

ZHAOJING CHEN, Ph.D.

Curriculum Vitae

California State University, San Bernardino
Department of Kinesiology
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EDUCATION

- Ph.D. Exercise Physiology University of Oklahoma
- M.S. Exercise Physiology University of Oklahoma
- B.S. Exercise Science Shanghai University of Sport

PROFESSIONAL EXPERIENCE

- September 2017 - Present, California State University, San Bernardino
Assistant Professor, Department of Kinesiology
Courses Taught:
 - KINE 3600 (formerly as KINE 360) Physical Activity & Aging
 - KINE 3800 (formerly as KINE 481) Exercise Physiology
 - KINE 4200 Seminar in Kinesiology
 - KINE 4400 (formerly as KINE 483) Exercise Prescription
 - KINE 270 Intro to Fitness & Testing
 - 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

**refers to undergraduate students*

1. **Chen Z.**, Sherk V.D., Sharma-Ghimire P., Bembem M.G. Site-Specific Bone Differences and Energy Status in Male Competitive Runners and Road Cyclists. *Journal of Clinical Densitometry*. In press. <https://doi.org/10.1016/j.jocd.2021.11.002>
2. Bembem D.A., **Chen Z.**, Buchanan S.R. (2022) Bone-Regulating MicroRNAs and Resistance Exercise: A Mini-Review. *Osteology*. 2(1), 11-20. <https://doi.org/10.3390/osteology2010002>
3. Wu C., Xu Y., **Chen Z.**, Cao Y., Yu K., & Huang C. (2021) The Effects of Intensity, Frequency, Duration and Volume of Physical Activity in Children and Adolescents on Skeletal Muscle Fitness:

- A Systemic Review and Meta-Analysis of Randomized Controlled Trials. *International Journal of Environmental Research and Public Health*. 18(18), 9640. <https://doi.org/10.3390/ijerph18189640>
4. Santos, L.E.R., dos Santos Costa, A., Costa, E.C., Damasceno, V.O., **Chen, Z.**, de Oliveira, I. A., ...& Santos, T.M. (2021) Effects of Self-selected Passive Recovery Time in Interval Exercise on Perceptual and Heart Rate Responses in Older Women: A Promissory Approach. *Journal of Aging and Physical Activity*, 1(aop), 1-11. <https://doi.org/10.1123/japa.2021-0086>
 5. Ramirez E.A. *, Escalante G., **Chen Z.** (2020) Cross-Calibration of GE Lunar iDXA and Prodigy Densitometer for Measurement of Bone Mineral Density in Young Adults. *Journal of Kinesiology and Wellness (JKW) – Student Edition*. 9(2): 38-46. <https://jkw.wskw.org/index.php/jkw/article/view/71/133>
 6. Mora J.C. *, **Chen Z.**, Escalante G. (2020) A Comparison of Body Composition Measurements in College Students Using Three Assessment Devices. *Journal of Kinesiology and Wellness (JKW) – Student Edition*. 9(2):56-62. <https://jkw.wskw.org/index.php/jkw/article/view/73/138>
 7. Su M., **Chen Z.**, Baker B., Buchanan S., Bemben D., Bemben M. (2020) Quantity and Quality of Bone and Muscle in Chinese Men and Women Aged 18-35 Years. *Journal of Osteoporosis*. Volume 2020, Article ID 8126465. <https://doi.org/10.1155/2020/8126465>
 8. Baker BS, **Chen Z.**, Larson RD, Bemben MG, Bemben DA. (2020) Sex Differences in Bone Density, Geometry, and Bone Strength of Competitive Soccer Players. *J Musculoskelet Neuronal Interact*. 20(1):62-76. http://www.ismni.org/jmni/pdf/79/jmni_20_062.pdf
 9. **Chen Z.**, Bemben MG, Bemben DA. (2019) Bone and Muscle Specific Circulating MicroRNAs in Postmenopausal Women Based on Osteoporosis and Sarcopenia Status. *Bone*. 120: 271-278. <https://doi:10.1016/j.bone.2018.11.001>
 10. Sharma-Ghimire P, **Chen Z.**, Sherk V, Bemben DA, Bemben MG. (2018) Sclerostin and Parathyroid Hormone Response to Acute Whole-Body Vibration and Resistance Exercise in Young Women. *Journal of Bone and Mineral Metabolism*. 37(2): 358-367. <https://doi.org/10.1007/s00774-018-0933-0>
 11. **Chen Z.**, Sharma-Ghimire P, Ye X, Kim D, Bemben MG, Bemben DA. (2015) Acute Effects of Whole-body Vibration and Resistance Exercise on Cortisol Concentrations in Young Men. *Int J Exerc Sci*. 8(1): 11-20. <https://digitalcommons.wku.edu/ijes/vol8/iss1/3/>
 12. Bemben DA, Sharma-Ghimire P, **Chen Z.**, Kim E, Kim D, Bemben MG. (2015) Effects of Whole-body Vibration on Acute Bone Turnover Marker Responses to Resistance Exercise in Young Men. *J Musculoskelet Neuronal Interact*. 15(1):23-31. <https://pubmed.ncbi.nlm.nih.gov/25730649/>
 13. Sherk VD, Thiebaud RS, **Chen Z.**, Karabulut M, Kim S, Bemben DA. (2014) 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*. 14(4):411-417. <http://www.ismni.org/jmni/pdf/58/02SHERK.pdf>

PUBLISHED ABSTRACTS

**refers to undergraduate students*

1. Ramirez E.*, Khartabil A.*, Marin Y.*, Escalante G., Haddock B., **Chen Z.** Relationships of Bone Mineral Density and Muscular Performance in College Students. 2020 ACSM Annual Meeting
2. Mejia A.*, Huatran J.*, Ramirez E.*, Escalante G., Haddock B., **Chen Z.** Cross-Calibration of Two Dual-Energy X-Ray Absorptiometry Systems for Body Composition Measurements in Young Adults. 2020 ACSM Annual Meeting
3. Wee S., Reyes R.*, **Chen Z.**, Ng J. Preliminary Study of Ethnic Differences in Hemodynamic Responses Following High Intensity Exercise: Wave Separation Analysis. 2020 ACSM Annual Meeting
4. Ramirez E.*, Khartabil A.*, Marin Y.*, Escalante G., **Chen Z.** Relationships of Bone Mineral Density, Muscular Performance, and Body Composition in College-Age Students. 2019 Southwest ACSM, Newport Beach, CA, Oct.25-26, 2019.
5. Mejia A.*, Huatran J.*, Ramirez E.*, Escalante G., **Chen Z.** Cross Calibration of the GE Prodigy and iDXA for the Measurement of Body Composition in Young Adults. 2019 Southwest ACSM, Newport Beach, CA, Oct.25-26, 2019.
6. Mora J.*, Hernandez J.*, Maravi A.*, Marin Y.*, **Chen Z.**, Escalante G. A Comparison of DXA, BIS, and Ultrasound Body Composition Measurements in College Students. 2019 Southwest ACSM, Newport Beach, CA, Oct.25-26, 2019.
7. Ramirez E.*, Mora J.*, Maravi A.*, Escalante G., **Chen Z.** Cross-Calibration of Two Dual-Energy X-Ray Absorptiometry for the Measurement of Bone Mineral Density in Young Adults. 2019 WSKW, Reno, NV, Oct.9-11, 2019. (See attachment **RA-18**)
 - *2nd place in Dr. Lawrence Bruja Outstanding Original Research Poster Award*
8. Heredia J.*, Khartabil A.*, Howard D.*, Rojas I.*, Rodriguez M.*, **Chen Z.**, Escalante G. The Intra-rater Reliability of the Force Plate Peak Forces at Three Specific Time Frames. 2019 WSKW, Reno, NV, Oct.9-11, 2019.
 - *Third place in Dr. Lawrence Bruja Outstanding Original Research Poster Award*
9. **Chen Z**, Buchanan SR, Bemben MG, Bemben DA. Circulating Sclerostin and MicroRNA-21 are Predicators of Bone Mineral Density in Postmenopausal Women. 2019 ACSM Annual Meeting, Orlando, FL, May 28 - June 1, 2019.
10. Balderas A, **Chen Z**, Su M, Buchanan S, Baker B, Bemben M, Bemben D. Sex Differences in Muscle-Bone Interactions in Chinese Men and Women. 2019 ACSM Annual Meeting, Orlando, FL, May 28 - June 1, 2019.
11. **Chen Z**, Bemben DA, Bemben MG. Circulating MicroRNAs are Negatively Associated with Bone Mineral Density in Postmenopausal Women. 2018 ASBMR Annual Meeting, Montreal, Canada, Sept .28 - Oct.1, 2018.
12. 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. 2018

- ASBMR Annual Meeting, Montreal, Canada, Sept .28 - Oct.1, 2018.
13. **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, May 29 – June 2, 2018.
 14. 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.
 15. 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.
 16. 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.
 17. **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
 18. **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
 19. **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
 20. 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
 21. **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
 22. 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
 23. **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
 24. 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

RESEARCH GRANT

1. 2020 CSUSB College of Natural Sciences Summer Research Fellowship. \$3,000, Awarded.
2. 2019-2020 CSUSB Faculty/Student Grant \$1,500, Awarded.
3. 2018 CSUSB Vital/Expanded Technologies Initiative (VETI) Grants. \$50,000, Awarded.
4. 2018 Grant Writing Workshop at the University of San Diego Travel Award. \$1,500, Awarded.
5. 2018-2019 CSUSB Mini-Grant Award. \$4,600, Awarded.
6. 2018–2019 CSUSB Targeted Grant Proposal Development Program. \$1,500, Awarded.

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

- American College of Sports Medicine (ACSM), 2012 - Present
- American Society for Bone and Mineral Research (ASBMR), 2016 – 2018
- Southwest Chapter American College of Sport Medicine (SWACSM), 2017- Present
- First Aid, CPR & AED Certifications by American Red Cross, 2011 – Present
- California Certified Bone Technician, 2018 – Present
- ACSM Certified Exercise Physiologist, 2019 – Present
- ACSM Exercise is Medicine, Level 2 Credential, 2020 – Present