



May 28-June 1, 2019 • Orlando, Florida USA

**Student Colloquium:**  
***Career Manifesto: Thinking Outside the Box***

**Wednesday, May 29<sup>th</sup>, 2019**

**5:30pm – 7:00pm**

**Room: TBD**

**Title:** *Maintaining a Research Agenda Outside of a University Setting*

**Presentation Time:** 5:35pm – 5:50pm

**Jordan R. Moon, Ph.D., CSCS, EP-C**  
Executive Director of Research and  
Education  
Clinical Department  
ImpediMed, Inc.  
Carlsbad, CA  
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Dr. Moon is the Executive Director of Research and Education at ImpediMed Inc., a medical device company focusing on fluid and tissue changes in clinical and non-clinical populations. He received his PhD in Exercise Physiology from The University of Oklahoma and has served as an Associate Professor and Program Director for Sports Management and Sports & Health Sciences at American Public University and American Military University as well as serving as the Department Chair of Sports Exercise Science and Human Performance Laboratory Director at the United States Sports Academy. Outside of academia, he directed the building and development of the MusclePharm Sports Science Institute and oversaw all clinical trials. With MusclePharm and Impedimed, he has directed and funded over 45 clinical trials and as a laboratory director has acquired over 20 grants. Over the last decade, Dr. Moon has presented over 50 lectures at multiple scientific conferences and events both nationally and internationally and has published more than 140 research articles and abstracts in dozens of journals along with writing a book chapter and publishing a book in the areas of sports nutrition, exercise science, body composition, body water, and changes regarding age and fitness level.



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5:30pm – 7:00pm  
Room: TBD**

**Title:** *From Lab Bench to Newsroom: How I Went from Doing Science to Writing About It*  
**Presentation Time:** 5:50pm – 6:05pm

**Christie Aschwanden**

Lead Science Writer

FiveThirtyEight

New York, NY

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Christie Aschwanden is an editor and the lead science writer at FiveThirtyEight. Her writing has appeared in more than 50 publications including the New York Times, Washington Post, Los Angeles Times, Smithsonian, Discover, Popular Science, Science, Consumer Reports, New Scientist, Health, Men's Journal and Outside. She has been a contributing editor at Runner's World, a contributing writer at Bicycling, and a health columnist at the Washington Post. Her work has received multiple accolades, including the National Association of Science Writers Science in Society Award, the AAAS Kavli Science Journalism Award, a Kantar Information is Beautiful Award and a notable mention in the 2017 edition of Best American Science and Nature Writing. In 2011, she was a National Magazine Award finalist. She's received fellowships from the Pulitzer Center for Crisis Reporting, the Carter Center and the Santa Fe Institute. Her book *Good to Go: What The Athlete In All Of Us Can Learn From The Strange Science Of Recovery*, was published in February 2019 by W.W. Norton & Company.



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## **Student Colloquium: *Career Manifesto: Thinking Outside the Box***

**Wednesday, May 29<sup>th</sup>, 2019**

**5:30pm – 7:00pm**

**Room: TBD**

**Title:** *From Right Brain to Left Brain and Beyond*

**Presentation Time:** 6:05pm – 6:20pm

**Mary Yoke, PhD, FACSM, MA, MM**

Visiting Lecturer

Indiana University

School of Health and Human Sciences

Department of Kinesiology

Indianapolis (IUPUI)

School of Public Health

Department of Kinesiology

Department of Applied Health Science

Bloomington (IUB)

[mmyoke@indiana.edu](mailto:mmyoke@indiana.edu)



Mary Yoke, PhD, FACSM, MA, MM, is now a full-time faculty member at Indiana University, teaching on two campuses: the School for Health and Human Sciences at IUPUI (Department of Kinesiology), and the School of Public Health in Bloomington (Department of Kinesiology and Department of Applied Health Science). Mary has had a unique career path, as she had tremendous early success as a young opera singer and concert pianist, winning multiple contests that culminated in singing at the San Francisco Opera in the Merola Opera Program. After a devastating period of vocal trouble, she made the unlikely transition into a graduate program in exercise physiology, where she had to learn to think like a scientist, and not react like a tempestuous artist! As a health/fitness professional, Mary subsequently wore many hats: personal training 18 clients/week for 25 years, teaching multiple modalities of group exercise, teaching as an adjunct professor at Adelphi University for 22 years, writing four fitness textbooks, writing a consumer book on happiness, and traveling to 18 countries and 49 US states presenting continuing education and certification workshops to personal trainers and group fitness instructors. Mary recently returned to school and obtained her PhD in health behavior. She feels fortunate to have the opportunity to finally settle in academia, where her passion is to inspire students to live full lives and her research interests include behavior change, positive psychology, motivation, and group fitness and personal training efficacy.