

## CURRICULUM VITAE

### Peixuan Zheng

University of Illinois Chicago  
1919 W. Taylor St. 545 AHSB,  
Chicago, IL 60612  
Phone: +1 (205) 239-3077  
E-mail: [pxzheng@uic.edu](mailto:pxzheng@uic.edu)

#### EDUCATION

---

- 2018 – 2022      **Ph.D. in Exercise Science.** *The University of Alabama, USA*  
Concentration: Exercise Physiology  
Dissertation topic: Dose-reponses effect of short-term exercise on cognitive function among middle-aged and older adults  
Advisor: Elroy J. Aguiar, Ph.D.
- 2015 – 2018      **M.S. in Human Movement Science.** *Zhengzhou University, CN*  
Concentration: Exercise Physiology  
Thesis topic: Effects of long-term participation in different sports (modern vs. traditional) on health and fitness  
Advisor: Lei Zhang, Ph.D.
- 2011 – 2015      **B.S. in Sport Science.** *Beijing Sport University, CN*  
Thesis topic: Combination of ultrasonography and electromyography to evaluate cross-sectional changes of erector spinae muscles under different workloads  
Advisor: Hanjun Li, Ph.D.

#### PROFESSIONAL POSITIONS & EXPERIENCE

---

##### University of Illinois Chicago, USA

- 2022 – Present      Postdoctoral Research Associate. Exercise Neuroscience Research Laboratory  
Department of Kinesiology and Nutrition, College of Applied Health Sciences

##### The University of Alabama, USA

- 2018 – Present      Graduate Research/Teaching Assistant  
Department of Kinesiology, College of Education  
Tuscaloosa, AL
- Teaching Responsibilities:
- KIN 199 – Ecological Approach to Health and Fitness (*primary instructor*)
  - KIN 155 – Self-Defence for Women (*primary instructor*)

##### Zhengzhou University, CN

- 2015 – 2018      Graduate Research/Teaching Assistant  
Exercise Physiology Laboratory, College of Physical Education

Teaching Responsibilities:

- Introduction to Human Movement Science (*lab instructor*)
- Sports science based animal experiments (*lab instructor*)

2016 – 2017

Training Assistant at Guanghua Sports Center

- Responsible for strength training and performance assessment

**Beijing Sport University, CN**

2014 – 2015

Research Assistant

Education Scientific Experiment Center; National Physical Fitness Surveillance

- Responsible for health and fitness evaluation of national representative adult populations.

**Research Interests**

Exercise and brain health; Physical activity; Cognition and aging; Exercise intervention; Walking; Sedentary behavior; Cardiometabolic health; Wearable technology; Multiple sclerosis.

**Certifications**

2022 Graduate Certificate in Quantitative Educational Research, The University of Alabama

2021 Red Cross: CPR/AED for Professional Rescuers

2021 PPCT Sexual Harassment and Rape Prevention (SHARP) Instructor Certification

**RESEARCH PROJECTS & EXPERIENCE**

---

**Funded Projects**

2023 Source: Midwest Roybal Center for Health Promotion and Translation Pilot Funding (*Awarded*)  
Title: Exercise Training, Cognition, and Mobility in Older Adults with Multiple Sclerosis  
Role: **Principal Investigator**  
Amount: \$50,0000

2020 Source: The University of Alabama Graduate Research Funding  
Title: The dose-reponses effect of short-term exercise on cognitive function  
Role: **Principal Investigator**  
Amount: \$500

2019 Source: Office of Research and Economic Development, The University of Alabama  
Title: Walking to the beat of your own heart: The development of cadence (steps/min) thresholds associated with moderate to vigorous heart rate intensity  
Role: Research Assistant  
Amount: USD \$5,936

2016 Source: The Education Department of Henan Province, Zhengzhou University, CN  
Title: The Comparison of Physical Fitness and Bone Mineral Density among Older Adults Engaged in Different Sports  
Role: Research Assistant  
Amount: CNY \$30,000

- 2014 Source: National Students Innovation and Entrepreneurship Training Program, Beijing Sport University  
 Title: The R&D of the lumbar muscular strength tester  
 Role: **Principal Investigator**  
 Amount: CNY \$5,000

### **Other Projects**

- 2022 Source: Department of Defense (*Not funded*)  
 Title: Cognition, Vascular Function, and Physical Activity in Multiple Sclerosis  
 Role: Principal Investigator
- 2021 Agency: Alabama Life Research Institute (*Grant Submitted*)  
 Title: A Behavioral Activation and Physical Activity Pilot Program to Improve Physical and Behavioral Health Outcomes Among Rural Alabama Cancer Survivors  
 Role: Research Assistant
- 2016 Agency: Zhengzhou Association of Social Science and Society, Zhengzhou University  
 Title: Study on Public Sports Service among Land-losing Farmers in Henan Province  
 Role: Principal Investigator
- 2015 Agency: Henan Science and Technology Department, Zhengzhou University, CN  
 Title: The application of the "862" laser medium frequency therapy on athletic injury among basketball players  
 Role: Research Assistant
- 2014 Institution: Beijing Sport University Research Institute  
 Title: The research of the functional relations between the lumbar muscle strain and the erector spinae  
 Role: Research Assistant

### **Peer-Reviewed Journal Publications**

1. **Zheng P**, Pilutti LA, DuBose NG, Motl RW. Vascular Function and Cognition in Persons with Multiple Sclerosis: Preliminary Examination. *Mult Scler Relat Disord*. 2023;15:104578. doi: 10.1016/j.msard.2023.104578
2. **Zheng P**, Huynh TLT, Jones CD, Feasel CD, Jeng B, Motl RW. Validity of the 30-Second Sit-to-Stand test as a measure of lower extremity function in persons with multiple sclerosis: Preliminary evidence. *Mult Scler Relat Disord*. 2023;71:104552. doi:10.1016/j.msard.2023.104552
3. Chen S, Ma J, Hong J, Chen C, Yang Y, Yang Z, **Zheng P**, Tang Y. A Public Health Milestone: China Publishes New Physical Activity And Sedentary Behaviour Guidelines. *JASSB*. 2022;1(1):9. doi: 10.1186/s44167-022-00009-x
4. Aguiar EJ, Mora-Gonzalez J, Ducharme W.S., Moore C.C., Gould R.Z., Amalbert-Birriel A.M., Chipkin R.S., Staudenmayer J., **Zheng P**, Tudor-Locke C. Cadence-based classification of moderate-intensity overground walking in 41- to 85-year-old adults. *Scand J Med Sci Sports*. 2022;10.1111/sms.14274. doi:10.1111/sms.14274
5. **Zheng P**, Pleuss JD, Turner DS, Ducharme SW, Aguiar EJ. Association Between Physical Activity (MIMS/day, Peak 30-min MIMS) and Cognitive Function Among Older Adults: NHANES 2011-2014. *The Journal of Gerontology: Series A*, 2022; glac076.

6. **Zheng P**, Ducharme SW, Moore CC, Tudor-Locke C, Aguiar EJ. Classification of moderate-intensity overground walking speed in 21-to 85-year-old adults. *Journal of Sports Sciences*. 2022;1-9.
7. **Zheng P**, Zhang L, Shi F, Man K, Aguiar EJ. Health and Fitness Comparisons Among Middle-Aged and Older Adults with Long-Term Participation in Four Different Sports. *International Journal of Exercise Science*. 2022; 15(6):1028-39.
8. Chen S., Ma J., Hong J., Chen C., Yang Y., Yang Z., **Zheng P**, Tang Y. A public health milestone: China publishes new Physical Activity and Sedentary Behaviour Guidelines. *Journal of Activity, Sedentary and Sleep Behaviors*. 2022; 1(1): 9.
9. Jin Y, Yan A, Sun T, **Zheng P**, An, J. Microblog data analysis of emotional reactions to COVID-19 in China. *Journal of Psychosomatic Research*, 2022;161, p.110976.
10. Jin Y, Deng C, Wu P, **Zheng P**, AN J. Emoji image symbol's social function and application. *Advances in Psychological Science*. 2022; 30(5):1062.
11. Jin Y, Sun T., **Zheng P**, An J. Mass Quarantine and Mental Health during COVID-19: A Meta-analysis. *Journal of Affective Disorders*, 2021; 295: 1335-1346.
12. Jin Y, Zhang Z., **Zheng P**, An J. Telepsychology: Applications, advantages, and challenges. *Advances in Psychological Science*, 2021; 30 (1): 1-17.
13. **Zheng P.**, Bing C., Ma P. Study on the common athletic injuries and medical control in tennis sports among college students. *Science & Technology of Stationery & Sporting Goods*, 2016, (13):108-110.
14. **Zheng P.**, Bing C., Li X. The application of sport elastic tights in sports and exercise science. *Sports Time*, 2016, (8):54.
15. Zhang L., **Zheng P.**, Zhao Z. Structural reorganization and system reform in physical curriculum. *Journal of Jiangsu Institute of Commerce*, 2016, (5):43-46.
16. Liu Y., Bing C., **Zheng P**. The analysis of the investigating report on college students' awareness of the new National Student Physical Health Standard. *Sports Time*, 2016, (13):32.
17. Bing C., Li X., Liu Y., **Zheng P**. A feasibility study on offering shuttlecock P.E. Courses in Shandong Normal High Schools. *Sports Time*, 2016, (13):77.
18. Fu C., Bing C., Li X., **Zheng P**. Research on tennis teaching mode in colleges and universities under the background of “Sunshine Sports”. *Science & Technology of Stationery & Sporting Goods*, 2016, (13):91-92.

*Under Review:*

1. **Zheng P**, Dejonge S, Flores VA, Jeng B, & Motl RW. Systematic Review and Meta-Analysis of Sedentary Behavior in Persons with Multiple Sclerosis. *Ann Phys Rehabil Med*.
2. Jeng B, DuBose NG, Martin TB, Šilić P, Flores VA, **Zheng P**, & Motl RW. An Updated Systematic Review and Quantitative Synthesis of Physical Activity Levels in Multiple Sclerosis: Is the Gap Narrowing? *Am J Phys Med Rehabil*.
3. Flores VA, Šilić P, DuBose NG, **Zheng P**, Jeng B, & Motl RW. Exercise Training and Health-Related Quality Of Life In Adults With Multiple Sclerosis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Mult Scler Relat Disord*.

4. Ducharme W.S., Pleuss J., Turner D., **Zheng P.**, Aguiar E.J. Normative Peak and Daily Physical Activity Values for Monitor-Independent Movement Summary (MIMS) Units: NHANES 2011-2014. *American Journal of Epidemiology*.
5. Jin Y., Sun T., An J., **Zheng P.**. A Meta-analytic Review of the Relationships between Self-compassion and Post-traumatic Stress Disorder. *Clinical Psychology Review*.
6. Yan A., Su J., Shen J., An J., **Zheng P.** The relationship between mindfulness and bedtime procrastination in technical IT employees. *Computers in Human Behavior*.
7. Jin Y., Yu M., **Zheng P.**, An J. Team up: Find Self-esteem and Control in Internet Gaming Teams. *Children and Youth Services Review*.
8. Yan, A., Kang Y., Jin Y., **Zheng P.**, An J. The Mechanism of the Influence of Self-Portrait Investment Behaviour on the Body Image among Female College Students: A Mediation Effect. *Journal of Psychosomatic Research*.

*In Preparation:*

1. Aguiar E.J., Turner D.T., Pleuss J.D., Zheng P, Benitez C., & Ducharme S.W. Associations between physical activity (daily volume and peak intensity) and metabolic syndrome: NHANES 2012-12 and 2013-14. *JAMA Network Open*.
2. **Zheng P.**, Richardson T.M., MacDonald V.H., McDonough M.I., Man K., Aguiar E.J. Cognitive Function in Relation to Vascular Function After A Single Bout of Walking in Physically Inactive Older Adults. *J*
3. **Zheng P.**, Richardson T.M., MacDonald V.H., McDonough M.I., Man K., Aguiar E.J. The Effects of Acute Exercise on Cognitive Function in Healthy Older Adults: A Systematic Review with Meta-Analysis.

**Peer-Reviewed Conference Abstracts & Presentations**

1. **Zheng P**, Dejonge S, Flores VA, Jeng B, & Motl RW. Systematic Review and Meta-Analysis of Sedentary Behavior in Persons with Multiple Sclerosis. 2023 Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting, May 31-June3, 2023, Aurora, CO. (*Accepted*)
2. Jeng B, DuBose NG, Martin TB, Šilić P, Flores VA, **Zheng P**, & Motl RW. Physical Activity Levels in Multiple Sclerosis: An Updated Systematic Review and Quantitative Synthesis. 2023 Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting, May 31-June3, 2023, Aurora, CO. (*Accepted*)
3. Flores VA, Šilić P, DuBose NG, **Zheng P**, Jeng B, & Motl RW. Exercise Training and Health-Related Quality of Life in Adults with Multiple Sclerosis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. 2023 Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting, May 31-June3, 2023, Aurora, CO. (*Accepted*)
4. **Zheng P.**, Pleuss J., Turner D., Ducharme W.S., Aguiar E.J. Dose-Response Association Between Habitual Physical Activity and Cognitive Function Among Older Adults: NHANES 2011-2014. *The annual meeting of the American College of Sports Medicine*, May 31-June 4, 2022, San Diego, CA.
5. **Zheng P.**, Pleuss J., Turner D., Ducharme W.S., Aguiar E.J. Association Between Physical Activity (MIMS/day, Peak 30-min MIMS) and Cognitive Function Among Older Adults: NHANES 2011-2014. *The annual meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM)*, February 17-19, 2022, Greenville, SC.

6. **Zheng P.**, Ducharme W.S., Moore C.C., Tudor-Locke, C., Aguiar E.J. Classification of Moderate-Intensity Walking Speed During Overground Walking. 8th International Society for Physical Activity and Health Congress, virtual, October 12 – 17, 2021. (*Published*)
7. Aguiar E.J, Pleuss J., Turner D., **Zheng P.**, Ducharme W.S., Association between MIMS/day and metabolic syndrome risk factors: NHANES 2011–2014. 8th International Society for Physical Activity and Health Congress, virtual, October 12 – 17, 2021. (*Published*)
8. **Zheng P.**, Zhang L., Shi F., Man K., Aguiar E.J. The effects of long-term participation in four different sports on cardiovascular risk factors among Chinese adults. *The annual meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM)*, February 2021, virtual.
9. **Zheng P.**, MacDonald H.V., Fedewa M.V, Aguiar E.J. (2020). The Use of Walking Cadence to Gauge Physical Activity Intensity. *Southeastern Universities Graduate Research Symposium at the University of Alabama*, April, 2020 ePoster presentation due to COVID-19.
10. **Zheng P.**, Richardson M, MacDonald H, et al. (2019) Long-term Participation in Four Different Sports (Aerobics, Tai-chi, Track And Field And Diabolo): A Comparison Of Fitness Measures: 2547 Board# 8 May 29 9: 30 AM-11: 00 AM[J]. *Medicine & Science in Sports & Exercise*, 2020, 52(7S): 688. *The annual meeting of the American College of Sports Medicine*, May 2020 ePoster presentation due to COVID-19. (*Published*)
11. **Zheng P.**, Richardson M.T., MacDonald H.V., Zhang L., Shi F. (2019). Long-term Participation In Four Different Sports (Aerobics, Tai-chi, Track And Field And Diabolo): A Comparison Of Fitness Measures. *The annual meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM)*, #P202 February, 2020, Jacksonville, FL.
12. Zhang, L., Li H., Li Z., **Zheng P.**, Chen Y. (2017) A systematic review of the effects of blood flow restriction (Kaatsu) training on muscle fitness. *The Henan Province Sports Science Research Award Conference in Colleges and Universities*. #14608 September 2017, Zhengzhou.
13. Zhang, L., **Zheng P.**, Li H., Li Z., Chen Y. (2017) The effects of different "jump-landing" training modes on the joints stability among college students. *The Henan Province Sports Science Research Award Conference in Colleges and Universities*. #14619 September 2017, Zhengzhou.
14. Li Z., Zhang, L., **Zheng P.**, Li H., Chen X. (2017) Analyses on the current situation and countermeasures of upper-limb athletic injuries in male athletes of north-western CUBA university league. *The Henan Province Sports Science Research Award Conference in Colleges and Universities*. #14868 September 2017, Zhengzhou.
15. Zhang, L., **Zheng P.**, Li Z., Li H., Chen Y. (2017) A study on the motivation and addiction post muscular training in male college students. *The Henan Province Sports Science Research Award Conference in Colleges and Universities*. #14890 September 2017, Zhengzhou.
16. **Zheng P.**, Zhang L., Li H. (2016) The Effect of Small Molecular Polypeptide on the Immune System of Wheelchair Athletes. *The 11th Beijing International Forum on Rehabilitation ICF, World Report on Disability and Rehabilitation Counselling*. Poster Presentation Centre. December 2016, Beijing, China.
17. **Zheng P.**, Zhang L. (2016). Study on the common injuries and medical issues in tennis sport among college students. *The 11th National University Tennis Research Scientific Conference, Zhengzhou University*. July, 2016, Zhengzhou, China.
18. **Zheng P.**, Zhang L., Li X., L., Zhao, Z. (2016). Study on Public Sports Service among Land-losing Farmers in Henan Province. *National Sports Social Science East Lake Conference*. Scientific Research Award and Poster. Wuhan Sport University, December 2016, Wuhan, China.

19. Zhang L., **Zheng P.** (2016). A study on the development and trend of China's sports rehabilitation industry under the "New Normal" state. *National Sports Social Science East Lake Conference*. Wuhan Sport University, December 2016, Wuhan, China.
20. Zhang L., **Zheng P.**, Li H. (2016). The application of the "862" laser medium frequency therapy on athletic injury among basketball players. *National Sports Medical Supervision and Rehabilitation Academic Conference*. Scientific Research Award and Poster. November 2016, Wuhan, China
21. Bing C., Li X., Liu Y., **Zheng P.** (2016) A feasibility study on offering shuttlecock P.E. Courses in Shandong Normal High Schools. The 8th annual meeting of the Chinese Sports Science Association for Outstanding Young Scholars and Sports Workers, November 2016, Wuhan, China.
22. Bing C., Zhao Z., **Zheng P.** Research on the Reform and Development of P.E. Courses in Colleges and Universities. *The 2nd Research Symposium in Sports Development*. Research Award and poster presentation. October 2016, Suzhou, China.
23. **Zheng P.**, He F. (2014) Study on Characteristics of Ultrasonic EMG the Erector Spinal Muscle under Different Loads. *The 24th National Congress of Chinese Physiological Society and Physiology Academic Conference*. October, 2014, Shanghai, China.

### **Laboratory and Computer Skills**

- Statistical Software and Language: R, SAS, Mplus, JAGS, SPSS, Python, G\*Power, LaTeX
- Processing spatiotemporal parameters of gait from the GAITRite® data
- Familiarity with wearable sensors (e.g., ActiGraph, activPAL), heart rate monitors (e.g., Polar, Zephyr), and surface electromyography
- Basic electronics and testing in Exercise Physiology laboratory; Biodex System 3 & Humac Norm Dynamometry, Biopac & EMGworks signal acquisition

### **HONORS AND AWARDS**

---

2022	Most Outstanding Student Awards, College of Education, The University of Alabama
2021 – 2022	Anna and Harold Paige Scholarship, College of Education, The University of Alabama USD \$1,200
2021 – 2022	William W. Taube Quasi Doctoral Scholarship, College of Education, The University of Alabama USD \$1,200
2020 – 2021	UA College of Education Doctoral Student Summer Research Stipend Program College of Education, The University of Alabama USD \$7,000
2015 – 2017	National Graduate Students Academic Scholarship (Category A) Zhengzhou University, CN CNY \$24,000
2014	Undergraduate Student Scholarship Beijing Sport University CNY \$800

2014            School Honor Student  
                  Beijing Sport University

## **PROFESSIONAL AFFILIATIONS & SERVICE**

---

### **Professional Memberships**

2019 – Present    Southeast Region, American College of Sports Medicine - Member  
2019 – Present    American College of Sports Medicine - Member  
2019 – Present    International Society for Physical Activity and Health - Member  
2021 – Present    National Strength and Conditioning Association (NSCA)

### **Scientific Journal Peer Reviewer**

2022 – Present    International Journal of Exercise Science

### **University/Community Service**

2020            Student Research Judges for Undergraduate Research & Creative Activity Conference,  
                  The University of Alabama  
2021            Guest speaker, *Physical Activity and Brain Health*, Capstone Village Retirement Center,  
                  Tuscaloosa, AL