL AGING

Director: Dr. Koren L. Fisher, PhD
CSA Faculty Members: Dr. Do Kyeong Lee, PhD
Dr. Priya Patel, PhD
Dr. Daniela Rubin, PhD, FACSM
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College: Health and Human Development
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Phone: (657) 278-7012
Website: https://csa.fullerton.edu/
Year Established: 1994 – Established as the Lifespan Wellness Clinic
1998 – Name changed to Center for Successful Aging
Year of Last Review: 2018
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2. Mission and Goals

The mission of the Center for Successful Aging (CSA) is the promotion of health and vitality across the lifespan. The specific goals of the CSA are: 1) to conduct interdisciplinary research on issues related to infant development, physical activity promotion in youth and adults with and without disability, healthy lifestyle behaviors and falls prevention and risk reduction in the later years; 2) to provide professional training for students and health care practitioners working with infants, children, and adults of all ages in a variety of settings; 3) to implement a range of community-accessible programs based on a holistic, lifespan approach and family-centered and inter-generational physical activity interventions; 4) to collaborate and partner with community agencies and organizations to provide innovative programming and services aimed at promoting physical activity and reducing sedentary behavior; and 5) to serve as an advocate for affecting public policy relative to developing physical literacy and healthy behaviors across the lifespan. The CSA's programming is evidence-based and incorporates best practices to help individuals of all ages and abilities maintain a lifestyle that is of the highest quality attainable. A multidisciplinary team of university faculty and students work with community partners to implement these goals through their education, research, and service activities.

Based on the 2018 – 2023 Fullerton Forward strategic plan, the CSA mission and goals were aligned, to a greater or lesser degree, with each of the four CSUF Goal Statements listed below:

Goal 1: Our commitment to a Transformational Titan Experience – Provide a transformative educational experience and environment for all students

Goal 2: Our Commitment to Student Success and Completion – Strengthen opportunities for student completion and graduation

Goal 3: Our Commitment to Faculty and Staff Diversity and Success – Recruit and retain a high-quality and diverse faculty and staff

Goal 4: Our Commitment to Our Learning Environment and Legacy – Expand and strengthen our financial and physical capacity

The mission of the College of HHD is to prepare students to thrive in a globalized era in their chosen field. The College of HHD mission and goals that CSA strives to attain are as follows:

- *Promote Instructional and Curricular Excellence* – The CSA offers high-quality and high-impact educational opportunities to prepare students for professional careers, advanced study, and personal growth
- *Foster a Culture of Discovery and Innovation* – The CSA works to advance knowledge and improve professional practice through research and scholarly activity and to promote innovative teaching practices through the implementation of high-impact practices
- *Enhance College Climate and Culture of Inclusion* – The CSA provides facilitates mentoring opportunities and provides opportunities to increase cultural competence for both students and faculty.
- *Advance the Impact of the College* – The CSA seeks to build and strengthen community partnerships, increase community engagement, promote the expertise and accomplishments of faculty, students, and alumni, and provide opportunities for faculty, students, and alumni to engage in philanthropic activities.

3. Activities

The work of the CSA builds bridges between the University and surrounding community through its direct service programming and multitude of outreach activities. Through its whole person wellness philosophy and associated programs and services, the CSA provides a learning laboratory for students that affords them the opportunity to engage in high impact pre-professional practice that better prepares them for related careers and/or advanced education.

The Covid-19 pandemic significantly impacted the Center's activities from March 2020 until Fall 2021, and while the Center's activities and programs have resumed, they are still building back to pre-pandemic

levels. The Center's activities are summarized below, with more specific information provided in Appendix A.

Community Outreach Physical Activity Programs

a. The CSA Community Outreach Physical Activity Program for older adults provides opportunities for community members (55+ years) to receive a comprehensive evaluation of their fitness, to set physical activity goals, and to participate in individualized and group-based physical activity and wellness classes throughout the year. The Center typically operates classes Monday through Thursday mornings for 12 weeks during each academic semester, with shorter duration classes offered during the Winter intersession and Summer. In March 2020, the Covid-19 pandemic abruptly ended our programming; however, we were able to resume our physical activity classes online beginning in the Fall 2020 semester. We returned to in-person programming in Fall 2021.

   Our physical activity programming provides "hands-on" teaching experiences for our students. Graduate students in the Gerokinesiology concentration within the Department of Kinesiology lead the majority of the Center's physical activity programs and, in turn, train undergraduate student assistants completing internships or service learning experiences (see below).

   During the period under review, we offered 44 separate classes, each serving between 10 and 20 clients. Students collectively accrued over 2000 hours of service to the Center, with 11 graduate students serving as lead instructors in one or more physical activity classes and 36 undergraduate students serving as program assistants.

b. Since August 2023, Do Kyeong Lee has provided a baby assessment class to the low-socioeconomic-status Hispanic population at the Center for Healthy Neighborhoods (CFHN). This class occurs monthly, specifically on the 1st Thursday of every month, providing a consistent opportunity for infants aged between 3 and 18 months to participate. During these sessions, student research assistants (9 students) help in setting up the room, engaging with the babies, documenting the babies' motor skills, and collecting anthropometric data such as body length and weight. Each participating infant receives personalized feedback on their motor development, along with suggestions for interactive play and motor areas for further practice. Since the fall semester of 2023, we have successfully conducted a total of 7 classes, with a diverse participation of at least 15 infants. Remarkably, some infants have taken part in multiple sessions, highlighting our program's positive impact and popularity.

c. In Fall 2023, the CSA, led by Do Kyeong Lee, Priya Patel, and Daniela Rubin, formed a new collaboration with the CFHN to plan, develop, and implement a community-based physical activity program for children and youth. In 2024, Daniela Rubin and Kathleen Wilson began work to adapt a tested curriculum originally designed to improve motor skills and quality of life in children with obesity and/or Prader Willi Syndrome. The work involved adapting the routines from parent-child dyads to a group-based format and adapting the routines to be appropriate for older children and youth. The FunDoRoo™ Physical Activity Program is being piloted at the CFHN beginning in March 2024, with plans to fully implement the program in Fall 2024. Currently, there are 3 graduate and 5 undergraduate students involved in the adaptation work and pilot testing of the FunDoRoo™ program.

Internship and Practicum Experiences

The CSA provides internship and practicum experiences for students in the Departments of Kinesiology and Public Health, along with the Aging Studies and Gerontology programs. Undergraduate and graduate students are provided with the opportunity to engage in professional practice in one of our two on-campus facilities or at one of more of our established community outreach sites. In addition to KNES 495 Internship opportunities, students enrolled in KNES 454 (Physical Dimensions of Aging), KNES 455 (Functional Performance Assessment and Programming for Older Adults), KNES 432 (Applied Exercise Psychology), and KNES 550 (Graduate Internship) have the option of completing service learning experiences in Center programs. During the period under review, more than 60 students completed internships, service-learning experiences, or volunteered their services in the Center.

Research and Scholarly Activities

The CSA is nationally and internationally recognized for the research and scholarly activities conducted by its faculty and students. Research in the CSA examines the role of physical activity in healthy aging throughout the life course for people of all abilities, often from an inter-disciplinary perspective. The CSA's faculty members rely heavily on undergraduate and graduate student involvement (through KNES 499 and KNES 599) to carry out their projects. Our faculty have been very successful at attaining intramural and/or extramural funding and they disseminate their work at national and international conferences, through peer-reviewed research articles, and through the development of products and programs to be shared with the community (please see Appendix A). For the period under review, Center faculty have published 8 book chapters and 54 peer-reviewed research articles and have delivered countless conference symposia, presentations and community workshops and presentations.

Certificate Programs

The Balance and Mobility Specialist Instructor Certificate Program was established in 2003 with initial funding from the Archstone Foundation and provides invaluable training for exercise specialists and other allied health professionals in the assessment and treatment of balance and mobility disorders. The program was housed in the CSA until the retirement Dr. Debbie Rose, the certificate program's director, in 2022. The last practical certification workshop was held in Spring 2022. The future role of the CSA in offering this certificate program is unknown at this time.

A new Senior Fitness Instructor Certificate program is in the early stages of development. This certificate program is intended to provide high quality specialized training for kinesiology students and professionals working with healthy older adults in a multitude of physical activity contexts. The CSA faculty also have strong interest in developing certificate programs to provide kinesiology students and professionals with specialized training in the areas of wellness (under the leadership of Kathleen Thomas) and in working with people with disabilities (under the leadership of Daniela Rubin).

4. Organizational Structure and Governance *(see Organizational Chart in Appendix B)*

- *Director:* Dr. Koren Fisher, Associate Professor *(assumed Director's role in Fall 2022)*
- *CSA Affiliated Faculty:* Dr. Koren Fisher, Dr. Daniela Rubin; Dr. Kathleen Wilson; Dr. Do Kyeong Lee; Dr. Priya Patel (since 2022)
- *Operations Manager* (5 units of assigned time from KHS): position eliminated in 2019 due to withdrawal of assigned time
- *Events and Programs Coordinator* (10 hours/week funding from CSA): position eliminated in 2019 due to insufficient Center funds
- *Graduate Student Instructors & Research Assistants (2018–2024)*: 25
- *Undergraduate Student Interns (2018-2024; included service learners and volunteers)*: 52
- *Center Advisory Board*: TBD
  The Center's Community Advisory Board meets twice per year and its primary role is to provide feedback on CSA activities and to identify important needs in the community and the role that the CSA might play in addressing these needs. Collaborative partnerships have been established with several community-based organizations based on previous advisory board recommendations. Due to changes in the CSA leadership, the elimination of staff positions within the Center, and the Covid-19 pandemic, the advisory board has not met since 2017. The current CSA Director and CSA Faculty have identified prospective members for a restructured community advisory board that will reflect the broader mission of the Center. These individuals will be invited to join the Board in Spring 2024 and we will convene the first meeting of this newly structured board in Fall of 2024.

5. Resources and Sustainability

The total revenue generated from all sources for the period under review is $440,414. The revenue during this period (significantly impacted by the Covid-19 pandemic) was derived from three primary sources:

- Intramural/Extramural Grant Funding Awarded to Center Faculty: $317,480 (Intramural)/$38,527 (Extramural)
- CSA Programs: $116,309

- Donations: $6,625

Additional sources of support provided to the Center during the period under review included (a) assigned time (3 units) from the Kinesiology Department for the Director in Spring 2023 and Fall 2023 (no longer available); (b) Between 20 and 30 hours of paid graduate assistantships (4-6) provided by the Department of Kinesiology (no longer available); (c) partial support for Operations Manager position (support discontinued; position eliminated in 2019); (d) unpaid student internships, practica, independent studies, and student volunteer hours; (e) Departmental support for maintenance of shared facilities and equipment in Lifespan Wellness Center (KHS 001); and (f) allocation of space on College of HHD server and provision of technical support related to maintenance of Center websites.

The Center currently occupies dedicated program and office space in the Kinesiology and Health Science Building (KHS 011a-d) and the Ruby Gerontology Center (Movement Enhancement Lab – Rm 17 & 18). The Center also shares space with other programs and classes offered through the Department of Kinesiology and Public Health (Lifespan Wellness Center, KHS 001) and the Osher Lifelong Learning Institute (OLLI; Ruby Gerontology Center, RGC 18).

The Center's sustainability up until this point can be directly attributed to the ability of Center faculty to attract external grants and contracts, the high-quality programming, training, and consultation provided by CSA faculty and staff, the availability of state-of-the art program and laboratory facilities, and the sustained support (direct and indirect) from the Kinesiology department and the College of HHD. With the elimination of direct financial support for staff assigned time and graduate assistantships from the Department of Kinesiology, the sustainability of the Center will depend to a greater degree upon the creative use of existing support avenues and the ability of the Center and its faculty to attract revenue from external sources.

6. Highlights and Accomplishments

In the last two years, the CSA celebrated the career of one of its founders, Dr. Debbie Rose, and its 25th Anniversary. Dr. Koren Fisher assumed sole directorship of the Center on July 1, 2022, and we added a new faculty member, Dr. Priya Patel in Fall 2022.

During the period under review, the CSA's faculty members have engaged in several noteworthy activities and received recognition for their work, including:

- Establishing a new collaboration with the Center for Healthy Neighborhoods to develop and implement community-based physical activity programming for underserved children and youth.
- Kathleen Wilson serves on several community-based committees, including the Fullerton Move More, Eat Healthy Collaborative (2014-present) and as a member of the Parks and Recreation Commission of Buena Park (2013-2020; served as Commission Chair in 2019).
- Koren Fisher received a 2023 CSUF Faculty Recognition Award for Excellence in Service for her contributions to the CSA.
- Daniela Rubin delivered several invited presentations related to her research related to Prader Willi Syndrome at several international scientific and community meetings, including keynote addresses at the XII Congreso Chileno de Nutrición Clínica, Obesidad y Metabolismo y V Congreso Chileno de Nutrición Clínica Pediátrica. Asociación Chilena de Nutrición Clínica, Obesidad y Metabolismo, held in Chile, the 11th International Prader-Willi Syndrome Organization, held in Ireland, and the Colombian Society of Prader-Willi Syndrome Virtual meeting
- In 2021, Do Kyeong Lee received a Faculty Recognition Award for her contributions to Diversity, Equitable and Inclusive Practices from the College of Health and Human Development.
- Since 2020, Daniela Rubin has received Faculty Recognition Awards for her high-quality research and grant activity, her contributions to Diversity, Equitable and Inclusive Practices, and Outstanding Achievement in Service.

- Daniela Rubin received the Presidents' Service Award from the Prader-Willi California Foundation in November 2020.
- Koren Fisher, Debbie Rose and several CSA graduate students worked to development and implement of online, synchronous and asynchronous physical activity programming for older adults, delivered to CSA clients via Zoom, in response to the Covid-19 pandemic. Exercise equipment, including resistance bands, yoga mats, and foam rollers were delivered to clients upon request. Under Dr. Fisher and Dr. Rose's supervision, CSA graduate student instructors created instructional videos that were posted on the CSA's YouTube channel.
- Several CSA Faculty, led by Daniela Rubin, developed and published (2019) the FunDoRoo™ Active Play program.
- In 2019, Do Kyeong Lee was awarded the CSUF Faculty Advisor of Distinction
- Kathleen Wilson received the 2018 Reviewer of the Year Award from *Psychology of Sport and Exercise*.

7. Planning and Strategic Outlook

With the steady return to normal Center operations, the Center director and faculty met in Spring 2022 to re-establish the Center goals and strategic direction. With the release of new University (2023) and College (2024) strategic plans and the re-establishment of the community advisory board planned for Fall 2024, Center faculty will meet again in Spring 2024 to refine and update the goals below.

- Continue to disseminate research findings through peer-reviewed articles, books, book chapters, technical reports, and other related products.
- Continued community-based physical activity programming for children and youth (in collaboration with the Center for Healthy Neighborhoods) and older adults.
- Revise and expand the CSA website to better reflect the mission of the Center and accurately describe Center activities while elevating the national recognition of the Center and its faculty.
- Develop a 5-year strategic plan that aligns with those of both the University and College
- Development and submission of at least two extramural grant proposal to support the ongoing operations and/or research of Center faculty;
- Development of the Senior Fitness Instructor certificate program under the leadership of Dr. Koren Fisher.
- Increase the number of undergraduate and graduate students who elect the Gerokinesiology concentration in Kinesiology

Now in its 25th year of operation, the Center for Successful Aging is nationally and internationally recognized for the research conducted by its faculty, staff, and students. The Center continues to develop new learning experiences aimed at better preparing students for professional practice or advanced academic study, establish new partnerships at local, state, national, and international levels, and serve as a model for other Universities and organizations who wish to establish a similar Center.

Appendix A: Faculty Research & Scholarly Activities (2018-2024)

Dr. Koren Fisher's research is focused in two areas: 1) understanding and addressing the underlying functional limitations that contribute to physical inactivity and sedentary behavior, as a means to improve the cardio-metabolic and musculoskeletal health of aging adults; and 2) examining the role of physical activity as a strategy to address escalating health services costs and utilization associated with chronic conditions. Dr. Fisher's current research projects include: 1) exploring the impact of physical activity participation on stress levels, perceptions of coping, and quality of life during the Covid-19 pandemic in community-dwelling older adults; and 2) piloting a community-based sedentary behavior intervention designed by and for older adults.

Dr. Debra Rose's research is focused on the development of effective fall-risk screening and assessment tools that can be used to predict fall risk as well as fall risk reduction programs for older adults at all stages of risk. Dr. Rose's current research projects include: 1) Development and validation of the Multi-Systems Balance Test (MSBT), 2) Evaluating the Efficacy of the "Stay Well at Home" fall risk reduction program and 3) Establishing the predictive validity of the MSBT in identifying fall risk.

Dr. Do Kyeong Lee's research focuses on identifying the appropriate activity intensity and motivation strategies for infants with neuromuscular disabilities, with the overall goal to design and implement interventions for physical therapy settings to improve the quality of life and health of disabled children and to reduce healthcare costs. Her current projects include: quantifying physical activity during infancy and identifying the appropriate intensity for infants with neuromuscular disabilities.

Dr. Priya Patel's research addresses fundamental questions surrounding motor skill acquisition by assessing underlying movement mechanisms and factors influencing them across lifespan and in clinical populations with motor dysfunctions. Her work combines behavioral and biomechanics techniques, making it possible to not only uncover underlying motor mechanisms of movement but also to quantify which are of particular diagnostic and therapeutic importance in clinical populations. Dr. Patel's current projects include a systematic review of motor development studies and an experimental study assessing the development of motor skills in infants and toddlers for different environmental factors.

Dr. Daniela Rubin's research interests in exercise endocrinology and obesity prevention is focused on the development of physical activity interventions and programming for individuals with motor dysfunction, including Prader Willi Syndrome and Down Syndrome. Dr. Rubin's current projects include the planning, development, and implementation of a remote home-based resistance training program for individuals with Down Syndrome.

Dr. Kathleen Wilson is primarily interested in the role social influences play in physical activity and exercise behavior across the lifespan, from children to older adults. With an interest in promoting physical activity as an aspect of health promotion, Dr. Wilson is also interested in examining theories that promote physical activity adherence and maintenance. Her current research projects examine how social support can help individuals achieve physical activity goals and its impact on psychological well-being.

List of Publications by CSA Faculty (2018 – 2024)

Books and Book Chapters
CSA Faculty authors are in **bold**.

1) **Wilson KS.** Social support, relationships, and physical activity. In Z. Zenko & L. Jones (Eds.) *Essentials of exercise and sport psychology: An open access textbook*. Society for the Transparency, Openness, and Replication in Kinesiology; 2021: 219-241. **https://doi.org/10.51224/B1010**

2) **Rubin DA.** Endocrine responses to acute and chronic exercise in the developing child. In: Hackney AC, Constantini NW, eds. *Endocrinology of Physical Activity and Sport. Third Edition.* Humana Press; 2020: 399-420.

3) **Rose DJ.** Balance, Locomotion, and Falls. In D. Bouchard (Ed). *Exercise and physical activity for older adults*. Champaign, IL: Human Kinetics; 2020.

4) **Rubin DA**, Wiersma LD, **Rose DJ**. *FunDoRoo™ Early Discoveries: Home-based active play for parents and youth. A manual with games and activities to increase physical activity in children ages 4-7 years old*. Amazon.com Services LLC; 2019.

5) **Fisher KL**. Healthcare utilization. In: Gu, D., Dupre, M. (eds) *Encyclopedia of Gerontology and Population Aging*. Springer, Cham; 2019.

6) **Wilson KS.** Psychological and sociocultural aspects of physic activity for older adults. In D.J. Rose (Ed.), *Physical activity instruction of older adults*, 2nd edition. Champaign, IL: Human Kinetics; 2019: 29-50.

7) **Rose DJ**, **Fisher KL**. The role of government policy in promoting physical activity. In: Nyman SR, Barker A, Haines T, Horton K, Musselwhite C, Peeters G, Victor CR, Wolff CR (eds.). *The Palgrave Handbook of Ageing and Physical Activity Promotion*. London: Palgrave MacMillan; 2018.

8) **Rose DJ** (Editor). *Physical activity instruction of older adults (second edition).* Champaign, IL: Human Kinetics; 2018.

Peer-Reviewed Articles (2018 to 2024)
CSUF student authors in *italics*, CSA Faculty authors are in **bold**.

1) Marttinen, R. Mercier, K., Park, Y. P. Simonton, K. L., Centeio, E., Richards, K. A., **Wilson, K.** (2024). A longitudinal look at student attitude, perceived competence and fitness test performance of elementary students. *International Journal of Physical Activity and Health, 3,* **https://doi.org/10.18122/ijpah.3.2.1.boisestate**

2) Aceron†, B.B., **Wilson, K.S.,** Hoffmann, M.D., Wiersma, L. (2024). Athletes' coping with the COVID-19 pandemic: The role of self-compassion and cognitive appraisal. *Journal of Sport and Exercise Psychology*, *46,* 11-21. **https://doi.org/10.1123/jsep.2023-0175**

3) Orsso CE, Vieira FT, Basuray N, et al. The metabolic load-capacity model and cardiometabolic health in children and youth with obesity. *Pediatric Obesity*. 2024;e13098. doi:10.1111/ijpo.1309814

4) **Rubin, DA***, Hyde AM*, Fenning RM, **Wilson, KS, Rose, D**. Motor proficiency in young children with Prader-Willi syndrome: a preliminary report. *Brazilian Journal of Motor Behavior*. 2023; 17:212-221.

5) *Honea, KE*, **Wilson, KS, Fisher, KL, Rubin, DA**. Parental and familial factors related to participation in a home-based physical activity intervention in children with obesity or Prader-Willi syndrome. *Obesity Pillars*. 2023; 8: 100084. https://doi.org/10.1016/j.obpill.2023.100084.

6) Gonzalez SM, *Withrow KL*, **Rubin DA**, Lynn SK, Dawes JJ, Orr RM, Lockie RG. A Research Note Investigating the Leg Tuck and Plank With Potential Impacts for Occupational Testing. *J Strength Cond Res.* 2023: 37(10):2076-2079. doi: 10.1519/JSC.0000000000004566.

7) **Rubin DA, Rose DJ**, *Escano D, Holmes SC, Garcia S*, Pamukoff DN. Contributing Factors to Postural Stability in Prader-Willi Syndrome. *Human Movement Science.* 2023; 91:103125.

8) **Rubin DA**, *Holmes SC, Ramirez J, Garcia SA*, *Shumski, EJ*, Pamukoff DN. Bone mineral density and its relationship with ground reaction force characteristics during gait in young adults with Prader-Willi Syndrome. *Bone Reports.* 2023; 19: 101700. https://doi.org/10.1016/j.bonr.2023.101700

9) Withrow, KL, **Rubin DA**, Dawes JJ, Orr RM, Lynn SK, Lockie RG. Army Combat Fitness Test Relationships to Tactical Foot March Performance in Reserve Officers' Training Corps Cadets. Biology. 2023; 12(3): 477. **https://doi.org/10.3390/biology12030477**

10) Pallante P, Vega A, Escobar A, Hackney AC, **Rubin DA**. Micronutrient Intake and Premenstrual Syndrome in Female Collegiate Athletes. *J Sports Med Phys Fitness*. 2023; 63(3):444-51 DOI: 10.23736/S0022-4707.22.13829-6

11) Pamukoff DN, *Holmes SC, Shumski EJ, Garcia SA*, **Rubin DA**. Lower Extremity Coordination and Joint Kinetic Distribution During Gait in Adults with and without Prader-Willi Syndrome. *J Biomech*. 2022; 141:111213. doi: 10.1016/j.jbiomech.2022.111213.

12) *Amaro AS*, **Rubin DA**, Teixeira MC, Ferreira Junior AJ, Rodrigues GM, Carreiro LR. Health problems in individuals with PWS are associated with lower quality of life for their parents: a snapshot in the Brazilian population. *Front Pediatr.* 2022; 10:746311. doi: 10.3389/fped.2022.746311

13) Marttinen, R., **Wilson, K.**, **Fisher, KL.**, *Beitzel, M.*, & Fredrick, R.N. (2022). Process evaluation and challenges in collecting data from an after-school sports and literacy program in a diverse, low-income community. *Evaluation and Program Planning, 91,* 102052, **https://doi.org/10.1016/j.evalprogplan.2022.102052**

14) Sinaei E, **Rose DJ**, Javadpour S, & Yoosefinejad AK. Reliability and Fall-Risk predictability of the short form of the Fullerton Advanced Balance scale in Iranian older adults. *Journal of Aging and Physical Activity* (ahead of print). 2021; https://doi.org/10.1123/japa.2021-0137.

15) **Rubin DA**, **Wilson KS**, Tucker, J, Castner, DM, Dumont-Driscoll M, **Rose, DJ**. Improved motor proficiency and quality of life in youth with Prader-Willi syndrome and obesity 6 months after completing a parent-led game-based intervention. *Pediatr Exerc Sci*. 2021;33(4):177-185. doi: **10.1123/pes.2020-0160.**

16) Born Lopes P, Rodacki ALF, Wolf R, **Fisher KL**, Bento PCB, Pereira G. Can age influence functional tests differently to predict falls in nursing home and community-dwelling older adults? *Experimental Aging Research*. 2021; Mar-Apr;47(2):192-202. doi: 10.1080/0361073X.2020.1871277. Epub 2021 Jan 11. PMID: 33423605.

17) Deehan EC, Colin-Ramirez E, Triador L, Madsen KL, Prado CM, Field CJ, Ball GDC, Tan Q, *Orsso C*, Dinu I, Pakseresht M, Rubin D, Sharma AM, Tun H, Walter J, Newgard CB, Freemark M, Wine E, Haqq AM. Efficacy of metformin and fermentable fiber combination therapy in adolescents with severe obesity and insulin resistance: study protocol for a double-blind randomized controlled trial. *Trials*. 2021;22(1):148. doi: 10.1186/s13063-021-05060-8.

18) Marttinen R, *McAlister K.*, Ives S, Battistella S, Fredrick R, Johnston, K, **Wilson KS.** Fitness, PA, perceived competence, parental support, and literacy outcomes in the REACH after-school sports program. *Collegium Antropologicum.* 2021:*45*(3);225-234. doi: 10.567/ca.45.3.6

19) **Lee DK**, Barros J., & Hauck J. Realistic dosage of tummy time practice during infancy. *Medical Research Archives*. 2021;9(6). doi:10.18103/mra.v9i6.2456

20) *Shumski* EJ, Pamukoff D, Kasamatsu T, **Wilson KS.** Drop landing biomechanics in individuals with and without a concussion history. *Journal of Applied Biomechanics.* 2021;37(5):450-457. **https://doi.org/10.1123/jab.2021-0097**

21) *Keyes BL,* **Wilson KS.** Influence of parental physical activity and sedentary behavior on young children: Considering time together. *Research Quarterly for Exercise & Sport,* 2021;92(3):311-320. **https://doi.org/10.1080/02701367.2020.1727405**

22) Hospodar, C., Hoch, J., **Lee, D. K.**, Shrout, P., & Adolph, K. Practice and proficiency: factors that facilitate infant walking skill. *Developmental Psychobiology* (2020).

23) **Rubin DA**, **Wilson KS**, *Orsso CE*, Gertz ER, Haqq AM, Castner DM, Dumont-Driscoll M. A 24-week physical activity intervention increases bone mineral content without changes in bone markers in youth with PWS. *Genes*. 2020; 11(9):984. doi: 10.3390/genes11090984.

24) Pamukoff DN, *Holmes SC, Shumski EJ, Garcia SA*, **Rubin DA**. Plantar flexor function in adults with and without Prader-Willi syndrome. *Med Sci Sports Exerc*. 2020; 52(10):2189-2197. doi: 10.1249/MSS.0000000000002361.

25) *Orsso CE*, Silva MIB, Gonzalez MC, **Rubin DA**, Heymsfield SB, Prado CM, Haqq AM. Assessment of body composition in pediatric overweight and obesity: A systematic review of the reliability and validity of common techniques. *Obes Rev*. 2020; 21(8):e13041. doi: 10.1111/obr.13041.

26) *McAlister K,* **Rubin DA**, **Fisher KL**. A cross-sectional examination of patterns of sedentary behavior and cardiometabolic risk in community-dwelling adults aged 55 years and older. *J Aging Res*. 2020; 2020: 3859472**. doi: 10.1155/2020/3859472**

27) **Wilson KS,** Spink, KS. The relationship between self-regulatory efficacy and physical activity in adolescents with a caveat: A cross-lag design examining weather. *Pediatric Exercise Science. 2020; 32*(4):210-216*.* doi*:*10.1123/pes.2019-0247

28) Price J, Wurz A, Ramphal R, **Wilson K,** & Brunet J. Using a dyadic approach to explore parental support for physical activity among young cancer survivors. *Disability and Rehabilitation*. 2020; doi: 10.1080/09638288.2020.1712621

29) **Rose DJ**. (2019). Physical activity and sedentary behavior: Independent or interrelated public health issues? *Kinesiology Review.* 2019; 8:1-3. **https://doi.org/10.1123/kr.2018-0067.**

30) *McAlister K*, **Fisher KL**, **Wilson KS**, Marttinen R. Correlation and wear-time compliance of the wrist-worn SQORD activity monitor compared to the Actigraph 3TGX in measuring free-living physical activity in low SES elementary youth. *California Journal of Health Promotion* 2019;17(2):28-40.

31) *Vakula MN*, **Fisher KL**, *Garcia SA*, *Holmes SC*, *Post BK*, Costa PB, Pamukoff DN. Quadriceps impairment is associated with gait mechanics in young adults with obesity. *Medicine & Science in Sports & Exercise* 2019;51(5):951-961.

32) **Rubin DA**, **Wilson KS**, Dumont-Driscoll M, & **Rose DJ**. (2019). Effectiveness of a parent-led physical activity intervention in youth with obesity. *Medicine & Science in Sport & Exercise.* 2019; 51(4): 805-813. Doi:10.1249/MSS. 0000000000001835.

33) *Pallante P, Perales C, Rigsby V,* **Wilson K**, & **Rubin D**. Implementation of a pilot parent-focused physical activity program with Latino families in a Head Start program. *CJHP.* 2019; *17*(2), 13-27. doi:10.32398/cjhp.v17i2.2286.

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Funding and Support (2018 - 2024)

Koren Fisher

- College of Health and Human Development Faculty Scholarship for Impact (FSI). Funding Period: Fall 2023- Spring 2025. Amount: $27,912 (3 WTUs per semester x 4 semesters; $6,978 per 3 WTUs). Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2023 – May 2023, Amount: $2,592. Role: Principal Investigator
- CSUF Office of Research and Sponsored Projects (ORSP) Innovative Research and Creative Activities Award. Project Title: Staying active to cope during the pandemic: The impact of physical activity participation on stress levels, perceptions of coping, and quality of life in community-dwelling older adults. Funding Period: Jun 2021 – Jun 2022. Amount: $6,978 (3 WTU Release). Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2020 – May 2021, Amount: $1,500. Role: Principal Investigator
- CSUF Instructional Related Activities Award. Project Title: Gerokinesiology Study Abroad Program. Funding Period: Sep 2019 – Aug 2020, Amount: $13,350. Role: Co-Applicant (with Debra Rose)
- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2018 – May 2019, Amount: $1,500. Role: Principal Investigator
- CSUF Junior/Senior Intramural Research Award**.** Project Title: Examining sedentary behavior, physical activity, and cardio-metabolic health among aging adults: A socio-ecological approach. Funding Period: Jun 2018 – May 2019, Amount: $7,500. Role: Principal Investigator.
- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2017 – May 2018, Amount: $1,500. Role: Principal Investigator

Debra Rose

- Canadian Institutes for Health Research (Aging). Project Title: Development of a Physical Literacy Model for Older Adults. Funding Awarded: 2019. Amount: $20,000.00. Role: Co-Investigator (PI – G. Jones, L. Stahtokostas)

Do Kyeong Lee

- upGRADS Admissions Improvement Grant. Funding period: Jan 2024 – May 2024. Amount: $5000. Role: Principal Investigator
- CSUF Jr/Sr Intramural Grant. Funding period: Jun 2023 – May 2024, Amount: $5,000. Role: Principal Investigator
- College of Health and Human Development Faculty Scholarship for Impact (FSI). Funding Period: Fall 2023- Spring 2027. Amount: $55,824 (3 WTUs per semester x 8 semesters; $6,978 per 3 WTUs). Role: Principal Investigator
- upGRADS Admissions Improvement Grant. Funding period: Aug 2022 – May 2023. Amount: $3000. Role: Principal Investigator
- National Institude of Child Health and Human Development. Project title: Play & Learning Across a Year (PLAY). Funding period: Sep 2018 – March 2023. Amount: $500,000 (in direct costs) per year for 5 years (pending) / DK Lee portion $18,527. Role: Sub-contractor (PI – Karen Adolph, Catherine Tamis-LeMonda, and Rick Gilmore)

- CSUF Research, Scholarship and Creative Activity (RSCA). Project title: The effects of tummy time on motor and cognitive development obesity prevention druing the first 18 months of life. Funding period: Jan 2020 – Aug 2021. Amount: $14,996. Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2019 – Aug 2021, Amount: $1,500. Role: Principal Investigator
- CSUF Jr/Sr Intramural Grant. Funding period: Jun 2018 – Dec 2019, Amount: $5,000. Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program. Funding period: Jun 2018 – Aug 2019, Amount: $1,500. Role: Principal Investigator
- CSUF Exceptional Levels of Service to Students Award. Funding period: Aug 2018 – May 2019, Amount: $6,978 (3 WTU Course Release). Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2017 – Aug 2018, Amount: $1500 . Role: Principal Investigator

Daniela Rubin

- College of Health and Human Development Faculty Scholarship for Impact (FSI). Funding Period: Fall 2023- Spring 2027. Amount: $55,824 (3 WTUs per semester x 8 semesters; $6,978 per 3 WTUs). Role: Principal Investigator
- CSUF Research, Scholarship, and Creative Activity (RSCA) Incentive Award. Project Title: Identification of potential factors affecting muscle force and physical function in Prader-Willi syndrome. Funding Period: Dec 2017 – Dec 2018, Amount: $ 14,986.50. Role: Co-Principal Investigator (with Pamukoff DN)
- US Army Medical Research and Materiel Command Contract W81XWH11-1-0765. Project Title; Physical Activity Interventions in Individuals with Prader-Willi Syndrome. Funding Period: Sep 2011 – Oct 2018, Amount: $1,411,718. Role: Principal Investigator

Kathleen Wilson

- CSUF College of Health and Human Development – Research Support Program. Funding period: Aug 2023 – May 2024, Amount: $2950. Role: Principal Investigator
- College of Health and Human Development Faculty Scholarship for Impact (FSI). Funding Period: Fall 2023- Spring 2025. $27,912 (3 WTUs per semester x 4 semesters; $6,978 per 3 WTUs). Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program 2019-2020. Project Title: Examining parental influence for physical activity: A diary study with parent-child dyads. Funding period: Sep 2019 – May 2020. Amount: $1500. Role: Principal Investigator
- CSUF College of Health and Human Development – Research Support Program. Project Title: Examining parental influence for physical activity: A diary study with parent-child dyads. Funding period: Jul 2018 – May 2019. Amount: $1500. Role: Principal Investigator.
- CSUF Junior/Senior Intramural Research Award. Project Title: Examining parental influence for physical activity: A diary study with parent-child dyads. Funding period: Sep 2017 – May 2018, Amount: $6,408. Role: Principal Investigator.
- CSUF College of Health and Human Development – Research Support Program. Project Title: Examining parental influence for physical activity: A diary study with parent-child dyads. Funding period: Sep 2017 – Apr 2018, Amount: $1500. Role: Principal Investigator.

Special Programs & Initiatives

CSA Community Outreach Physical Activity Programs
http://csa.fullerton.edu/programs/index.php

CSA YouTube Channel
https://www.youtube.com/channel/UCkq4uiUr7BFUpD4jJIjRxRQ

Balance & Mobility Certificate Program – Dr. Debra Rose
http://csa.fullerton.edu/education/cert-prog-index.php

FunDoRoo – Dr. Daniela Rubin
https://www.fundoroo.net/

Physical Activity Coaching – Dr. Kathleen Wilson
http://hhd.fullerton.edu/knes/researchlabs/atepl/schedules.php

APPENDIX D:

CSA Faculty Honors & Recognition (2020 to present)

Do Kyeong Lee

- Faculty Recognition for Contributions to Diversity, Equitable and Inclusive Practices, College of Health and Human Development, California State University Fullerton, Fullerton, CA, (2021)

Daniela Rubin

- Faculty Recognition: Scholarly and Creative Activity for the "*Research and Highest Quality External Grant Activity"*, California State University Fullerton, Fullerton, CA, November 2021.
- Faculty Recognition for Contributions to Diversity, Equitable and Inclusive Practices, College of Health and Human Development, California State University Fullerton, Fullerton, CA, September 2021.
- Faculty Recognition for Outstanding Achievement in Service, California State University Fullerton, Fullerton, CA, November 2020.
- Presidents' Service Award, Prader-Willi California Foundation, San Diego, CA, November 2020.

Appendix B: Center for Successful Aging Organizational Chart