February 2026

CURRICULUM VITAE

SHERRON L. HOWARD, M.S.

Austin, TX 78741
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EDUCATION

2021 – Present	Doctor of Philosophy Health Behavior and Health Education University of Texas at Austin Advisor: John B. Bartholomew, Ph.D.
2018	Master of Science Biomechanics and Movement Science University of Delaware Advisor: Christopher A. Knight, Ph.D.
2016	Bachelor of Science Biology The Lincoln University

RESEARCH INTERESTS

My primary research interest is engaging women in physical activity, particularly Black women. I examine how factors such as body image perceptions influence their participation, including how these perceptions affect their willingness and motivation to engage in physical activity, both positively and negatively. I also explore the role of social support in promoting consistent physical activity among women. Additionally, I assess their self-efficacy regarding participation in physical activity. My research employs quantitative methods, such as surveys and statistical analysis, alongside qualitative methods, including interviews and focus groups, to achieve a comprehensive understanding of these dynamics.

RESEARCH EXPERIENCE

2022 – Present	*Graduate Research Assistant* Advisor: John B. Bartholomew, Ph.D. Department of Kinesiology and Health Education University of Texas at Austin, Austin, TX
2021 – 2022	*Graduate Fellow* Advisor: John B. Bartholomew, Ph.D. Department of Kinesiology and Health Education University of Texas at Austin, Austin, TX
2016 – 2018	*NSF Bridge to Doctorate Graduate Fellow* Advisor: Christopher A. Knight, Ph.D. Department of Kinesiology and Applied Physiology University of Delaware, Newark, DE Thesis: *Interaction between Exercise and Medication in the Management of*

Parkinson's disease Symptoms

2014 – 2014 *Undergraduate Research Assistant*
Advisor: Robert Prud'homme, Ph.D.
Department of Biological and Chemical Engineering
Princeton University, Princeton, NJ
Project: *Optimization of Gel Microparticles for Lung Cancer Drug Delivery*

2013 – 2014 *Undergraduate Research Assistant*
Advisor: Cherese Winstead, Ph.D.
Department of Chemistry
Delaware State University, Dover, DE
Project: *Dissolvable Microneedle Patches for Transdermal Drug Delivery (TDD) of Cardiovascular Biotherapeutics*

2013 – 2013 *Undergraduate Research Assistant*
Advisor: Dula Man, Ph.D.
Department of Chemistry
Delaware State University, Dover, DE
Project: *Growth of Colon Cancer Cells on Electrospun Nanofibers*

TEACHING & ADMINISTRATIVE DESCRIPTION

I graded essays, assignments, quizzes, and exams, and held weekly office hours to provide personalized support and answer students' questions. I also managed the course's online presence by creating and maintaining the Canvas page, ensuring all materials and resources were accessible. I delivered insightful lectures on topics such as male anatomy, race and health, and childhood sexuality, engaging students in thought-provoking discussions.

As an operations graduate assistant, I conducted monthly individual meetings and weekly group sessions with interns to monitor their progress and provide guidance on upcoming tasks. I led the creation and management of the CRCI Undergraduate Scholars Program, including designing the application process, reviewing submissions, organizing workshops, and maintaining open communication with scholars. Additionally, I matched scholars with mentors and offered comprehensive support to students aspiring to attend graduate school. Furthermore, I played a significant role in preparing and executing various events, contributing to their overall success.

TEACHING & ADMINISTRATIVE EXPERIENCE

2025 – Present Successful Student Organization Program Graduate Assistant
Office of the Dean of Students
University of Texas at Austin, Austin, TX

2025 *Teaching Assistant*
Department of Kinesiology and Health Education
University of Texas at Austin, Austin, TX
Course: Program Planning
Guest Lecture: Ethics

2024 *Teaching Assistant*

Department of Kinesiology and Health Education
University of Texas at Austin, Austin, TX
Course: Human Sexuality
Guest Lecture: Male Anatomy, Sexuality During Childhood/Adolescence

2022 – 2024 *Teaching Assistant*
Department of Kinesiology and Health Education
University of Texas at Austin, Austin, TX
Course: Social Determinants of Health
Guest Lecture: The roles of culture, race, ethnicity, identity, and discrimination on health

2022 – 2024 *Operations Graduate Assistant*
Center for Research to Community Impact
University of Texas at Austin, Austin, TX

2018 *Academic Peer Staff Leader*
College Readiness Scholars Program
University of Delaware, Newark, DE

ACCEPTED PUBLICATIONS

1. **Howard SL,** Bartholomew JB (2024) Barriers and facilitators to physical activity among Black women: A qualitative systematic review and thematic synthesis. PLOS Glob Public Health 4(12): e0003202. https://doi.org/10.1371/journal.pgph.0003202

2. **Howard, S.L.,** Grenet, D., Bellumori, M., Knight, C.A. Measures of motor segmentation from rapid isometric force pulses are reliable and differentiate Parkinson's disease from age-related slowing. *Exp Brain Res* (2022). https://doi.org/10.1007/s00221-022-06398-4

PUBLICATIONS IN PRINT

1. Errisuriz, V. L., Yarish, N., Patel, R., Anderson, B., **Howard, S. L.** Disparities in utilization of physical activity resources and level of physical activity among Texas college students during the COVID-19 pandemic.

PUBLICATIONS IN PREPARATION

1. **Howard, S. L.,** Bartholomew, J.B. Cultural Views of Body Image and Physical Activity amongst Black Women.

PRESENTATIONS *(oral, poster, and invited)*

May 2025 *Cultural Views of Body Image and Physical Activity Amongst Young Adult Women*
Howard, S, Bartholomew, JB
American College of Sports Medicine

May 2023 *Black Women and Physical Activity: A Qualitative Review*
Howard, S, Bartholomew, JB
American College of Sports Medicine

Nov 2019	*Interaction between Exercise and Medication in the Management of Parkinson's disease Symptoms*, ***invited*** **Howard, S,** Knight, CA Society for Neuroscience
Nov 2018	High Speed Cycling and the Law of Initial Values in Parkinson's Disease Sibson, B, Josephson, M, Daniels, R, **Howard**, S, Knight, CA American College of Sports Medicine – Mid Atlantic Regional Chapter
Oct 2017	*Interaction between Exercise and Medication in the Management of Parkinson's disease Symptoms*, ***oral*** **Howard, S,** Knight, CA 19th Annual Philadelphia AMP Research Symposium 1st Honorable Mention
Apr 2015	*Optimization of Gel Microparticles for Lung Cancer Drug Delivery*, ***poster*** **Howard. S,** Benson, B., Prud'homme, R. LSAMP Drexel University Diversity Fair 1st Honorable Mention
Oct 2014	Optimization of Gel Microparticles for Lung Cancer Drug Delivery, poster **Howard. S,** Benson, B., Prud'homme, R. 19th Annual Lincoln University Science Fair 2nd Place
Aug 2014	Optimization of Gel Microparticles for Lung Cancer Drug Delivery, poster **Howard. S,** Benson, B., Prud'homme, R. Princeton University's REU Summer 2014
Apr 2014	Dissolvable Microneedle Patches for Transdermal Drug Delivery (TDD) of Cardiovascular Biotherapeutics, oral **Howard, S,** Hendi, M, Winstead, C. Delaware State University's 2014 Honors Day.
Aug 2013	Growth of Colon Cancer Cells on Electrospun Nanofibers, poster **Howard. S,** Deixler, K, Man, D. Delaware State University's Summer 2013 Research Symposium.

GUEST LECTURES

Spring 2026	The roles of culture, race, ethnicity, identity, and discrimination on health
Fall 2025	The roles of culture, race, ethnicity, identity, and discrimination on health
Spring 2025	Ethics
Spring 2025	The roles of culture, race, ethnicity, identity, and discrimination on health
Fall 2024	Sexuality During Childhood and Adolescence
Fall 2024	Male Anatomy
Fall 2024	The roles of culture, race, ethnicity, identity, and discrimination on health

Spring 2024	The roles of culture, race, ethnicity, identity, and discrimination on health
Fall 2023	The roles of culture, race, ethnicity, identity, and discrimination on health
Spring 2023	The roles of culture, race, ethnicity, identity, and discrimination on health

PROFESSIONAL AFFILIATIONS

Dec 2022 – Present	*American College of Sports Medicine*, ***member***
Aug 2020 – Jul 2021	Domestic Violence Program Initiative, ***Chapter Coordinator*** Zeta Delta Zeta Chapter – Burlington County
Nov 2019 – Present	Zeta Phi Beta Sorority, Inc., ***member***
Aug 2017 – Aug 2018	Society for Neuroscience, ***member***
Aug 2017 – May 2018	Black Graduate Student Association, ***Vice President*** University of Delaware
Apr 2015 – Aug 2018	Louis Stokes Alliance for Minority Participation (LSAMP), ***member*** The Lincoln University/University of Delaware
Jun 2013 – May 2014	Research Initiative for Scientific Enrichment (RISE), ***researcher*** Delaware State University
May 2013 – May 2016	National Society for Collegiate Scholars, ***member*** Delaware State University
Aug 2012 – May 2013	Science and Mathematics Initiative for Learning Enrichment (SMILE), ***member*** Delaware State University

HONORS & AWARDS

Aug 2023 – July 2025	Provost's Early Career Graduate Fellowship The University of Texas at Austin
Aug 2021 – Aug 2022	Graduate School Mentoring Fellowship The University of Texas at Austin
Aug 2016 – Aug 2018	NSF Louis Stokes Alliance for Minority Participation Bridge to Doctorate Fellowship University of Delaware
Aug 2015 – May 2016	GPA Merit Scholarship The Lincoln University
Aug 2014 – May 2016	Pennsylvania Space Scholarship The Lincoln University
Aug 2012 – May 2014	Scholarship in Mathematics and Science Delaware State University
Aug 2012 – May 2014	University Gold Scholarship

	Delaware State University
Aug 2012 – Dec 2012	Estelle Rice Scholarship Zeta Phi Beta Sorority – Zeta Delta Zeta Chapter

PROFESSIONAL EXPERIENCE

2020 – 2021	*Quality Assurance Lead* National Medical Systems
2019	*Classroom Assistant* Gifted and Precious Family Daycare
2018 – 2019	*Pharmaceutical Recruitment Consultant* ProClinical

CERTIFICATIONS & TRAININGS

Aug 2024 – Aug 2027	CITI Training (Human Research)
Spring 2025	CoachUT (Leadership Coaching)
July 2022	Inclusive Classrooms Leadership Certificate

EDITORIAL WORK

Adhoc Peer Reviewer for:

- Social Science and Medicine (since 2025)
- Behavioral Medicine (since 2025)
- Journal of Racial and Ethnic Health Disparities (since 2025)

SERVICE

Other community service

Nov 2018 – Aug 2021	South Jersey Food Bank, *volunteer*
May 2018	Brain S.T.E.M. Day, *volunteer*
Apr 2017, 2019	Shake It Off Rabbit Run, *volunteer*
Oct 2016	PD500 Shake Off the Hills Challenge, *volunteer*