

**Karin Richards, PhD**  
Associate Professor, Health Science  
[krichard@sju.edu](mailto:krichard@sju.edu)  
<http://linkedin.com/in/drkarinrichards>

**Education**

**Doctor of Philosophy in Health Policy (2017)**

University of the Sciences  
Philadelphia, PA

Dissertation: “Do School District Wellness Policies Matter to Address Childhood Obesity”

**Master of Science in Sport Management (2001)**

Slippery Rock University  
Slippery Rock, PA

Thesis – “Attendance Factors at Minor League Baseball Games”

**Bachelor of Science in Hotel/Restaurant Management (1988)**

North Carolina Wesleyan College  
Rocky Mount, NC

**Professional Positions:**

**St. Joseph’s University** 2022 - present  
Associate Professor, Health Science

<b>University of the Sciences</b>	2007 - 2022	
Director of General Education		(2021 - 2022)
Chair/Assistant Professor, Department of Kinesiology		(2018 – 2022)
Chair/Lecturer, Department of Kinesiology		(2016 - 2018)
Program Director/Instructor Health Science		(2012 – 2016)
Program Director/Instructor Exercise Science/Wellness Management		(2008 – 2012)
Program Director/Instructor, Health Science		(2008 – 2012)
Program Consultant & Adjunct Instructor		(2007 – 2008)

**Grants**

- Roos, M., Thielman, G., & **Richards, K.** (\$20,000) Edna G. Kynett Memorial Foundation. 2020.
- **Richards, K.** William Jeans Library. (\$250), Cardiopulmonary Resuscitation and First Aid Training for Teens. 2019.
- Downs, G.; Poon, C.; Michael G. Thomson; Daniel J. Ventricelli; **Richards, K.**, Ward, J. & Janke, A. (\$943,000), Substance Abuse and Mental Health Services Administration (SAMHSA) grant Screening, Brief Intervention, Referral for Treatment of Substance Abuse (SBIRT) Champion, 2015-2018

### **Awards**

- Nominee, Phyllis Blumberg Learning-Centered Teaching Award, 2021
- Nominee, Founder's Day Faculty of Merit. 2021
- Nominee, Student Advocate Award. 2018
- Nominee, Bright Idea Award. 2018, 2016, 2015, 2014
- Alpha Eta National Honor Society for Healthcare Professionals, 2014 – present.
- Nominee, Lindback Award for Distinguished Teaching, 2012.
- Nominee, Faculty Adviser of the Year, 2012.
- Faculty Adviser of the Year, 2010.

### **Certifications:**

- Positive Psychology Certificate, University of North Carolina Chapel Hill. Coursera
- Certified Holistic Stress Management Instructor, International Foundation of Employee Benefit Plans
- Certified Peer Educator Trainer, National Association of Student Affairs Administrators in Higher Education
- Certified Chakra Healing Master, Reiki Healing Association
- YogaFit for Warriors 100-hr, Certified Instructor
- YogaFit, Certified Instructor
- Master Reiki Level III Practitioner, Usui Ryoho
- Certified Instructor Professional Rescuer, CPR/AED/First Aid, American Red Cross
- Personal Trainer, American College of Sports Medicine #617014
- Personal Trainer, American Council on Exercise, #T118270
- Group Fitness Instructor, American Council on Exercise, #F60614
- Health Coach, American Council on Exercise, #W54284
- Behavior Change, American Council on Exercise, Master Trainer
- Program Coordinator, National Wellness Institute

### **Student Research Supervision** (Health Science, Exercise Physiology, Physical Therapy and Public Health research projects):

Finding hope: Remembering Moments of Joy  
Student: D. Dietz  
2021

Beginning again: Assessing hope through a pandemic  
Students: D. Dietz, R. Ibrahim, & S. Noel  
2020

Effects of hope through meditation and yoga  
Student: S. Noel  
2019

Factors that predict long-term behavior maintenance

Doctoral Dissertation

Student: L. Al-Uquah

2018

3D Printing in physical therapy

Students: A. Vorsa & G. Pallente

2018

A needs assessment of wellness on an urban university campus

Student: F. Alsaba

2015

Trajectory and velocity of throwing in university college baseball players.

Students: J. Andrews, J. McConvolle.

2014

Grit and determination in tennis players.

Student: N. D'Ascenzo

2013

A Comparison of the knowledge of BMI on a university campus among Faculty, staff and students.

Student: A. Kmetz

2013

Evaluating pre- and post-season effects of collegiate baseball conditioning workouts.

Students: R. Petito, K. Davis

2012

Assessing the reliability of body mass index (BMI) categorization as compared with body composition results.

Students: E. McHale, R. Stevko, & R. Patel

2012

### **Peer Reviewed Publications**

**Richards, K.** (2021). An intervention to build hope. *Annals of Public Health & Epidemiology* 1(4). 1-5. APHE.MS.ID.000.520

**Richards, K.** (2021). Peer mentors and the undergrad healthcare student: A integral part of the academic and personal learning experience. *Associative Journal of Health Sciences*, 1(4). AJHS.000517.1(4).2021

**Richards, K.,** Kellar, B. & Dietz, D. (2021). Finding hope: Remembering moments of joy. *Open Access Journal of Addictions and Psychology*, 4,(4) . 10.33552/OAJAP.2020.04.000591

**Richards, K.** (2020). Fearing the future: A call to teach hope. *Online Journal of Complementary and Alternative Medicine*, 5(4). 10.33552/OJCAM.2021.05.000616

Pelletier, E., **Richards, K.**, Roberts, N., & Speakman, E. (2018). Socialization of first year students through interprofessional education activities. *Auburn University International Perspectives on Teaching and Learning Conversation Starter Essays*, p. 75-77.

**Richards, K.** Contributor. *Bocco, D. Bite Size Wellness*. Imbolc Books. p.33. 2012.

### **Peer Reviewed Presentations**

**Richards, K.** (2021). Hope for Student Mental Health: A Global Concern. June 2020. International Perspectives on University Teaching & Learning. Orlando, Florida. (not presented due to COVID).

**Richards, K.** (2020). Recognizing and Addressing Mental Health Challenges in the STEAM Sector. Hawaii University International Conferences on Science, Technology & Engineering, Arts, Mathematics and Education. Honolulu, Hawaii. (not presented due to COVID)

**Richards, K.** From Training to Transforming: Applying a Coach Approach to Elevate the Patient Experience. Anytime Fitness Vitals Conference. Atlanta, Georgia. May 2019.

**Richards, K.** From Training to Transforming: Applying a Coach Approach to Elevate the Patient Experience. Anytime Fitness Vitals Conference. Ontario, Canada. March 2019.

**Richards, K.** From Training to Transforming: Applying a Coach Approach to Elevate the Patient Experience. Anytime Fitness Vitals Conference. Boston, Massachusetts. February 2019.

**Richards, K.** Behavior Change in Practice: Hands-on Skills for Health Coaches and Exercise Professionals. American Council on Exercise Workshop. Cherry Hill, New Jersey. December 2018.

Speakman, E., Giordano, C., Armitage, A., **Richards, K.**, Farber, G., Favinger, A., Pelletier, E., Roberts, N., Zupce, J. Association of Schools of Allied Health Professions Conference. Escape Game Techniques to teach Undergrads Inter-professional Skills Poster Presentation. St. Petersburg, FL. November 2018.

Speakman, E., Giordano, C., Armitage, A., **Richards, K.**, Farber, G., Favinger, A., Pelletier, E., Roberts, N., Zupce, J. Thomas Jefferson University Conference on Interprofessional Care in the 21<sup>st</sup> Century. Poster Presentation. Philadelphia, PA. October 2018.

Pelletier, E., **Richards, K.**, Roberts, N. & Speakman, E. (2018). Socialization of first year students through interprofessional education activities. *Auburn University International Perspectives on Teaching and Learning*. Orlando, FL 2018.

**Richards, K.** & Kellar, B. Building Interprofessional Teams Through 3D Printing eLearning 3.0 Conference. Philadelphia, PA. March 2018.

Downs, G. & **Richards, K.** *Screening, Brief Intervention, Referral for Treatment and*

*Motivational Interviewing*. Pennsylvania Pharmacists Association Mid-Year Meeting. Lancaster, PA. 2018.

**Richards, K.** *Applying Behavior Change Techniques*. Five-hour workshop. American Council on Exercise. New York City, NY. June 2017.

**Richards, K.** *Applying Behavior Change Techniques*. Five-hour workshop. American Council on Exercise. Cherry Hill, NJ. May 2017.

**Richards, K.** *Applying Behavior Change Techniques*. Five-hour workshop. American Council on Exercise. Richmond, VA. November 2016.

**Richards, K.** *Applying Behavior Change Techniques*. Five-hour workshop. American Council on Exercise. Durham, NC. October 2016.

**Richards, K.** *Putting on Your Own Oxygen Mask*. Caregiver Support Workshop. Philadelphia, PA. October 2016.

**Richards, K.** Calm Minds and Active Bodies. Workshop Presenter at the Regional Conference on Aging. Philadelphia, Pennsylvania. September 2016.

**Richards, K.** Walking with Walt. Presentation at the Art & Science of Health Promotion Conference. Orlando, Florida. April 2016.

**Richards, K.** A Comparison of the knowledge of BMI on a university campus between faculty/staff and students. Poster presentation at the College of Physicians in Philadelphia Section on Public Health. Philadelphia, Pennsylvania. June 2013.

**Richards, K.** Sneakers & a Smile, Presentation at the Art & Science of Health Promotion Conference. April 2013.

**Richards, K.** Let us tell the story and we ALL learn from each other. Concurrent session at the 13th Annual Lilly Conference on College and University Teaching and Learning. Traverse City, Michigan. 2012

**Richards, K.** Functional Fitness & Overall Wellness for the Older Adult, Concurrent Session at the Regional Conference on Aging. Philadelphia, Pennsylvania. 2012.

**Richards, K.** Blogging makes the Wellness Connection, Poster presentation at the National Wellness Institute Conference. Stevens Point, Wisconsin. 2012.

**Richards, K.** Functional Fitness & Overall Wellness for Active Older Adults. Concurrent Session at the Regional Conference on Aging. Philadelphia, Pennsylvania. 2011.

**Richards, K.** Leadership Excellence. **Keynote Speaker** at Neumann University Leadership Conference. Aston, Pennsylvania. 2011.

### **Invited Media Presentations and Publications**

**Richards, K.** Ways to work out in stifling summer heat, no gym membership required

*The Philadelphia Inquirer*. July 2019. <https://www.inquirer.com/life/hot-weather-workouts-summer-early-morning-gear-hydrate-20190716.html>

Downs, G. & **Richards, K.** SBIRT & Motivational Interviewing. ACME Pharmacists CEU Workshop. Philadelphia, PA. July 2018.

**Richards, K.** *Motivational Interviewing*. Screening, Brief Intervention, Referral for Treatment Workshop. Philadelphia, PA. June 2017.

**Richards, K.** Making the Connection, Obesity: The Public Health, Health Policy and Business sides of the Disease. Moderator, 2015

**Richards, K.** *Contributor*. Exercising When Sick. *SELF*. 2015

**Richards, K.** Exercise and Under the Weather. *Philly.com; Drugs.com; Health News Digest; Clarion Ledger*. 2014.

**Richards, K.** Biomechanically Correct Running Techniques. George Mason University. 2014.

**Richards, K.** Biomechanically Correct Running Techniques. American Council on Exercise. 2014.

**Richards, K.**, Fit in Fitness with Back to School, *6ABC*. 2014

**Richards, K.**, FYI Philly Spring into Fitness Challenge, *6ABC*. 2014

**Richards, K.**, Exercise and Under the Weather, *KYW News radio 1060*. 2014

**Richards, K.** *Contributor*. (2014). Exercising in the Cold. *Better Homes and Gardens*.

**Richards, K.**, (2013) Exercise in the Cold, *KYW News radio 1060*

**Richards, K.**, (2013) Cholesterol Awareness, *98.1 WOGL*

**Richards, K.**, (2013) Skinny, Fat, Old, Young: All at Risk for High Cholesterol. *Health News Digest*

**Richards, K.**, (2012) Broad Street Run Training Tips, *6ABC*

**Richards, K.**, (2010) Heart Health. *CBS3, The Channel 10 Show, MedStar TV*

**Richards, K.**, (2010) Food for Thought. *6ABC*

**Richards, K.**, (2010) Myths on Fitness Workouts. *KYW news radio 1060*

**Richards, K.**, (2010) Separating Workout Fact from Fiction. *WKOW-TV*

**Richards, K.**, (2010) Home Gym for Less. *WTVQ-TV, 6ABC, WSOC-TV, WFRV-TV, WXOW-TV, WAOW-TV*

**Richards, K.,** (2009) Winter Workout Segment. *WPVI, 6ABC, KYW, NBC-10*

### **Invited Guest Lectures**

Reiki as a Complementary Wellness Technique in Occupational Therapy. (2021). Graduate level Occupational Therapy students, University of the Sciences, 2020.

Motivational Interviewing. Graduate level Pharmacy and Occupational Therapy students, University of the Sciences, 2020.

Surviving the Stress of PA School, graduate level Physician Assistant student, University of the Sciences. 2020

Motivational Interviewing, Screening, Brief Intervention and Referral for Treatment of Substance Abuse, (SBIRT). graduate level Pharmacy, Occupational Therapy and Psychology students, University of the Sciences, 2019.

Mental Health First Aid, graduate level Physician Assistant students, University of the Sciences. 2019.

Motivational Interviewing. Weis Supermarket Pharmacists. University of the Sciences. 2019.

Motivational Interviewing. Walgreens Pharmacists. University of the Sciences. 2019.

Motivational Interviewing. Psychology Graduate Students. University of the Sciences. 2019.

Motivational Interviewing. Occupational Therapy Graduate Students. University of the Sciences. 2019.

Motivational Interviewing. Physical Therapy Graduate Students. University of the Sciences. 2019.

Motivational Interviewing. Pharmacy Students. University of the Sciences 2017-2019.

Motivational Interviewing. Physician Assistant Graduate Students. University of the Sciences 2017.

ADHD to PhD. Behavioral and Social Sciences. University of the Sciences. 2017-2018

The role of physical activity in school district wellness policies. Office of Sponsored Projects and Research. University of the Sciences. 2016.

Inside out of Emotions in Graduate School. Physician Assistant Graduate Student Orientation. University of the Sciences. 2015.

Emotional Freedom Technique. Physician Assistant Graduate Student Orientation. University of the Sciences. 2014.

Complementary & Alternative Therapies. Physician Assistant undergraduates. University of the

Sciences 2014

Wellness in Medicine. Physician Assistant Graduate Student Orientation University of the Sciences. 2013.

Stress Management Techniques. Academic Success undergraduates. University of the Sciences. 2007-2015.

Yoga for Stress Relief. Academic Success undergraduates. University of the Sciences. 2007-2015.

Working on Wellness. Academic Success undergraduates. University of the Sciences 2007-2015.

Wellness & Self-Esteem. Academic Success undergraduates. University of the Sciences. 2007-2015.

Healthy Heart Tips. *Fox Rothschild LLP*. 2010.

### **Professional Service:**

- Editor, *Online Journal of Complementary & Alternative Medicine*, 2019-present
- Associate Editor. *Journal of Yoga, Physical Therapy and Rehabilitation Online*. 2019-present.
- Reviewer, *Journal of Health Promotion*. 2018-present.
- Conference Proposal Reviewer: Hawaii University International Conference on STEM/STEAM and Education. 2017-present.
- Professional Development Committee, American School Health Association, 2019-2020.
- Conference Proposal Reviewer: National Wellness Institute Annual Conference. 2014
- Committee on Wellness Accreditation and Education. 2012-2014. National Wellness Institute.

### **University and College Service**

- University Search Committee, Associate Provost for Teaching & Learning, 2021.
- Physician Assistant Department Chair/Program Director Recruiting Committee. 2020.
  - Chair
- Samson College Academic Standards Committee, 2020-present.
  - Chair
- University Senate Nominating Committee, 2020-present.
- University Workday Student Team University Chairs Liaison, 2020-present.
- University Online Teaching Champion, 2020-present.
- University Committee, Sodexo Campus Dining, 2018-present
- University Workday Users Group Committee, 2018-present
- University Wellness Committee, 2018
- University IPE Evaluation and Curriculum Committee, 2018
- University Distance Learning Committee. 2015-2016.
- University Faculty Affairs Committee. 2015-2017.
- University Committee on Commencement awards and Scholarships, 2017-2019.
- University Program Directors Task Force, 2016.



- Chair
- Samson College Diversity, Equity and Inclusion Committee, 2021-present
- Samson College Heart and Mind Health Workshop, City School, 2019.
- Samson College, Nominations Committee, 2020-present
- Samson College Physician Assistant Graduate Advisory Board, 2019.
- Samson College Committee Martin Luther King Day of Service. Cozies 4 Chemo, 2017-2019.
- Chair
- Samson College Martin Luther King Day of Service Mount Zion Church Health Fair. 2012-2016.
- Samson College Physician Assistant Faculty Search Committee. 2014-2016.
- Samson College Physician Assistant Academic Coordinator Search Committee. 2014-2015.
- Samson College Physician Assistant Clinical Coordinator Faculty Search Committee. 2014-2015.
- Samson College Council, 2012-2013. Chair

### **Responsibilities in the Kinesiology Department at the University of the Sciences:**

#### **Administration**

Accreditation Preparation, Submission, Maintenance  
 Curriculum Development, Launch and Assessment  
 Project Management  
 Program Evaluation  
 Articulation Facilitation  
 Recruitment  
 Fieldwork and Internship Coordination/Development  
 Hiring, Training, Supervision, Evaluation of Faculty  
 Budget Allocation  
 Office Administration

#### **Advising**

Advise undergraduate health science students (pre-physical therapy, pre-occupational therapy, pre-physician assistant, pre-med, pre-nursing, pre-dentistry)

#### **Courses Taught**

PE 101/102 Physical Education  
 HS 110/111 Health Science Seminar I & II  
 HS 390 Medical Terminology I & II  
 HS 399 Independent Study  
 HS 400 Introduction to Inter-professional Education  
 HS 410 Fieldwork  
 FT 190 CPR/AED/First Aid for Professional Rescuer  
 FT 300 Exercise Testing & Prescription  
 FT 350 Research Methods  
 FT 460 Health & Wellness  
 FT 480 Fitness, Sport & Health Management

FT 490 Special Topics – Health Coaching  
FT 490 Special Topics - Worksite Wellness  
FT 490 Special Topics – Mental Health First Aid  
FT 490 Special Topics - Complementary Wellness  
FT 490 Special Topics Reiki Level I Certification

Select health-related lectures in a variety of other undergraduate and graduate courses