

## CURRICULUM VITAE

Cemal Ozemek, PhD  
Department of Physical Therapy  
University of Illinois at Chicago  
1640 W. Roosevelt Rd., Room 308A  
Chicago, IL 60608

### Education:

PhD  
Ball State University  
Clinical Exercise Physiology  
May 2014

MS  
Wake Forest University  
Health and Exercise Science  
May 2010

BS  
University of California, Davis  
Exercise Biology  
June 2008

### Certifications:

American College of Sports Medicine Certified Clinical Exercise Specialist  
Adult CPR/AED

### Employment and Positions Held:

Director, Cardiac Rehabilitation  
Department of Physical Therapy  
University of Illinois at Chicago  
Chicago, IL  
June 2016 – Present

Clinical Assistant Professor  
Department of Physical Therapy  
University of Illinois at Chicago  
Chicago, IL  
June 2016 – Present

Postdoctoral Research Fellow  
Geriatric Medicine  
University of Colorado Anschutz Medical Campus  
Denver, CO  
June 2014 – May 2016

Instructor  
Doctoral Graduate Student  
School of Kinesiology  
Ball State University  
Muncie, IN  
September 2012 – December 2013

Exercise Specialist  
Doctoral Graduate Student  
Cardiopulmonary Rehabilitation  
Indiana University Health Ball Memorial Hospital  
Muncie, IN  
January 2011 – June 2014

Exercise Supervisor – Adult Physical Fitness Program  
Doctoral Graduate Student  
Ball State University  
Muncie, IN  
July 2010 – June 2014

Bariatric Exercise Specialist  
Masters Graduate Student  
Action Health: Physical Activity, Lifestyle and Nutrition Program  
Wake Forest University Baptist Medical Center  
Winston-Salem, NC  
May 2009 – May 2010

Instructor  
Masters Graduate Student  
Department of Health and Exercise Science  
Wake Forest University  
Winston-Salem, NC  
August 2008 – May 2010

Graded Exercise Testing and Assessments Coordinator  
Healthy Exercise and Lifestyle Program  
Masters Graduate Student  
Wake Forest University  
Winston-Salem, NC  
August 2008 – May 2010

Research Assistant  
Undergraduate Student  
Department of Exercise Biology  
University of California, Davis  
January 2007 – June 2008

Research Assistant  
Undergraduate Student  
Department of Neurobiology, Physiology, and Behavior  
University of California, Davis  
June 2006 – June 2007

Peer Adviser  
Undergraduate Student  
Department of Exercise Biology  
University of California, Davis  
September 2006 – June 2008

Ad Hoc Journal Reviewer:  
Annals of Behavioral Medicine  
Journal of Sports Medicine and Physical Fitness  
Medicine and Science in Sports and Exercise

Journal of Cardiopulmonary Rehabilitation and Prevention  
Wilderness and Environmental Medicine  
BioMed Central Geriatrics  
International Journal of Sports Medicine  
Journal of Sports Sciences  
Journal of Clinical Exercise Physiology  
Brazilian Journal of Physical Therapy  
American Journal of Obstetrics & Gynecology

Peer Reviewed Publications:

1. **Ozemek C**, Hildreth KL, Kohrt WM, Moreau KL. *Conduit Artery Endothelial Dysfunction Precedes Microvascular Dysfunction Across the Menopause Transition*. (In preparation)
2. Kaminsky LA, **Ozemek C**, Riggan K, Strath SJ. *Innovative Strategies to Increase Physical Activity of Cardiac Patients*. Journal of the American Heart Association (In preparation)
3. **Ozemek C**, Phillips S, Popovic D, Laudu-Patel D, Fancher I, Lavie CJ and Arena R. *Non-pharmacologic management of hypertension*. Current Opinion Cardiology.
4. Moreau KL, **Ozemek C**. *Vascular Adaptations to Habitual Exercise: Time for the Sex Talk* Invited Review for the Exercise and Sport Sciences Reviews. (Epub ahead of print)
5. **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. *Maximal heart rate declines linearly with age independent of cardiorespiratory fitness levels*. European Journal of Sports Science. (Epub ahead of print)
6. Scalzo RL, Moreau KL, **Ozemek C**, Herlache L, McMillin S, Gilligan S, Huebschmann AG, Bauer TA, Dorosz J, Reusch JEB and Regensteiner JG. *Exenatide improves diastolic and endothelial function but not exercise capacity in individuals with type 2 diabetes*. J Diabetes Complications. 2017 Feb;31(2):449-455
7. **Ozemek C**, Hildreth KL, Groves DW, Moreau KL. *Ascorbic acid infusion increases left ventricular diastolic function in postmenopausal women*. Maturitas. 2016 Oct;92:154-61
8. **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. *Cardiorespiratory fitness slows the decline of peak heart rate with age*. Medicine and Science in Sport and Exercise. 2016 Jan;48(1):73-81
9. Fitzgerald L, **Ozemek C**, Jarrett H, Kaminsky LA. *Accelerometer validation of questionnaires used in clinical settings to assess MVPA*. Medicine and Science in Sport and Exercise. 2015 July;47(7):1538-42
10. Byun W, **Ozemek C**, Riggan K, Strath SJ, Kaminsky LA. *Correlations of objectively measured physical activity in cardiac patients*. Cardiovascular Diagnosis and Therapy. 2014 Oct;4(5):406-10
11. Kaminsky LA, **Ozemek C**, Williams KL, Byun W. *Precision of total and regional body fat estimates from dual-energy X-ray absorptiometer measurements*. The Journal of Nutrition, Health and Aging. 2014 Jan; 18(6):591-4
12. **Ozemek C**, Kirschner MM, Wilkerson BS, Byun W, Kaminsky LA. *Reliability of the GT3X+ accelerometer at hip, wrist, and ankle sites during activities of daily living*. Physiological Measurement. 2014;35(2):129
13. **Ozemek C**, Cochran HL, Strath SJ, Byun W, Kaminsky LA. *Estimating relative intensity using individualized accelerometer cutpoints: the importance of fitness level*. BMC Medical Research Methodology. 2013 April 1;13:53

14. Kaminsky LA, **Ozemek C**. *A comparison of the actigraph GT1M and GT3X accelerometers in standardized and free-living conditions*. ICAMPAM 2011 Focus Issue of Physiological Measurement. 2012 Nov;33(11)
15. Kaminsky LA, **Ozemek C**. *Diurnal variation in lipoprotein-associated phospholipase A(2) (Lp-PLA(2))*. Clinical Biochemistry. 2012 Jun;45(9):700-2
16. Brubaker PH, **Ozemek C**, Gonzales A, Wiley S, Collins G. *Underwater and traditional treadmill exercise may produce similar cardiorespiratory responses in collegiate athletes*. Journal of Sports Rehabilitation. 2011 Aug;20(3):345-54
17. Brubaker PH, **Ozemek C**. *Exercise therapy for the failing heart: Harmful or helpful?* ACSM's Health and Fitness Journal. 2010 March;14(2):9-15

#### Book Chapter

**Ozemek C**, Arena R, Bond S, Daniels K. Exercise and Rehabilitation: Color Atlas on Heart Failure: McGraw Hill, 2016

#### Professional and Invited Presentations

##### **Ozemek C**

*Cardiovascular Changes in Aging Women and the Path to HFpEF: Is there a point of no return?*  
Cardiac Exercise Research Group – Norwegian University of Science and Technology  
Trondheim, Norway  
June 2016

##### **Ozemek C**

*Vascular-ventricular coupling and LV diastolic function across the menopause transition and the impact of NOS uncoupling*  
University of Colorado Anschutz Medical Campus, Translational Cardiovascular Biology Conference  
April 2016

##### **Ozemek C**

*LV diastolic function during aging: The effects of sex and drugs on the ability to unwind*  
University of Colorado Anschutz Medical Campus, Exercise and Metabolism Research Group  
May 2015

##### **Ozemek C**

*Mechanisms Underlying Cardiac Aging in Women*  
University of Colorado Anschutz Medical Campus, Geriatric Medicine Grand Rounds  
October 2015

Maldonado-Martin S, Brubaker PH, **Ozemek C**, Jayo-Montoya JA  
*Impact of Beta-Blockers in Heart Rate and Oxygen Uptake Response to Exercise and Recovery in Older Patients with Heart Failure with Preserved Ejection Fraction*  
European Society of Cardiology Congress  
May 2014

##### **Ozemek C**, Brubaker PH, Kitzman DW

*Evaluating the Prevalence of Chronotropic Incompetence using Different Criteria in Heart Failure with Preserved Ejection Fraction*  
Annual Meeting of the American College of Sports Medicine  
June 2011

**Ozemek C** and Leonard A. Kaminsky

*Exercise Prescription in Heart Failure, Chronic Obstructive Pulmonary Disease, and Peripheral Artery Disease*

Indiana Society of Cardiovascular & Pulmonary Rehabilitation Annual Meeting

March 2013

### **Ozemek C**

Taylor University

*Chronotropic Incompetence in Heart Failure Patients with a Preserved Ejection Fraction*

February 2010

### Abstract Presentations

1. May 2016, American College of Sports Medicine's Annual Meeting  
**Ozemek C**, Hildreth KL, Van Pelt RE, Schwartz RS, Moreau KL. *Pioglitazone or Exercise Effects on LV Diastolic Function in Adults with MCI and Insulin Resistance*. Session B-28
2. October 2015, University of Colorado Anschutz Medical Campus Department of Medicine Research Day  
**Ozemek C**, Hildreth KL, Groves DW, Moreau KL. *Oxidative Stress Contributes to Impaired Left Ventricular Diastolic Function in Postmenopausal Women*
3. March 2015, Endocrine Annual Meeting  
**Ozemek C**, Hildreth KL, Kohrt WM, Moreau KL. *Conduit Artery Endothelial Dysfunction Precedes Microvascular Dysfunction Across the Menopause Transition*
4. November 2014, American Heart Association's Scientific Sessions  
**Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. *Cardiorespiratory Fitness Affects the Rate of Decline of Maximal Heart Rate with Age*
5. November 2014, American Heart Association's Scientific Sessions  
Tuttle M, **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. *Quadratic Regression Reveals an Accelerated Age-related Decline of Maximal Heart Rate in those with Low and Moderate Cardiorespiratory Fitness*
6. October 2014, University of Colorado Anschutz Medical Campus Women's Health Research Day  
**Ozemek C**, Hildreth KL, Kohrt WM, Moreau KL. *Conduit Artery Endothelial Dysfunction Precedes Microvascular Dysfunction Across the Menopause Transition. (Poster Award)*
7. May 2014, American College of Sports Medicine Annual Meeting  
**Ozemek C**, Fitzgerald L, Jarrett H, Kaminsky LA. *Comparison of Moderate to Vigorous Physical Activity Assessed by Accelerometry and the EVS*
8. May 2014, American College of Sports Medicine Annual Meeting  
Jarrett H, **Ozemek C**, Fitzgerald L, Kaminsky LA. *Comparison of Moderate to Vigorous Physical Activity Assessed by Accelerometry and the GPPAQ*
9. May 2014, American College of Sports Medicine Annual Meeting  
Weaver A, Fitzgerald L, Jarrett H, **Ozemek C**, Kaminsky LA. *Different Accelerometry Interpretation Methods After Physical Activity Classifications*
10. May 2014, American College of Sports Medicine Annual Meeting  
Conway KC, Fitzgerald L, Jarrett H, **Ozemek C**, Kaminsky LA. *Meeting Physical Activity Guidelines Does Not Result in Less Sedentary Time*
11. May 2013, American College of Sports Medicine Annual Meeting  
**Ozemek C**, Byun W, Riggin K, Strath S, Kaminsky LA. *Pedometer Feedback Interventions Increase Total Physical Activity on Days Patients do not Attend Cardiac Rehabilitation*

12. May 2013, American College of Sports Medicine Annual Meeting  
Davis E, Byun W, **Ozemek C**, Kaminsky LA. *Inter-instrument Reliability of GT3X Accelerometers in a Free-living Condition*
13. May 2013, American College of Sports Medicine Annual Meeting  
Griffith G, **Ozemek C**, Dressler K, Johnson M, Byun W, Kaminsky LA. *Physical Activity Levels of Pre-bariatric Surgery Patients: Differences with Accelerometer Activity Count Thresholds*
14. May 2013, American College of Sports Medicine Annual Meeting  
Williams K, Byun W, **Ozemek C**, Kaminsky LA. *Reliability of Dual-energy X-ray Absorptiometer Measures of Regional Body Composition*
15. May 2013, American College of Sports Medicine Annual Meeting  
Kirschner M, Wilkerson B, **Ozemek C**, Kaminsky LA. *Reliability of GT3X+ Accelerometer Measures From Ankle, Hip, and Wrist Locations*
16. March 2013, American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions  
**Ozemek C**, Byun W, Riggan K, Strath S, Kaminsky LA. *Pedometer feedback Intervention Increases Time Spent in Moderate-to-Vigorous Physical Activity in Cardiac Rehabilitation Patients*
17. March 2013, American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions  
Kaminsky LA, **Ozemek C**, Riggan K, Byun W, Strath S. *Pedometer Feedback – Superior for Increasing Daily Physical Activity in Cardiac Rehabilitation Patients*
18. March 2013, American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions  
Byun W, **Ozemek C**, Riggan K, Strath S, Kaminsky LA. *Determinants of Objectively Measured Physical Activity in Patients Entering a Phase III Cardiac Rehabilitation Program*
19. November 2012, Midwest American College of Sports Medicine Meeting  
Griffith G, **Ozemek C**, Campbell K, Johnson M, Byun W, Kaminsky LA. *Physical Activity Characteristics of Pre-Bariatric Surgery Patients Assessed by two Different Sets of Accelerometer Cutpoints*
20. November 2012, Midwest American College of Sports Medicine Meeting  
Williams K, Byun W, **Ozemek C**, Kaminsky LA. *Reliability of Body Composition Assessments from Dual-Energy X-Ray Absorptiometry Measurements*
21. November 2012, Midwest American College of Sports Medicine Meeting  
Davis E, Byun W, **Ozemek C**, Kaminsky LA. *Reliability of GT3X Accelerometer in Measuring Sedentary Behavior, Physical Activity, and Step Counts*
22. September 2012, American Association of Cardiovascular and Pulmonary Rehabilitation 27<sup>th</sup> Annual Meeting  
Kaminsky LA, Riggan K, **Ozemek C**, Koontz N, Strath S. *Factors Associated with Six-Minute-Walk Test Distance in Patients Entering Cardiac Rehabilitation.*
23. May 2012, American College of Sports Medicine Annual Meeting  
**Ozemek C**, Harber MP, Kaminsky LA. *The precision of thigh fat and lean mass measures from dual-energy X-ray absorptiometry.*
24. May 2011, American College of Sports Medicine Annual Meeting  
Kirschner MM, **Ozemek C**; Kaminsky LA. *Comparison of Body Composition Measures Between the Lunar Prodigy and iDXA*
25. May 2011, International Conference on Ambulatory Monitoring of Physical Activity and Movement  
Kaminsky LA, **Ozemek C**, Hargens T. *Comparison of Actigraph GT1M GT3X in Standardized and Free Living Conditions*

26. March 2011, Joint Conference – Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention 2011 Scientific Sessions  
Hargens T, **Ozemek C**, Riggin K, Strath S, Kaminsky LA. *Accelerometer Intensity Thresholds May Underestimate Moderate Physical Activity in Cardiac Patients*
27. May 2010, American College of Sports Medicine Meeting Annual Meeting  
**Ozemek C**, Brubaker PH, Kitzman DW. *Impact of Beta Blockers on Chronotropic Incompetence in Heart Failure with Preserved Ejection Fraction*
28. October 2010, Midwest American College of Sports Medicine Meeting  
**Ozemek C**, Brubaker PH, Kitzman DW. *Evaluating the Prevalence of Chronotropic Incompetence using Different Criteria in Heart Failure with Preserved Ejection Fraction*
29. May 2009, American College of Sports Medicine Meeting Annual Meeting  
**Ozemek C**, Brubaker PH, Gonzales A, Wiley S, Collins G. *Cardiorespiratory responses to aquatic vs. traditional treadmill exercise: Implications for exercise prescription*

Funded Grant Activity:

Title: Left Ventricular Diastolic Dysfunction with Aging and Estrogen Deficiency: The Role of NOS Uncoupling

Agency: National Institute of Aging

Mechanism: T32

Award Date: 7/1/2015 – 5/31/2016

Role: Principle Investigator

Title: The Effects of Single Leg Training on Cardiac Structure Adaptations in Heart Failure Patients

Agency: ASPIRE Internal Grant Program

Amount: \$500.00

Award Date: 11/15/2012

Role: Principle Investigator

Membership in Scientific/Professional Organizations:

North American Artery

2015 – Present

Endocrine Society

2014 – 2016

American Heart Association

2014 – Present

American Physiological Society

2013 – Present

Clinical Exercise Physiology Association

2010 – Present

Legislative Research Subcommittee Chair (2015 – Present)

Student Representative (2011 – 2013)

Student Advisory Committee Chair (2011 – 2013)

Strategic Planning Committee Member (2011 – 2014)

American College of Sports Medicine

2008 – Present

Angoff scoring panel member for the ACSM Certified Exercise Specialist examination (2013)

Exercise is Medicine Older Adult Advisory Group Member (2016 – Present)

Services to the University/College/School on Committees/Councils/Commissions:

Member, Search Committee for research assistant, Department of Physical Therapy, University of Illinois at Chicago

2016

Member, Publications and Intellectual Properties Committee

2013 - 2014

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Site Visit:

PT 605 – Systems Physiology and Plasticity (Guest Lecturer)