

Department of Public and Allied Health Sciences



R. Christopher Mason, Ph. D.

Position/Title: Acting Chairperson, Assistant Professor

Major Area: Kinesiology

University Email address: rmason@desu.edu

Work Phone: (302) 857 – 6709

Hometown: Cincinnati, OH

Education:

- **Ph.D.** 2015 Human Motor Behavior (The University of Georgia, Athens, GA)
- **M.A.** 2006 Human Motor Behavior (The University of Georgia, Athens, GA)
- **B.S.** 2002 Biology (Florida A&M University, Tallahassee, FL)

Research Interest:

- The cause of motor pattern decline in older adults.
- The relationship between fitness and the longitudinal changes in physical function, mobility and balance.
- The specific influence of the nervous system, sensory perception and cognitive function on postural control and functional movement.

Publications & Presentations:

- Griffith, A., Homer, V., **Mason, RC**, and Kuperavage, A. (2017). EMG and Y-Balance Test for assessment of neuromuscular control of the lower extremities in collegiate athletes. Delaware State University Summer Research Symposium. Dover, DE
- **Mason RC**, Horvat M, Nocera JR. (2017). The Self-Reported Exercise Habits of Older Adult Women and the Associated Effects on Physical Fitness. American College of Sports Medicine. Denver, CO.
- **Mason, RC.**, Horvat, M., & Nocera, J. (2016). The effects of exercise on the physical fitness of high and moderate-low functioning older adult women. *Journal of Aging Research*, 2016(1), 1-7

Professional Organizations and Memberships:

- American College of Sports Medicine