

CURRICULUM VITAE

Dr. Chong Lee, FAHA, FACSM

Office Address:

Associate Professor
Honors Faculty
College of Health Solutions
Arizona State University
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Research Interests

- Cardiovascular Disease, Cancer, & Chronic Disease Epidemiology (Physical Activity & Nutrition Epidemiology); Biomedical Informatics (Life Expectancy & Centenarian Prediction Algorithms); Randomized Controlled Trials (Glycemic Control, Weight Loss, Depression, Sarcopenia, & Muscle Quality)
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Education

- The University of Minnesota, Minneapolis. NIH Post-Doctoral Fellowship in Cardiovascular Disease Epidemiology & Biostatistics. Division of Epidemiology & Community Health, 1999-2001 (Mentor: Dr. Aaron Folsom).
- The Cooper Institute for Aerobics Research, Dallas, TX. Post-Doctoral Fellow in Epidemiology & Biostatistics. Division of Epidemiology and Clinical Applications, 1995-1998 (Mentor: Dr. Steven Blair).
- The University of Houston, Houston, Texas. Doctor of Education (ED.D.), Department of Health and Human Performance, Emphasis: Measurement & Statistics, 1988-1994 (Mentor: Dr. Andrew Jackson).
- Tarleton State University, Stephenville, Texas. Master of Education (M.Ed.), Department of Health and Physical Education, Emphasis: Measurement & Evaluation, 1985-1987 (Mentor: Joe Gillespie)
- Yonsei University, Seoul, Korea. Bachelor of Science (B.S.), Department of Health and Physical Education, 1981-1985.

Professional Positions

- Arizona State University (2013-). School of Nutrition & Health Promotion, College of Health Solutions, (Associate Professor)
- Arizona State University (2006-2012). School of Nutrition & Health Promotion, Exercise Science & Health Promotion (Assistant Professor)
- University of Louisville (2004-2006). College of Education & Human Development, Department of Health and Sports Sciences (Assistant Professor)
- West Texas A&M University (2001-2004). College of Education, Department of Sports and Exercise Science (Assistant Professor)

Professional Affiliations

- America Heart Association
- American College of Sports Medicine
- North American Association for the Study of Obesity
- American Alliance for Health, Physical Education, Recreation and Dance
- World Taekwondo Federation (5th degree Black Belt)

Honors & Awards

- Fellow of the American Heart Association (FAHA) (2016)

- Fellow of the American College of Sports Medicine (FACSM) (2010)
- American Heart Association, The Steven N. Blair Award for Excellence in Physical Activity Research (2009)
- National Institute of Health, National Research Service Award (NRSA) (1999)
- Polar Electro Research Award (1996)
- Academic Excellence Award, Yonsei University (1983)

Publications

Published Articles (SCI Citations >4660)

- Holzappel SD, Bosch PR, Lee CD, Pohl PS, Szeto M, Heyer B, Ringenbach SD. Acute Effects of Assisted Cycling Therapy on Post-Stroke Motor Function: A Pilot Study. *Rehabilitation Research and Practice* 2019 (accepted)
- Lee J*, Chen B, Kohl HW, Wright BB, Lee CD, Radford N, Defina L, Gabriel KP. The association of midlife cardiorespiratory fitness with later life carotid atherosclerosis: Cooper Center Longitudinal Study. *Atherosclerosis* 2018 (in press). (IF = 4.24)
- Renteria-Mexia A†, Vega-Lopez S, Olson M, Pamela S, Lee CD, Nagle Williams A, Shaibi GQ. Effects of a lifestyle intervention on markers of oxidative stress among obese youth with prediabetes. *Public Health Nutrition* 2018 (in press). (IF = 2.48)
- Huberty J, Matthews J, Leiferman J, Lee CD. Use of complementary approaches in pregnant women with a history of miscarriage. *Complementary Therapies in Medicine* 2018;36:1-5 (IF = 2.1)
- Lee CD, Dierickx E. Defining sarcopenia using muscle quality index. *Journal of Aging Research and Clinical Practice* 2018;7:55-59.
- Hodges M†, Kulinna PH, Lee CD, Kwon JY. Professional development and teacher perceptions of experiences teaching health-related fitness knowledge. *Journal of Teaching Physical Education*. 2017; 36:32-39.
- Son Y‡, Lee CD, Kim JK, Kim K, Hwang BY, Lee DT, Lee MY, Bae YJ. Concurrent Validation of T-REX Accelerometer. *International Journal of Applied Sports Sciences*, 2016;28:79-88.
- Son Y‡, Lee CD, Kim JK, Kim K, Hwang BY, Lee DT. Criterion Validation of the T-REX Triaxial Accelerometer When Attached on Five Locations in Four Different Modes of Exercise. *Korean Society for Measurement and Evaluation in Physical Education and Sports Science*, 2016; 18:1-12.
- Hodges MG†, Kulinna PH, van der Mars H, Lee CD. Knowledge in Action: Fitness Lesson Segments That Teach Health-Related Fitness in Elementary Physical Education. *Journal of Teaching Physical Education*. 2016;35:16-26.

*Students;†Students (supervised data analyses);‡Post-Doc; SCI citations >4660

Manuscripts (In review)

- Holzappel SD, Ringenbach SD, Bosch PR, Lee CD, Szeto M, Heyer B. Assisted Cycling Therapy Acutely Improves Post-Stroke Upper and Lower Extremity Motor Function (*Journal of Neurologic Physical Therapy*)
- Lee J, Chen B, Kohl HW, Wright BB, Lee CD, Radford N, Defina L, Gabriel KP. The Association of Physical Activity with Carotid Intima Media Thickness (IMT) In an Older Population: Cooper Center Longitudinal Study. *MSSE*
- Lee J, Chen B, Kohl HW, Wright BB, Lee CD, Radford N, Defina L, Gabriel KP. The Association of self-reported muscle strengthening activities with carotid intima-media thickness (IMT) in older adults: Cooper Center Longitudinal Study. *Preventive Medicine*
- Lee CD. Association between cardiovascular health metrics and cancer mortality in men and women. *Epidemiology*.
- Ma T, Lee CD. Alternative approach to improve hyperglycemia among type 2 diabetes patients. *The American journal of Chinese Medicine*.
- Ma T, Lee CD. Effect of traditional natural food on postprandial glucose among sedentary, abdominal obese individuals. *Journal of Medicinal Food*

7. Lee CD. Validity of hand-held dynamometer in assessing isometric leg strength in older adults. *International Journal of Applied Sports Sciences*

Published Abstracts

94. Lee CD. Associations of muscle quality, muscle strength, and muscle mass with all-cause mortality in elderly men and women. *Circulation*, 2019; 134: AP.
93. Green J, Huberty J, Glissmann, Larkey L, Sebren A, Lee CD. Impact of an 8-week mindfulness-based meditation mobile app on stress, mindfulness, and self-compassion among college students . *Society of Behavioral Medicine*, 2019
92. Huberty J, Glissmann, Eckert R, Larkey L, Sebren A, Lee CD. Calm College: The feasibility of a mobile app meditation intervention among stressed college students. *Society of Behavioral Medicine*, 2019
91. Ma T, Lee CD. Effect of Resistant starch on postprandial glucose levels in sedentary, abdominally obese persons. *American Diabetes Association* 2018
90. Ma T, Lee CD. Effect of Exercise and Bitter Melon Intake on Postprandial Glucose in Type 2 Diabetic Patients. *Medicine & Science in Sports & Exercise* 2018, 50 (Suppl)
89. Lee CD, Dierickx E, Ma T, Menkosky K. Impact of AHA's 7 Health Metrics on Life Expectancy in the United States General Population. *Medicine & Science in Sports & Exercise* 2017, 49 (Suppl)
88. Ma T, Lee CD. The acute effect of breaking up prolonged sitting on postprandial glucose: a meta-analysis of randomized clinical trials. *Southwest Chapter ACSM*, 2016.
87. Son Y, Cho I, Lee CD, Bae YJ, Hyung WJ, Lee DT. Effects of postoperative recovery exercise program on body composition, functional assessment, depression, fatigue, and inflammatory markers in early gastric cancer survivors. *Medicine & Science in Sports & Exercise* 2016, 48 (Suppl)
86. Bae YJ, Son Y, Lee CD. Association between cardiovascular health metrics and cancer mortality in men and women. *Medicine & Science in Sports & Exercise* 2016, 48 (Suppl)
85. Lee CD, Ma T. Obesity Paradox: Is It Important To Consider Muscle Mass? *Medicine & Science in Sports & Exercise* 2016, 48 (Suppl)
84. Ma T, Lee CD. Associations of lifestyle behaviors with cardiovascular disease and chronic disease mortality and life expectancy in men and women. *Medicine & Science in Sports & Exercise* 2016, 48 (Suppl)
83. Lee CD, Ma T. Impact of cardiovascular health metrics on life expectancy and all-cause mortality in middle-aged and elderly men and women. *Circulation*, 2016, 132.
82. Chakkerla H, Lee CD, Dickinson J, Kaplan B, Qaqish I, Behmen S, Heilman R, Khamash H, Huskey J, Nair S, Scott R, Steidley E, Temkit M, Angadi S. VO₂peak outperforms Troponin T for risk prediction of cardiovascular disease and all-cause mortality in patients with end-stage renal disease being evaluated for kidney transplant. *ATC* 2016.

*Students; †Students (supervised data analyses); ‡Post-Doc

Invited Presentations

14. February 2018. University of Alabama. "Lifestyle Factors and Life Expectancy in Men and Women."

Grants and Contracts

Pending

36. HIDA/CHS (2019-2020) (Lee, PI)
\$ 8,368
Title: Combined Impact of Aerobic and Positive Mental Training on Weight Loss in Obese Children
Role: PI
35. NIH-R21 (2019-2021) (Glenn, PI)
\$ 487,641
Title: WeighTrak: A New Approach for Tracking Energy Imbalance
Role: Co-I (Biostatistician)

34. NIH-R01 (2018-2023) (Dickinson, PI)
\$ 3,094,134
Title: Identifying novel exercise strategies to preserve health during treatment for breast cancer
Role: Co-I (Biostatistician)
33. NIH R01 (2018-2022) (Angadi, PI)
\$2,644,914
Title: Effects of exercise training intensity on cardiac, skeletal muscle and pulmonary determinants of VO₂peak in heart failure with preserved ejection fraction
Role: Co-I (Biostatistician)
32. NIH R34 (2018-2021) (Angadi, PI)
\$497,069
Title: Interval training in heart failure with preserved ejection fraction
Role: Co-I (Biostatistician)

Funded (Total \$1,850,632; PI \$246,440)

31. Global Sports Institute (2019-2020) (Lee, PI)
\$20,000
Title: Combined Impact of Physical and Positive Mental Training on 3-Month Weight Change in Obese Children
Role: PI
30. Dignity Health/ASU (2018-2019) (Paul, Kessler, Angadi, PI)
\$249,142
Title: The ASU-Dignity Health Type 2 Diabetes Medical and Behavioral Lifestyle Management Program
Role: Co-I (Biostatistician)
29. U.S. Dept. of Veterans Affairs (2018-2023) (Peterson, PI)
\$701,000
Title: Protective Step Training in People with Multiple Sclerosis
Role: Co-I (Biostatistician)
28. CHS Jump Start Grant (2018-2019) (Koskan, PI)
\$ 17,544
Title: Preventing Anal Cancer through Self-screening (PACS): A pilot intervention aimed at increasing screening for anal neoplasia among HIV-positive patients.
Role: Co-I (Biostatistician)
27. Athletics Research Grant (2018-2019) (Demirjian, PI)
\$1500
Title: Handheld Dynamometer Rectification for Isometric Leg Strength
Role: Co-PI
26. Southwest Interdisciplinary Research Center (SIRC) (2018-2019) (Koskan, PI)
\$ 49,936
Title: Community Pharmacists Vaccinating Against Cancer (CPVAC): A Pilot Randomized Controlled Trial Aimed at Increasing HPV Vaccine Completion Rates Among Racially/Ethnically Diverse Youth
Role: Co-I (Biostatistician)
25. Global Sports Institute (2017-2019) (Ma, PI)
\$20,000
Title: The Effects of Recumbent Cycling, Passive Cycling, and Functional Electrical Stimulation (FES) Cycling on Glycemic Control in Type 2 Diabetic Patients with Disability
Role: Co-I
20. NIH-R21(AG050084) (2016-2019) (Hooker, PI)
\$424,875
Title: Creating a tailored lifestyle intervention for midlife Mexican American Men
Role: Co-I (Biostatistician)

Biographical Listings

- Who's Who In America

Graduate Students
Post-Doctoral Research Fellows Supervised

- Younsun Son, PhD. Epidemiology & Biostatistics (2015-2016); KookMin University
- Hae-Gin Choi, PhD. Exercise Epidemiology (2005-2006); Korea Research Foundation; Sookmyung Women's University
- Mal-Ryun Shin, PhD. Exercise Epidemiology (2004-2005); Korea Research Foundation; Sookmyung Women's University

University of Texas at Austin, Committee Member (PhD)

- JooWon Lee PhD (2017)
Dissertation Title Associations of Physical Activity Behaviors and Cardiovascular Fitness with Carotid Atherosclerosis: Cooper Center Longitudinal Study

Arizona State University, Chair & Committee Member (PhD)

- Natasha Birchfield PhD (2019)
Dissertation Title Implementing the Exercise is Medicine Solution: A Process Evaluation Conducted in a University-Based Healthcare System
- Gretchen Roman PhD (2018)
Dissertation Title Upper Extremity Biomechanics in Non-Native and Native Sign Language Users
- Tongyu Ma PhD (2019) (Chair)
Dissertation Title The Effects of Recumbent Cycling, Passive Cycling, and Functional Electrical Stimulation (FES) Cycling on Glycemic Control in Type 2 Diabetic Patients with Disability
- Ana María Rentería Mexía PhD (2017)
Dissertation Title Effect of a Lifestyle Type 2 Diabetes-Preventive Intervention on Biomarkers of Oxidative Stress in Obese Prediabetic Latino Youth
- Claudia Thompson-Felty PhD (2017)
Dissertation Title Adoption and use of Social Media Among Registered Dietitians in Arizona: Implications for Health Communication
- Symon Holzapfel PhD (2017)
Dissertation Title Acute Bouts of Assisted Cycling Therapy for People with Chronic Stroke Related Deficits
- Jessica Knurick PhD (2015)
Dissertation Title Effects of postmeal walking on postprandial glucose control and oxidative stress
- Brandon Sawyer PhD (2013)
Dissertation Title Effects of eight weeks of high-intensity interval training on blood glucose control, endothelial function, blood pressure control, and visceral fat in sedentary, obese adults
- Dharini Bhammar PhD (2013)
Dissertation Title Effects of intermittent and continuous exercise on 24-hour ambulatory blood pressure and glucose control
- Michael Hodges PhD (2013).
Dissertation Title Knowledge in action: Effectively teaching healthy behavior knowledge in physical education classes

- Siddhartha Angadi PhD (2012).
Dissertation Title Effects of a novel, high-intensity aerobic interval training program on diastolic and cardiovascular function in patients with heart failure with preserved ejection fraction
- Kristin Heumann PhD (2011).
Dissertation Title The response of bone markers and ultrasound to exercise
- Bradley Warr PhD (2011).
Dissertation Title Correlations between physical fitness levels and medical resource utilization
- Melanie Mitros PhD (2010).
Dissertation Title Evaluation of the Stay in Balance Wellness Program: An Interdisciplinary, Multi-Component Falls Prevention Program
- Teresa Abraham PhD (2009).
Dissertation Title Comparison of accelerometers and a self-report record
- Corey Huck PhD (2008)
Dissertation Title The effects of vitamin C supplementation on substrate utilization in obese, vitamin-C depleted men
- Teddy Arras PhD (2008)
Dissertation Title Associations of mindfulness skills, perceived stress, and health behaviors in college freshman
- Dan Dodd PhD (2008)
Dissertation Title Influence of State and trait anxiety on cardiovascular reactivity in firefighters
- James McClain PhD (2007)
Dissertation Title Effect of epoch length on physical activity intensity outputs from the Actigraph Accelerometer in children
- Jacob Havenar PhD (2007)
Dissertation Title An analysis of the effectiveness of physical activity counseling on long term physical activity adherence

Arizona State University, Chair & Committee Member (MS)

- Christine Glissmann MS (2018)
Thesis Title Prediction Algorithms of Isometric Leg Dynamometer Strength (N.m) in Men and Women
Calm College: A Brief Mobile App Meditation Intervention Among Stressed College Students
- Thomas Demirjian MS (2018) (Chair)
Thesis Title Prediction Algorithms of Isometric Leg Dynamometer Strength (N.m) in Men and Women
- Erin Dierickx MS (2017) (Chair)
Thesis Title Muscle Quality, Muscle Mass, Muscle Strength, and Pulse Wave Velocity between Healthy Young and Elderly Adults
- Nstasha Birchfield MS (2014)
Thesis Title Effects of Assisted Cycle Therapy on Executive and motor Functioning in Adolescents with Attention Deficit Hyperactivity Disorder
- Lacey Rowedder MS (2014)
Thesis Title A Pilot Study to Examine the Impact of a 7-day Gratitude Journal on Perceptions of Physical Activity and Happiness in the Workplace
- Callie Price MS (2013)
Thesis Title Incidence of Injury in Relation to Limb Dominance in Arizona State University Men's and Women's Gymnastics Teams
- Taylor Goett MS (2013)

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| Thesis Title | Eating in the Absence of Hunger in College Students |
| • Robin Deweese | MS (2010) |
| Thesis Title | The relationship of fat mass to lower body muscular fitness using isokinetic measures in young women |
| • Dharini Bhammar | MS (2010) |
| Thesis Title | Effects of fractionized and continuous exercise on ambulatory blood pressure in prehypertensive adults |
| • Tiffany Gray | MS (2009) |
| Thesis Title | Walking and body composition variables in female elementary school teachers |
| • Rebecca Rankin | MS (2008) |
| Thesis Title | Accuracy of the long distance corridor walks in healthy middle-aged women |
| • Kesley Lundy | MS (2008) |
| Thesis Title | Comparison of campus recreation facilities and program use to perceived stress in university students |
| • Shannon Soria | MS (2008) |
| Thesis Title | Exercise intensity and bone stiffness in female children |
| • Tiffany Gray | MS (2008) |
| Thesis Title | Walking behavior and body composition variables in female elementary school teachers |
| • Laura Rooney | MS (2008) |
| Thesis Title | Associations between psychological state mindfulness and physical activity and eating behaviors |
| • Melissa Farnsworth | MS (2008) |
| Thesis Title | ActivPAL activity monitor versus self-reported activity records in middle-aged women |
| • Renee Gets | MS (2008) |
| Thesis Title | Commuting in a car, physical activity, and obesity in adults |
| • Kristin Heumann | MS (2008) |
| Thesis Title | Comparison of heel ultrasound in competitive jump ropers and age-matched controls |
| • Janelle Sandene | MS (2007) |
| Thesis Title | Prediction of body density using bioelectrical impedance and anthropometry |

Arizona State University, Honors Thesis Projects (Role: Director)

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| • Jason Conway | BS (2015) (Chair) |
| Thesis Title | The prevalence of healthy lifestyle behaviors in college students |
| • Nicholas Symons | BS (2015) (Chair) |
| Thesis Title | Combined impact of aerobic exercise and music on glycemic control and depressive symptoms in type 2 diabetic men and women |

University of Louisville, Committee Members (MS)

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| • Jason Jagger | MS (2006) |
| Thesis Title | The acute effects of dynamic and ballistic stretching on vertical jump height, force, and power |

Editor

- Associate Editor, Epidemiology (2016-2018)
- Section Editor: Medical Journals (2018-2018)

Editorial Board

- Annals of Cardiology and Cardiovascular Medicine (2017-)
- Annals of Diabetes Research (2017-)
- Epidemiology (2015-)
- Integrative Obesity and Diabetes (2015-)
- Journal of Nutrition and Health (2013-)
- Advances in Weight Loss Management & Medical Devices (2015-)
- Austin Journal of Nutrition and Metabolism (2013-)
- Korean Society for Health & Wellness (2009-2016)
- International Journal of Human Movement Science (2007-2014)
- ISRN Endocrinology (2010-2014)

Journal Reviewing Activities

- International Journal of Sports Medicine (2014-)
- International Stroke Conference Abstract Reviewer (2014)
- Journal of Internal Medicine (2013-)
- Circulation (2012-)
- Malaysian Journal of Medical Sciences (2012-)
- International SportMed Journal (2009-)
- Journal of Women's Health (2009-)
- Pediatrics (2009-)
- Obesity (2008-)
- American Journal of Preventive Medicine (2006-)
- American Journal of Health Education (2005-)
- Journal of Physical Activity and Health (2004-)
- Annals of Epidemiology (2004-)
- Stroke (2003-)
- Canadian Journal of Applied Physiology (2003-)
- PLoS ONE (2007-)
- AAHPER Annual Meeting: Abstract review (2007-)

Community and Public Service Activities

- Valley Research Partnership Collaborator Fair Exhibitors (2015-)
- Arizona Cardiovascular Disease Coalition (2006-)
- Asian Pacific Community in Action (APCA) Coalition (2006-)
- Advisor, Korean student association, University of Louisville (2004-2006)
- Academic advisor, Student Academic Advising Center, West Texas A&M University (2002-2004)
- Academic advisor, Korean student association, West Texas A&M University (2002-2004)

University Committee Services

- Graduate College Fellowship Review Committee (2018-)
- CHS Standards & Grievance Committee (2018-)
- CHS Funds for Scholarly Activity (2018-)
- ASU Barrett College, Honors Faculty Member (2016-)
- SNAP Personal Advisory Committee (2015-2018)
- ENS Progressive Examination Committee, Statistics (2014-, chair)
- SNAP Ad-Hoc Committee (P&T) (2014-2018)
- PANW Progressive Examination Committee (2006-2018)
- ESHP Ad Hoc Committees (Bylaws) (2015-2018, chair)
- MS Comprehensive Examination Committee (2006-2018)
- ASU EXW MS Curriculum Committee (2015-2018)
- School of Nutrition and Health Promotion Academic Grievance Committee (2012-2018)

- ASU United Way Unit Representative (2012-2014)
- EXW Ad Hoc Committees (Bylaws) (2012-2015)
- EXW Ad Hoc Committees (Special Events)(2012-2015)
- EXW MS Graduate Committee, Arizona State University (2009-2011)
- PANW Executive Committee, Arizona State University (2006-2011)
- Department Personnel Committee, Arizona State University (2006-)
- Graduate Faculty, Arizona State University (2006-).
- EXW Scholarship & Award Committee, Arizona State University (2008-)
- Corbin PCPFS Scholarship Committee, Arizona State University (2006-)
- Graduate Faculty, University of Louisville (2004-2006)
- Faculty Senate, West Texas A&M University (2004-2004)
- Graduate Faculty, West Texas A&M University (2003-2004)
- Institutional Review Board Committee, West Texas A&M University (2003-2004)
- Athletic Committee, West Texas A&M University (2001-2004)

Scientific Committee Services

- American Heart Association, Epidemiology and Prevention|Lifestyle and Cardiometabolic Health, Abstract Review Committee (2018-)
- American Heart Association, International Stroke Association, Abstract Review Committee (2016-)
- American Heart Association, Stroke Statistics Committee (2016-)
- American Heart Association, Council on Epidemiology and Prevention (2004-)
- American Heart Association, Council on Lifestyle and Cardiometabolic Health (2014-)
- American Heart Association, Epidemiology Minority Travel Award Committee (2014-)
- American Heart Association, Epidemiology Minority Committee (2014-)
- American Stroke Association, Abstract Review Committee (2014-2015)
- Arizona State University, 3rd Building Healthy Lifestyles Conference, Program Committee (2008)
- KAHPERD, International Sports Science Congress, Organizing Committee (2007)
- Arizona State University, 2nd Building Healthy Lifestyles Conference, Program Committee (2007)
- AAPAR Measurement and Evaluation Council (2007-)
- AAPAR Fitness and Wellness Council (2007-)
- AHA Council on Nutrition, Physical Activity, and Metabolism (2007-2013)
- Arizona Cardiovascular Disease Coalition (2006-)
- Asian Pacific Community in Action (APCA) Coalition (2006-)

Teaching Experiences

Courses Teach & Taught

2006- Arizona State University

- EXW 444 Epidemiology
- EXW 500 Research Methods
- EXW 501 Research Statistics
- EXW 640 Analysis of Variance & Experimental Design
- EXW 643 Multiple regression & Multivariate Statistics

2004-2006 University of Louisville

- HSS 430 Epidemiology of Physical Activity, Nutrition, and Health
- HSS 432 Biostatistics
- HSS 377 Tests & Measurements
- HSS 184 Healthy Lifestyle
- HSS 604 Research Methods

2001-2004 West Texas A & M University

- SES 5560 Epidemiology
- SES 5511 Research Methods
- SES 5599 Special Topics
- SES 435 Stress Management
- SES 426 Sports Sociology
- SES 316 Drug/Alcohol/Tobacco
- SES 304 Measurement & Evaluation
- SES 342 Personal Fitness Concept
- SES 101 Lifetime Wellness
- SES 199 Self Defense