

Sarah L. Herrick, Ph.D.

Education

Ph.D., Physical Education; Specialization: Exercise Physiology

Springfield College, Springfield, MA, 2015

Major Advisor: Vincent Paolone, Ph.D., FACSM

Dissertation Topic: The Acute Effect of Yoga on Inflammation and Stress in Healthy Women

M.S., Exercise Physiology

Springfield College, Springfield, MA, 2013

Thesis Topic: The Effect of the Menstrual Cycle on the Acute Effects of Strength and Power in College-Aged Women Taking a Chemical Contraceptive

B.S., Physical Education; Concentration: Exercise Science and Health Promotion

Central Connecticut State University, New Britain, CT, 2008

Teaching Experience

Visiting Assistant Professor, Skidmore College, Department of Health and Human Physiological Sciences, Fall 2016 - Present

Courses: Introduction to Exercise Science, Introduction to Exercise Science Laboratory, Human Anatomy and Physiology Laboratory

Responsibilities: Develop syllabus and schedules for lecture courses; conduct lectures and develop hands-on laboratory activities; develop laboratory quizzes and practical-based exams, comprehensive lecture exams, and in-class cooperative assignments; evaluate student performance; assist students during office hours; attend monthly department meetings.

Assistant Professor, Massachusetts College of Liberal Arts, Department of Biology, Fall 2013 – Spring 2016

Courses: Anatomy and Physiology, Anatomy and Physiology Laboratory, Physiologic Aspects of Exercise, Physiologic Aspects of Exercise Laboratory, Upper-Level Biology Seminar

Responsibilities: Developed syllabus and schedules for each course; conducted lectures and developed hands-on laboratory activities; conducted research-based discussions on the topic of “Exercise is Medicine” with upper-level undergraduate students; developed weekly laboratory quizzes, comprehensive lecture exams, practical-based laboratory exams, and in-class cooperative assignments; evaluated student performance; assisted students during office hours; advised 10 first-year students (both traditional freshmen and transfer students); attended bi-monthly department meetings; served as a human-research advisor for the Scientific Research Committee.

Adjunct Instructor, Holyoke Community College, Department of Biology, Summer 2014

Courses: Anatomy and Physiology, Anatomy and Physiology Laboratory

Responsibilities: Conducted lectures and laboratory activities; evaluated student performance via written lecture and practical-based laboratory exams; assisted students during office hours.

Teaching Assistant, Springfield College, Department of Biology and Chemistry, Fall 2012 – 2014

Course: Human Anatomy and Physiology Laboratory

Responsibilities: Developed syllabus and laboratory activities; conducted lectures and laboratory activities; developed weekly quizzes and practical-based exams; evaluated student performance; assisted students during office hours.

Teaching Assistant, Springfield College, Department of Biology and Chemistry, Fall 2011 – Spring 2012

Course: Anatomy and Physiology Concepts Laboratory

Responsibilities: Conducted lectures and laboratory activities; evaluated student performance; assisted students during office hours and weekly review sessions.

Teaching Assistant, Springfield College, Department of Physical Education, Fall 2010

Course: Physiology of Exercise Laboratory

Responsibilities: Conducted lectures and laboratory activities; evaluated student performance; assisted students during office hours.

Research Experience

Research Assistant, Skidmore College, Saratoga Springs, NY, May 2017-July 2017

Topic: Validation of Stairmill Test for Assessing Aerobic Fitness

Responsibilities: Set up and calibrate BodPod and metabolic cart for data analysis; conduct maximal aerobic fitness tests on a treadmill (VO₂max Bruce protocol) and stairmill (New York State firefighter protocol) on young male and female adults; record data from metabolic system and manage time for each test.

Senior Thesis Advisor, Skidmore College, Saratoga Springs, NY, January 2017-May 2017

Topic: The Effect of Vinyasa Yoga on Quality of Life Assessed Through Psychological and Physiological Stressors in Collegiate Females

Responsibilities: Guided two senior students through their thesis experience; assisted in refining research goals and defining research question; helped to establish research methods in accordance to IRB requirements; guided data collection and data analysis; provided guidance for the cumulating manuscript and oral presentation. The students presented their research at the College's Academic Festival in May 2017.

Nativity School Nutrition Project Research Assistant, Independence, MO, December 2012 – June 2016

Responsibilities: Reconstructed existing school lunch menus to a low-carbohydrate menu.

Undergraduate Research Advisor, Massachusetts College of Liberal Arts, North Adams, MA, January 2015 – May 2016

Topic: Augmented Reality in the Biology Laboratory

Responsibilities: Advised a single undergraduate student with extracurricular research on the development of a mobile app for biology and anatomy and physiology-based 3D structures. The student presented his research at the College's Undergraduate Research Conference in April 2015 and the Regional Council of Public Liberal Arts Colleges in October of 2015.

Dissertation Research Assistant, Springfield College, Springfield, MA, November 2013
- January 2014

Topic: The Effects on Self-Myofascial Release on Running Performance.

Responsibilities: Recorded data from metabolic cart during VO₂peak and submaximal VO₂peak tests, and assisted with set up, calibration, and break down of metabolic system.

Diet and Exercise Study Research Assistant, Vanderbilt University, Nashville, TN,
April 2013 – January 2014

Responsibilities: Processed urine and blood samples, and aliquot samples for distribution to two universities for further analysis.

Thesis Research Assistant, Springfield College, Springfield, MA, April 2013 – November 2013

Topic: The Acute Effects of Whole Body Vibration on Post Resistance Exercise Arterial Stiffness.

Responsibilities: Took blood samples via venipuncture and processed blood for further analysis; executed assay procedures for analysis.

Bone Health Study Research Assistant, Springfield College, Springfield, MA, August 2012 –
January 2013

Responsibilities: Executed proper ground-based exercise programs for study participants; evaluated new study participants with anthropometric, biochemical, and performance analysis.

Dissertation Research Assistant, Springfield College, Springfield, MA, May 2012 – July 2012

Topic: The Effect of Different Frequencies of Whole Body Vibration on Salivary Testosterone and Cortisol Levels in College Aged Males

Responsibilities: Centrifuged and processed saliva samples for further analysis; executed assay procedures for analysis.

Work Experience

CrossFit Soulshine, CrossFit L-1 Coach, Saratoga Springs, NY, February 2017 – Present

Instruct members on the prescribed workout of the day and bring members through an appropriate dynamic warm up. Classes focus on Olympic lifting, gymnastics, and high-intensity interval circuit training.

Fitness Coach, M.E.L.T. Fitness Studios, Glastonbury, CT, August 2013 – September 2014

Implemented boot camp-style work out programs for large group personal training classes.

Personal Trainer, Big Sky Fitness, New Britain, CT, October 2008 – August 2011

Designed and executed proper exercise programs for clients; performed fitness assessments and provided nutritional guidance for new and continuing clients.

Professional Memberships

American College of Sports Medicine

- Attended the New England Chapter of the ACSM Annual Conference, October 2017
- Attended the Annual Meeting of the ACSM, May-June 2017

National Strength and Conditioning Association

- Attended and assisted with the planning of the New York State Clinic, October 2017

Certifications

Adult CPR/AED, American Red Cross
CrossFit Level 1 Certificate

Submitted Manuscripts

Meile, E., Headley, S. A. E., Germain, M., Joubert, J., Herrick, S., Milch, C., Evans, E., Cornelius, A., Brewer, B., Taylor, B., & Wood, R. HDL particle pattern and overall lipid responses to a short term moderate intensity aerobic exercise training intervention in patients with chronic kidney disease. *Clinical Kidney Journal*. Submitted for publication, December 2016.

Cholewa, J. M., Granniss, D. J., Jaffe, D. A., Brown, J. W., Chow, J. W., **Shultz, S.**, Matthews, T. D., & Paolone, V. J. (2012). Effects of sodium bicarbonate ingestion on shuttle run performance in Division III soccer players. *Journal of Strength and Conditioning Research*. Submitted for publication, December 2011.

Abstracts – Oral Presentations

Herrick, S. L., Matthews, T. D., O’Neill, E., & Paolone, V. The effect of oral contraception on the acute expression of strength and power. Presented at the New England ACSM Meeting, November 2013.

Abstracts – Refereed

1. Brown, J. C., Laamann, L. R., Pollard, N. E., **Shultz, S. L.**, Grannis, D. J., Matthews, T. D., & Paolone, V. J. (2012). The effect of wearing a cooling vest between two heated exercise bouts on core temperature. *Medicine and Science in Sports and Exercise*, 44(5). S322.

2. Van Langan, D., Brown, J., Carmichael, R., Pollard, N., **Schultz, S.**, Sheehan, D., Matthews, T., & Paolone, V. (2012). Menstrual cycle effect on metabolic acidosis during high intensity intermittent exercise. *Medicine and Science in Sports and Exercise*, 44(5). S706.

Abstracts – Accepted

1. **Herrick, S. L.**, Ives, S. J., Norton, C., Robinson, N., Escudero, D., Robinson, J., Rose, K., Minicucci, O., O’Brien, G., Curran, K., Paul, M., Sheridan, C., & Arciero, P. J. The effect of time of day or training on health and fitness outcomes in exercise-trained men. Accepted to the Annual American College of Sports Medicine Conference, May 2017.

2. **Herrick, S. L.**, Wood, R. J., Matthews, T. D., Paolone, V. J., & Stroiney-Cilley, D. The effect of yoga on inflammation and stress in healthy women. Accepted to the Annual American College of Sports Medicine Conference, May 2016

3. **Herrick, S. L.**, Wood, R. J., Matthews, T. D., Paolone, V. J., & Stroiney-Cilley, D. The effect of yoga on inflammation and stress in healthy women. Accepted to the New England ACSM Conference, November 2014.

4. Heikkinen, D. J., Carmichael, R. D., & **Herrick, S.** Impact of caffeine ingestion on circulating growth hormone and insulin like growth hormone factor-1 levels during endurance exercise. Accepted to the NSCA National Conference and Exhibition, July 2014.

5. Herrick, S. L., Matthews, T. D., O'Neill, E., & Paolone, V. J. The effect of the menstrual cycle on the acute expression of strength and power on college-aged women using a chemical contraceptive. Accepted to the NSCA National Conference and Exhibition, July 2014.