

Manuela Cristina Caciula, PhD

Tenured Associate Professor

Population Health and Exercise Science Department

New Jersey City University

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EDUCATION:

- 2010-2014: **Ph.D in Kinesiology – Exercise Science**
University of Georgia, Athens, GA
Concentration: Motor Behavior
- 2008-2010: **Master of Science – Physical Education and Kinesiology**
Babes-Bolyai University
Cluj-Napoca, Romania, Concentration: Kinesiology
- 2008-2010: **Master of Science – Sports Management**
Babes-Bolyai University, Cluj-Napoca, Romania,
Concentration: Sport Management
- 2004-2008: **Bachelor of Science – Physical Education and Sports**
Transilvania University of Brasov, Brasov, Romania
Concentration: Physical Education Teacher

PROFESSIONAL EXPERIENCE:

- Current Position (since 2018)** **Associate Professor**
New Jersey City University
Population Health and Exercise Science, Jersey City, NJ
Associate Dean
College of Professional Studies, NJCU
- 2017 - 2020 **Research Associate**
Columbia University,
Teachers College, Neurorehabilitation Lab, New York, NY
- 2014 - 2017 **Assistant Professor of Exercise Science** (tenure-track)
Georgia Southern University
School of Health and Kinesiology, Statesboro, GA
- 2010 - 2014 **Graduate Teaching Assistant**
University of Georgia, Department of Kinesiology, Athens, GA
- 2009 - 2010 **Lecturer**
Transilvania University of Brasov
Department of Physical Education and Sport, Brasov, Romania
- 2006 - 2008 **K12 - Health and Physical Education Teacher**
Andrei Muresanu High School, Brasov, Romania

PROFESSIONAL TEACHING ACTIVITIES

Teaching: New Jersey City University

FES 123 - Step Aerobic; FES 202 - Foundations of Physical Fitness; FES 207 - Introduction to Exercise Science; FES 314 - Lifespan Motor Development; FES 315 - Structural Kinesiology; FES 320 - Sports Nutrition; FES 326 - Adapted Physical Education; FES 410 - Motor Learning and Control; FES 414 - Contemporary Issues in Exercise Science; FES 422 - Exercise Physiology; HLTH 1435 - Community Health Internship.

Teaching: Felician University

EXSC 102 – Principles of Health, Nutrition and Weight Management; EXSC 101 – Foundations of Exercise Sports Science

Teaching: Georgia Southern University

KINS 3230 – Motor Control/ Coordination/ Skill; KINS 3435 – Life Span Motor Development. KINS 7438 – Motor Behavior; KINS 7899 – Directed Individual Study; KINS 2535 – Intro to Exercise Science. KINS 4195 – Exercise as Medicine.

Teaching: University of Georgia

Courses Taught as a TA: KINS 4610/6610 - Adapted Physical Education; KINS 7640 – Developmental Motor Assessment; KINS 8210 – Neuro-bases Motor Control; KINS 7100 – Motor Development Across Lifespan; KINS 7610 – Therapeutic Exercises. Basic Physical Education classes (PEDB 1900-Dance Aerobic, PEDB1910-Indoor Cycling, PEDB1380- Beg. Volleyball, PEDB 1400-Beg.Weight Training, PEDB1960-Weight Management, PEDB1950-FFL Walking, and PEDB 1350-Tennis); Basic Adapted Physical Education classes for students with disabilities (PEDB1010);

PROFESSIONAL SCHOLARSHIP ACTIVITIES

PUBLICATIONS:

Articles in Peer Reviewed Journals

1. **Caciula, M.C.**, Torres, L., Tomoiaga, A.S. (2024). A Comparative Study of Mental Health, Body Composition, and Physical Activity in American vs Romanian College Students After COVID-19 Lockdown: Original Research. (2024). *Journal of Exercise and Nutrition*, 7(1). <https://doi.org/10.53520/jen2024.103171>
2. Torres, L., **Caciula, M.C.**, Tomoiaga, A.S., Gugu-Gramatopol C. (2023). Correlations between Mental Health, Physical Activity, and Body Composition in American College Students after the COVID-19 Pandemic Lockdown. *Int J Environ Res Public Health*, 20(22):7045. doi: 10.3390/ijerph20227045. PMID: 37998276; PMCID: PMC10670983. <https://pubmed.ncbi.nlm.nih.gov/37998276/>
3. Langdon, Jody L., Diana Botnaru, Megan Wittenberg, Amy Jo Riggs, Jessica A. Mutchler, Matthew J. Syno, **Manuela C. Caciula**. (2019). "Examining the Effects of Different Teaching Strategies on Metacognition and Academic Performance." *Advances in Physiology Education*, 43 (3): 414-422: American Physiological Society.
4. Colquitt, G., Keagan, K., **Caciula, M.**, Morea, N., Vogel, R. Community-Based Upper Extremity Power Training for Youth with Cerebral Palsy: A Pilot Study. (2019). *Physical & Occupational Therapy in Pediatrics* (1-16)

5. Schaible. B., Colquitt, G., **Caciula, M. C.**, Carnes, A., Li, L. Moreau, N. G. Comparing Impact on the Family and Insurance Coverage in Children with Cerebral Palsy and Children with Another Special Health Care Need. (2018). *Child: Care, Health, and Development* (1-8).
6. Colquitt, Gavin, A. Carnes, Li Li, **Manuela C. Caciula** (2018). An Exploration of Spasticity in Young People with Cerebral Palsy. *Research Quarterly for Exercise and Sport*, 89 (1): A-20.
7. Schaible. B., Colquitt, G., Li, L., **Caciula, M. C.**, Moreau, N. G. (2017). Urban versus rural differences in insurance coverage and impact on employment among families caring for a child with cerebral palsy. *Cogent Medicine-Public Health* (1-16).
8. **Caciula, M.C.**, Horvat, M., Tomporowski, P., Nocera, J. The Effects of Exercise Frequency on the Executive Function in Individuals with Parkinson's Disease (2016). *Mental Health and Physical Activity* 10 (18-24).
9. **Caciula, M.C.**, Horvat, M., Nocera, J. Exercise Frequency and Physical Function in Parkinson's Disease (2016). Bulletin of the *Transilvania University of Braşov*, Romania, Series IX: Sciences of Human Kinetics • Vol. 9 (58) No. 2. 27-35
10. **Caciula, M.C.**, Horvat, M. High-Frequency Exercise Benefits Executive function in individuals with Parkinson's Disease (2015). Bulletin of the Transilvania University of Braşov, Romania, Series IX: Sciences of Human Kinetics • Vol. 8 (57) No. 1. 65-72
11. Horvat, M., Croce, R., Tomporowski, P., **Barna, M.C.** (2013). The influence of dual-task conditions on movement in young adults with and without Down syndrome. *Research in Developmental Disabilities. Elsevier Journal*, 34 (3517-3525).
12. Horvat, M., Croce, R., **Barna, M.C.** (2013). Gait deficiencies in individuals with Down syndrome: a motor control perspective with implications for pedagogical intervention. *Conference of the International Journal of Arts and Sciences*, 6 (3):57-65.

Book

1. Horvat, M., **Barna, M.C.**, Mason, R.C. (2013). *Beijing Fitness Test: A Training Manual*. Beijing, China. This is a battery designed to measure physical fitness in Chinese children and youth with intellectual disability.

PRESENTATIONS

International

1. **Caciula M.C.** (2024). A Comparative Study of Mental Health, Body Composition, and Physical Activity in American vs Romanian College Students After COVID-19 Lockdown. [abstract] *4th International Conference on European Healthcare & Hospital Management*.
2. **Caciula, M.C.**, Torres, L., Tomoioaga, S. Physical Activity, Mental Health, and Body Composition in College Students After COVID-19 Lockdown (2023). [abstract]. *ICPAEPF 2023: XVII*. Abstract presented at the International Conference on Physical Activity, Exercise and Physical Fitness, New York, United States. July 06-07, 2023. **Best Presentation Award**.

3. Torres, L., **Caciula, M.C.**, Tomoioaga, S., Gugu- Gramadopol, C., Ionescu, A. (2023) Correlation of Physical Activity, Mental Health, and Body Composition in American College Students Compared to European College Students After COVID-19 Lockdown. [abstract] *HEPA 2023, Leuven, Belgium*. Note: Abstract accepted for oral presentation but withdrawn from the conference by the authors due to lack of funding to register and attend.
4. **Caciula, M.C.** (2022). Physical Activity Coaching Interventions in People with Early Stages Neurodegenerative Disorders. *Youth in the Perspective of the Olympic Movement*. Brasov, Romania. **Invited Keynote Speaker.**
5. Long, K., **Caciula, M.C.**, Friel, C., Quinn, L. (2019). Feasibility and acceptability of a therapist delivered physical activity coaching intervention for people with pre-manifest and early stage Huntington's Disease and Parkinson's Disease [abstract]. *Mov. Disorder. 2019; 34 (suppl. 2)*. Abstract presented at the 23rd International Congress of Parkinson's and Movement Disorders, Niece, France.
6. **Caciula, M. C.**, Horvat, M., Croce, R., Troutman, K. (June 2015). High-frequency exercise improves executive function in individuals with Parkinson's disease. Paper presented at the 19 International Congress of Parkinson's disease and Movement Disorders. San Diego, CA.
7. **Caciula, M. C.**, Horvat, M., Croce, R., Troutman, K. (June 2015). Walking speed and switching attention in individuals with Parkinson's disease. Paper presented at the 19 International Congress of Parkinson's disease and Movement Disorders. San Diego, CA.
8. **Barna, M. C.** & Barna, L.C., (May 2007) – The implementation of the Olympic Philosophy to youth and its reflection in their life style's improvement. Tg. Jiu, Romania.
9. **Barna, M. C.** & Barna, L.C., (Octobre 2008) – Comparative study case regarding the influence of diet and aerobic exercise on overweight high-school girls. Bucharest, Romania.
10. **Barna, M. C.** & Barna, L. C., (November 2008) – The body mass index dynamics in overweight high-school girls, through preferential application of aerobics and diet. Cluj-Napoca, Romania.

National

1. Sturges, Diana, Jody L. Langdon, **Manuela C. Caciula**, Amy Jo Riggs, M. Syno, J. Mutchler. 2018. "An Exploration of Metacognitive Strategies Efficacy in Upper Level Health and Kinesiology Students." Health and Kinesiology Faculty Presentations at Scholarship of Teaching and Learning Commons Annual Conference (SOTL). Savannah, GA
<https://digitalcommons.georgiasouthern.edu/health-kinesiology-facpres/51>
2. Sturges, Diana, Jody L. Langdon, **Manuela C. Caciula**, Amy Jo Riggs, M. Syno, J. Mutchler. 2017. "Metacognitive Strategies and their Effectiveness in Kinesiology Classes." Health and Kinesiology Faculty Presentations. Presentation 59 at Interdisciplinary STEM Conference.
<https://digitalcommons.georgiasouthern.edu/health-kinesiology-facpres/59>
3. Quinn, L., Marder, K., **Caciula, M.C.**, Friel, C., Busse, M. (November 2017). Feasibility and acceptability of implementing a clinic-based physical activity coaching intervention in people with pre-manifest and early stage HD. Poster

presented at Peter Como HD Research Symposium at HSG 2017, Denver, Colorado.

4. Schaible, B., Colquitt, G., Li, L., **Caciula, M. C.**, Moreau, N. G., (August 2016). Predictors of Activity Limitations and Participation Restrictions among Children with Cerebral Palsy. Paper presented at NCPEID 2016 National Consortium, Washington D.C.
5. Schaible, B., Colquitt, G., Li, L., **Caciula, M. C.**, (November 2016). Adequacy of Insurance Coverage and Impact on Employment among Families Caring for a Child with Cerebral Palsy. Paper presented at APHA 2016 Annual Meeting & Expo, Denver, CO.
6. Schaible, B., Colquitt, G., Li, L., Moreau, N. G., **Caciula, M. C.**, (September 2016). Urban versus rural differences in the effects of providing care to children with Cerebral Palsy on family member's employment. Paper presented during the AACPD 70th Annual Meeting in Hollywood, FL.
7. **Caciula, M. C.**, Horvat, M., Tomporowski, P., (March 2015). The effects of exercise on executive function in Parkinson's disease. Paper presented at the 2015 SHAPE America National Convention, Seattle, WA.
8. **Caciula, M. C.**, Horvat, M., Nocera, J. (March 2015). Exercise, Cognition, and physical function in individuals with Parkinson's disease. Paper presented at the 2015 SHAPE America National Convention, Seattle WA.
9. **Barna, M.C.**, Horvat, M., Croce, R. (April 2013) Spatial and Temporal Variability of Gait Parameters in Down syndrome. Research Consortium Conference of the 2013 AAHPERD National Convention and Exposition. Charlotte, NC.

Regional

1. **Caciula, M. C.**, Horvat, M., Nocera, J. (February 2015). Correlation between walking speed and executive function in Parkinson's disease. Paper presented at the *2015 SHAPE Southern District Convention, Atlanta GA*.
2. Zhang, W., **Caciula, M.C.** & Torres, L. (August 2023). Stronger Than Ever: Unlocking Resilience Through Physical Exercise. *NJCU Professional Development Institute, Jersey City, New Jersey*.

GRANT PROPOSALS

CO-I: Georgia Southern University Faculty Service Committee Award. (\$ 1,500.00) Submitted Fall 2015 (funded). Grant submitted with Bridget Melton (PI), Jody Langdon, Amy Jo Riggs, Stephan Rossi, Adam Wells, Drew Zwald, Justine Coleman, Rob Clause, Rebeca Collins.

PI: The University of Georgia, The Innovative and Interdisciplinary Research Grant of the UGA Graduate School, \$1000, 00 (funded). *The Effects of Aerobic Exercise on Working Memory and Physical Function in PD. 5/1/ 2013 – 8/1/2013*

CO-I: The University of Georgia, Department of Kinesiology, Pediatric and Motor Development Clinic Fund. *The Influence of Dual-Tasking Conditions on Movement in Young Adults with and without Down syndrome. 08/01/2011-07/31/2012*

Goal: The purpose of this study was to identify changes in walking patterns while performing a secondary task in young adults with and without Down syndrome, using the GAITRite.

CO-I: The University of Georgia, Department of Kinesiology, Graduate Studies Research Funds. *The Effects of Exercise on Cognitive and Physical Functions in Individuals with Parkinson's Disease*. Goal: To identify if 12 weeks of multi-modal group exercise intervention has an effect on executive and physical functions in individuals with idiopathic Parkinson's disease without dementia.

COMMITTEE MEMBERSHIPS & SERVICE

New Jersey City University

- *Exercise Science Program Coordinator and Advisor* (Spring 2023 - current)
- *NJCU IRB Committee Member* (Fall 2020 - current)
- *Alternate Member* – NJCU Senate (Fall 2018 - current)
- *Chairperson* - Fitness Exercise and Sports Department (Fall 2018 - Spring 2023)
- *Assistant Professor Search Committee Chair* - Fitness Exercise and Sports Department (Fall 2020)
- *Associate Dean Search Committee Member* - College of Professional Studies (Spring/ Summer 2021)
- *Working Group Member* - NJCU Strategic Planning / Academic Excellence Committee (Spring 2021)
- *Executive Council Member* - College of Professional Studies (Fall 2018 - current)
- *Curriculum Committee Member* - College of Professional Studies (Fall 2019 - current)
- *Curriculum Committee Chair* - College of Professional Studies (Fall 2021 - current)
- *Member* – NJCU Senate (Fall 2018 - current)
- *General Education Committee for Assessment and Policy Member* (Fall 2020 - Fall 2022)
- *General Education Curriculum Committee Member* (Fall 2020 - Fall 2021)

PROFESSIONAL CERTIFICATIONS

- American Heart Association - CPR/ AED Certification
- American Fitness and Aerobic Association (Group Fitness Instructor) 2012; renewed 2015

PROFESSIONAL SERVICE

- Exercise Science Advisory Council Member (New Jersey) - Summer 2019 - present

Reviewer

- Journal of Obesity; Journal of Sport Sciences; BMJ Open

PROFESSIONAL AFFILIATIONS

2013-present American Parkinson's Disease Association (APDA);

2014-present Society of Health and Physical Educator (SHAPE);

2014-present Movement Disorders;

2015-present Cerebral Palsy Academy

ASSESSMENT SYSTEMS AND SOFTWARE SKILLS:

NeuroCom; GAITRite; EMG; TriFIT; SuperLab, RedCap, Biodex, InBody, Indirect Calorimetry (Metabolic Cart).