

**CURRICULUM VITAE
2011**

Daniela Andrea Rubin, Ph.D.

1. Contact information

Home address: 48 Sycamore Lane, Buena Park, CA, 90621 USA
Office address: 800 N. State College Blvd., KHS-138, Fullerton, CA, 92834 USA
Office phone: 1(657) 2784704
Home phone number: 1(919) 3600726
e-mail: drubin@fullerton.edu

2. Education & training

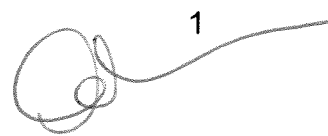
2001-2005: Ph. D. in Human Movement Science- University of North Carolina at Chapel Hill, Chapel Hill, NC, USA. Dissertation title: "Adipokines, exercise, adiposity and insulin resistance in adolescents".
1999-2001: Master's of Arts in Exercise Science – University of North Carolina at Chapel Hill, Chapel Hill, NC, USA
1992-96: Teaching Bachelor of Arts – Higher Institute of Physical Education Professorate, Mar del Plata, Bs.As., Argentina.

3. Professional employment

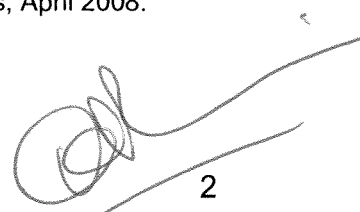
2006- present: Assistant Professor, Department of Kinesiology, California State University Fullerton, Fullerton, CA, USA.
2005- 2006: Visiting Assistant Professor, Department of Exercise and Sport Sciences, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA.
2004-2005: Lecturer, Department of Exercise and Sport Sciences, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA.
1999-2004 Teaching Assistant, Department of Exercise and Sport Sciences, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA.
2002 Summer Research Fellow, Goodyear L.G. Metabolism Laboratory, Joslin Diabetes Center, Harvard Affiliated Institution, Boston, MA, USA.
2001 Research Assistant. School of Nursing and Department of Exercise and Sport Sciences, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA

4. Teaching and related activities

- Instructor for graduate courses in Nutrition for Exercise and Performance, Graded Exercise Testing and Prescription, Department of Kinesiology, California State University Fullerton; August 2006-present.
- Instructor for undergraduate courses in Physiology of Exercise, Cardiovascular Exercise Testing and Prescription, Department of Kinesiology, California State University Fullerton; August 2006-present.
- Instructor for undergraduate courses in Human Physiology, Physiology of Human Performance, Laboratory in Physiology of Human Performance, Department of Exercise and Sport Sciences, University of North Carolina at Chapel Hill, August 2001-July 2006.
- Instructor for the Healthy Lifestyles and Diabetes Prevention Certificate Program, California State University Fullerton and University of Tlaxcala, Mexico; Topic: "Exercise and diabetes prevention"; December 2008-January 2009.

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- Instructor in Post-baccalaureate specialization courses in Exercise Physiology, Sobreentrenamiento, S.A. Cordoba, Argentina; Topic: "Exercise and Immune system", September 2009, March 2010, March 2011.
- Training Advisory Committee Member for the Los Angeles Basin California State University Minority Health and Health Disparities International Research Training Program, January 2011-present.
- External Dissertation Oponent. Raul Rämson, University of Tartu, Estonia, Dissertation topic: "Adaptation of selected biochemical stress and energy turnover markers to different training regimen in highly trained male rowers", August 2011.
- Theses advisor:
 - 1) Kim Pierron, Department of Kinesiology, California State University Fullerton. The role of exercise habits on heart rate recovery in older adults. M.Sc. Thesis, July 2010.
 - 2) Diobel L. Mendoza, Department of Kinesiology, California State University Fullerton. An exploratory study in examining the interaction among adiposity, methodology, and exercise intensity on post-exercise heart rate recovery in children. M.Sc. Thesis, June 2010.
 - 3) Jessica Loncaric, Department of Kinesiology, California State University Fullerton. The relationship between pre-hypertension/hypertension and race/ethnicity in college-aged students. M.Sc. Thesis, April 2010.
 - 4) Adam Sheppard, Department of Kinesiology, California State University Fullerton. The effect of track size on perception and performance in elementary school runners. M.Sc. Thesis, May 2008.
 - 5) LaDonna Brown. Department of Exercise and Sport Science, University of North Carolina at Chapel Hill. The effects of engaging in varieties of social activity on physical function in older adults. B.A. Honor Thesis, April 2006.
- Theses committee member:
 - 1) Nicholas Aguirre, Department of Kinesiology, California State University Fullerton. M.Sc. Thesis, July 2012.
 - 2) Carolyn Ellis, Department of Kinesiology, California State University Fullerton. M.Sc. Thesis, July 2012.
 - 3) Brian Martin, Department of Kinesiology, California State University Fullerton. M.Sc. Thesis, June 2012.
 - 4) Camila Guimaraes, Department of Kinesiology, California State University Fullerton. Discriminative validity of the Fullerton Advance balance scale as a function of age and functional ability. M.Sc. Thesis, April 2011.
 - 5) Lianne Napcil, Department of Kinesiology, California State University Fullerton. The Biopsychosocial factors associated with childhood overweight and obesity among Latino children and youth. M.Sc. Thesis, February 2010.
 - 6) Alex Farris, Department of Kinesiology, California State University Fullerton. Is the Fullerton Advance Balance scale responsive to change in balance performance? M.Sc. Thesis. May 2009.
 - 7) William Thomas, Department of Kinesiology, California State University Fullerton. Effect of caffeine supplementation on cycling performance during cold stress. M. Sc. Thesis,, December 2009.
 - 8) Gerardo Flores, Department of Kinesiology, California State University Fullerton. Establishing reliability of the Fullerton Advance Balance Scale in individuals with fibromyalgia. M. Sc. Thesis, December 2008.
 - 9) Melissa Wigginton, Department of Kinesiology, California State University Fullerton. An analysis of weight stigmatization among Hispanic adolescents. M.Sc. Thesis, April 2008.



5. HONORS AND AWARDS

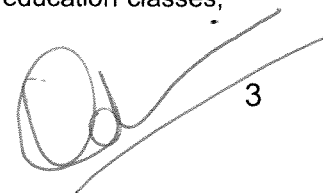
- Faculty Recognition: Scholarly and Creative Activity, California State University Fullerton, Fullerton, CA April 2010.
- Frank Porter Graham Graduate and Professional Student Honor Society University of North Carolina-Chapel Hill, NC, April 2005
- Summer Student Research Scholarship Joslin Diabetes Center, Harvard Medical Institutions, Boston, MA, May 2002
- Graduate School Merit Award Scholarship University of North Carolina-Chapel Hill, NC, August 2001
- Teaching Excellence Award Physical Activities Program, University of North Carolina-Chapel Hill, NC, May 2000
- Honored student Class of 1996 Higher Institute of Physical Education Professorate "Club A. Quilmes", Argentina. May 1996

6. PROFESSIONAL MEMBERSHIPS

- American College of Sports Medicine. 2004-present.
- North American Society for Pediatric Exercise Medicine-2008
- South West Chapter of the American College of Sports Medicine. 2008-present.
- South East Chapter of the American College of Sports Medicine. 2000-2006.
- Prader-Willi Syndrome California Foundation 2008-present
- Prader Willi Syndrome Association USA 2008-present
- Health Promotion Research Institute, Faculty Member Representative to Steering Committee, California State University Fullerton, 2011.

7. RESEARCH SUPPORT

- 1) Family-Based Exercise Intervention for Children and Adolescents with Prader-Willi Syndrome. Congressionally Directed Medical Research Program US Army Medical Research and Materiel Command Contract W81XWH-09-1-0682. **Rubin DA** Principal Investigator. Award amount: **\$2,030, 000**, Performance period: 09/15/09 – 10/14/13. Collaborative effort between California State University (Rubin, D [PI]), the University of Florida (Dummont-Driscoll, M [PI]) to evaluate a six month at-home based physical activity program for obese children with and without Prader-Willi Syndrome and their parents.
- 2) Nutritional and Exercise Aspects of Prader Willi Syndrome and Childhood Obesity. Congressionally Directed Medical Research Programs US Army Medical Research and Materiel Command Contract W81XWH-08-1-0025 **Rubin DA** Principal Investigator. Award amount: \$ **1,708,148.00**. Performance period: 02/01/08-01/31/11. Collaborative effort between California State University (Rubin, D [PI]), the University of Florida (Driscoll, D [PI]), and Children's Hospital of Orange County (Clark, S) to determine the nutritional phases **of PWS**, and the metabolic and hormonal responses **to aerobic and** resistance exercise in PWS and childhood obesity.
- 3) Physical Activity in Youth—Preventing Type 2 Diabetes: Studies to Treat or Prevent Pediatric Type 2 Diabetes. U01 DK61223 Harrell JS Principal Investigator, **Rubin DA** co-investigator. Performance period: 3/01/02-6/30/06. A collaborative effort of seven field sites to test a school-based intervention to prevent or reduce development of risk factors for type 2 diabetes and insulin resistance in middle school youth. The intervention included changes in the school environment (physical education classes, and food served and sold) and behavior modification.



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- 4) Adipocytokines and insulin resistance in adolescents. Graduate Student Opportunity Trust Fund, Graduate School, University of North Carolina at Chapel Hill. **Rubin DA** Principal Investigator. Performance period: 01/08/04- 05/05/05. Cross-sectional study investigating the relationship between adipokines associated with diabetes and cardiovascular disease and their relationship with adiposity, exercise and insulin resistance during puberty.
- 5) Town of Chapel Hill Grant Physical Activity in Youth to Optimize Fitness and Fun. Multidisciplinary intervention program for overweight youth in the Town of Chapel Hill, Chapel Hill, NC. Performance period 01/08/04-01/06/05 Pettit, A Principal Investigator, **Rubin DA** consultant.

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8. Invited Talks (oral presentations at scientific meetings):

1. Endocrine and Metabolic Responses to Exercise in Children: Current Knowledge and Issues. Obese Children: endocrine and metabolic differences. American College of Sports Medicine Annual Meeting, Denver, CO, June 1-4, 2011.
2. Components of the metabolic syndrome and cytokines in adolescents. Pediatric Work Physiology 25th Meeting, Le Touquet, France, October 2009.
3. Exercise Aspects of Prader-Willi Syndrome and Childhood Obesity. The Foundation for Prader-Willi Research 2008 Annual Conference, Arlington, VA, September 2008.
4. Insulin resistance and cytokines in adolescence: weight status and exercise as moderators. Pediatric Work Physiology 24th Meeting, Tallinn, Estonia, September 2007.
5. Pathophysiology of obesity. South East Chapter American College of Sports Medicine Annual Meeting, Charlotte, NC, 2006.
6. Differences in units used to express levels of cardiovascular fitness and Insulin resistance in adolescents. South East Chapter American College of Sports Medicine Annual Meeting, Charlotte, NC, 2005.
7. Association between insulin sensitivity and maximal aerobic power is related to weight status in youth. American College of Sports Medicine Annual Meeting, Indianapolis, IL, June 2004.
8. Relationship of metabolic hormones to exercise and body fat in youth. American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2003.
9. The insulin response to a moderate intensity 30-min swim in healthy adults. South East Chapter American College of Sports Medicine Annual Meeting, Atlanta, GA, January 2002.

9. PUBLICATIONS

Summary:

Book chapters – 2

Complete articles in scientific journals – 17

Abstracts in scientific journals – 9

Abstracts in annals of scientific meetings – 15

Book chapters (by invitation only):

1. **Rubin DA**, Tuffano JJ, McMurray RG Exercise in the developing child: Endocrine considerations. Chapter in Sports Endocrinology. Editors: NC Constantini and AC Hackney, Humana Press 2012.
2. **Rubin DA & Hackney AC**. Inflammatory cytokines and metabolic risk factors during growth and maturation. Chapter in Cytokines, Growth Mediators and Physical Activity in Children



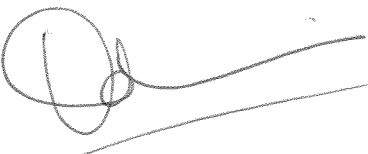
During Puberty. Editors: T Jürimäe, AP Hills and J Jürimäe. ISBN 978-3-8055-9558. Karger, 2010.

Publications in scientific journals (Complete articles):

1. **Rubin DA**, McMurray RG, Hackney AC, Harrell JS. The relationship between cardiovascular risk factors and adipokines in adolescents. *Hormone Research in Paediatrics*. *In press*. DOI: 10.1159/000327852
2. Sheppard A, **Rubin DA**, Sherman C, Patterson D. The Effect of Course Configuration of the Mile Run on Preference and Performance of Elementary School Runners. *The Physical Educator*, *In press*.
3. Weiss JW, **Rubin DA**, Gomel JN. Physical activity among newly immigrated Latino adults. *Californian Journal of Health Promotion Special Issue (Obesity Prevention)* 7: 112-119, 2009.
4. Wigginton M, Wiersma L, Sherman C, **Rubin DA**. Weight stigmatization among Hispanic American Children. *Californian Journal of Health Promotion*. 7(1), 43-51, 2009.
5. **Rubin DA**, Butler RJ, Beckman B, Hackney AC. The effect of footwear on cardio-respiratory responses during a training run. *International Journal of Sports Medicine*. 30:379-382, 2009.
6. **Rubin DA**, McMurray RG, Harrell JS, Hackney AC, Haqq AM. Do cytokines relate to surrogates for adiposity in adolescents? *Journal of Investigative Medicine*. 56:786-92, 2008.
7. **Rubin DA**, McMurray RG, Harrell JS, Thorpe DE, Hackney AC. Vigorous physical activity and cytokines in adolescents *European Journal of Applied Physiology*. 103:495-500, 2008.
8. **Rubin DA**, McMurray RG, Harrell JS, Hackney AC, Thorpe DE, Haqq AM. The association between insulin resistance and cytokines in adolescents: the role of weight status and exercise Metabolism: *Clinical and Experimental*. 57:683-690, 2008.
9. **Rubin DA**, McMurray RG, Harrell JS. Insulin and weight status in adolescents: independent effects of intensity of physical activity and peak aerobic power. *Pediatric Exercise Science*. 20:29-39, 2008.
10. Bowles JC, Hales DP, Tate DF, **Rubin DA**, Benjamin S, Ward DS. Physical activity environment in child care centers: relationships to physical activity behavior. *American Journal of Preventive Medicine*. 34:23-29, 2008.
11. Duke JW, **Rubin DA**, Daly W, Hackney AC. Influence of prolonged exercise on the 24-hour free testosterone-cortisol ratio hormonal profile. *Medicina Sportiva*. 11:48-50, 2007.
12. Hackney AC & **Rubin DA**. El sistema neuroendocrino y el estrés del ejercicio: una breve revisión. *Medicina del Ejercicio*. 21 (1-2): 23-34, 2006.
13. **Rubin DA**, McMurray RG, Hackney AC, Harrell JS. The relationship between leptin, metabolic hormones, body composition and exercise. *Journal of Pediatric Endocrinology and Metabolism*. 18:1073-1081, 2005.
14. Moore AW, Timmerman S, Brownlee KK, **Rubin DA**, Hackney AC. Strenuous fatiguing exercise: relationship to circulating thyroid hormones. *International Journal of Endocrinology and Metabolism*. 1:18-24, 2005.
15. Daly W, Seegers CA, **Rubin DA**, Dobridge J and Hackney AC. Relationship between stress hormones and testosterone with prolonged endurance exercise. *European Journal of Applied Physiology* 93: 375-80, 2005.
16. **Rubin DA**, McMurray RG, Harrell JS, Carlson BW, Bangdiwala S. Accuracy of Three Dry-Chemistry Methods for lipid profiling and Risk-factor classification. *International Journal of Sports Nutrition and Exercise Metabolism* 13: 362-273, 2003.
17. **Rubin DA**. Country profile, Argentina: Facing a Double Burden. *American Journal of Health Promotion, Global Perspectives* 3 (4), 2000.

Publications in review

1. Weiss, JW, Mouttapa, M, Nacpil, LM, **Rubin, DA**, Gedissman, A. Evaluation of the effectiveness of an obesity intervention program for Latino youth. Manuscript submitted to *Journal of Adolescent Health*



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Publications in scientific journals (Abstracts A):

1. **Rubin DA**, Mendoza-Castner D, Judelson DA, Clark SJ, Mouttappa M. Post-exercise Heart Rate Recovery in Youth is not influenced by adiposity. *Medicine and Science in Sport and Exercise. Abstract 4405. 43:5*, 2011 .
2. Judelson DA, Thomas WE, Coburn JW, Kersey RD, **Rubin DA**, Bagley JR, Ng J. Effect of Caffeine Supplementation on Catecholamine and Metabolic Responses to Exercise in Cold Conditions. *Medicine and Science in Sport and Exercise*.
3. **Rubin DA**, McMurray RG, Harrell JS, Hackney AC, Thorpe DE, Haqq AM. Insulin resistance and cytokines in adolescents: weight status and exercise as moderators. *Acta Kinesiologiae Universitatis Tartuensis. 12: S166-167*, 2007.
4. **Rubin DA**, Butler RJ, Beckman B, Hackney AC. The effect of footwear on cardio-respiratory responses during a training run. *Medicine and Science in Sport and Exercise 39:S476*, 2007.
5. **Rubin DA**, McMurray RG, Thorpe DE, Harrell JS, Hackney AC. Resistin and adiponectin in adolescents: influence of vigorous physical activity and aerobic power. *Medicine and Science in Sport and Exercise 38: S485*, 2006.
6. **Rubin DA**, McMurray RG, Haqq AM, Hackney AC, Harrell JS. The relationship between resistin, adiponectin, TNF- α and IL-6 to adiposity surrogates in adolescents. *Obesity Research 13: A187*, 2005.
7. **Rubin DA**, McMurray RG, Harrell JS. Vigorous physical activity and maximal aerobic power are related to and influence insulin in adolescents. *Medicine and Science in Sport and Exercise 37: S433*, 2005.
8. **Rubin DA**, McMurray RG, Harrell JS. Association between insulin sensitivity and maximal aerobic power is related to weight status in youth. *Medicine and Science in Sport and Exercise 36: S51*, 2004.
9. **Rubin DA**, McMurray RG, Hackney AC, Harrell JS. Relationship of metabolic hormones to exercise and body fat in youth. *Medicine and Science in Sport and Exercise 35: S57*, 2003.

Publications in Annals of Scientific Meetings (Abstracts B):

1. Barrera-Ng A, **Rubin DA**, Mouttapa M, Weiss JW. Participation, preferences, perceived barriers and perceived benefits of physical activity in children with PWS: A parent's perspective. The 6th Biennial Childhood Obesity Conference, San Diego, CA 2011.
2. Pierron K, **Rubin DA**, Rose DJ. The Effect of Physical Activity Habits on Heart Rate Recovery in Older Adults: A Pilot Study. Poster presentation at the *Annual Meeting for the Southwest Chapter of the American College of Sports Medicine*, San Diego, CA, November 2010. Poster 74, page 32.
3. Mendoza-Castner D, Ng J, Bloom T, Judelson D, Rose DJ, **Rubin DA**. Post-exercise heart rate recovery in children: Interactions between adiposity and exercise intensity. Poster presentation at the *Annual Meeting for the Southwest Chapter of the American College of Sports Medicine*, San Diego, CA, November 2010. Poster 18, page 18
4. Rämson R, Jürimäe J, Jürimäe T, Mäestu J, **Rubin DA**. Plasma Neuropeptide Y During High Volume Strength Endurance Type of Trainings in Male Rowers. Poster presentation at the *Annual Meeting for the Southwest Chapter of the American College of Sports Medicine*, San Diego, CA, November 2010. Poster 76, page 32.
5. **Rubin DA**, Judelson D, Mendoza D, Clark S, Mouttapa M. Aerobic exercise capacity in children with Prader-Willi Syndrome. Poster presentation at the *2nd Joint Meeting of the North American Society for Pediatric Exercise Medicine and the European Group for Pediatric Work Physiology*, Niagara-on-the-Lake, Canada, October 2010. Poster 35, page 58.
6. Nacpil L, Weiss J, Mouttapa M, **Rubin DA**, Gedissman A. The Biopsychosocial Factors Associated with Overweight and Obesity among Latino Children and Youth. Poster presentation at the *2010 Annual Conference of the Southern California Public Health Association*, Garden Grove, CA, April 2010.



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7. Gedissman A, Weiss JW, Mouttapa **M**, **Rubin D**, Nacpil L, Tan G. Successful integration of a pediatric obesity prevention program with FQHC's. Poster presentation given at the *National Initiative for Children Healthcare Quality in Atlanta, GA, March 2010*.
8. Dabbs N, Mendoza D, **Rubin DA**, Judelson D. The relationship between heart rate recovery values and body composition in children and adolescents. Poster at the *Annual Meeting for the Southwest Chapter of the American College of Sports Medicine*, San Diego, CA, November 2009. Poster 20, page 19.
9. Thomas WE, Judelson DA, Bagley JR, Coburn JW, Kersey RD and **Rubin DA**. Effect of caffeine supplementation on cycling performance during cold stress. Poster at the *Annual Meeting for the Southwest Chapter of the American College of Sports Medicine*, San Diego, CA, November 2009. Poster 66, page 31.
10. **Rubin DA**, McMurray RG, Harrell JS and Hackney AC. Components of the metabolic syndrome and cytokines in adolescents. Oral presentation at the *25th Pediatric Work Physiology Meeting*, Le Touquet, France, October 2009. Book of abstracts, Page 27.
11. Wiersma L, **Rubin DA**. The development and effectiveness of Active Kids: A park-based after-school physical activity intervention for Hispanic youth. Poster presentation at the *Active Living Research Annual Conference*, San Diego, CA, February 2009. Poster 48, page 246-7.
12. Wiersma L, **Rubin DA**. Active Kids! Community-based physical activity program for underserved youth. Poster presentation at the *California Childhood Obesity Conference*, Anaheim, CA, January 2007. Book of abstracts.
13. **Rubin DA**, McMurray RG, Harrell JS, Hackney AC. Differences in units used to express levels of cardiovascular fitness and Insulin resistance in adolescents. Oral presentation *South East Chapter American College of Sports Medicine Annual Meeting*, Charlotte, NC, 2005. Book of abstracts.
14. **Rubin DA**, McMurray RG, Hackney AC. The insulin response to a moderate intensity 30-min swim in healthy adults. Oral presentation at the *South East Chapter American College of Sports Medicine Annual Meeting*, Atlanta, GA, 2002. Book of abstracts

10. REVIEWER

Editorial board (judging work of others)

California Journal of Health Promotion
Journal of Endocrinology and Metabolism

Ad hoc reviewer (judging work of others)

Journal of Rehabilitation and Research Development
British Journal of Sports Medicine
European Journal of Applied Physiology
Archives of Pediatric Medicine
Acta Paediatrica
Journal of Pediatrics
Research Quarterly for Exercise and Sports
Journal of Cardiopulmonary Rehabilitation and Prevention
MEDICC Review
Metabolism

11. CERTIFICATIONS

X-ray Technician Bone Densitometry certification; RHP 93259 obtained in 06/04/2008, current certification expires: 06/30/2012

Diabetes Expertise Program. The North Carolina Baptist Hospitals, Winston Salem, NC, 04/10-04/11 2003.

