

Christa Todoroff
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Education

Wake Forest University, Winston-Salem, NC May 2021

Master of Science, Health and Exercise Science

Thesis: *Examining the association between body composition and physical function in patients with chronic obstructive pulmonary disease*

Advisor: Michael Berry, Ph.D.

Cumulative GPA: 3.65/4.00

California State University, Fullerton, Fullerton, CA May 2017

Bachelor of Science, Kinesiology

Concentration: Clinical Movement Science

Cumulative GPA: 3.78/4.00, *magna cum laude*

Research Experience

Research Assistant March 2021 – present

Incorporating Nutrition, Vests, Education, and Strength Training (INVEST) in Bone Health

Wake Forest University – Winston-Salem, NC

- INVEST is a 12-month study that examines the effect of wearing a weighted vest on muscle and bone loss that occurs when actively losing weight, in comparison to resistance training. The study also investigates if wearing a weighted vest can yield improvements in physical function and other health-related outcomes. Responsibilities include participant recruitment and physical function and dual-energy x-ray absorptiometry (DEXA) assessments.

Behavioral Coach January 2021 – present

Telehealth Exercise Intervention for the Treatment of Refractory Epilepsy: A Pilot Study

Wake Forest University – Winston-Salem, NC

- This study seeks to examine the relationship between exercise on sleep quality and seizure frequency in people with refractory epilepsy. Current aims include the feasibility and sustainability of a 12-week individualized aerobic exercise program that is delivered via video conference by a behavioral coach.

Research Coordinator January 2021 – present

Virtually Engaging in Social Physical Activity (VESPA) Pilot Study

Wake Forest University – Winston-Salem, NC

- VESPA compares social engagement experienced within two modes of group-mediated behavioral intervention: one by video conference and the other by conference within virtual reality. Outcomes include feasibility and acceptability of virtual reality as an at-home physical activity program for older adults and, secondly, social connection and activity level between groups. Responsibilities include physical and cognitive function assessments and performing the virtual reality run-in session with participants before randomization.

Research Assistant August 2020 – March 2021

The Pepper Center Monitor INTegration Study (Pepper MINT)

Wake Forest University – Winston-Salem, NC

- Pepper MINT was a cross calibration study involving three research grade (ActivPAL3, Actigraph GT3xm, RT3) and one commercial (FitBit Alta) physical activity monitors.

Sedentary older adults wore the monitors at the wrist, hip, and thigh and completed three study phases: the first included activities of daily living performed in a laboratory setting, a week of wear within the real world, followed by another series of tasks performed in the laboratory. Results from the activity monitors will establish sedentary and moderate-to-vigorous cut-off points from each of the monitors, allowing for more accurate analysis of future activity monitor studies. Responsibilities included data collection at both laboratory visits.

Professional Experience

Exercise Leader

August 2019 – April 2020

New Participant Coordinator

April 2020 – May 2021

Senior Staff Member

May 2021 - present

Healthy Exercise & Lifestyle ProgramS (HELPS)

Department of Health and Exercise Science

Wake Forest University – Winston-Salem, NC

- HELPS is a medically oriented, supervised chronic disease prevention and management program that bolsters a healthy and active lifestyle through education and exercise. Responsibilities at the HELPS program involve taking participant vitals, supervising participants during exercise sessions, and meeting individually with participants to develop and review exercise prescriptions to achieve health goals.

Teaching Assistant

August 2019 – May 2021

Department of Health and Exercise Science

Wake Forest University – Winston-Salem, NC

- HES 101: Exercise for Health – This eight-week course examines the science and basic principles of physical activity and exercise. Specific aims are to develop techniques to properly measure physical fitness and implement aerobic, anaerobic, and flexibility exercises. Primary responsibilities involved teaching course material, grading assignments and exams, holding office hours, and leading students through laboratory exercises.

Conference Presentations

Todoroff CM, Berry MJ. Body fat distribution and physical functioning in chronic obstructive pulmonary disease patients. *Southeast American College of Sports Medicine Virtual Annual Meeting*. February 17-19, 2021. Poster Presentation.

Todoroff CM, Montgomery MM, Moffit TJ, Vakula MN, Holmes SC, Pamukoff DN. Differences in drop jump landing kinematics and kinetics in individuals with anterior cruciate ligament reconstruction. *Southwest American College of Sports Medicine Annual Meeting*. Long Beach, CA. October 20-21, 2017. Poster Presentation.

Holmes SA, Garcia S, **Todoroff CM, Vakula MN, Montgomery MM, Pamukoff DN.** Quadriceps strength symmetry and landing symmetry following ACL reconstruction. *Southwest American College of Sports Medicine Annual Meeting*. Long Beach, CA. October 20-21, 2017. Poster Presentation.

Certifications

- CITI Program GCP & RCR Certifications
- Montreal Cognitive Assessment (MoCA) Delivery Certification
- American Heart Association CPR and AED Certification