

Curriculum Vitae

Joy Furlipa, MS (Expected May 2022)

Updated: March 2022

Education

Graduate

2020-2022 Master of Science in Health and Exercise Science
Wake Forest University (expected May 2022)
Winston-Salem, NC

Undergraduate

2014-2016 Exercise Science, emphasis on Health and Wellness
High Point University
High Point, NC

Research Experience

Interventionist/Behavioral Coach

July 2020 – Present

Mobile Intervention to Reduce Pain and Improve Health (MORPH II) Study, Wake Forest University

- Implements psychological models to successfully address participant barriers and remodel goals that promote self-efficacy for physical activity
- Meet with study subjects through video conference software for program delivery
- Facilitate testing study visits and testing procedures according to approved study protocol
- Tailor physical activity regimens for participants to facilitate intrinsic motivation for engaging in physical activity both in person and virtually

Work Experience

Graduate Research Assistant — Wake Forest University

Winston Salem, NC | July 2020-Current

- Build rapport and delegate tasks to undergraduate researchers in the Behavior Medicine Lab
- Facilitate testing visits and core content (virtually and in-person)
- Maintain, collect, and analyze data on multiple on-going human behavior studies
- Provide clear direction for students on research study tasks
- Plan and facilitate educational presentations and project progress tracking
- Facilitate discussion with undergraduate, graduate, and post-doc students regarding current and future research projects; support brainstorming process for writing or presenting research
- Review all writing from students working within the Behavioral Medicine Laboratory prior to sending to the Laboratory investigator, Dr. Jason Fanning

Campus Recreation Graduate Assistant

August 2020 –Present

Campus Recreation, Wake Forest University

- Instruct an entry-level health and exercise science course that examines the science and basic principles of physical activity and exercise to classes of 25-30 undergraduate students
- Assist students in identifying and controlling healthy lifestyle behaviors to achieve practical health-related goals
- Demonstrate and teach methods of measuring physical fitness and correctly implementing exercises
- Uphold student engagement and successful adjustment of course content and laboratory assignments to online asynchronous format following the COVID-19 pandemic

Evening Coordinator

August 2020 – Present

Healthy Exercise & Lifestyle Programs (HELPS), Winston-Salem, NC

- Monitor participants' vitals during exercise sessions to ensure optimal safety and attainment of fitness goals
- Lead groups of five to twenty participants through daily, tailored weight, stretch, and Silver Sneakers circles
- Oversee graduate students in monitoring participants' safety and health prior to, during, and after exercise

Independent Biometric Data Consultant

Winston-Salem, NC | February 2017-March 2020

- Build reports to give stakeholders visibility into relevant metrics
- Facilitate data management based on the needs of the organization
- Stratify data for clients to better evaluate progress within their various wellness programs
- Maintain an understanding of wellness service providers such as Applied Health Analytics and Wellness Corporate Solutions

Research Assistant — High Point University

Winston-Salem, NC | May 2016-August 2016

- Manage data collection for a collaborative Health Behavior Change research study
- Collaborate with Department of Exercise Science professors on current research projects and studies
- Develop study design, data analysis techniques, and methods of protocol for ongoing studies
- Design and conduct research to evaluate effectiveness of new initiatives in evaluation, reporting, and analysis to understand the effectiveness of new study initiatives and identify trends

ActionHealth — Wake Forest Baptist Health

Winston-Salem, NC | May 2016-August 2016

Promotional Health & Wellness Intern

- Adapted to wide range of varying employee scenarios; including but not limited to receiving in-house consultations and appointments
- Efficiently co-managed emails, data entries, and phone calls
- Assisted vendors and coworkers during Lunch N' Learn sessions by setting up and helping conduct the sessions
- Maintained monthly spreadsheets and calendars of campus events for internal and external use.
- Created monthly posters for health promotion and educational purposes across different locations
- Assisted with execution large scale events informing employees on local partners and benefits of the program

Scholarly Activity

Publications

Fanning, J, Brooks, AK, Hsieh, KL, Kershner, K, **Furlipa, J**, Nicklas, BJ, & Rejeski, WJ (2021). Building on Lessons Learned in a Mobile Intervention to Reduce Pain and Improve Health (MORPH): Protocol for the MORPH-II Trial. *JMIR Research Protocols*.

Fanning, J., Brooks, A.K., Hsieh, K.L., Kershner, K., **Furlipa, J.**, Nicklas, B.J., & Rejeski, W.J. (2021) The effects of a pain management-focused mobile health behavior intervention on older adults' self-efficacy, satisfaction with functioning, and quality of life: a randomized pilot trial. *International Journal of Behavioral Medicine*. <https://doi.org/10.1007/s12529-021-10003-3>

Presentations

Furlipa, JF, Fanning JT. *Effect of Exercise and Day-long Movement on Social Cognitive Outcomes in Older Adults*. Southeast American College of Sports Medicine (SEACSM). February 17-19, 2022, Greenville, SC. PowerPoint Presentation.

Furlipa, JF, Fanning JT. Effects of Exercise and Day-long Movement on Quality of Life in Aging. *Society of Behavioral Medicine (SBM)* April 6-9, 2022, Baltimore, MD. Poster Presentation.

Certifications

IRB certified (Wake Forest, 2020); Basic Life Support- American Heart Association; Health Coach (UNCG, 2017); Silver Sneakers GroupX Instructor; Silver Sneakers Yoga Instructor; RYT 200 HR Yoga Alliance Yoga Instructor