

Curriculum Vitae
Chunyun (Claudia) Wang, PhD, CHES

Office: Francis Marion University
PO Box 100547, Florence, SC 29502

Home: 310 Winston Street, Apt C, Florence, SC, 29501
Cell: (812) 606-8983, Email: cwang@fmarion.edu

EDUCATION

Ph.D.: Indiana University – Bloomington (August 2012)

Major: Health Behavior

Research Interest: Complementary and Alternative Medicine for pediatric populations, with special interest in using mind-body modalities (e.g., Yoga, Tai Chi, Qigong, meditation) to prevent childhood obesity and improve academic performance and mental health.

M.S.: Beijing Sport University, Beijing, China (July 2001)

Major: Exercise Science (specialty in Tai Chi and Qigong).

B.S.: Wuhan Institute of Physical Education, Wuhan, China (July 1998)

Major: Physical Education (specialty in Martial Arts Education).

SUMMARY OF ACADEMIC AND PROFESSIONAL EXPERIENCE

Assistant Professor of Health Education (2012--). Francis Marion University, Florence, SC.

Instructor, Research Associate, and Teaching Assistant (2005-2012). Indiana University, Bloomington, IN.

Childhood Obesity Prevention Program Leader (2009-present). Programs at Templeton, Highland Park, and Arlington Elementary Schools for Monroe County YMCA, Bloomington, IN.

Research Coordinator, National Qigong Research Project (2001-2004). China State Administration of Sport, Beijing, China.

MIND-BODY TEACHING CERTIFICATES AND HONORS

Intermediate Yoga Teacher (2009). Certificate meets International Federation of Yoga Teacher standards. Kaivalyadhama Lonavla-Yogi Yoga Institute, Beijing, China.

Winner, Gold Medal, Health Qigong Performance (2009). Women's Group/Individual, *Health Qigong Ba Duan Jin*. Third International Health Qigong Tournament and Exchange (48 nations participating), Shanghai, China.

Top Level Health Qigong Coach (2008). National teaching certification. Chinese Health Qigong Association, Beijing, China.

Top Level Chinese Martial Arts Referee (1998). Authorized to serve as referee at national games. Beijing Sport University, Beijing, China.

GRANTS AND AWARDS

Grants Funded

Marlene Vass Endowment Fund for Energize, Monroe County YMCA, Bloomington, IN (2010). \$8,000. Principal investigator. Improving health among elementary school children: A comparison of aerobic and mind-body exercise.

Monroe County Community School Corp., Bloomington, IN (2012). \$1,000. Principal investigator. Incorporating Health Qigong and meditation into elementary school classrooms.

Indiana Youth Institute (Professional Development Grant), Indianapolis, IN (2011). \$1,500. Principal investigator. Improving self-esteem among elementary school children: A comparison of aerobic, mind-body, and conventional exercises.

Indiana University Research Fellowship Grant, Bloomington, IN (2009). \$4,000. Secondary investigator. Worksite wellness among rural employees.

China State Administration of Sports, Beijing, China (2002). ¥ 20,000,000 (\$250,000). Secondary investigator. Creating and standardizing four forms of Health Qigong.

Doctoral Student Awards and Grants

Chancellor's Fellowship, Indiana University (2004-2008). \$68,000. Awarded to one outstanding new doctoral student per department per year.

Doctoral Student Research Grants-in-Aid, Indiana University (2009). \$3,675 (from School of Health, Physical Education and Recreation) and \$1,000 (from Graduate School).

Student Scholar Award, Consortium of Academic Health Centers for Integrative Medicine (2012). \$1,325. Travel support to attend Third International Research Congress on Integrative Medicine and Health, Portland, OR.

Doctoral Student Travel Grant-in-Aid, Tobacco Control and Wellness Research Working Group, Indiana University (2010). \$1,000. Re: Wang & Seo manuscript on salient belief elicitation.

Doctoral Student Travel Grant-in-Aid, Indiana University (2008). \$500. Travel support to American Public Health Association conference (see Presentations).

Grants and Other Applications Not Funded (P.I.)

Active School Acceleration Project, Tufts University, Boston, MA (2012). \$25,000. Child Obesity 180 for innovative physical activity programs at elementary schools.

After School/Summer Programming to Provide Leadership and Growth Opportunities for Children at Risk, Peayback Foundation, Indianapolis, IN (2012). \$8,000. Preventing childhood obesity after school.

Robert Wood Johnson Foundation (2011). \$125,000. Community Health Leader Award (nominating N. Wroblewski): Preventing childhood obesity at Title 1 elementary schools.

Nickelodeon Big Help Grant, New York, NY (2010). \$5,000. Help children move in the classroom.

RESEARCH AND PUBLICATIONS

Doctoral Dissertation

Wang, C. (2012). *Improving health among elementary school children: A comparison of aerobic and mind-body exercise*. Dissertation consisted of three manuscripts now in peer review (below). Data analysis entailed repeated-measures analyses of variance (ANOVA) (N=110) with time (pre-post test) as the repeated variable and exercise modalities (i.e., mind-body exercise, aerobic exercise, and regular physical education class) as the independent variables. Stress, obesity, and self-esteem were measured. For all effects, partial eta-squared (η^2) values and observed power ($1 - \beta$) were reported as indexes of meaningfulness to demonstrate strength of effect. This research also underlies several recent presentations (below).

Peer-Reviewed Publications

Seo, D.-C., Torabi, M. R., Chin, M. K., Huang, S.-F., Chen, C. K., Mok, M. M., Wong, P., Chia, M., Lee, C. G., & **Wang, C.** (2011). A comparison of factors associated with physical inactivity among East Asian college students. *International Journal of Behavioral Medicine*. (Published online: May 12, 2011 at <http://dx.doi.org/10.1007/s12529-011-9167-4>.) (Used SAS (N=12,137) to compare cultural factors associated with physical inactivity).

Wang, C., Seo, D.-C., Geib, R. W., & Wroblewski, N. (submitted). Developing a Health Qigong program for children: A 16-week curriculum. *Journal of Health Promotion Practice*.

Manuscripts in Peer Review

Wang, C., Van Puymbroeck, M., Seo, D.-C., Geib, R. W., & Kolbe, L. J. Improving physical health benefits among elementary school children: A comparison of aerobic and mind-body exercise. *Journal of School Health*.

Wang, C., Seo, D.-C., Geib, R. W., Van Puymbroeck, M., & Kolbe, L. J. A comparative study of the effects of mind-body and aerobic exercise in reducing stress and improving self-esteem among elementary school children. *Journal of Global Advances in Health and Medicine.*

Wang, C., Seo, D.-C., Wroblewski, N., Geib, R. W., Kolbe, L. J., & Herbert, P. Childhood obesity prevention in Title 1 elementary schools: A case study of the Energize program, *Journal of Health Education Research.*

Peer-Reviewed Presentations

Wang, C., Seo, D.-C., Wroblewski, N., Geib, R. W., & Stallings, M. (2012, October 29 – November 2). Benefits of a 10-minute daily Health Qigong and meditation program for elementary school students: A pilot study. Poster presentation at the 140th Annual Meeting and Exposition of the American Public Health Association, San Francisco, CA.

Wang, C., Van Puymbroeck, M., Seo, D.-C., Geib, R. W., & Wroblewski, N. (2012, May 12-15). Physical health benefits of Health Qigong and Energize programs in American elementary school classrooms. Oral presentation at the Third International Research Congress on Integrative Medicine and Health, Portland, OR.

Wang, C., Seo, D.-C., Geib, R. W., & Wroblewski, N. (2012, May 12-15). Developing a Health Qigong program for children: A 16-week Curriculum. Poster presentation at the Third International Research Congress on Integrative Medicine and Health, Portland, OR.

Wang, C., Seo, D.-C., Geib, R. W., & Van Puymbroeck, M. (2011, October 29 – November 2). Improving self-esteem among elementary school children: A comparison of aerobic, mind-body, and conventional exercises. Poster presentation at the 139th Annual Meeting of the American Public Health Association, Washington, DC.

Wang, C., Seo, D.-C., Geib, R. W., & Van Puymbroeck, M. (2011, June 19-21). A comparative study of the effects of Energize and Health Qigong in reducing stress among elementary school children. Oral presentation at the Second International Conference on Tai Chi/Qigong for Health, Terre Haute, IN.

Seo, D.-C., & **Wang, C.** (2010, November 6-11). Psychosocial factors associated with participating in mind-body exercises: Salient belief elicitation with college students. Poster presentation at the 138th Annual Meeting and Exposition of the American Public Health Association, Denver, CO. (Conducted descriptive analysis and content analysis (N=252) to investigate beliefs using a theory-based questionnaire.)

Van Puymbroeck, M., Gleckler, W., Schmid, A., Hsieh, P., **Wang, C.,** & Koceja, D. (2009, March 5-8). The effects of a 12-week Yoga program on the fear of falling in older adults. Oral presentation at the Third Annual Symposium of Yoga Therapy and Research, Los Angeles, CA.

Swanson, J. A., Middlestadt, S. E., **Wang, C.,** Peltó-Wheeler, S. J., Sheats, J. L., Stevenson, L., & Sullivan, M. R. (2008, October 25-29). Salient beliefs underlying willingness to participate in

worksite wellness programs among rural employees. Poster presentation at the 136th Annual Meeting and Exposition of the American Public Health Association, San Diego, CA.

Wang, C. (2008, June 3-7). College students' motivations to take a Tai Chi or Qigong class. Poster presentation at the Annual Meeting of the American College Health Association, Orlando, FL.

Research Coordinator Position

China State Administration of Sport (July 2001 to August 2004). Coordinated a three-year nationally funded research project: *Creating and Standardizing Four Forms of Health Qigong to Improve Health for the Elderly*. Facilitated conversion of project into instructional books and DVDs distributed worldwide. Facilitation role required interpreting researchers' concepts and findings in lay terms to demonstrate Health Qigong forms. Advised video producers on script and music. Assisted in textbook editing. Project won a national creative research award.

Performances and Media Coverage

Xinhua News Agency. (2008, February 4). Qigong masters promote cultural treasure in NY. (Photographed performing in New York.) Retrieved from <http://www.china.org.cn/english/international/242041.htm>

Davidson, A. (2010, May 13). Qigong, flexibility and fourth graders. (Description of interaction with fourth-graders.) *IU News Room*. Retrieved from <http://newsinfo.iu.edu/web/page/normal/14425.html>

Creps, M. (2010, March 16). Students learning ancient Chinese blend of Yoga and Tai Chi in YMCA's in-school *Energize* program. *The Bloomington Herald-Times* (pp. D1, D4). Retrieved from <http://www.heraldtimesonline.com/stories/2010/03/16/schoolnews.qp-3564372.sto>

James, T. (2009, April 22). Qigong movements can ease aches and pains from office work. (Videotaped demonstrating Qigong.) *IU News Room*. Retrieved from <http://newsinfo.iu.edu/web/page/normal/10827.html>

James, T. (2008, October 13). Qigong, health and HPER. (Description of liaison role connecting Indiana University's School of Health, Physical Education, and Recreation with Chinese Health Qigong Association.) *IU News Room*. Retrieved from <http://newsinfo.iu.edu/news/page/print/9009.html>

Manuscripts in Progress

Wang, C. College students' motivations to take a Tai Chi or Qigong class. (Performed MANOVA on survey data (N=53) regarding factors influencing student motivation.) Intend to submit to *Journal of American College Health*.

Wang, C., & Seo, D.-C. Psychosocial factors associated with participating in mind-body exercises: Salient belief elicitation with college students. (Conducted descriptive analysis and content analysis (N=252) to investigate the salient beliefs associated with college student's

participation in Eastern mind-body exercise classes, such as Tai Chi, yoga, and Qigong.)
Intend to submit to *Health Education and Behavior*.

Wang, C., Seo, D.-C., Wroblewski, N., Geib, R. W., & Stallings, M. Benefits of a 10-minute daily Health Qigong and meditation program for elementary school students: A pilot study. Intend to submit to *Journal of Child Health Care*.

Invited Talks

Wang, C. (2012, April 13). Health education in elementary schools. School of Education, Southern Connecticut State University, New Haven, CT.

Wang, C. (2012, February 27). Nutrition in the fast lane: Being a wise consumer. Department of Health, Physical Education and Recreation, Northern Michigan University, Marquette, MI.

Wang, C. (2012, February 8). Developing a public health promotion intervention. Department of Health and Human Performance, Texas A & M University, Commerce, Texas.

Wang, C. (2011, September 6). Improving health among elementary school children: A comparison of aerobic and mind-body exercise. Division of Rheumatology, Tufts Medical Center, Boston, MA.

Wang, C. (2011, February 17). Yoga for stressed kids. Department of Health Science, State University of New York, Brockport, NY.

Wang, C. (2010, September 8). What nature offers to us when dealing with childhood obesity. Get Onboard Active Living Conference, Bloomington Hospital, Bloomington, IN.

Wang, C. (2010, August 26). Fun moves: Imitating animals and plants. Mongolian Children's Summer Camp, Tibetan and Mongolian Cultural Center, Bloomington, IN.

Wang, C. (2010, April 14). A holistic healing art: Health Qigong. Bloomington Hospital Employees' Retreat, Brown County, IN.

Wang, C. (2008-2010). Guest lectures in a number of classes at Indiana University. Topics include Tai Chi and Qigong as an Alternative Medicine; Yoga for Stress Management; Dancing with Ancient Eastern Wisdom; Moving Meditation.

Executive Report

Cho, S., Cole, S. T., & **Wang, C.** (2007). *Columbia festivals and events visitor survey report, Vol. VI, 2006-2007*. Technical report to City of Columbia (Missouri) Convention and Visitors Bureau.

Abstract in Peer Review

Wang, C., Seo, D.-C., Wroblewski, N., Geib, R. W., Kolbe, L. J., & Herbert, P. (2012, October 29 – November 2). Childhood Obesity Prevention in Title 1 Elementary Schools: A Case Study of

Energize Program. Oral presentation at the 140th Annual Meeting and Exposition of the American Public Health Association, San Francisco, CA.

Human Subjects Research Experience

Conversant in conducting human subject research with varied and vulnerable populations including the elderly, college students, rural employees, and elementary school students. Skilled in applying for exempt and expedited IRB approval of research using surveys, interviews, and physical and psychological measurements. Have successfully applied for IRB approval for five independent studies.

Advanced Statistics Coursework

Experimental Analysis and Design (HPER T693). Advanced topics covered principles and procedures for designing and analyzing experiment using ANOVA models. Includes between and within subjects design, factorial arrangements and nested designs, analysis of covariance, trends, statistical power and effect size, experience with SPSS.

Multivariate Statistical Analysis (HPER T691). Included examination of null hypothesis tests, matrix algebra, data screening, multiple regression, multivariate analysis of variance and covariance, discriminant function analysis, logistic regression, principal components analysis, and exploratory factor analysis, experience with SPSS and SAS.

Statistical Techniques in Sociology II (SOC S650). Examined regression models with categorical dependent variables including probit and logit for binary outcomes, ordered logit and ordered probit for ordinal outcomes, multinomial logit for nominal outcomes, and Poisson regression and related models for count outcomes, experience with Stata.

TEACHING EXPERIENCE

Courses Taught

Teaching included course design, preparation of syllabi, lectures, administration of tests and evaluations, grading, and management of graduate assistants.

Men's Health (HPER H306, Spring 2012). 3 credits. 32 students.

Stress Prevention and Management (HPER H180, Summer 2008 through Spring 2010). 3 credits. Sections ranged from 28 to 120 students.

Personal Health (HPER H263, Fall 2007 & Spring 2008). 3 credits. 32 to 75 students.

Intermediate Yoga (HPER E290). 1 credit. 28 students, and Health Qigong (HPER E144, Summer 2009). 1 credit. 6 students.

Courses Assisted

Safety: A Personal Focus (HPER F217, Fall 2011). 3 credits. 41 students.

Human Sexuality (HPER F255, Spring 2011). 3 credits. 83 students.

Curricula Developed

Childhood Obesity Prevention Program (Monroe County YMCA, Bloomington, IN, 2011). Instructor manual for school-based program including movement-based nutrition education, physical activities, and fitness games, for 3rd and 4th graders.

Health Qigong for Children: A 16-week Curriculum (Clear Creek, Highland Park, Templeton, and Arlington Elementary Schools, Bloomington, IN, 2011). Adapted Health Qigong activities for 3rd and 4th graders to reduce stress, obesity, and improve overall health.

SERVICE EXPERIENCE

YMCA Trainer & Supervisor (October, 2009 to July 2012). Train AmeriCorps volunteers and supervise master's-level student interns in *Energize* program. Monroe County YMCA, Bloomington, IN.

Reviewer (2009 – present). *Journal of Preventive Medicine*.

President (2009-2010). Health Qigong Club of Indiana University.

Liaison (2008). Connected Chinese Health Qigong Association (CHQA) with three U.S. universities (Indiana University, University of Illinois, Indiana State University); translated; accompanied teams to, and participated in, Qigong performances in New York, Boston, and Washington.

Volunteer (2010-present). Community-based Childhood Obesity Prevention Program of Get Onboard Active Living, Bloomington Hospital, Bloomington, IN.

National Professional Memberships. Chinese Health Qigong Association (CHQA) (since 2001). American Public Health Association (APHA) (since 2007). American Association for Health Education (AAHE) (since 2010). American College of Sports Medicine (ACSM) (since 2010).

Local Memberships. At Indiana University: Strategic Planning Committee (since 2009); Tobacco Control & Wellness Research Working Group (since 2007). In Bloomington, IN: Comprehensive Health Issues Committee (since 2010); Active Living Coalition (since 2009).