

Sarah L. Scali, PhD, CSCS

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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 Expression 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

Pedagogical Associate Professor, Western Kentucky University, College of Kinesiology, Recreation, and Sport, Fall 2018 – Present

Courses: Foundations of Kinesiology, Introduction to Exercise Science, Fundamental of Movement, Kinesiology, Motor Learning and Control, Applied Exercise Physiology, Exercise Testing and Prescription, and Principles of Strength Training and Conditioning

Responsibilities:

- Develop syllabi and schedules for all courses
- Conduct engaging lectures and develop and implement hands-on laboratory activities
- Create in-class and online quizzes, lecture exams, in-class cooperative assignments, and group projects
- Evaluate student performance; assist students during office hours
- Advise ~30 undergraduate students on course requirements and career goals
- Attend monthly program meetings and College-wide meeting
- EXS Program Coordinator: July 2022 – Present
- KIN Interim Program Coordinator: July 2025 - Present
- CHHS representative to the Committee of Credits and Graduation: August 2023 - Present
- Serve as the KRS representative to the University Senate May 2018 – May 2021, and August 2024 – Present, and attend monthly Senate meetings
- Serve as CHHS representative to the Senate Executive Committee August 2025 – Present, and attend monthly SEC meetings

- Served as an At-Large Senate Representative to the Undergraduate Curriculum Committee September 2024 – May 2025, and attend monthly UCC meetings
- Served as KRS alternate representative to the CHHS Undergraduate Curriculum Committee May 2020 – May 2021, and August 2023 – May 2025 and attended monthly CHHS UCC meetings
- Advisor for the Exercise Science Club, Pre-Occupational Therapy Club, and Pre-Chiro Club
- Co-Advisor of the Pre-Physical Therapy Club
- Faculty Fellow for the EXS LLC

Adjunct Instructor, Schenectady County Community College, Division of Math, Science, Technology, and Health, Spring 2018

Course: Human Biology

Responsibilities: Worked within a team of faculty to provide consistent lecture and laboratory material across all course sections; evaluated student performance via written lecture exams, online reading assignments, laboratory exercises, and laboratory practical exams; assisted students via online office hours; attended periodic staff meetings.

Visiting Assistant Professor, Skidmore College, Department of Health and Exercise Sciences, Fall 2016 – Spring 2018

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

Responsibilities: Developed syllabus and schedules for lecture courses; conducted lectures and developed hands-on laboratory activities; developed laboratory quizzes and practical-based exams, comprehensive lecture exams, and in-class cooperative assignments; evaluated student performance; assisted students during office hours; attended monthly department meetings.

Assistant Professor, Massachusetts College of Liberal Arts, Department of Biology, Fall 2014 – 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

Honors Capstone Experience, First Reader, Western Kentucky University, Bowling Green, KY, October 2021 – May 2023

Topic: Effectiveness of Wii Ring Fit in Improving Balance and Proprioception During Recovery After ACL Reconstruction Surgery

Responsibilities: Provided feedback to Emma Lord on her Honor Capstone Project leading up to her final examination. Emma successfully defended her thesis May 2023.

Thesis Committee Member, Western Kentucky University, Bowling Green, KY, May 2021 – April 2022

Topic: Do Changes in Navy Fitness Testing Protocols Impact Service Members Performance?

Responsibilities: Provide feedback to Alison Colao on her thesis project during her thesis proposal, data collection, and thesis defense. Alison successfully defended her thesis April 2022.

Honors Capstone Experience, First Reader, Western Kentucky University, Bowling Green, KY, December 2020 – May 2022

Topic: Running Backwards: Measuring the Effects and Benefits

Responsibilities: Provide feedback to Clint Sherman on his Honor Capstone Project leading up to his final examination. Clint did not finish this project due to complications with COVID-19-related restrictions.

Honors Capstone Experience, First Reader, Western Kentucky University, Bowling Green, KY, August 2020 – May 2022

Topic: The Interrelationship Between Physical Therapy and Ballet: An Examination of the Negative Effects of Pointe Shoes on the Musculoskeletal Functions of a Professional Ballet Dancer

Responsibilities: Provide feedback to Taylor Boulter on her Honor Capstone Project leading up to her final examination. Taylor did not finish this project due to complications with COVID-19-related restrictions.

Thesis Committee Member, Western Kentucky University, Bowling Green, KY, August 2019-July 2020

Topic: Factors Influencing Both Maternal and Infant Body Composition at Two Years Postpartum

Responsibilities: Provided feedback to Samantha Henry on her thesis project during her thesis proposal and in preparation for her thesis defense. Samantha successfully defended her thesis on July 1, 2020.

Honors Capstone Experience, Second Reader, Western Kentucky University, Bowling Green, KY, August 2019-July 2020

Topic: The Impact of Exercise in Spaceflight and Microgravity Environments

Responsibilities: Provided feedback to Will Bybee on his Honors Capstone Project leading up to his final evaluation. Will successfully defended his project on May 1, 2020.

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

Topic: Validation of Stairmill Test for Assessing Aerobic Fitness

Responsibilities: Set up and calibrated BodPod and metabolic cart for data analysis; conducted maximal aerobic fitness tests on a treadmill (VO₂max Bruce protocol) and stairmill (New York State firefighter protocol) on young male and female adults; recorded data from metabolic system and managed 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, Independent, MO, December 2012 – June 2016

Responsibilities: Reconstructed existing monthly 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

Vette City CrossFit, Co-Owner and CF-L2 Coach, Bowling Green, KY, February 2020 – Present

Assist with running the company along with seven other owners. Program daily warmups for workouts and coach hour-long CrossFit classes to a variety of members. Classes focus on Olympic lifting, gymnastics, and high-intensity interval circuit training.

CrossFit Soulshine, CF-L1 Coach, Saratoga Springs, NY, February 2017 – July 2018

Coached hour-long, programmed CrossFit classes to a variety of members. Classes focused 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

National Strength and Conditioning Association
American College of Sports Medicine – Southeast Chapter

Certifications

Adult CPR/AED, American Red Cross
Certified Strength and Conditioning Specialist, NSCA
Level Two Certificate, CrossFit

Accepted Manuscripts

1. Stroiney, D. A., **Herrick, S.**, Bossi, J., Paolone, V. J., & Matthews, T. (2020) The effects of an acute bout of self-myofascial release on the physiological parameters of running. *International Journal of Exercise Science*, 13(3). 113-122.
2. Meile, E., Headley, S. A. E., Germain, M., Joubert, J., **Herrick, S.**, Milch, C., Evans, E., Cornelius, A., Brewer, B., Taylor, B., & Wood, R. (2017) 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*, 10(4). 524-531.

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. Schafer, M., **Scali, S.**, Stone, W., Lyons, FACSM, S., and Crandall, J (2023) Impact of 10-week Bingocize ® program on self-reported general health, fear of falling, and physical activity. *International Journal of Exercise Science: Conference Proceedings*: 16(2), Article 316.
2. 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.
3. 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. Schafer, M., **Scali, S.**, Stone, W., Lyons, FACSM, S., and Crandall, J (2023) Impact of 10-week Bingocize ® program on self-reported general health, fear of falling, and physical activity. Accepted to the Southeast American College of Sports Medicine Annual Meeting, February 2023.
2. **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.