

CURRICULUM VITAE
B. Ruth Clark, P.T., Ph.D.

Present Position:

2011-present Associate Professor
Program in Physical Therapy and Department of Neurology
Washington University School of Medicine in St. Louis
St. Louis MO 63108

Education:

January 4, 1974 B.S. Physical Therapy Saint Louis University, St. Louis MO
May 21, 1988 Ph.D. Physiology Saint Louis University, St. Louis MO

Academic Positions / Employment:

1974-1975 Physical Therapist
Veterans Administration, Jefferson Barracks Division
St. Louis MO

1975-1979 Physical Therapist
Rusk Rehabilitation Center
University of Missouri Medical Center
Columbia MO

1979-1982 Instructor
Department of Physical Therapy
Saint Louis University School of Medicine, St. Louis MO

1982-1988 Lecturer
Department of Physical Therapy
Saint Louis University School of Medicine, St. Louis MO

1986-1988 Lecturer
Program in Physical Therapy
Washington University School of Medicine in St. Louis, St. Louis MO

1988-2004 Instructor
Program in Physical Therapy
Washington University School of Medicine in St. Louis, St. Louis MO

2004-2011 Assistant Professor
Program in Physical Therapy and Department of Neurology
Washington University School of Medicine in St. Louis, St. Louis MO

University Appointments and Committees:

1988-present Member, Program in Physical Therapy, Committee on Academic and
Professional Evaluation of Students (previously known as PT CAES)

- 1995-2000: Member of Program in Physical Therapy Admissions Committee
- 1997-2001: Faculty liaison for Pre-PT/OT Society, Danforth (Hilltop) campus
- 2003-2004: Workshop Task Force for Academic Publishing Services
Washington University School of Medicine
- 2003-2005: Social Norms Marketing Committee; Health Promotion and Wellness
Washington University Danforth (Hilltop) campus
- 2000, 2006-10: Coordination of Annual Symposium
Steven J. Rose Symposium and Alumni Day Symposium
Program in Physical Therapy, Washington University School of Medicine
- 2009-2013: Member Community-Based Teaching and Learning Cohort
Gephardt Institute for Public Service
- 1999-2014: Faculty Associate for Residential Life, Danforth campus
- 2013: Faculty Search Committee, Program in Physical Therapy
- 2004-present: Member of Program in Physical Therapy Emergency Planning Committee
- 2003-present: Discussion leader, Washington University's First Year Reading Program
- 2014-present: Faculty Scholar in the Institute for Public Health, Washington University
School of Medicine in St. Louis

Licensure/Registration: MO #00555

Honors and Awards:

2015 JUSTIN CARROLL X HONORARY: Recognizing Excellence in Leadership
Faculty Leader of the Month

Professional Societies and Organizations:

- 1989- Member American Physical Therapy Association
- 1989 - Member Missouri Physical Therapy Association
- 1991-2014 Member of the Society for Neuroscience
- 2005- Member The American Physiological Society

Invited Presentations:

- 1996: "A correlative study of anatomy and movement analysis in the *shaker* mutant rat"
Saint Louis University, Department of Anatomy and Neurobiology, Research Seminar
- 1996: "Physiological Aspects of Aging"
Alumni Day Symposium

Program in Physical Therapy, Washington University School of Medicine in St. Louis

- 2000: “Diabetes: Implications for the Physical Therapist”
St. Louis Community College Continuing Education, Meramec Community College
- 2000: “Updates in the Management of Patients with Diabetes Mellitus”
Alumni Day Symposium
Program in Physical Therapy, Washington University School of Medicine in St. Louis
- 2000: “Skeletal Muscle Structure and Function”,
Physical Therapy Continuing Education Course, Barnes Jewish Hospital,
- 2001: “Muscle Pathology”
Missouri Physical Therapy Association
Annual Spring Conference, Lake of the Ozarks, MO
- 2008: “The Triad of Athletic Success”: Nutritional and the Athlete
Missouri Physical Therapy Association
Annual Spring Conference, Springfield MO
- 2009: “Nourishing an Urban Community”
Susan B. Racette, Donald N. Koster, B. Ruth Clark
Second Annual Conference, Washington University Institute for Public Health
- 2010: “Nourishing an Urban Community”
Gephardt Institute External Advisory Council
Washington University in St. Louis
- 2010: “Skeletal Muscle and Imaging: Implications for Rehabilitation”
Alumni Day Symposium
- 2011: Presentation: “Cardiovascular Risk Factors Among Urban School-aged Children”
Professional Development Day for Physical Education Teachers and Nurses
Saint Louis Public Schools
- 2011: Panel Member, Champions of Social Impact, Leaders Series
Washington University in St. Louis
- 2013: Presentation: “Fitness and Health Promotion in Schools”
Professional Development for Physical Education Teachers, Saint Louis Public Schools
- 2013: “Physical Activity & Cardiometabolic Risk Among Youth in Urban Public Schools
Alumni Day Symposium
Program in Physical Therapy, Washington University School of Medicine

Research Support:

Governmental

#5T32 HL07050
"Lung Diseases Training Grant"
National Institutes of Health
09/01/1983 - 08/31/1986
\$15,000
Pre-doctoral trainee

NIH; #T32 5 T32 HD007434
"Doctoral Training in Movement Science"
Principal Investigator: Michael Mueller, P.T., Ph.D.
National Institute of Child Health and Human Development/NIH
Project period: 05/01/05 - 04/30/10
Direct Costs: \$131,841
Role: Preceptor

Q215F120077
"Aim for Fitness"
Carol M. White Physical Education Program, United States Department of Education
Prime Award: St. Louis Public School District, \$2,197,109.00
Subcontract: Washington University School of Medicine, \$459,897.00
Project period: 08/01/12 - 07/31/2015
Role: Co-Principal Investigator
Percent Effort: 15%

U54 CA155496 Pilot Project
"Urban public schools: influence of environment on child weight status and health indices"
Principal Investigator: Susan Racette, Ph.D.
Main Project: "Transdisciplinary Research on Energetics and Cancer (TREC)"
National Cancer Institute
Washington University Principal Investigator: Graham Colditz, MD, DrPH
Project Period: 07/01/2014 - 06/30/2015
Direct Cost: \$49,984
Role: Investigator
Percent Effort: 2%

R21 DK100793-01
"Diabetic Upper Extremity Pathophysiology, Limited Joint Mobility and Disability"
Principal Investigator: Michael Mueller, P.T., Ph.D., FAPTA
National Institute of Diabetes and Digestive and Kidney Diseases and National Center for
Medical Rehabilitation Research of the Eunice Kennedy Shriver National Institute Of Child
Health & Human Development (NICHD)
Project Period: 09/01/2014 - 08/31/2016
Direct Costs: \$275,000
Role: Co-investigator
Percent Effort: 5%

Non-Governmental

“Development of a Congenic Strain of the Shaker Mutant Rat: An animal model of hereditary ataxia”

Principal Investigator

National Ataxia Foundation

Project Period: 01/01/1996 - 12/31/1996

\$2,500

“Development of a Congenic Strain of the Shaker Mutant Rat: An animal model of hereditary ataxia”

Principal Investigator

National Ataxia Foundation

Project Period: 01/01/97 - 12/031/97

\$5,000

“Teaching Experience in Anatomy and Physiology”

Principal Investigator

Gephardt Institute for Public Service, Washington University in St. Louis

Innovation in Community Service-Based Teaching and Learning

Project Period: 01/01/09 - 12/031/10

\$2,500

“Nourishing an Urban Community: Phase I”

Washington University Institute for Public Health; Interdisciplinary Public Health Projects

Role: Co-investigator

Principal Investigator: Susan Racette, Ph.D.

Project Period: 07/01/09 - 12/31/2011

\$20,000

Role: Co-investigator

“Assessment of Shoulder Pain & Disability in a Group of Individuals with Diabetes Mellitus”

Principal Investigator

Research Division Pilot Award, Program in Physical Therapy, Washington University School of Medicine in St. Louis

Project Period: 06/11/10 - 06/30/11

\$2,326.80

“Nourishing an Urban Community II”

St. Louis Community University Health Research Partnerships

St. Louis Regional Health Commission

Principal Investigator: Susan Racette, Ph.D.

Project Period: 10/01/10 - 03/31/2013

\$200,000

Role: Co-investigator

Percent Effort: 4%

“Play Across St. Louis: Presence and Condition of Publicly Accessible Parks, Facilities, and Playgrounds” #72091

Principal Investigator: Cassandra Arroyo Johnson, Ph.D., M.S.

Robert Wood Johnson Foundation

Project Period: 09/01/2014 - 08/31/2015

Role: Collaborator

Percent Effort: 2%

“Obesity Surveillance in St. Louis”

City of St. Louis Department of Health

Principal Investigator: Susan Racette, Ph.D.

Project Period: 04/01/15 - 03/31/16

\$20,000

Role: Co-Principal Investigator

Percent Effort: 4%

Teaching Title and Responsibilities:

Current Teaching Responsibilities

Professional Clinical Doctorate (DPT) curriculum

Cells Systems and Disease I (M02 604), 4 credits

2001-present: Course master and major lecturer

Cells Systems and Disease II (M02 610), 4 credits

2001-present: Course master

Health, Fitness and Prevention (M02 653): guest lecture

Danforth campus

Principles in Human Physiology (L41 Biol. 328), 4 credits

1999-present: Course master and major lecturer

Mentor for independent studies or internships (e.g., Biology 200 or 500, Anthropology 300 or Medicine and Society internship, U-College) 3 credits

Movement Science Program

Teaching Practicum (L63-5210), 2 credits

2005-present: Course master

Former Teaching Responsibilities

Professional Physical Therapy (MSPT and DPT) curriculum

Cells, Systems, and Disease I (PT 504a), 4 credits

1995-2001: Coordinator and major lecturer

Previously known as Physiology (PT 504), 4 credits

1988-1995: Coordinator and major lecturer

Cells, Systems, and Disease II (PT 524a), 4 credits each

1994-2001 Coordinator

Previously known as Medical Pathophysiology (PT 524), 4 credits
1988-1989, coordinator
1990-1994, co-coordinator

Neuroscience (PT 522 and M02 605), 3.5 credits
1992; Lecturer
1993; coordinator and major lecturer
2001-2004: Lecturer

Exercise Physiology (M02 621)
2000-2002; Lecturer

Post-Professional Clinical Doctorate (DPT) curriculum
Teaching Practicum (M22 900), 3 credits
2005-2014: Course master

Muscle Structure, Function and Mutability (M22 600), 3 credits
2007, 2009, 2011, 2013: Lecturer,
2003, 2005: Course master and major lecturer

Independent Study (M22 500)
2006-2009: 1-6 credits; Course Mentor (occasional)

Post-professional Masters of Health Science (MHS) U-College curriculum
Skeletal Muscle Structure, Function and Mutability
1998: major lecturer

Movement Science Program
Movement Science I: Bioenergetics (L63-5410) 4 credits
1990, 1992 Course coordinator and major lecturer
1994-2012 Co-coordinator and lecturer

Movement Science III: Biocontrol (L63-5610), 2002 guest lecturer

Danforth campus
Introductory Human Physiology (M02 PHTH 320)
1988-1998, 3-4 credits
1999: course became L41 BIO 328, four credits
Course coordinator and major lecturer

Experiences in the Life Sciences (L41 Biol. 265, section 2), 2-3 credits,
2009-2013: Course master

Human Anatomy and Physiology Lab (M02 322)
1998-2000: Co-coordinator and lecturer

Independent Study in Physical Therapy Research (M02 PHTH 5001), 1-6 credits
Course coordinator: facilitate matching of student with appropriate preceptor
1994-2000

Mentorship to Washington University Students

Graduate Students

06/01/10- 05/31/11: TL1 Predoctoral Program: Co-Mentor for Irene Tran
Washington University Institute of Clinical and Translational Sciences
Nutrition and Physical Education Intervention to Promote Health and Wellness in St. Louis Public Schools

07/01/11-05/31/13: TL1 Predoctoral Training Program: Co-Mentor for Carling Butler
Washington University Institute of Clinical and Translational Sciences
Physical activity for campus employees: a worksite wellness program

07/01/11-05/31/13: TL1 Predoctoral Training Program: Co-Mentor for Jaquelyn Castillo
Washington University Institute of Clinical and Translational Sciences
Pedometer-determined in-school physical activity in urban elementary children.

2012-2014: Dissertation Committee member for Kshamata Shah, Ph.D.
Movement Science Program, Program in Physical Therapy
Washington University School of Medicine in St. Louis
Dissertation: *Diabetes Mellitus and Limited Joint Mobility in the Upper Extremity*

2013: Dissertation Committee Member for: Julia Marie Maki, Ph.D.
Department of Anthropology
Washington University in St. Louis
Dissertation Title: *The Biomechanics of Spear Throwing: An Analysis of the Effects of Anatomical Variation on Throwing Performance, with Implications for the Fossil Record*

2013: Apprenticeship Mentor for: Tiffany C. Dill, MPH; OTD Candidate
Program in Occupational Therapy
Washington University School of Medicine in St. Louis

2013-2014: Dissertation Committee Member for Cara Ocobock Ph.D.
Department of Anthropology
Washington University in St. Louis
Dissertation Title: *Measuring and predicting daily energy expenditure of highly active humans in natural environments*

Undergraduate Students and/or Post-baccalaureate students

Atkins M, Bagchi D, Racette S, Clark R. *Nourishing an Urban Community: Gardening and Nutrition at The Learning Tree Intergenerational Center.*
Faces of Hope Conference, April 2011
Gephardt Institute for Public Service

Pazhanisamy, A., Strutz, P., and Clark, B.R. *Teaching Anatomy and Physiology at Central Visual and Performing Arts High School.*

Faces of Hope Conference, April 2012

Gephardt Institute for Public Service

Educational Mentorship and/or Service to Other Institutions:

Saint Louis University, St. Louis MO

- 1991: Member of doctoral preliminary committee for Christopher Stein, Department of Pharmacological and Physiological Science, Saint. Louis University
- 2000: Committee member, Master's Thesis for Emeline Tolod, Department of Anatomy and Neurobiology, Saint. Louis University
- 2004-2005: Committee member of Master's Thesis for David Horwitz, Center for Anatomical Science and Education, Saint. Louis University
- 2009-2010: Dissertation Committee Member for Nour Erekat, Center for Anatomical Science and Education, Saint. Louis University
Dissertation Title: *Multiple Death Pathways in the Cerebellar Purkinje Cells of Shaker Mutant Rats: An Ultrastructural Study*

Knox College, Galesburg, IL.

- 1994: Faculty mentor for McNair Entry Level Fellowship student; Tasha Weatherspoon
- 1995: Faculty mentor for undergraduate research fellowship for Tasha Weatherspoon funded by the Associated Colleges of the Midwest, Minority Students and Academic Careers Program
- 1996: Outside examiner for Honors Thesis; Tasha Weatherspoon, Knox College IL

Bibliography:

Clark BR, Liu MS. Kinetic studies on the biological activity of calmodulin in canine heart and liver during endotoxin shock. *Can. J. Physio. Pharm.* 1991; 69 (11): 1670-1676. PMID: 1666534

Tolbert DL, Alisky JM, **Clark BR**. Lower thoracic-upper lumbar spinocerebellar projections in rats: a complex topography revealed in computer reconstructions of the unfolded anterior lobe. *Neuroscience* 1993;55 (3): 755-774. PMID: 7692349

Tolbert DL, Pittman T, Alisky JM, **Clark BR**. Chronic NMDA receptor blockade of muscimol inhibition of cerebellar cortical neuronal activity alters the development of spinocerebellar afferent topography. *Develop. Brain Res.*1994; 80 (1-2): 268-274. PMID: 7525115.

Clark BR, LaRegina M, Tolbert DL. X-linked transmission of the *shaker* mutation in rats with hereditary Purkinje cell degeneration and ataxia. *Brain Res.* 2000; 858 (2): 264-273. PMID: 10708677

Busiguina S, Fernandez AM, Barrios V, Tolbert DL, **Clark R**, Berciano J, Torres-Aleman I. Neurodegeneration is associated to changes in serum insulin-like growth factors. *Neurobiology of Disease*, 2000; 7 (6 pt B): 657-665. PMID: 11114263

Tolbert DL, **Clark BR**. Olivocerebellar projections modify hereditary Purkinje cell degeneration. *Neuroscience*, 2000: 101, (2): 417-433. PMID: 11074164

Tolbert DL, Bradley MW, Tolod EG, Torres-Aleman I, **Clark BR**. Chronic intraventricular infusion of glial cell line-derived neurotrophic factor (GDNF) rescues some cerebellar Purkinje cells from hereditary degeneration. *Exp. Neurol.*, 2001: 170 (2): 375-379. PMID: 11476604

Tolbert DL, **Clark BR**. GDNF and IGF-I trophic factors delay hereditary Purkinje cell degeneration and the progression of gait ataxia. *Exp. Neurol.* 2003: 183 (1): 205-219. PMID: 12957504

Earhart G, Tabbal S, **Clark BR**, Perlmutter J. Gait and Balance in Essential Tremor: Variable Effects of Bilateral Thalamic Stimulation. *Movement Disorders*, 2009: 24, 386-391. PMID: 19006189

Tran I, **Clark BR**, Racette SB. Physical Activity During Recess Outdoors and Indoors Among Urban Public School Students, St. Louis, Missouri, 2010–2011. *Prev Chronic Dis.* 2013 Nov 21;10:E196. doi: 10.5888/pcd10.130135. PMID: 24262028

Racette SB, Inman CL, **Clark BR**, Royer NK, Steger-May K, Deusinger SS. Exercise and cardiometabolic risk factors in graduate students: a longitudinal, observational study. *J Am Coll Health.* 2014: 62 (1): 47-56. doi: 10.1080/07448481.2013.843535. PMID: 24313696

Butler CE, **Clark BR**, Burlis TL, Castillo JC, Racette SB. Physical Activity for Campus Employees: A University Worksite Wellness Program. *J Phys Act Health.* 2014 Jun 4. [Epub ahead of print] PubMed PMID: 24905703; PubMed Central PMCID: PMC4308577

Shah, KM, **Clark, BR**, McGill, JB, Mueller, MJ. Upper extremity impairments, pain and disability in patients with diabetes mellitus. *Physiotherapy.* 2015 Jun;101(2):147-54. doi: 10.1016/j.physio.2014.07.003. Epub 2014 Sep 19. PMID: 25442298

Shah, KM, **Clark, BR**, McGill, JB, Lang, CE, Mueller, MJ. Shoulder limited joint mobility in people with diabetes mellitus. *Clinical Biomechanics* 2015 Mar;30(3):308-13. doi: 10.1016/j.clinbiomech. 2014.12.013 Epub 2015 Jan 6. PMID: 25595462

Racette, SB, Dill, TC, White, ML, Castillo, JC, Uhrich, M, Inman, CL, DuPont, NC, **Clark, BR**. Influence of physical education on moderate-to-vigorous physical activity of urban public school children in St. Louis, 2011-2014. *Prev Chronic Dis.* 2015 Mar 12;12:E31. doi: 10.5888/pcd12.140458. PMID: 25764137

Shah KM, **Clark BR**, McGill JB, Lang CE, Maynard J, Mueller MJ. Relationship Between Skin Intrinsic Fluorescence, an Indicator of Advanced Glycation End Products, and Upper Extremity Impairments in Individuals With Diabetes Mellitus. *Phys Ther.* 2015 Apr 9. [Epub ahead of print] PMID: 25858973

Castillo JC, **Clark, BR**, Butler, CE, Racette SB. Support for Physical Education as a Core Subject in Urban Public Elementary Schools. *Am J Prev Med.* 2015 Jul;2. pii: S0749-3797(15)00199-3. doi: 10.1016/j.amepre.2015.04.015 [Epub ahead of print] PMID: 26143954

Clark BR, White ML, Royer NK, Burlis TL, DuPont NC, Wallendorf M, Racette SB. Obesity and Aerobic Fitness among Urban Public School Students in Elementary, Middle, and High School. *PLOS ONE.* 2015 Sep 17;10(9):e0138175. doi: 10.1371/journal.pone.0138175. eCollection 2015. PMID: 26378914

Abstracts

Tolbert DL, Yates-Siilata K, **Clark BR**. Spinal organization of spinocerebellar input to the unfolded cerebellar anterior lobe. *Soc. Neurosci. Abstr.*, 1991: Vol. 17: part 2, p. 1573.

Clark BR, Theriault E, Tolbert DL. Corticospinal plasticity following neonatal hemipyratomotomy. *Soc. Neurosci. Abstr.*, 1991: Vol. 17: part 1, p. 938.

Tolbert DL, Skillington C, Puckett P, Alisky JM, **Clark BR**. Soc. Organization of rat cuneocerebellar projections analyzed in 2-D unfolded reconstructions of the anterior lobe *Neurosci. Abstr.*, 1992: Vol. 18: part 1, p. 854.

Wolf L, Cribb J, LaRegina M, **Clark R**, Bastian A, Tolbert D. Developmental and behavioral studies in *shaker* mutant rats with hereditary cerebellar ataxia. *Soc. Neurosci. Abstr.*, 1993: Vol. 19: part 2, p. 1628.

Host HH, Sinacore DR, **Clark BR**, Ehsani AA, Storfer SP. Adaptations to aerobic exercise training in patients diagnosed with chronic fatigue syndrome (CFS). 1994: APTA National Meeting.

Fisher JS, Brown M, **Clark BR**, Minor SD. Contractile properties of skeletal muscle in *shaker* rats. *Soc. Neurosci. Abstr.*, 1995: Vol. 21: part 2, p. 1436.

Clark BR, Bastian AJ, Weatherspoon T, Thach WT. Development and quantification of ataxic gait in the *shaker* mutant rat. *Soc. Neurosci. Abstr.*, 1995: Vol. 21: part 3, p. 2081.

Tolbert D, Heckroth J, **Clark BR**. Purkinje cell transplants into the cerebellar cortex of *shaker* mutant rats. *Soc. Neurosci. Abstr.*, 1998: Vol. 23: part 1, p. 347.

Heck DH, **Clark R**, Thach WT. Multi-electrode recording in rat cerebellar cortex during a reaching-grasping task. *Soc. Neurosci. Abstr.*, 1999: Vol. 25: part 1, p. 372.

Clark BR, Tolbert DL, LaRegina M. Sex-linked transmission of the *shaker* mutation in hereditary ataxic rats. *Soc. Neurosci. Abstr.*, 1999: Vol. 25: part 2, p. 1335.

Earhart G, Tabbal S, **Clark BR**, Perlmutter J. Gait and Balance in Essential Tremor: Variable Effects of Bilateral Thalamic Stimulation. APTA Combined Sections Abstract, Feb., 2009.

Clark BR, Horwitz D, Tolbert DL. Motor behavior correlates with Purkinje cell degeneration in anatomical compartments within the cerebellum: A study of gait, reaching and tremor analysis in affected and carrier shaker mutant rats. Program No. 367.1 2009 Neuroscience Meeting Planner. Chicago, IL: Society for Neuroscience, 2009. Online.

Clark R, Koster DN, Royer N, Weimer B, Williams A, Castillo J, **Racette SB**. Nourishing an Urban Community. Gephardt Institute for Public Service, Faces of Hope Conference, Washington University, St. Louis, MO. April 2010.

Racette SB, **Clark BR**, White ML, Royer NK. Nourishing an Urban Community: Assessing Health Risk Among Public School Students. *Obesity Society Annual Scientific Meeting. Obesity* 18 (Suppl 2): S222, 2010.

Tran IT, **Clark BR**, Kim MJ, Racette SB. Recess physical activity in children: indoor versus outdoor recess and a multi-component intervention. *National Predoctoral Clinical Research Training Program Annual Meeting*, Washington University School of Medicine, St. Louis, MO. May 2011.

Butler CE, **Clark BR**, Racette, SB. Physical Activity for Campus Employees (PACE): A pilot study of the impact of a worksite wellness program on physical activity and cardiovascular disease risk factors. *National Predoctoral Clinical Research Training Program Annual Meeting*, Mayo Clinic, Rochester, MN. May 2012.

Castillo JC, **Clark BR**, Racette SB. Evaluation of In-school Physical Activity and CVD Risk Factors in Urban Children. *National Predoctoral Clinical Research Training Program Annual Meeting*, Mayo Clinic, Rochester, MN. May 2012

Tran IT, **Clark BR**, Kim MJ, Racette SB. Physical Activity During Indoor and Outdoor Recess in School Children. *Obesity Society, 35th Annual Scientific Meeting* San Antonio, TX. Sept. 2012.

Racette SB, **Clark BR**, Tran IT, Kim MJ. Physical Activity of Urban Elementary School Children During Recess in 3 Locations. Institute for Public Health- 5th Annual Public Health Conference, Washington University School of Medicine, St. Louis, MO October 2012.

Shah KM, **Clark BR**, McGill JM, Mueller MJ. Upper Extremity Impairments in a Group of People with Diabetes Mellitus. *Research Training Symposium and Poster Session*, Clinical Research Training Center, Washington University School of Medicine, St. Louis, MO October 2012.

Butler C, **Clark BR**, Burlis T, Racette S. Impact of a Worksite Wellness Program on Physical Activity and Cardiovascular Disease Risk Factors. American Physical Therapy Association Combined Sections Meeting, San Diego, CA. January 2013.

Castillo J, **Clark BR**, Burlis T, Racette S. Evaluation of in-school physical activity and cardiovascular disease risk factors in urban children. American Physical Therapy Association Combined Sections Meeting, San Diego, CA. January 2013.

Castillo J, **Clark BR**, Burlis T, Racette S. Evaluation of in-school physical activity and cardiovascular disease risk factors in urban children. American Physical Therapy Association Combined Sections Meeting, San Diego, CA. January 2013.

Shah KM, **Clark BR**, McGill JB, Mueller MJ. Upper Extremity impairments in a group of people with Diabetes Mellitus (DM). January 2013. Combined Section Meeting, American Physical Therapy Association, San Diego, CA.

Shah KM, **Clark BR**, McGill JB, Lang CE, Mueller MJ. Relationship between advanced glycation end-products and upper extremity movement impairments in people with diabetes mellitus. October 2013. Platform presentation, *Research Training Symposium and Poster Session*, Clinical Research Training Center, Washington University School of Medicine, St. Louis, MO.

Racette SB, Uhrich ML, Metzger M, **Clark BR**. AIM for Fitness: Baseline Results from an Urban Public School District's Physical Education Program Grant. Washington University Institute for Public Health 2013 Annual Conference, St. Louis, MO. October 2013

Shah KM, **Clark BR**, McGill JB, Lang CE, Mueller MJ. Relationship between advanced glycation end-products and upper extremity movement impairments in people with diabetes mellitus. November 2013. Washington University School of Medicine Diabetes Research Center Diabetes Day Symposium, St. Louis, MO.

Racette SB, Inman CL, Castillo JC, **Clark BR**. Impact of Recess and Physical Education on Heart Rate in Urban Public School Children. The Obesity Society Annual Scientific Meeting, Atlanta, GA. November 2013.

Racette SB, Uhrich ML, Metzger M, **Clark BR**. AIM for Fitness: Baseline Results from an Urban Public School District's Physical Education Program Grant. The Obesity Society Annual Scientific Meeting, Atlanta, GA. November 2013.

Shah KM, **Clark BR**, McGill JB, Lang CE, Mueller MJ. Relationship between advanced glycation end-products and upper extremity movement impairments in people with diabetes mellitus. February 2014. Platform presentation, Gossman Student presentation, Section of Research. Combined Section Meeting, American Physical Therapy Association, Las Vegas, NV.

Racette SB, Dill TC, White ML, Castillo JC, Uhrich ML, DuPont NC, and **Clark BR**. Moderate-to-Vigorous Physical Activity of Urban Public Children Assessed with Continuous Heart Rate Monitoring. October 2014. 7th Annual Conference, Institute for Public Health, Washington University in St. Louis. *Outstanding Poster Award*

Racette SB, Uhrich ML, White ML, DuPont NC, and **Clark BR**. Prevalence of Obesity and

Severe Obesity Among Urban Public Elementary School Children in St. Louis, MO: 2008-2015.
The Obesity Society Annual Scientific Meeting, Los Angeles, CA. November 2015.

Community Service:

- 1996: Hands on Neuroscience presentation at Edgar Road School
Webster Groves School District, St. Louis MO
- 1998: Hands on Neuroscience: Brain Awareness Week
St. Louis Science Center
- 2000: Classroom workshop/science fair project at Edgar Road School
Webster Groves School District, St. Louis MO
- 2005: Volunteer National Woman's Heart Day Health Fair, February 18, 2005
St. Louis MO
- 2005: *Teach for America* week, discussant in high school biology classroom
Mississippi Delta region of Arkansas
- 2007: Physiology of Altitude, Airplane Flight, and Space Flight
St. Louis Academy of Sciences
Soldan High School ROTC program
Saint Louis Public Schools
- 2008-present: Program in Physical Therapy International Travel Committee, student liaison
- 2009-present: Health and Wellness Committee, Saint Louis Public Schools
- 2010: Interim Chair; Physical Activity and Physical Education committee
- 2011: St. Louis Community Garden Summit, Presentation, "Nourishing an Urban
Community", Christ Church Cathedral, 2/19/11
- 2014-present: City of St. Louis Department of Health, *Healthy Eating, Active Living Partnership*
- 2015: ADA 25 STL (Americans With Disabilities Act): 25th anniversary celebration
in collaboration with the Starkloff Disability Institute and the Missouri History
Museum

Continuing Education Attended: (last 5 years)

- 9/11-12/2009 *Locomotor Training after Central Nervous System Injury*
Optimizing Patient Outcomes
Steven J. Rose Symposium and Alumni Day
Washington University School of Medicine, Program in Physical Therapy
- 9/18-21/2009 *Workshop on Multi-Scale Muscle Mechanics*

The Marine Biological Laboratory, Woods Hole, MA
Sponsored by the National Institutes of Arthritis, Musculoskeletal and Skin
Diseases and the National Skeletal Muscle Research Center

- 9/24-25/2010 *Structural and Metabolic Correlates with Muscle Function*
Steven J. Rose Symposium
Exercise Interventions to Ameliorate Muscle Impairments
Alumni Day Seminar
Washington University School of Medicine, Program in Physical Therapy
- 9/16-17/2011 *Osteoarthritis*
Steven J. Rose Symposium and Alumni Day
Washington University School of Medicine, Program in Physical Therapy
- 4/13-14/2012 *Challenging 'Sacred Cows' in Clinical Education: Do We Dare?*
Washington University School of Medicine, Program in Physical Therapy
- 9/21-22/2012 *Pain: Mechanisms and Clinical Applications*
Steven J. Rose Symposium and Alumni Day
Washington University School of Medicine, Program in Physical Therapy
- 9/27-28/2013 *Physical Activity*
Steven J. Rose Symposium and Alumni Day
Washington University School of Medicine, Program in Physical Therapy
- 9/19/2014 *Movement System Symposium*
Washington University School of Medicine, Program in Physical Therapy