

# **Karin Richards, PhD**

## **Associate Professor of Practice**

### **Education**

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

University of the Sciences

Philadelphia, PA

Dissertation: *The role of physical activity in school district wellness policies*

#### **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

### **Teaching Experience – University of the Sciences and Saint Joseph’s University**

#### **Courses (New Development)**

HS 400 Introduction to Interprofessional Development (Lecture)

HS 390 Medical Terminology I & II (Lecture)

HS 410 Fieldwork (Fieldwork) (Lecture)

HS 110 Health Science Seminar I (Lecture)

HS 111 Health Science Seminar II (Lecture)

HS 190 CPR & First Aid Certification (Lecture)

HS 490 Special Topics: Reiki I & II (Lecture)

HS 490 Special Topics: Health Coaching (Lecture)

HS 490: Special Topics Complementary Wellness (Lecture)

#### **Foundation**

HSC 110 Introduction to Health Professions (Lecture)

HSC 150 Health & Wellness First Year Seminar (Lecture)

HSC 217 Social Determinants of Mental Health (Lecture)

HSC 252 Health Policy (Lecture)

HSC 323 Health & Society (Lecture)

HSC 331 Research Methods (Lecture)

### **Academic Appointments**

2022-present                      Associate Professor of Practice  
Department of Health Science, Saint Joseph’s University

2022-2023                          Associate Professor of Practice/Vice Chair

	Department of Health Science, Saint Joseph's University
2021-2022	Director of General Education/Director of Health Science Department of Kinesiology, University of the Sciences
2018-2022	Chair/Assistant Professor Department of Kinesiology, University of the Sciences
2016-2018	Chair/Lecturer Department of Kinesiology, University of the Sciences
2012-2016	Program Director, Health Science/Instructor Department of Health Science, University of the Sciences
2008-2012	Program Director, Exercise Science & Wellness Management/Instructor Department of Health Science, University of the Sciences
2008-2012	Program Director/Instructor, Health Science Department of Health Science, University of the Sciences
2007-2008	Program Consultant & Adjunct Instructor Department of Health Science, University of the Sciences

### **Primary Research Area**

Psychological and physical well-being of young adults, focusing on anxiety, depression, and stress management interventions.

### **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.** (2019). From Training to Transforming: Applying a Coach Approach to Elevate the Member Experience. Anytime Fitness Vitals Conference. Atlanta, Georgia.

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

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

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

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

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

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*.

**Richards, K.** & Kellar, B. (2018). Building Interprofessional Teams Through 3D Printing Lilly-Anaheim Teaching & Learning Conference. Anaheim, CA.

Downs, G. & **Richards, K.** (2018). *Screening, Brief Intervention, Referral for Treatment and Motivational Interviewing*. Pennsylvania Pharmacists Association. Lancaster, PA.

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

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

### **External 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.

### Internal Grants

- **Richards, K.** (\$1200) SJU Inequality in America Faculty Development Seminar. 2024.
- **Richards, K.** Kellar, B., & Enam, N. Milton Lev. Impacting Perceptions and Attitudes of Mental Health. 2018. (Not funded)

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

Psychological Resilience Enhancement Techniques for College Freshmen: A Comparative Study  
 Student: D. Rossi  
 2024 (in progress)

Comparative Efficacy of Meditation Practice and Acoustic Vibration Chair Therapy for Stress Reduction  
 Student: D. Cherepanova  
 2023 (in progress)

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

### **Awards and Honors**

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

### **University Service**

2023 Core Curriculum Task Force  
2023-2024 University Council  
2022-present Office of Teaching and Learning Committee  
2022-present General Education Program Oversight Committee  
2022-present Physician Assistant Advisory Board Committee  
2021-2022 Search Committee, Associate Provost for Teaching & Learning  
2020-2021 Chair. Physician Assistant Department Chair Recruiting Committee  
2020-2022 Senate Nominating Committee  
2020-2022 Workday Student Team University Chairs Liaison  
2020-2022 Online Teaching Champion  
2018-2022 Sodexo Campus Dining  
2018-2022 Workday Users Group Committee  
2018-2019 Wellness Committee  
2018-2019 IPE Evaluation and Curriculum Committee  
2015-2016 Distance Learning Committee  
2015-2017 Faculty Affairs Committee  
2017-2019 Committee on Commencement Awards and Scholarships  
2016-2017 Chair. Program Directors Task Force

### **College Service**

2023-present Secretary, School of Health Professions Executive Council  
2021-2022 Samson College Diversity, Equity, and Inclusion Committee  
2020-2022 Chair, Samson College Academic Standards Committee  
2019-2020 Samson College Heart and Mind Health Workshop, City School  
2019-2022 Samson College, Nominations Committee  
2019-2022 Samson College Physician Assistant Graduate Advisory Board  
2017- 2019 Samson College Committee Martin Luther King Day of Service. Cozies 4 Chemo  
2012-2016 Samson College Martin Luther King Day of Service Mount Zion Church Health Fair  
2014-2016 Samson College Physician Assistant Faculty Search Committee  
2014-2015 Samson College Physician Assistant Academic Coordinator Search Committee  
2014-2015 Samson College Physician Assistant Clinical Coordinator Faculty Search Committee  
2012-2013 Chair, Samson College Council

### **Professional Service:**

- 2017-present Conference Proposal Reviewer: Hawaii University International Conference on STEM/STEAM and Education.
- 2021-2022 Associate Editor, *Journal of Yoga, Physical Therapy and Rehabilitation Online*.
- 2020-2021 Editor, *Online Journal of Complementary & Alternative Medicine*
- 2019-2020 Professional Development Committee, American School Health Association
- 2018-2019 Reviewer, *Journal of Health Promotion*
- 2014 Conference Proposal Reviewer: National Wellness Institute Annual Conference
- 2012-2014 Committee on Wellness Accreditation and Education. National Wellness Institute

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

- 2019** 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>
- 2018** Downs, G. & **Richards, K.** SBIRT & Motivational Interviewing. ACME Pharmacists CEU Workshop. Philadelphia, PA.
- 2017** *Motivational Interviewing*. Screening, Brief Intervention, Referral for Treatment Workshop. Philadelphia, PA.
- 2015** Making the Connection, Obesity: The Public Health, Health Policy, and Business Sides of the Disease. Moderator. Philadelphia, PA.
- 2015** *Contributor*. Exercising When Sick. *SELF magazine*.
- 2014** Exercise and Under the Weather. *Philly.com; Drugs.com; Health News Digest; Clarion Ledger*.
- 2014** Biomechanically Correct Running Techniques. George Mason University. Fairfax County, VA
- 2014** Biomechanically Correct Running Techniques. American Council on Exercise. Orange, CA
- 2014** Fit in Fitness with Back to School, *6ABC*.
- 2014** FYI Philly Spring into Fitness Challenge, *6ABC*.
- 2014** Exercise and Under the Weather, *KYW News radio 1060*.
- 2014** *Contributor*. Exercising in the Cold. *Better Homes and Gardens*.
- 2013** Exercise in the Cold, *KYW News radio 1060*
- 2013** Cholesterol Awareness, *98.1 WOGL*
- 2013** Skinny, Fat, Old, Young: All at Risk for High Cholesterol. *Health News Digest*

- 2012** Broad Street Run Training Tips, *6ABC*
- 2010** Heart Health. *CBS3, The Channel 10 Show, MedStar TV*
- 2010** Food for Thought. *6ABC*
- 2010** Myths on Fitness Workouts. *KYW news radio 1060*
- 2010** Separating Workout Fact from Fiction. *WKOW-TV*
- 2010** Home Gym for Less. *WTVQ-TV, 6ABC, WSOC-TV, WFRV-TV, WXOW-TV, WAOW-TV*
- 2009** Winter Workout Segment. *WPVI, 6ABC, KYW, NBC-10*

### **Invited Guest Lectures**

- 2021** Reiki as a Complementary Wellness Technique in Occupational Therapy. Doctoral 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
- 2019** 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** Motivational Interviewing. Physician Assistant Graduate Students. University of the Sciences

- 2017 ADHD to PhD. Behavioral and Social Sciences. University of the Sciences.
- 2016 The role of physical activity in school district wellness policies. Office of Sponsored Projects and Research. University of the Sciences
- 2015 Inside out of Emotions in Graduate School. Physician Assistant Graduate Student Orientation. University of the Sciences
- 2014 Emotional Freedom Technique. Physician Assistant Graduate Student Orientation. University of the Sciences
- 2014 Complementary & Alternative Therapies. Physician Assistant undergraduates. University of the Sciences
- 2013 Wellness in Medicine. Physician Assistant Graduate Student Orientation University of the Sciences
- 2012 Yoga for Stress Relief. Academic Success undergraduates. University of the Sciences.
- 2011 Stress Management Techniques. Academic Success undergraduates. University of the Sciences
- 2010 Healthy Heart Tips. *Fox Rothschild LLP.*
- 2009 Working on Wellness. Academic Success undergraduates. University of the Sciences
- 2008 Wellness & Self-Esteem. Academic Success undergraduates. University of the Sciences.

**Certifications:**

- Mindfulness Instructor. Yogarenew.
- 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