

ZHAOJING CHEN, Ph.D.

Curriculum Vitae

California State University, San Bernardino
Department of Kinesiology
5500 University Parkway, HP 205
San Bernardino, CA 92407

Office: (909) 537-5358
Fax: (909) 537-7085
Email: zhaojing.chen@csusb.edu

EDUCATION

- Ph.D. Exercise Physiology

Department of Health and Exercise Science, University of Oklahoma

Dissertation: Bone and Muscle Specific Circulating MicroRNAs in Postmenopausal Women Based on Osteoporosis and Sarcopenia Status

Advisor: Dr. Debra A. Bemben

- M.S. Exercise Physiology

Department of Health and Exercise Science, University of Oklahoma

Thesis: Comparison of Bone Status and Energy Availability between Male Competitive Runners and Road Cyclists

Advisor: Dr. Debra A. Bemben

- B.S. Exercise Science

School of Kinesiology, Shanghai University of Sport, Shanghai, China

PROFESSIONAL EXPERIENCE

- September 2017 - Present, California State University, San Bernardino
Assistant Professor, Department of Kinesiology

Courses Taught:

- KINE 270 Intro to Fitness & Testing
- KINE 360 Physical Activity & Aging
- KINE 481 Exercise Physiology
- KINE 483 Exercise Prescription
- KINE 486 Instrumentation in Exercise Science

- August 2011 - May 2017, University of Oklahoma
Graduate Assistant, Department of Health and Exercise Science

Courses Taught:

- HES 3883 Principles of Endurance Training
- HES 3873 Principles of Personal Training
- HES 3813 Principles of Health & Fitness
- HES 2823 Introductory Nutrition
- HES 1823 Scientific Principles of Health & Diseases
- HES 1221 Individual Fitness

PEER-REVIEWED PUBLICATIONS

1. **Chen Z**, Bemben MG, Bemben DA. Bone and Muscle Specific Circulating MicroRNAs in Postmenopausal Women Based on Osteoporosis and Sarcopenia Status. *Bone*. (manuscript under review)
2. Sharma-Ghimire P, **Chen Z**, Sherk V, Bemben DA, Bemben MG. Sclerostin and Parathyroid Hormone Response to Acute Whole-Body Vibration and Resistance Exercise in Young Women. *Journal of Bone and Mineral Metabolism*.
3. **Chen Z**, Sharma-Ghimire P, Ye X, Kim D, Bemben MG, Bemben DA. Acute effects of whole-body vibration and resistance exercise on cortisol concentrations in young men. *Int J Exerc Sci*. 2015; 8(1): 11-20.
4. Bemben DA, Sharma-Ghimire P, **Chen Z**, Kim E, Kim D, Bemben MG. Effects of whole-body vibration on acute bone turnover marker responses to resistance exercise in young men. *J Musculoskelet Neuronal Interact*. 2015; 15(1):23-31.
5. Sherk VD, Thiebaud RS, **Chen Z**, Karabulut M, Kim S, Bemben DA. Associations between pQCT-based fat and muscle area and density and DXA-based total and leg soft tissue mass in healthy women and men. *J Musculoskelet Neuronal Interact*. 2014; 14(4):411-417.

PUBLISHED ABSTRACTS

1. **Chen Z**, Bemben DA, Bemben MG. Circulating MicroRNAs are Negatively Associated with Bone Mineral Density in Postmenopausal Women. ASBMR Annual Meeting, Montreal, Canada, Sept .28 - Oct.1, 2018.
2. Singh H, Rathore R, Hunter GR, Bemben DA, **Chen Z**, Saag KG. Total Percent Body Fat, Independent of Muscle Mass, is Negatively Associated with Bone Density in Women. ASBMR Annual Meeting, Montreal, Canada, Sept .28 - Oct.1, 2018.
3. **Chen Z**, Baker B, Bemben MG, Bemben DA. Relationships between Circulating MicroRNAs, Bone Mineral Density and Muscle Function in Postmenopausal Women. 2018 ACSM Annual Meeting, Minneapolis, MN.
4. Bemben DA, **Chen Z**, Bemben MG. Bone Status and Circulating MicroRNAs in Postmenopausal Women. International Workshop on Musculoskeletal and Neuronal Interactions, Montreal, Canada, Oct. 6-8, 2017.
5. Bemben MG, Bemben DA, **Chen Z**, Su M. Muscle-bone Interactions in Chinese Men and Women Aged 18 to 35. International Workshop on Musculoskeletal and Neuronal Interactions, Montreal, Canada, Oct. 6-8, 2017.
6. Singh H, **Chen Z**, Kim D, Pohlig R, Bemben MG, Bemben DA. Is Adiposity Related to Neuromuscular Performance and Musculoskeletal Strength in Community-dwelling Older Adults? ASBMR Annual Meeting, Denver, CO, Sept. 8-11, 2017.

7. **Chen Z**, Su M, Zhou Y, Baker B, Buchanan S, Ross D, Bemben MG, Bemben DA. Serum Sclerostin Levels Are Positively Correlated with Bone Mineral Density in Chinese Young Adults. ACSM Annual Meeting, Denver, CO, May 30- June 3, 2017. *Medicine & Science in Sports & Exercise*. 2017; 49(5S): S297-S298
8. **Chen Z**, Sharma-Ghimire P, Kim D, Cavazos C, Bemben MG, Bemben DA. Sarcopenia, Osteoporosis, and Functional Performance in Postmenopausal Women. ACSM Annual Meeting, Boston, MA, May 31- June 4, 2016. *Medicine & Science in Sports & Exercise*. 2016; 48(5S): 144-145
9. **Chen Z**, Manfro IG, Larson RD, Bemben MG, and Bemben DA. Bone Characteristics in Collegiate Male Soccer Players Compared to Untrained Controls. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine & Science in Sports & Exercise*. 2015; 47(5S): 703
10. Sharma-Ghimire P, **Chen Z**, Sherk VD, Bemben DA. Sclerostin responses to acute whole-body vibration and resistance exercise in young women. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine & Science in Sports & Exercise*. 2015; 47(5S): 618
11. **Chen Z**, Sharma-Ghimire P, Larson RD, Bemben MG and Bemben DA. Comparison of bone status in male competitive runners and cyclists. ACSM Annual Meeting, Orlando, FL, May 28-31, 2014. *Medicine & Science in Sports & Exercise*. 2014; 46(5S): 34-35
12. Sharma-Ghimire P, **Chen Z**, Bemben MG and Bemben DA. Influence of oral contraceptives and vitamin D status on bone health in college aged women. ACSM Annual Meeting, Orlando, FL, May 28-31, 2014. *Medicine & Science in Sports & Exercise*. 2014; 46(5S):456-457
13. **Chen Z**, Sharma-Ghimire P, Ye X, Keeter T, Young KC, Kim E, Poole C, Kim D, Bemben MG, Bemben DA. Acute Effects of Whole-Body Vibration and Resistance Exercise on Cortisol Levels in Young Men. ACSM Annual Meeting, Indianapolis, IN, May 28-31, 2013. *Medicine & Science in Sports & Exercise*. 2013; 45(5S): 592-593
14. Sharma-Ghimire P, **Chen Z**, Ye X, Keeter T, Young KC, Kim E, Poole C, Kim D, Bemben MG, Bemben DA. Whole-Body Vibration Attenuates Bone Resorption Marker Responses to Acute Resistance Exercise in Young Men. ACSM Annual Meeting, Indianapolis, IN, May 28-31, 2013. *Medicine & Science in Sports & Exercise*. 2013; 45(5S): 242-243

HONORS/AWARDS

American Kinesiology Association, Doctoral Scholar, 2017

Helen Riddle Research Scholarship, Department of Health and Exercise Science, University of Oklahoma, 2017

G. Michael Simms Scholarship, Department of Health and Exercise Science, University of Oklahoma, 2013

Sooner Heritage Scholarship, University of Oklahoma, 2013 & 2015

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

American College of Sports Medicine (ACSM), 2012 - Present

American Society for Bone and Mineral Research (ASBMR), 2016 – Present

Southwest Chapter American College of Sport Medicine (SWACSM), 2017- present

First Aid, CPR & AED Certifications by American Red Cross, 2011 - Present