

## **C. JESSIE JONES, PhD**

Professor, Department of Health Science  
Director, Fibromyalgia Research and Education Center  
Co-Director, Center for Successful Aging  
California State University, Fullerton

### **EDUCATION**

Ohio State University	Ph.D.	1983	Sport Psychology/ Health/Counseling
California State University, Long Beach	M.S.	1979	Physical Education
California State University, Pomona	B.S.	1973	Health & Phys. Ed., Minor: Art

### **EMPLOYMENT**

#### California State University, Fullerton:

2005-Present	Professor, Department of Health Science
1994-Present	Professor, Division of Kinesiology & Professor in Gerontology Programs
1992-93	Associate Professor, Division of Kinesiology and Health Promotion

#### Previous Employment:

1990-92	Director, Graduate Programs in Gerontology, University of New Orleans.
1988-92	Associate Professor of Physical Education, University of New Orleans
1984-87	Assistant Professor of Physical Education, University of New Orleans
1983-84	Research Specialist & Adjunct Assistant Professor for the Department of Health and Tropical Medicine, Tulane University, New Orleans, LA.
1980-83	Graduate Teaching Associate Ohio State University, Columbus, OH.
1974-80	Physical Education Teacher and Coach - Northview High School, CA.

#### Assigned Time & Other Major Responsibilities:

2009-current	Co-director, CSUF, Health Promotion Research Institute
2007-current	Director, Fibromyalgia Research and Education Center
1999-2009	Co-director, Center for Successful Aging
1997-2003	Director, Lifespan Wellness Clinic, Ruby Gerontology Center
2000-2001	Coordinator of Gerontology Academic Programs
1993-97	Co-director, Lifespan Wellness Clinic, Ruby Gerontology Center
1992-96	Director, Gerontology Center
1992-1996	Coordinator of Gerontology Academic Programs

**COURSES TAUGHT:** Physical Dimension and Aging; Women, Health, and Aging; Applied Health Promotion in Aging Populations; Alternative Healing Therapies; Measurement and Statistics; Stress Management

## **SCHOLARLY ACTIVITY**

### **Professional Honors/Awards**

- 2008 Outstanding Educator of the Year Award, Associated Students, CSUF, Inc
- 2006 U.S. Department of Health and Human Services Innovation in Prevention Award
- 2006 SAGE Award, Outstanding Senior Program in Housing Facilities
- 2006 National Fibromyalgia Association, AMICA Award, Education Advocate
- 2005 Outstanding Alumni Award, California State University, Fullerton
- 2005 Outstanding Teacher-Scholar Award, CSUF
- 2004 Industry Innovators Award from the International Council on Active Aging
- 2003 Outstanding Scholar for HDCS, "I Declare" Library Scholar Lecture Series
- 2002 Appointed to the *Strategic Health Initiative Committee* for the American College of Sports Medicine
- 2002 Outstanding program (*Balance and Mobility*), National Council on Aging
- 2001 Fellowship in the American Academy of Kinesiology and Physical Education
- 2001 Fellowship in American College of Sports Medicine
- 2001 Outstanding recognition Award, Scholarship and Creative Activities, CSUF
- 2001 Molly Metler Award, Leadership in Health Promotion of Older Adults, National Council on Aging Award
- 2000 Outstanding Faculty Service Award, CSUF
- 1998 Outstanding Alumni Award, Cal Poly Pomona
- 1998 Distinguished Faculty Award, School of Human Development and Community Service CSUF
- 1998 Outstanding Recognition Award, Scholarship and Creative Activities, CSUF
- 1998 Governor's Council for Physical Activity and Sport: Outstanding program for improving the quality of life for older adults
- 1997 CSUF Extended Education Recognition Award
- 1997 Alumni Professor of the Day, Cal Poly Pomona
- 1997 Outstanding Service Recognition Award, CSUF
- 1996 Teacher Scholar Recognition: "Field Based or Service Learning Opportunities", CSUF.
- 1995 Fellow Status in the Research Consortium of the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD)
- 1995 Honor Award for the American Association for Active Lifestyles and Fitness, AAHPERD Recreation and Dance, AAHPERD Association for Research, Professional Councils and Societies, AAHPERD Past-President Award
- 1992 National Leadership Institute: California Education Policy Fellowship Program Award
- 1991 Council on Aging & Adult Development (CAAD) Honor Award, AAHPERD
- 1989 Taylor Dodson Outstanding Young Professional Award, SDAHPERD
- 1983 Delbert Oberteuffer Graduate Award, Most Promising Graduate Student, Ohio State Univ.

### **FUNDED GRANTS: External**

- \$50,000** Centers for Disease Control. Interdisciplinary Approach to Address Obesity: From Infancy through Adulthood (PI: S. McMahon). Project #6 (co-PI), "Prevalence, Type, and Severity of Chronic Pain among Overweight/Obese, Low Income Latino Adults Aged 40+", 2009-2010.
- \$298,000** UniHealth Foundation. "Fibromyalgia Assessment, Management, Education: FAME Project" (PI), 2007
- \$140,000** National Fibromyalgia Association. "Effects of topical 024 essential oils on level of exercise during a 12-week exercise program for women with fibromyalgia" (PI), 2006
- \$330,000** Archstone Foundation. "Specialist Instructor Certification Training Program" (co-PI), 2001-2004.

### **FUNDED GRANTS: External - Continued**

<b>\$308,000</b>	Archstone Foundation, "Ruby Gerontology Center Balance and Mobility Community Outreach Program" (co-PI), 1998-2001
<b>\$20,000</b>	St. Jude Medical Center, "Development of a Balance and Mobility Retraining Program, at the Lifespan Wellness Clinic" (PI), 1997
<b>\$380,000</b>	PacifiCare Health Systems, "National Functional Fitness Assessment of Older Adults" (co-PI), 1996-1999
<b>\$220,000</b>	PacifiCare Health Systems, "Lifespan Wellness Project, involving research, curriculum development, student training, and community service" (co-PI), 1993-96.
<b>\$105,000</b>	CLE-CSUF, "Fund for the Future"(PI), 1993-95
<b>\$8,000</b>	Louisiana Governor's Office of Elderly Affairs: "Training and Certification of Exercise Leaders for Senior Centers," (PI), 1984-85

### **FUNDED GRANTS: Internal**

<b>\$15,994</b>	CSUF Initiative: "Effects of behavioral exercise and health education on functional and biomarker indicators in obese women with fibromyalgia, 2009-10
<b>\$1,000</b>	Faculty-Student Research/Creative Activity Grant, 2008-09. "Physical and Cognitive Status of Adults with and without Fibromyalgia. (Student: Jordan Aquino, undergraduate in Health Science)
<b>\$1,500</b>	Call for Service Mini Grant. "Health Promotion for Fibromyalgia" (with Dana Rutledge)
<b>\$15,000</b>	CSUF Initiative: Development of a Pain Management Center, 2007
<b>\$5,500</b>	CSUF Junior/Senior Research Grant. "Development of the National Fibromyalgia Questionnaire, 2005
<b>\$4,200</b>	California State University, Fullerton (CSUF): "Effect of Lower Body Strength on Functional Mobility in Older Women: Implications for rehabilitation", 1993
<b>\$4,309</b>	CSUF, Internship/Cooperative Education: "Development and Evaluation of an Internship Program in Senior Fitness and Wellness", 1993
<b>\$1,500</b>	University of New Orleans, (UNO) College of Education: "Effects of Muscular Strength on Balance and Lower Limb Response Time in Frail Older Adults", 1992
<b>\$1,375</b>	NO, College of Education: "Effects of Functional and Physiological Variables on Osteoarthritis of the Knee," 1990.
<b>\$1,000</b>	UNO, College of Education: "The Effects of a Community Exercise Program on Lower Extremity Strength and Balance Among Older Adults," 1989
<b>\$3,800</b>	University of New Orleans, Research Council: "The Effects of an Exercise Program and Age on Physiological Characteristics Among Elderly Women," 1987-88
<b>\$1,437</b>	University of New Orleans, College of Education: "The Effect of a Specific Exercise
<b>\$1,475</b>	University of New Orleans, College of Education: "Frequency of and Methods Used by Students When Dealing With Personal Problems", 198

### **Books and Book Chapters**

- Lee, I. & Jones, C.J. (2008). *In Full Bloom: Brain Education for Successful Aging*. Sedona, AZ: BEST Life Publishers
- Jones, C.J. & Rose, D.J (2005). (Editors). *Physical Activity Instruction of Older Adults*. Champaign, IL: Human Kinetics.
- Jones, C.J (2005). Predictors of successful aging. Chapter in edited book. *Physical Activity Instruction of Older Adults*. Champaign, IL: Human Kinetics.
- Jones, C.J. & Rose, D.J. (2005). Introduction to Gerokinesiology. Chapter in edited book, *Physical Activity Instruction of Older Adults*. Champaign, IL: Human Kinetics.
- Jones C.J. & Rikli, R.E. (2005). Field-based physical and mobility assessments. Chapter in edited book, *Physical Activity Instruction of Older Adults*, Champaign, IL: Human Kinetics.

### **Books and Book Chapters (Continued)**

- Alan, K. & Jones, C.J. (2005). Leadership and communication skills. Chapter in edited book, *Physical Activity Instruction of Older Adults*, Champaign, IL: Human Kinetics.
- Rikli, R.E. & Jones, C.J. (2001). Evaluating functional fitness of older men and women in the field setting. In K. Shiraki, S. Sagawa, & M.K. Yousef (Eds.), *Physical Fitness and Health Promotion in Active Aging* (pp. 11-20), The Netherlands: Backhuys Publishers.
- Rikli, R.E. & Jones, C.J. (2001). *Senior Fitness Test Manual*. Champaign, IL: Human Kinetics.
- Ahearn, L., Grimsley, C., Holder, L. Jones, C.J., & Rikli, R.E. (2000). *LifeSpan: Tools to help you be strong and independent*. (2000). Cypress, CA: PacifiCare Health Systems, Inc.
- Rikli, R. E. & Jones, C. J. (1996). Age, cognitive processing speed, and exercise: A critical overview. In S. Harris, E. Heikkinen & W. Harris (Eds.), *Physical Activity, Aging & Sports, Volume IV Towards Healthy Aging - International Perspectives*. Albany, NY: Center for the Study of Aging. 47-54.
- Jones, C. J. (1988). *The "Feeling Great!" Wellness Program for Older Adults*. Chapter 4, "Practical Programs to Help Prevent Falls Among Older Adults". The Haworth Press, New York.
- Jones, C. J. (1988). *DISCOVER Skills for Life*, (Grades 5 & 6 Pupil Editions). Educational Assessment Publishers, San Diego, CA
- Jones, C. J. (1988). *DISCOVER Skills for Life*, (Grades 5 & 6 Teacher's Edition). Educational Assessment Publishers, San Diego, CA.

### **Professional Journal Articles (Peer Reviewed)**

- Cherry, B.J, Zettel-Watson,L;, Shimizu, R., Roberson, Dana N. Rutledge, D.R., Jones, C. J. (Submitted). Neuropsychological performance in individuals with and without Fibromyalgia *Archives of Clinical Neuropsychology*.
- Jones, C. J., & Rutledge, D.N. (Accepted). Predictors of physical performance and functional ability in persons 50+ with and without fibromyalgia. *Journal of Physical Activity and Aging*.
- Rutledge, D.N., Cherry, B.J., Rose, D.J., Rakovski, C., & Jones, C.J. (2010). Do fall predictors in older adults predict fall status in persons 50+ with fibromyalgia? *Research in Nursing & Health*, 33, 192-206.
- Cherry, B. J., Weiss, J., Barakat, B. K., Rutledge, D. N.,& Jones, C. J. (2009). Physical performance as a predictor of attention and processing speed in fibromyalgia. *Archives of Physical Medicine & Rehabilitation*, 90, 2066-72.
- Jones, C.J., Rutledge, D.N., Dupree-Jones, K., Matallana, L., Rooks, D. (2008). Self-Assessed Physical Function Levels of Women with Fibromyalgia: A National Survey. *Women's Health Issues*, 18 (5), 406-412
- Rutledge, D.N., & Jones, C.J. (2007). Effects of topical essential oil on exercise volume during a 12-week exercise program for women with fibromyalgia: A feasibility study. *Journal of Alternative and Complementary Medicine*, 13, 1099-1106.
- Rutledge, D., Jones, K., Jones, C.J. (2007). Predicting high function in persons with fibromyalgia. *Journal of Nursing Scholarship*, 39, 319-324
- Bennett, R.M, Jones, C.J., Turk, D.C., Russell, I.J., & Matallana, L. (March, 2007). An internet based survey of 2,596 people with diagnoses of fibromyalgia. *BMC Musculoskeletal Disorders*, 8:27, 1-24.
- Jones, C.J. & Matallana, L. (2005). Symptom Management for People with Fibromyalgia Requires a Integrated Approach. *Medical Wellness Journal: Integrating Health Practices*.
- Ecclestone, N.A. & Jones, C.J. (2004). International curriculum guidelines for preparing physical activity instructors of older adults. *Journal of Aging and Physical Activity*, 12, 467-479.

- Jones, C.J. (2004). Clients with fibromyalgia: What physical activity instructors should know. *Journal on Active Aging*, 2, 30-33.
- Jones, C.J. (2003). Training senior fitness instructors: An update on proposed curriculum standards. *Journal on Active Aging*, 2, 18-23

### **Professional Journal Articles (Peer Reviewed) - Continued**

- Rose, D.J., Jones, C.J., and Lucchese, N. (2002). Predicting the probability of falls in community-residing older adults using the 8 Foot Up and Go: A new measure of functional mobility. *Journal of Aging and Physical Activity*, 10, 446-475.
- Jones, C.J. & Rikli, R. E. (2002). Measuring functional fitness of older adults. *International Journal of Active Aging*, 1, 25-30.
- Jones, C.J. & Rikli, R.E. (2000). Assessing physical performance of older adults in a community setting. *Perspectives: The Multidisciplinary Journal of Physical Education and Sport Science*.
- Jones, C.J. & Rikli, R. E. (2000). The application of Fullerton's functional fitness test for older adults in a group setting. *International Journal of Science and Sport*, 15, 194-97.
- Jones, C.J., Rikli, R.E. & Beam, W.C. (1999). A 30-second chair stand test as a reliable and valid measure of lower body strength in older adults. *Research Quarterly for Exercise and Sport*, 70, 13-119.
- Rikli, R.E., & Jones, C.J. (1999). The development and validation of a functional fitness test for community-residing older adults. *Journal of Aging and Physical Activity*, 7, 129-161.
- Rikli, R.E., & Jones, C.J. (1999). Functional fitness normative scores for community-residing older adults, ages 60-94. *Journal of Aging and Physical Activity*, 7 162-181.
- Jones, C.J., Rikli, R.E., Max, J., & Noffal, G. (1998). The reliability and validity of a chair sit-and-reach test as a measure of hamstring flexibility in older adults. *Research Quarterly for Exercise and Sport*, 69, 338-343.
- Rikli, R.E. & Jones, C.J. (1998). The reliability and validity of a 6-minute walk test as a measure of physical endurance in older adults. *Journal of Aging and Physical Activity*, 6, 363-375.
- Jones, C.J. & Rikli, R.E. (1997). Expanding our academic boundaries: Serving the older adult community. *Perspectives*, 16, 11-17.
- Jones, C.J. & Clark, J. (1998). National curriculum standards for preparing senior fitness specialists. *Journal of Aging and Physical Activity*, 6, 207-221.
- Rikli, R.E. & Jones, C.J. (1997). Assessing physical performance in "independent" older adults: Issues and guidelines. *Journal of Aging and Physical Activity*, 5, 244-262.
- Jones, C.J. & Rikli, R.E. (1994). The aging revolution: Implications for curriculum development and professional preparation in physical education. *Journal of Aging and Physical Activity*, 2, 261-272.
- Jones, C.J., Rikli, R.E., Benedict, J. & Williams, P. (1994). Effects of a resistance training program on leg strength and muscular endurance of older women. *Journal of Aging and Physical Activity*, 2, 182-195.
- Jones, C.J. (1995). 1995 International conference on aging and physical activity. *Journal of Aging and Physical Activity*, 3, 1-3.
- Jones, C.J. & Rikli, R.E. (1993). The gerontology movement--Is it passing us by? *Journal of Physical Education, Recreation and Dance*, 64, 17-26.
- Lupinacci, N.S., Rikli, R.E., Jones, C.J. & Ross, D. (1993). Age and physical activity effects on reaction time and digit symbol substitution performance in cognitively active adults. *Research Quarterly for Exercise and Sport*, 93, 144-150.
- Jones, C.J., Robichaux, J. & Williams, P. (1992). The effects of a 16-week exercise program on the dynamic balance of older adults. *Journal of Clinical and Experimental Gerontology*, 14, 165-182.
- Berlew, L., Jones, C.J., & Peterson, P. (1991). Exercise and the elderly: A group counseling approach. *Journal for Specialists in Group Work*, 16, 152-158.

- Jones, C. J. and Warren, B. L. (1988). Seriousness of problems among adolescents in Louisiana. *LAHPERD Journal*, 50, 34-35, 40-41, 51.
- Jones, C. J. (1988). Practical programs to help prevent falls among older adults. *Activities, Adaptations, & Aging*, 12, (3/4), 84-87.

### **Professional Journal Articles (Peer Reviewed) - Continued**

- Warren, B. L. and Jones, C. J. (1987). Predicting plantar fasciitis in runners. *Medicine and Science in Sports and Exercise*, 19, 71-73.
- Zinkgraf, S.; Jones, C.J.; Warren, B. L.; Krebs, P. (1986). An empirical investigation of triathlon performance. *Journal of Sports Medicine and Physical Fitness*, 26, 350-356.
- Jones, C. J. (1986). Interactionary effects of nutrition, medications and exercise. *Southwestern: Journal on Aging*, 3, 57-74.
- Loftin, M.; Zinkgraf, S.; Warren, B.; Jones, C.J.; Brandon, J., & Harsha, D. (1986). Influence of physiological function and perceptual effort on 1.5 miles performance in college women, *Journal of Sports Medicine and Physical Fitness*, 26, 214-218.
- Jones, C.J. and Warren, B.L. (1986). The status of exercise programs in Louisiana's senior centers, *Journal of Applied Gerontology*, 93-104.
- Brandon, J.; Eason, R.; Warren, B.; & Jones, C.J. (1986). A comparison of individual vs. small group instruction for training meditation and behavioral relaxation techniques. *Health Values*, 10, 3-8
- Jones, C. J. and Warren, B.L. (1985). Elderkinetics: A training and certification program for exercise leaders of elderly. *Southwestern: Journal on Aging*, 2, 61-71.
- Jones, C. and Nelson, B. (1985). The role of teachers in helping students with problems, *Journal of Health, Physical Education, and Recreation*, 56, 80-81.

### **Other Publications**

- Jones, C.J. (2009). Successfully aging with fibromyalgia. *FMAware*, National Fibromyalgia Association.
- Jones, C.J. (2009). Exercise guidelines for clients with fibromyalgia. *American Fitness Magazine*
- Jones, C.J. (2007). What is your functional IQ? *FMAware*, National Fibromyalgia Association.
- Jones, C.J. (2005). ACSM Fellows Offer Advice, American College of Sports Medicine.
- Jones, C.J. & Rose, D.J. (Spring, 2005). Recruiting and retaining effective instructors for physical activity programs. Issue Brief commissioned by Center for Healthy Aging, National Council on the Aging, 3.
- Rose, D. & Jones, C.J. (2003). Equipped for success. *ADVANCE for Directors in Rehabilitation*, 10, 466-475.
- Jones, C.J. (2003). Training senior fitness instructors: an update on proposed curriculum standards, *Journal of Active Aging*, International Council on Active Aging, Canada.
- Jones, C. J. (2002). Measuring functional fitness of older adults. *Journal of Active Aging*, International Council on Active Aging, Canada.
- Rose, D. & Jones, C.J. (2001). The IDEAL formula for selecting strength training equipment for older adults. *ADVANCE for Directors in Rehabilitation*.
- Jones, C.J. (October, 2000). Maximizing vitality in later years. *Womansage*, 1, 3.
- Jones, C.J. (January, 2000). Assessments for older adults. *IDEA Health & Fitness Source*, 75-81.
- Jones, C.J. (Spring, 2000). New instrument helps elders self-test their fitness. *Maximizing Human Potential*, 7, 1-3. (Newsletter of the Aging, Disability and Rehabilitation Network of the American Society on Aging).
- Jones, C.J. (1994). Strength conditioning: Vital to enhancing mobility throughout life. *Fiftysomething*, Aging Services and Activities Section of the California Park and Recreation Society.

Jones, C.J. & Rikli, R.E. (1994). Health aging results: It pays to stay active! *ChroniCLE*, XV, 1-2.

Jones, C.J. (1991). Medications and exercise. *Mature Stuff: Leadership Training Workshop Booklet*, AAHPERD, 1991.

### **Other Publications (Continued)**

Jones, C.J. (October 1990). Heat intolerance: Facts for older adults to consider, *Sports Life Magazine*, 15.

Jones, C.J. (August 1990). Home exercises for seniors: Part II, *Sports Life Magazine*, 35.

Jones, C.J. (July 1990). Home exercises for seniors: Part I, *Sports Life Magazine*, 34.

Jones, C.J. (May/June 1990). Safety and injury prevention guidelines for exercise, *Sports Life Magazine*, 35, 49.

Jones, C.J. (April 1990). Medication and exercise: Part III, *Sports Life Magazine*, 25-26.

Jones, C.J. (March 1990). Medication and exercise: Part II, *Sports Life Magazine*, 30.

Jones, C.J. (February 1990). Medication and exercise: Part I, *Sports Life Magazine*, 12.

Jones, C.J. (January 1990). Training in geriatrics/gerontology, *Sports Life Magazine*, 38-39.

Jones, C.J. (December 1989). Osteoarthritis of the knee: Exercise, myths, and realities, *Sports Life Magazine*, 12-13, 25.

Jones, C.J. (November 1989). Posture: Slump now, suffer later: Part II, *Sports Life Magazine*,

Jones, C.J. (October 1989). Posture: Slump now, suffer later: Part I, *Sports Life Magazine*, 18.

Jones, C.J. (August 1989). The aging muscles: What's happening to them? *Sports Life Magazine*, 19.

### **Creative Projects**

Jones, C.J. (2007). *ExerStart: Older Adult Lay Leaders Training Guide*, US Administration on Aging & Los Angeles Department of Aging

Jones, C.J. (2006). *Fibromyalgia Exercise: Get Your Motor Running*, National Fibromyalgia Association.

Jones, C.J. & Rikli, R.E. (2001). *Senior Fitness Test Training Video*. Champaign, IL: Human Kinetics.

Jones, C.J. & Rikli, R.E. (2001). *Senior Fitness Test Software*. Champaign, IL: Human Kinetics.

Jones, C.J. & Rikli, R. (Fall, 1997). Lifespan Brochure: *Improving your quality of life through physical assessment*, PacifiCare/Secure Horizons.

Jones, C.J. & Rikli, R. (Fall, 1997). *Lifespan Exercise Brochure: Move a little more, a little more often*, PacifiCare/Secure Horizons.

Jones, C.J. (1989). A Comprehensive Health Education Slide/Tape Show for Legislative Fitness Day, Baton Rouge, LA.

Jones, C.J. (1995). "Seniors in Action", Slide/Tape Show for the grand opening of the Lifespan Wellness Clinic.

### **Professional Presentations:**

Robertson, J., Shimizu, R, Zettel-Watson, L., Rutledge, D., Jones, C.J., & Cherry, B.J. (April 2010). Cognitive performance in older adults with and without fibromyalgia. *Cognitive Aging Conference*, Atlanta, GA.

Jones, C.J. (Nov 2009). Cognitive function and physical activity. *Society of Exercise Physiology*, Vancouver, Canada

Rutledge, D.N, Jones, C.J., Cherry, B., Zettel-Watson, L., Lopez, L., Cayetano, R. (Nov 2009). Self-assessed physical function levels of older persons with/without fibromyalgia. *Gerontological Society of America Conference*, Atlanta, GA.

- Zettel-Watson, L. Bateham, A., Diosdado, S., Shimizu, R., J., Oliveros, J., Cherry, B., Rutledge, D. and Jones, C. J. (Nov 2009). The impact of social support on functionality of older adults with and without fibromyalgia. *Gerontological Society of America Conference*, Atlanta, GA.
- Aquino, J.K, Erika Callahan, E., Cayetano, R., Rutledge, D.N., Jones, C.J. (October 2009). Impact of body fatness on core symptoms of fibromyalgia in people aged 50+. *American Academy for Pain Management*, Phoenix, AZ.
- Professional Presentations: (Continued)**
- Shimizu, R., Diosdado, S., Cherry, B, Zettel-Watson, L., Rutledge, D., Jones, C.J. (October 2009). Impact of Fibromyalgia ADL pain on cognitive performance *American Academy for Pain Management*, Phoenix, AZ.
- Rutledge, D.N., Cherry, B.J., Rose, D., Jones, C.J. (Nov, 2009). Fall predictors in persons 50+ with fibromyalgia: Same as in elders? *Joint Southern California Chapters of Sigma Theta Tau International Odyssey 2009* which will be Nov. 12-13 in Ontario (CA).
- Hernandez, D., Rose, D., Guimaraes, C., Rutledge, D., Jones, C.J. (June 2009). Multiple dimensions of balance are adversely affected in older adults with fibromyalgia. *International Society for Posture and Gait Research Conference*, Bologna, Italy.
- Jones, C.J. (April, 2009). The role of physical activity in preserving cognitive and physical function. *Faculty Scholar Lecturer, Occidental College*, Los Angeles, Ca.
- Cherry, B.J., Jones, C.J., Rutledge, D.N., Weiss, J., Barakat, B.K., Zettel-Watson, L., Mouttapa, M., Just, N., & Aquino, J. (March 9, 2009). Physical and Cognitive Performance in Fibromyalgia and Normal Aging. *19th Annual Rotman Research Institute Conference "Cognitive Aging"*, Toronto, Canada.
- Jones, C.J. (March, 2009). Assessing functional fitness of older adults. *3<sup>rd</sup> International Congress on Physical Activity and Sport of Older Adults*, Malaga, Spain
- Jones, C.J. (December, 2008). Brain education for successful aging. *International Council on Active Aging*, San Antonio, TX
- Jones, C.J. (July, 2008). Brain education for successful aging. *Brain Education Conference*, Sponsored by the Japan Brain Institute, Japan.
- Jones, C.J. (June, 2008). A lifestyle approach to a healthy brain. *Brain Education Conference*, Sponsored by the Department of Economic and Social Affairs, NGO Section of the United Nations Economic & Social Council and International Brain Education Association, New York City.
- Jones, C.J. (May, 2008). Predictors of successful aging. *Brain Education Seminar*, Sponsored by the International Brain Education Association, University of Southern CA.
- Rutledge, D.N., Mouttapa, M., Jones, C.J., & Lewis, D. (March, 2008). Effects of essential oils on symptoms of exercising women with fibromyalgia [Abstract]. *Proceedings of the Western Institute of Nursing, USA, 41*, 482.
- Jones, C.J. (March, 2008). Brain education for successful aging. *Successful Aging Conference, South Korea Sponsored by the Korea Institute on Brain Science*, Seoul, South Korea.
- Jones, C.J., Rutledge, D.N., Rooks, D.S., Matallana, L. & Dupree-Jones, K. (2007). Perceived physical function levels of women with fibromyalgia. *American College of Sports Medicine*, Chicago.
- Jones, C.J. (Dec 2007). Specialized assessment tools & Exercise for older clients with fibromyalgia. *International Council on Active Aging*, Orlando, FL.
- Jones, C.J. (Dec 2007). Outcomes that matter: Measuring the success of your exercise program. *International Council on Active Aging*, Orlando, FL.
- Jones, C.J., Rutledge, D., Rigali, R. & Just, N. (2007). Predictors of exercise volume in women with fibromyalgia. *International MyoPain Conference Proceedings*, Washington DC
- Jones, C.J., Rutledge, Rigali, R., Just, N. & Lee, K. (2007). Effects of 12-week exercise program in women with fibromyalgia (FM). *American Academy of Pain Management Proceedings*, Las Vegas



- Wei, Y., Jones, C.J., Rutledge, D., Lindemann, J. (2007). Preliminary study: Effects of 024™ essential oils and exercise in women with Fibromyalgia. *American College of Sports Medicine, New Orleans, LA.*
- Jones, C.J., McNett, M., Matallana, L. (2007). Innovative Solutions for Older Adults with Myofascial Dysfunction & Fibromyalgia. *American Society on Aging/National Council on Aging. Chicago, IL*

**Professional Presentations: (Continued)**

- Rutledge, D., Jones, C.J., Trinh, McMahan, S., Matallana, L. (2006). Stability of the NFA epidemiologic questionnaire, *National Fibromyalgia CME Conference, NFA Website.*
- Jones, C.J., Rutledge, D., Lindemann, J., Rigali, B. (2006). Validity and Stability of the Composite Physical Functional (CPF) scale for women with fibromyalgia, *National Fibromyalgia CME Conference, NFA Website.*
- Jones, C.J., Theou, O., Rutledge, D., Lindemann, J. & Just, N. (2006). Stability of functional fitness and balance performance measures for women with fibromyalgia, *National Fibromyalgia CME Conference, NFA Website.*
- Russell, I.J., Jones, C.J., Turk, D.C. Matallana, L., Bennett, R.M. (2006). An internet-based survey of 2,596 people with the fibromyalgia syndrome. *American College of Rheumatology, San Diego, CA*
- Rutledge, N., Jones, K., Jones, J. (2006). Predicting functional ability in persons with fibromyalgia. *17th International Nursing Research Congress Focusing on Evidence-Based Practice. Montreal, Quebec.*
- Rutledge, D., Jones, C.J., Trinh, McMahan, S., Matallana, L. (2006). Stability of the NFA epidemiologic questionnaire, *National Fibromyalgia CME Conference, NFA Website.*
- Jones, C.J., Rutledge, D., Lindemann, J., Rigali, B. (2006). Validity and Stability of the Composite Physical Functional (CPF) scale for women with fibromyalgia, *National Fibromyalgia CME Conference, NFA Website.*
- Jones, C.J., Theou, O., Rutledge, D., Lindemann, J. & Just, N. (2006). Stability of functional fitness and balance performance measures for women with fibromyalgia, *National Fibromyalgia CME Conference, NFA Website.*
- Jones, C.J. & Rose, D. (June, 2005) Senior fitness testing: An easy tool for primary care providers. *32nd Annual Irving M. Rasgon, MD Family Medicine Symposium, Anaheim, CA.*
- Jones, C.J. (June, 2005). Effects of a 5-year exercise program on functional performance of older adults. *American College of Sports Medicine National Conference, Nashville, TN.*
- Jones, C.J. (June, 2005). Training of physical activity group instructors and personal trainers of older adults: National and international initiatives. *American College of Sports Medicine National Conference, Nashville, TN.*
- Jones, C.J. (November, 2004). Physical and Functional Assessment of Elderly People. *International Seminar on Physical Activities for Elderly People, Brazil*
- Jones, C.J. (November, 2004). Prognosis for a Successful Old Age. *International Seminar on Physical Activities for Elderly People, Brazil*
- Jones, C.J. (November, 2004). Predictors of Successful Aging. *International Council on Active Aging, Orlando, Florida*
- Jones, C.J. (August, 2004). Preparing Physical Activity Instructors of Older Adults at the University Level. *6th World Congress on Aging and Physical Activity, Ontario, Canada.*
- Jones, C.J. (August 2004). International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults, *6th World Congress on Aging and Physical Activity, Ontario, Canada.*
- Jones, C.J. (June, 2004). The Art and Science of Exercise Prescription (Panel Presentation). *American College of Sports Medicine Annual Conference, Indianapolis, IN.*
- Jones, C.J. (April, 2004). Assessing the Internal Risk Factors that Contribute to Falls. (Moderator and presenter at a mini-workshop given during one-day symposium titled “Fall Prevention: A national,

state, and local perspective.” *Joint Conference of the American Society on Aging/National Council on the Aging Annual Conference*, San Francisco.

Jones, C.J. (December, 2003). Assessing Physical Parameters Associated with Functional Mobility Among Community-Residing Older Adults. Presented at the *International Council on Active Aging*, Orlando, FL.

**Professional Presentations: (Continued)**

Jones, C.J. (2003, May). Precise Baseline Measurements of Maximal Strength and Functional Fitness in Older Adults. *American College of Sports Medicine National Conference*, San Francisco, CA.

Jones, C.J. (2003, May). A Multilevel Assessment Approach for Balance and Mobility Programming, *American College of Sports Medicine National Conference*, San Francisco, CA.

Jones, C.J. (2003, May). Physical Assessment: First Step to Prevention of Frailty, *International Council on Active Aging*, Momentum Series, Baltimore, MD.

Jones, C.J. (2003, March). Multidimensional Assessment of Balance and Mobility, Joint Conference of the National Council on the Aging and the American Society on Aging, Chicago, IL.

Jones, C.J. (2002, December). Fitness for Life, Regional Service Learning Institute, CSUF, Ca.

Jones, C.J. (2002, October). Assessment physical status of older adults, *California Kinesiotherapist Association*, Long Beach, Ca.

Jones, C.J. (2002, June). Issues and challenges of assessing fitness and mobility in older adults. *ACSM National Convention*, St. Louis, Missouri.

Brittian, E.L., Jones, C.J., & Rikli, R.E. (2002, June). Barriers to physical activity in older adults as a function of age, gender & activity level. *ACSM National Convention*, St. Louis, Missouri. ABSTRACT: *Medicine and Science in Sports and Exercise*, 32.

Jones, C.J. (2002, April). Assessment-based exercise prescription for older adults. ACSM: Health and Fitness Summit. Orlando, Florida

Jones, C.J. & Rikli R.E. (2002, April). Assessing and improving functional mobility of older adults. 2002 *Joint Conference of the National Council on the Aging and the American Society on Aging*, Denver, CO

Jones, C.J. (2002, March). Development of research, curriculum, and community outreach programs in successful aging. Scholar Lecture, Center on Aging, *Western Florida State University*.

Jones, C.J. (2001, Nov.). Functional fitness assessments for older adults. *Southwest American College of Sports Medicine Conference*, Salt Lake City, UT

Jones, C.J. (2001, July). Community-based applied research: Lessons learned. The XVIIth *World Congress of the International Association of Gerontology*, Vancouver, Canada.

Jones, C.J. & Rikli (2001, July). How to use the Senior Fitness Test to evaluate and motivate clients. 2001 *World Fitness IDEA*, San Francisco, CA

Jones, C.J. (2001, May). Using functional fitness assessment in a fall risk-reduction program for frail older adults. *American College of Sports Medicine National Conference*, Baltimore, MD.

Rikli, R. E. & Jones, C.J. (2001, April). Using fitness tests to attract and motivate older clients. *American College of Sports Medicine Health/Fitness Summit*, Las Vegas, NV.

Jones, C.J. (2001, March). A fitness test for seniors: Using results to motivate participation. *First Joint Conference of the American Society on Aging and The National Council on the Aging*, New Orleans, LA.

Jones, C.J., Rose, D.J., & Lemon, N. (2001, March). The 8 foot up and go test as a measure of

dynamic balance and mobility in older adults. *First Joint Conference of the American Society on Aging and The National Council on the Aging*, New Orleans, LA.

Lemon, N., Rose, D.J., & Jones, C.J. (2001, March). Predicting faller status in community-dwelling older adults. *First Joint Conference of the American Society on Aging and The National Council on the Aging*, New Orleans, LA.

### **Professional Presentations: (Continued)**

Rose, D.J., Jones, C.J. (2001, March). Effectiveness of a fall risk reduction program for older adults with arthritis. *First Joint Conference of the American Society on Aging and The National Council on the Aging*, New Orleans, LA.

Jones, C.J. (2000, November). Linking functional assessments to program planning and outcomes. *The Gerontological Society of America National Conference*, Washington, DC.

Jones, C.J. (2000, October). Curriculum standards for preparing senior fitness specialists, *American College of Sports Medicine Specialty Conference on Aging*. Indianapolis, IN.

Jones, C.J. (2000, October). Qualification requirements of senior fitness instructors. *The American College of Sports Medicine Specialty Conference: Issues and Concerns in Programming Physical Activity for the Older Adult*, Indianapolis, IN.

Jones, C.J. (2000, October). Exercise programming for success. *The American College of Sports Medicine Certificate of Enhanced Qualification*, Indianapolis, IN.

Jones, C.J. (2000, August). Programming for older adults: Panel. *World IDEA Conference 2000*, Anaheim, CA.

Rikli, R.E. & Jones, C.J. (2000, June). Physical activity level, fitness, and functional ability of community-residing older adults. *American College of Sports Medicine National Conference*, Indianapolis.

Rikli, R.E. & Jones, C.J. (2000, June). A nation-wide study of functional fitness in older adults: The role of age, gender and physical activity level on physical performance in later years. 2000 Southwest District Convention, Kahuku, HI.

Jones, C.J. (2000, April). Physical Assessment: First Step to Reducing Frailty. Invited Professor Lecture from School of Human Performance and Health Promotion, *Oregon State University*.

Jones, C.J. (2000, April). Maximizing Vitality in Later Years. Keynote Speaker for the Gerontology Conference 2000, "The Changing Context of Aging". *Oregon State University*.

Jones, C.J. (2000, April). How to administer the functional fitness test for seniors. Gerontology Conference 2000, "The Changing Context of Aging". *Oregon State University*.

Rikli, R.E. & Jones, C.J. (2000, April). Evaluation of functional fitness in older adults. Bridging the Gap Between Science & Practice: *A.C.S.M. Health & Fitness Summit 2000*, San Diego, CA.

Jones, C.J. & Ahean, L. (2000, March). LifeSpan: A physical assessment study and intervention benefiting older adults. *National Council on Aging National Conference*, Washington D.C.

Jones, C.J. (2000, January). The effects of exercise on mind, body, and spirit. Millennium Conference on Promoting Health & Physical Activity. *National Society of Physical Education Republic of China*, Taipei, Taiwan.

Jones, C.J. (2000, January). Assessing physical fitness of older adults: The first step to reducing physical frailty. *Millennium Conference on Promoting Health & Physical Activity. National Society of Physical Education Republic of China*, Taipei, Taiwan.

Jones, C.J. (1999, November). Maximizing Vitality: The changing role of senior centers. CA Park and Recreation Society, Bass Lake, CA.

Jones, C.J. (1999, October). Fitness: Maximizing your vitality in later years. *Chairman's Annual Summit on Aging: A Vision for the Future*, Orange, CA.

Jones, C.J. (1999, October). Outcome measures for physical activity programs in senior centers.

CA. *Senior Centers' Directors Conference*, Carmel, CA.

Jones, C.J. (1999, August). Development and national norming of a functional fitness test for older adults: Symposium presentation to be made at the *5th World Congress on Physical Activity, Aging and Sports*, Orlando, FL

Jones, C.J. & Rikli, R.E. (1999, July). Functional assessment for older adults. *1999 World Fitness IDEA Conference*, Las Vegas, CA.

**Professional Presentations: (Continued)**

Jones, C.J. (1999, June). A nation-wide study to establish functional fitness standards for community-residing older adults. *American College of Sports Medicine*, Seattle, WA.

Jones, C.J. (1999, June). Assessment of functional fitness in independently living older adults. Presentation at the *European Group for Research into the Elderly and Physical Activity*, Vittel, France.

Rikli, R.E. & Jones, C.J. (June, 1999). Mini-symposium: The development and national norming of a functional fitness test for community-residing older adults. *Medicine and Science in Sports and Exercise*, 31, S399.

Rikli, R. E. & Jones, C. J. (1999, June). The Fullerton Functional Fitness Test for Older Adults: A demonstration/discussion of test procedures and evaluation standards. An invited workshop to be presented at the *European Group for Research into the Elderly and Physical Activity*, Vittel, France.

Jones, C.J. (1999, February). The effects of exercise on the body, mind, & spirit. An invited presentation at the *Orange County Senior Summit*.

Rose, D.J., Jones, C.J., Dickin, C., Lemon, N. & Bories, T. (1999, August). The effect of a community-based balance and mobility training program on functional performance and balance-related self-confidence in older adults with a history of falls. *5th World Congress on Physical Activity, Aging, and Sport*, Orlando, FL.

Jones, C.J., Rose, D.J., & Newsome, D. (1999, August). Comparison of functional fitness status of Physically frail and independent older women. *5th World Congress on Physical Activity, Aging, and Sport*, Orlando, FL.

Jones, C.J. & Rikli, R.E. (1999, June). Physical decline in older adults as a function of age, gender, and physical activity level. Research presentation at *American College of Sports Medicine National Conference*, Seattle.

Jones, C.J. (1999, June). The development and validation of a functional fitness test for adults over 60. A symposium presentation at the *American College of Sports Medicine National Conference*, Seattle.

Jones, C.J. & Rikli, R.E. (1999, April). Fullerton's Functional Fitness Assessment for Older Adults. *AAHPERD National Convention*, Boston, MA.

Jones, C.J. & Rikli, R.E. (1999, March). Assessing the fitness status of older adults. *CAHPERD State Conference*, Monterey, CA.

Rikli, R.E. & Jones, C.J. (June, 1998). A 6-minute walk test as a measure of physical endurance in older adults. Paper presentation at the *American College of Sports Medicine National Conference*, Orlando, FL.

Jones, C.J. (1998, April). The role of the AAHPERD professions in promoting physical activity for older adults. Invited presentation for the *American Alliance of Health, Physical Education, Recreation, and Dance National Conference*, Reno, CA.

Jones, C.J. (March 14, 1998). Fitness assessment for older adults. Invited presentation for the *California & the Pacific Southwest Recreation and Park Training Conference*.

Rikli, R.E. & Jones, C.J. (April, 1998) Research Consortium breakfast with the experts: Measuring physical performance of older adults in field settings, Presentation at the *AAHPERD National Convention*, Reno, CA.

Jones, C.J., Rikli, R.E., Noffal, G., Max, J. (September, 1998). The reliability and validity of a chair

sit and reach test to measure hamstring flexibility in older adults. Paper presented at the International *Conference on Aging & Physical Activity*.

Rikli, R.E., Kitley, K.K., Jones, C.J., & Beam, W.C. (May, 1997). Aerobic fitness, age, and cognitive function in adults over 50. Paper presentation at the *American College of Sports Medicine National Conference*, Denver, CO

### **Professional Presentations: (Continued)**

Jones, C.J., Rikli, R.E., Beam, W.C., Duncan, S.J., Lamar, B. (1997, April). Test-retest reliability for 1RM testing protocols for weight stack versus pneumatic strength equipment. Paper presented at the *AAHPERD National Convention*, St. Louis.

Jones, C.J. (1997, November). LifeSpan Project: How to conduct physical assessments with older adults. Invited Workshop for the *American Fitness Educators of Older Adults Conference*, Sunnyvale, CA.

Jones, C.J. (1996, August). Standards for training senior fitness instructors in the United States. Paper presentation at the Fourth International Congress Physical Activity, Aging and Sports, Heidelberg, Germany.

Jones, C. J. (1996, November). Strength and mobility assessment and training: Special considerations with older adults. Invited presentation for the *Personalized Health Management National Conference, Integrating Prevention, Wellness and Fitness Within Managed Care*, San Deigo, CA.

Jones, C. J. (1996, October). Motivating senior participants through mobility assessment. Invited presentation for the *Southern California Municipal Athletic Federation Annual Conference*, CA

Jones, C. J. (1996, April). Expanding academic boundaries: Building partnerships to promote senior fitness. Invited *PEW Lecturer for Preparing Future Faculty*. Arizona State University.

Jones, C. J. (1996, April). Dancing through the hoops for tenure and promotion with sanity and integrity. Invited *PEW Lecturer for Preparing Future Faculty*. Arizona State University.

Rikli, R.E., Jones, C.J., Beam, W.C., Duncan, S.J., Lamar, B. (1996, June). Testing versus training effects on 1RM strength assessment in older adults. Paper presented at the *American College of Sports Medicine National Conference*, OH.

Beam, W.C., Rikli, R.E., Jones, C.J., Duncan, S.J., Lamar, B. (1996). Influence of physical fitness and activity on walking speed and step length in older adults. Paper presented at the *American College of Sports Medicine National Conference*, OH

Jones, C.J. & Rikli, R.E. (1996, April). Development of a University Senior Fitness Facility. Paper presented at the *AAHPERD National Convention*, Atlanta.

Beam, W.C., Rikli, R.E., Jones, C.J. (1995, June). Influence of self-reported physical activity on fitness and mobility in older adults. Paper presented at the *American College of Sports Medicine National Conference*, Minneapolis, MN.

Rikli, R. E. & Jones, C. J. (1995, November). Extending our academic boundaries: Serving the older adult population. Invited paper presented at the Annual Conference for the *Western Society for Physical Education of College Women*. Asilomar, CA.

Jones, C.J (1995, November). Higher education partnerships with community fitness program for seniors. Invited presentation at the *Southwest Chapter: American College of Sports Medicine*.

Jones, C.J. (1995, October). Preparing senior fitness specialists: Issues related to national standards and guidelines for curriculum development and training workshops. Invited presentation for the *International Conference on Aging and Physical Activity*, Denver.

Jones, C.J. (1995, October). Go physical--senior style. Invited presentation at the *Southern California Municipal Athletic Federation Annual Conference*.

- Jones, C.J. (May, 1995). Need for professional standards for senior fitness specialists, Invited presentation at the *White House Conference on Aging*, Washington, D.C.
- Jones, C.J. & Rikli, R.E. (1995, June). Physical activity and aging: The development of an integrated curricular, research, and community outreach program. Invited paper to be presented at the *Southwest District of AAHPERD*, Oahu, Hawaii

**Professional Presentations: (Continued)**

- Jones, C.J. (May 12, 1995). Physical activity and healthy aging: Implications for curriculum development and community outreach programs. Invited presentation for the *California Council on Geriatrics and Gerontology*, Fullerton, CA.
- Jones, C.J. & Rikli, R.E. (1994, June). Population aging: Implications for curriculum development and professional preparation in exercise science. Paper presented at the *World Congress for Physical Education and Sport*, Berlin, Germany.
- Rikli, R.E. & Jones, C.J. (1994, June). Effects of physical activity level on mental processing speed in a controlled, mentally active older population. Paper presented at the *World Congress for Physical Education and Sport*, Berlin, Germany.
- Rounds, J.M., Rikli, R.E., & Jones, C.J. (1994, April). Modification and reliability estimation of the Yale Physical Activity Survey for Older Adults. Paper presented at the *AAHPERD Convention*, Denver, CO.
- Rikli, R.E., Jones, C.J., & Beam, W.C. (1994, April). Lower limb reaction time as a function of muscle strength in older women. Paper presented at the *AAHPERD National Convention*, Denver, CO.
- Jones, C.J., Rikli, R.E., Beam, W.C., Laguna, P., & Koser, K. (1994, April). Relationship between lower body strength and functional mobility in older adults. Paper presented at the *AAHPERD National Convention*, Denver.
- Chodzko-Zajko, W.J., Going, S.B., Morgan, A.L., Jones, C.J. & Rikli, R.E. (1994, March). Physically Active Lifestyles and Aging: Implications for Curriculum Development and Professional Preparation. Paper presented at the national conference of the *Assoc. for Gerontology in Higher Education*, Cleveland.
- Jones, C.J. & Rikli, R.E. (1993, November). Aging and society. Presentation at the annual conference of the *Western Society for Physical Education of College Women*, Asilomar, CA.
- Jones, C.J. & Rikli, R.E. (March, 1993). The role of health, physical education and recreation in gerontology curriculum development: Review and recommendations. Paper presented at the *AGHE National Convention*, Louisville, KY.
- Lupinacci, N.S., Rikli, R.E., Jones, C.J., Ross, D. (March, 1993). The effects of physical activity level on cognitive processing performance in adults. Paper presented at the *AAHPERD Convention* (Research Section), Washington D.C.
- Jones, C.J. & Rikli, R.E. (March, 1993). Physically active lifestyles and aging: Implications for physical health and psychological well-being. Paper presented at the *AAHPERD Research Consortium*, Washington D.C.
- Jones, C.J. (March 23, 1993). *Overview of PER programming for seniors*. Invited presentation at the *AAHPERD Convention* (AALR/CAAD workshop), Washington D.C.
- Jones, C.J. (November 13, 1993). Mobility assessment and enhancement. Invited presentation for the *California Parks and Recreation Society: Section on Aging*, Bass Lake, CA.
- Jones, C.J. (October, 23, 1993). Physical activity and aging: Training the practitioner. Invited presentation for the *StairMaster Conference on Aging and Physical Activity*.
- Jones, C.J. (March 1, 1992). Organizing physical activities for older adults: The AGHE branch of many colors. Presentation at the *Association for Gerontology in Higher Education*, Baltimore, MD.

- Jones, C.J. (May 18, 1991). Medication and exercise interactions. Presentation at the *National Council on Aging*, Miami, FL.
- Jones, C.J. (March 19, 1991). Exercise compliance: Motivating various personalities. Presentation at the *American Society on Aging*, New Orleans, LA.

**Professional Presentations: (Continued)**

- Jones, C.J. (March 3, 1991). Medication and exercise: Teaching ideas and curriculum materials. Presentation at the *Association for Gerontology in Higher Education*, Pittsburgh, PA.
- Jones, C.J. (February 13, 1991). Seniors: Exercise and medication. Presentation at the Southern District *American Alliance for Health, Physical Education, Recreation, and Dance Convention*, Norfolk, VA.
- Jones, C.J. (January 19, 1991). Medications: Implications for exercise and rehabilitative specialists. Invited presentation at *Louisiana Geriatric Educational Center*, Baton Rouge, LA.
- Jones, C.J. (August 14, 1990). Medication/drugs: Do they effect physical performance. Presentation at the *National Senior Sports Symposium*, Syracuse, NY.
- Jones, C.J. (April 3, 1990). Physical fitness and rehabilitation. Invited paper at *Louisiana Geriatric Educational Center*, New Orleans, LA.
- Jones, C.J. (October, 1990). Old Age Is Not a Choice But the Way We Live It Is. Invited presentation at *California State University, Los Angeles*, CA.
- Jones, C.J. (March 30, 1990). Multi-media to promote physical education programs. Presentation at the *American Alliance for Health, Physical Education, Recreation and Dance Convention*, NASPE, PEPI
- Jones, C.J. (March, 1990). Program on lower extremity strength among older women. Paper presented at the *American Alliance for Health, Physical Education, Recreation and Dance Convention*, Research Consortium, Exercise Physiology, New Orleans, LA.
- Jones, C.J. (April 21, 1989). Physical fitness test for older adults: Training. Presentation at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention*, Boston, MA.
- Jones, C.J. & Wilson, B. (April 21, 1989). Creative strategies for promoting your programs: Use of media. Presentation at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention*, Boston, MA.
- Jones, C.J., Robichaux, J. & Warren, B. (February 25, 1989). The effect of a community exercise program on balance of older adults. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention*, Chattanooga, TN.
- Jones, C.J. & Pope, M. (February 22, 1989). CAAD: Leadership training workshop in aging. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention*, Chattanooga, TN.
- Jones, C.J. (May, 15, 1989). How to measure and evaluate the effects of a circuit training program for older adults. Presentation at the *National Council on Aging Conference*, New Orleans, LA.
- Jones, C.J. (April 10, 1988). Awareness: The key to the emotional health of children. Presentation at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention*, (AHHE) Kansas City, MO.
- Jones, C.J. (March 4, 1988). Health promotion for retirees. Presentation at the Southern District *American Alliance for Health, Physical Education, Recreation, and Dance Convention*, Little Rock, AR.
- Jones, C.J. (March 1, 1988). Pass it on: How to conduct our own workshop. Presentation at the

*Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, Preconvention Workshop, Little Rock, AK.*

Jones, C. J. (March 17, 1988). Health promotion and preventive medicine for older adults. Invited presentation at *Louisiana Association for Health, Physical Education, Recreation, and Dance Convention, New Orleans, LA.*

**Professional Presentations: (Continued)**

Jones, C.J. (March 8, 1988). Use and misuse of medications: Implications for the exercise specialist. Invited presentation at the *Louisiana AHERD, New Orleans, LA.*

Jones, C.J. (February, 1987). Improving emotional health of children through self awareness. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, Birmingham, AL.*

Jones, C.J & Warren, B. (February, 1987). Exercise programs for the well elderly. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, Birmingham, AL*

Wright, I., Oaks, J. & Jones, C.J. (October 17, 1987). Evaluative research as a foundation for change: The evolution of a new professional organization in *Louisiana. Presentation at the Society of Public Health Educators' Conference, New Orleans, LA.*

Jones, C.J. (September 19, 1987). Elderly: Steppin' to the beat of life. Presentation at the *NRPA Congress for Recreation and Parks, New Orleans, LA.*

Jones, C.J. (June, 18, 1987). Drugs, medications, food interaction, and implications for health, sport, and exercise. Presentation at the *Leadership Conference in Sport and Health, AAHPERD, St. Louis, MO.*

Jones, C.J. & Warren, B. (April, 14, 1987). Seriousness of various problems of adolescents and the correlates of selected variables. Paper presented at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention, Las Vegas, NV.*

Jones, C.J. (April 15, 1987). The adventure of play. Presentation at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention, Las Vegas, NV.*

Jones, C.J. & Warren, B. (April 16, 1987). Elderkinetics: Programs in aging. Presentation at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention, Las Vegas, NV.*

Warren, B. & Jones, C.J. (April 16, 1987). Predicting plantar fasciitis in distance runners. Paper presented at the *American Alliance for Health, Physical Education, Recreation, and Dance Convention, Las Vegas, NV.*

Jones, C.J. (March, 1987). Our hurting children: The secret shame. *Louisiana Association for Health, Physical Education, Recreation, and Dance Convention*

Jones, C.J. & Warren, B. (March 21, 1986). The status of therapeutical recreation and recreation programs for the aged for the state of Louisiana. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, (Council on Aging and Adult Development), Winston-Salem, NC.*

Jones, C.J. (February 28, 1986). Child abuse: An overview of needs and problems. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance, (Health Council), Winston-Salem, NC.*

Jones, C.J. & Oaks, J. (February 28, 1986). Child abuse: The educator's dilemma-educational resources: Where to go for help. Presentation at the *Southern District American Alliance for Health, Physical Education, Recreation, and Dance, (AHHE), Winston-Salem, NC.*

Jones, C.J. (April 12, 1986). Emotional health: The problem, prevalence, and preventive measures. Presentation at the *American Alliance for Health, Physical Education, Recreation, and Dance National Convention, (AHHE), Cincinnati, OH.*



Jones, C.J. (October 12, 1986). Mental health in the schools: An interdisciplinary team approach. Presentation at the *American School Health Association*, Atlanta, GA.  
Jones, C.J. (January 18, 1986). Responding to troubled children. Presentation at the Contemporary Elementary and Middle School Physical Education Conference. Atlanta, GA  
Jones, C.J. (October 22, 1985). The interaction of medications, nutrition, and exercise. Invited presentation at the *Louisiana Aging Network Association, Inc.*, Alexandria, LA.

**Professional Presentations: (Continued)**

Brandon, B., Eason, B., Jones, C.J., Warren, B. (March 30, 1985). The effects of modes of relaxation instruction on measures of tension stress reactivity, and motor performance. Paper at the *6th National Society for Behavioral Medicine Convention*, New Orleans, LA.  
Jones, C.J., Zinkgraf, S., Warren, B. Krebs, P. (April 20, 1985). The relationship between selected training variables and triathlon performance. Paper presented at the *American Alliance of Health, Physical Education, Recreation and Dance Convention*, Atlanta, GA.  
Jones, C.J. & Warren, B. (April 20, 1985). Wellness for elderly: A step by step approach to Physical fitness. Presentation to *AAHPERD, Pre-workshop symposium*, Atlanta, CA.  
Jones, C.J. & Warren, B.L. (May 1, 1985). Fitness for the elderly. Invited presentation at the *South Louisiana League For Nursing, New Orleans, LA.* Jones, C.J., Warren, B. & Culver, M. (March 14, 1985). Frequency of problems and the methods by which students deal with those problems. Presentation at the *Louisiana Association for Health, Physical Education, Recreation and Dance Convention*, Alexandria, LA.

**Selected Consultant Activities and Workshops**

2007 – Video of Progressive Home Exercise Program for Adults with Fibromyalgia, Funded by *National Fibromyalgia Association.*  
2007 – Development of ExerStart: Older Adult Lay Leaders Training Guide. Funded by United States Administration on Aging & Los Angeles Department of Aging-Received Honor Award from the National Council on Aging  
2004-06- Co-chaired the *Fibromyalgia Epidemiological Task Force* established by the National Fibromyalgia Association.  
2003-05 – Assessment team for the National Active Aging Project, University of South Carolina, funded by *Robert Wood Johnson Foundation*  
2002-03 –Research consultant for the California Active Aging Project, “Fit After Fifty”, *Orange County Office on Aging*  
Fall, 2001 – Instructor for the Balance and Mobility Training Certification, CSUF  
October 23, 2000 - Exercise programming for success. *American College of Sports Medicine Certificate of Enhanced Qualification (CEQ)*  
September 21, 2000 – Senior Fitness Assessment Training Workshop, CAMPS Research Project University of CA, San Francisco, CA  
1998-2000 - Numerous workshops across the nation to train senior fitness instructors on how to conduct the Fullerton’s Functional Fitness Tests for Older Adults.  
October, 1997 - current. Member of a Task Force for the California Department of Health Services/UCSF Institute for Health & Aging, “Physical Activity and Health Initiative for Older Adults”, Sacramento, CA.  
September 21-22, 1997. Workshop Coordinator, Falling in the Elderly, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.  
May 3-4, 1997. Workshop Coordinator, Wound Care for Geriatrics, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.  
April 4-6, 1997. Workshop Coordinator, Healing Through Movement, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

September 20-21, 1996. Workshop Coordinator, Falling in the Elderly, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

August, 1996. Workshop Chair: Designing a University-Based Training and Research Facility to Prepare Senior Fitness Specialists. International Conference on Health, Physical Activity & Aging, Heidelberg, Germany.

### **Selected Consultant Activities and Workshops Continued**

March 10, 1996. Workshop Coordinator, Comprehensive Management of the Low Back Pain Patient, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

March 9, 1996. Workshop Coordinator, Improving Scapular Stability, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

February 24-25, 1996. Workshop Coordinator, Foam Following Function: Introductory and Advanced Instruction in Foam Roller Therapy, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

February 10-11, 1996, Workshop Coordinator, Vestibular Rehabilitation and Balance Retraining, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

November, 1995. Program Chair, Research Seminar: Aging Successfully: Issues Related to Cognitive and Physical Function, CSUF.

October, 1995. Program Chair, International Conference on Aging and Physical Activity, Colorado Spring, CO.

January 1989-1992, Health/Fitness Consultant for the New Orleans Council on Aging & Jefferson Council on Aging, New Orleans, LA.

Spring, 1992. Research Consultant for William Norris LSU Medical School, Physical Medicine and Rehabilitation, NIA grant, New Orleans, LA.

Fall, 1991. Grant Consultant for LSU Medical School, Dept. of Rehabilitation, New Orleans, LA

September 24, 1994. Workshop Coordinator, Contemporary Management of Balance Deficits, Lifespan Wellness Clinic, Ruby Gerontology Center, Cal State Fullerton.

January 18-19, 1991. Workshop Director of two-day workshop, Factors Influencing Geriatric Physical and Rehabilitation, Baton Rouge, LA. 1989-91.

January, 1989-91. Discipline Coordinator for Fitness and Rehabilitation, Louisiana Geriatric Educational Center, Louisiana State Medical School, New Orleans, LA.

February 22, 1989. Workshop Director, Leadership Training Workshop: An Interdisciplinary Approach to Wellness Programs in Gerontology, Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, Chattanooga, TN.

March, 1988. Director, Leadership Training Workshop (Council on Aging and Adult Development, SDAAPERD, Little Rock, AR,

Fall 1984-Summer, 1985. Training Consultant Specialist: Health/Fitness for Elderly, Governor's Office of Elderly Affairs, Baton Rouge, LA.

February 12, 1988. Rx: Healthy, Successful Aging as it Relates to Nutrition, Medication and Exercise (presented 7 hour workshop), St. Anthony Psychiatric Center, St. Louis, MO.

October 14, 1986. Presented Promoting Health of Older Adults Training Conference: Physical Activity--For the Health of It. Department of Health and Human Resources, Baton Rouge, LA.

September 2, 1986. Presented Interactionary Effects of Diet, Drugs, and Exercise Workshop, Southwest Society on Aging, Houston, TX.

October 14, 1986. Health Promotion for Senior Citizens Training Conference (Presented 5 hour workshop), The Governor's Office of Elderly Affairs and the Department of Health and Human Resources, Office of Preventive and Public Health Services, Baton Rouge, LA.

July, 1985-June 1986. Presented Elderkinetic Training Workshops throughout the State of Louisiana, Governor's Office of Elderly Affairs, Baton Rouge, LA.  
March, 1986. Presented Interactionary Effects of Medications/Nutrition/Exercise Training Workshop for the Southwest Society on Aging, New Orleans, LA.

## **PROFESSIONAL LEADERSHIP**

### **Professional Associations**

AAPM American Academy of Pain Management  
ACSM: American College of Sports Medicine  
CCGG: California Council for Gerontology and Geriatrics  
ISAPA International Society for Aging and Physical Activity

## **PROFESSIONAL LEADERSHIP**

### **Professional Offices**

Co-chair, Aging Interest Group, American College of Sports Medicine, 2001-2002  
Director of Programs and Research & Executive Board Member for the Overseas Chinese Institute on Aging, 2000.  
Chair, Research Committee, Western Society for Physical Education of College Women (WSPECW), 1997-2000  
Chair, International Coalition for Preparing Standards for Senior Fitness Specialists, 1997-1999  
Director of the National Coalition for Preparing Standards for Senior Fitness Specialists, 1995-97  
Program Chair, International Conference on Aging and Physical Activity, Human Kinetics, 1994  
Chair, Standards Committee, Council on Aging and Adult Development, 1994-96  
California Physical Fitness Council, 1993-95  
Chair, ARAPCS Honor Committee, 1992-93  
Pres.-Elect, President, Past-Pres., ARAPCS, AAHPERD  
Administration, Professional Councils and Societies, AAHPERD, 1989-92  
Chair, ARAPCS Nominating Committee, 1990-91  
Chair, ARAPCS Bylaws Restructuring Committee, 1990-91  
Chair, Standards Committee, CAAD, AAHPERD, 1990-91  
Southern District AAHPERD Convention, Convention Manager, 1989-90  
AAHPERD's Board of Governors, 1991  
Chair, Council on Aging and Adult Development (CAAD), AAHPERD, 1988-89  
Chair, Council on Aging and Adult Development, SDAHPERD, 1987-89  
Health Council, SDAHPERD, 1986-89  
State Representative, Council on Aging, SDAHPERD, 1986-88  
Vice President, Health Division, Louisiana Association for Health, Physical Education, Recreation, and Dance, (LAHPERD), 1987-89  
Chair, Social Committee, LAHPERD, New Orleans, LA, March, 1988  
Chair, Standards Committee, (CAAD), 1986-87  
Chair School Health, Louisiana Association for Health, Physical Education, Recreation and Dance, 1987-88  
Chair, Networking Committee, (CAAD), 1987-88

### **Professional Committees**

Leaders Against Pain Committee, *National Fibromyalgia Association*, 2007  
Co-Editor-in-Chief, *Journal of Aging and Physical Activity*, Human Kinetics 2003-2006  
Appointed to the *Strategic Health Initiative Committee on Aging* for the American College of Sports Medicine 2002-2006

Co-chair, Aging Interest Group, American College of Sports Medicine, 2001-2003.  
Appointed as a representative for the *National Blueprint on Aging Report*, Washington, DC,  
Report published March, 2003.  
Appointed as a member of the *Scientific Committee for the 6th World Congress on Aging and  
Physical Activity*, 2003-04.  
Appointed as an author of the *California Blueprint on Aging*. Report published March, 2003.

**Professional Committees (Continued)**

Academy of Kinesiology and Physical Education (AKPE) Awards Committee, 2002 - current  
Advisory Board for the International Council on Active Aging, 2001-current  
Active Aging Partnership, American College of Sports Medicine, 2000-2002  
Exercise and Aging Committee, IDEA World's leading health and fitness organization, 2000-2008  
American Senior Fitness Association Advisory Board, 1995-current  
Keiser Institute on Aging Advisory Board, 1999-2005  
Council on Aging and Adult Development (CAAD), American Association for Active Lifestyles  
and Fitness (AAALF), Research Committee, 1995-2000  
State Department of Health Services, Health and Physical Activity Initiative Committee, 1997-  
1999  
Scientific and Program Committee, Fifth International Congress on Physical Activity, Aging,  
and Sports, 1997-99  
Nominations Committee, Research Consortium, AAHPERD, 1997-99  
International Conference on Aging and Physical Activity, Program Committee, Human Kinetics,  
1996-97.  
Western Society for Physical Education of College Women (WSPECW), Convention Planning  
Committee, 1993-96  
WSPECW, Research Committee, 1992-96  
Association for Gerontology in Higher Education, Program Development Committee,  
1993-95  
National Council on Aging, Senior Center Achievement Awards Committee, 1992-93  
Strategic Planning Committee, (CAAD), 1988-90  
Board Member, SDAHPERD, 1989-90  
Strategic Planning Committee, LAHPERD, 1988-90  
Local Arrangements Committee, National Council on Aging Conference, 1989  
Alliance Assembly Delegate, AAHPERD, 1989  
American School Health Association, Mental Health in the Schools Study Committee, 1986-89  
Membership Coordinator, Southwest Society on Aging, 1985-86  
State Coordinator, Task Force for Alliance on Aging, 1984-86  
Chair, Social Committee, LAHPERD Convention, Baton Rouge, LA, 1986  
Social Committee, LAHPERD Convention, Alexandria, LA, 1985  
Chair, Registration Committee, LAHPERD Convention, Alexandria, LA, 1985  
Evaluation Committee, LAHPERD Convention, Alexandria, LA, 1985  
LAHPERD Public Affairs and Legislative Committee, 1985  
Co-Chair, Registration Committee, Louisiana Association for Health, Physical Education,  
Recreation, and Dance Convention, New Orleans, LA, 1984  
Evaluation Committee, Southern District American Alliance for Health, Physical Education,  
Recreation, and Dance Convention, Biloxi, MS, March, 1984

### **Publication & Conference Abstract Reviewer**

Reviewer, *Journal of Aging and Physical Activity*, current  
Reviewer, *Journal of Medicine, Science, and Sport*, 2006  
Reviewer, *Archives of Physical Medicine and Rehabilitation*, 2005, 2010  
Editorial Board, *Journal of Aging and Physical Activity*, 1995-current  
National Senior Fitness Association: Senior Fitness Instructor Training Program, November, 1996  
International Conference on Physical Activity & Aging, October, 1995 & 1997  
Physical Activity for Older Adults Program Guide, AARP, Reviewer, 1994  
Health and Fitness Programming for Seniors Textbook, Champaign, IL: Human Kinetics Publishers, 1992  
Pep Up Your Life, Washington DC: AARP, 1992  
*Journal of Physical Education, Recreation, and Dance*, 1991-94  
*Journal of Applied Gerontology*, 1987-93  
Understanding Your Health, St. Louis, MO: C.V. Mosby Company, 1993  
Introduction to Fitness, Agoura Hills, CA: West Educational Publishing Company, 1988  
Foundations of Physical Education, St. Louis, MO: C.V. Mosby Company, 1989

### **Other Professional Activities**

Session Moderator, American College of Sports Medicine Conference, 2004  
Active Aging Partnership (AAP) Leadership Summit, American College of Sports Medicine, 2000  
Session Presider, 5<sup>th</sup> International Conference on Aging and Physical Activity, 1999  
Session Presider, Western Society of Physical Education College Women, 1997  
Session Presider, International Conference on Aging and Physical Activity, 1997  
Mistress of Ceremonies, WSPECW, 1996  
National AARP Fitness Consultant, 1993-94  
Coordinator, ARAPCS Programs, AAHPERD National Convention, 1993  
Coordinator, Presider, ARAPCS General Session, AAHPERD National Convention, IN, 1992  
Recorder, AAHPERD, Francisco, CA, April, 1991  
Presider, Southern District American Alliance for Health, Physical Education, Recreation, and Dance, Norfolk, VA, February 1991  
Delegate to Representative Assembly, AAHPERD Convention, March 1991  
Presider, American Alliance for Health, Physical Education, Recreation, and Dance Convention, New Orleans, LA, March 1990  
Delegate to Representative Assembly, AAHPERD Convention, March 1990  
Presider, Council on Aging and Adult Development Division, Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, Chattanooga, TN, February 22, 1989  
Presider, Health Division, LAHPERD, New Orleans, LA, March, 1988  
Presider, Aging Section, SDAHPERD Convention, Little Rock, AR, 1988  
Presider, General Division/Health Division, SDAHPERD Convention, Little Rock, AR, 1988  
Presider, Health Division, Southern District American Alliance for Health, Physical Education, Recreation, and Dance Convention, February, 1987  
Presider, Fun Run and Wake-Up Exercises, Louisiana Association for Health, Physical

Education, Recreation, and Dance Convention, New Orleans, LA, 1984

### **SERVICE TO UNIVERSITY**

University Personnel, 2010-current  
Outstanding Professor Committee, 2006-08  
University Senate, 2002-2007  
Gerontology Research Institute, 1992-current  
Gerontology Program Council 1992-current  
Library Committee 2005-2008  
Women's Studies Council 2001-2006  
Faculty Leaves Committee 2004-2005  
Faculty Development Center 2004-2005  
University Senate Executive Committee, 2004-05  
University Faculty Development Center Advisory Board, 2004-05  
University Faculty Personnel Committee, 2000-2003  
University Advancement Committee, 2000-2001; 2003-04  
Gerontology Program Council, Coordinator, 1992-1996; 2000  
Search Committee for the Director of the Institute of Gerontology, 1999  
Gerontology Certificate Program Advisory Board, Extended Education, 1994-2001  
ACCESS Committee, 1996-99  
Senior Fitness Certificate Advisory Board, Extended Education, 1996-current  
University Conflict of Interests Committee, 1995-96, 1999. (Chair)  
Ruby Gerontology Advisory Committee, 1992-96  
Senior Housing Feasibility Study Committee, 1993-96  
Advisor for the Gerontology Student Association, 1992-96  
University Advancement Committee, 1993-95  
Gerontology Faculty Library Coordinator, 1992-94  
Director of Gerontology Program, University of New Orleans (UNO), 1991-92  
Gerontology Ad Hoc Committee, Chair 1989-91  
Faculty Liaison Committee 1984-91  
Senate 1984-85, 1988-90  
University Admissions Committee 1987-88, 1989-90  
Faculty Council Committee on Admission 1986-87  
Senate Committee A, Chairperson 1984-85, 1988-90  
Public Relations Committee (Jump Rope for Heart) 1986-87  
Faculty Awards, 1985-90, Chair 1986-87  
Equipment, 1985-87  
Health-Safety Courses and Curricula, 1984-85  
Wellness Center, 1984-85  
Building Safety, 1984-85

### **College Committees**

Child and Adolescent Studies Search Committee, 2009-2010  
Associate Dean Search Committee, 2001  
Nursing Department Search Committee, 1998-99

Associate Dean Search Committee, 1997-98  
Faculty Affairs, 1997-98  
Survey Task Force, 1997  
Organized Research 1986-88, Chair 1989-90, 1991-92  
NCATE Standards Committee, 1988-89  
Proactive Committee 1987-88

### **Health Science Committees**

Personnel Committee Chair 2009-2010  
Personnel Committee 2005-08  
Search Committee 2005-08  
Equipment Coordinator 2005-07

### **KHS Division Committees**

Building Committee, 2001-2005  
KHS Grand Opening Ceremony 2003  
Equipment Committee 2000-2005  
Personnel Committee member, 2003-04  
Chair, Search Committee (Health Science) 2003-04  
Chair, Search Committee (Clinical/Applied Exercise Science) 2001-02  
Graduate Committee, 2001-2003  
Health and Fitness Concentration Coordinator, 2000-2001  
Graduate Committee, Coordinator, 2000  
Chair, Personnel Committee, 1997-98, 98-99

### **KHS Division Committees**

Laboratories Committee, 1996-99  
Personnel Committee, 1994-96  
B.S. Degree Health Science Committee, 1996-98  
Search Committee, 1994-96; 1997-99  
Graduate Committee, 1995-96; 2002-current  
Focus Area Ad Hoc Committee, Chair, 1994-95  
Undergraduate Curriculum Committee, 1993-94  
Weight Room/Wellness Committee (Chair), 1993-94  
Graduate Courses and Curriculum, 1984-90, 1991-92  
Junior Division Advisor, 1989-92  
Awards, 1991-92  
Search Committee, 1991-92  
Library, Chair 1991-92  
Graduate Student Award, 1987-89, Chair 1989-90  
Merit Committee, Chair 1989-90  
NCATE Ad Hoc, 1987-89  
Health Ad Hoc Committee, 1988  
Committee on Scholarships, Honors and Awards, Chairperson 1984-86, 1988-89

## **SERVICE TO THE COMMUNITY**

### **Community Leadership**

Advisory Board Member for the Older Adult Committee of the Aerobics and Fitness, 2007-current  
Advisory Board Member for the International Council on Active Aging, 2004-current  
Advisory Board Member- National Fibromyalgia Association, 2005-current  
Advisory Board Member- Fibromyalgia support group for Surrey & Sussex ENGLAND, 2006-2008  
Organized Wellness Fair for Southland Senior Olympics, Nov 2007 & 2008  
Free consultant for numerous community senior service providers and higher education campuses to develop senior fitness and wellness programs: Glendora Senior Center, Pasadena Senior Center, Duarte Senior Center, Fullerton Senior Center, Brea Senior Center, Westminster Senior Center, Morningside Retirement Housing, Maple Knoll Village, Bradford Square Retirement Village, Heritage Pointe Retirement Campus, Fresno State University, Sonoma State University, Long Beach State University, University of Las Vegas, Fullerton Community College, Rancho Santiago Community College, Lake Tahoe Community College, California Lutheran Homes, Coventry Court health Center, Fredericka Manor Care Center, Georgia-Atkinson Convalesce, La Jolla Care Center, North American Healthcare, Pacific Homes, Pacific Regent La Jolla, Pacifica Nursing and Rehab. Center, Palm Terrace, Regents Point, Southland Lutheran Home, St. Christopher's, Sunhaven, Sunset Haven, Valley Skilled Nursing, Villa Gardens, Wesley Palms, Walnut Manor, SCAR, etc.  
Archstone Foundation, Committee to develop Falls Prevention Conference, 2002-03  
Judge at the Southern California College of Optometry's Twenty-second Annual Research Symposium, May, 2001  
Costa Mesa Senior Center Advisory Board, 1998-2000  
Governor's Council for Physical Fitness and Sport, 1993-2000  
Senior Services Task Force, St. Jude Medical Center, 1995-2001  
Editorial Board, Senior Highlights, 1994-99  
Member of the California Blueprint coalition for Prevention of Falls, 2002-2004  
Coalition for Health and Fitness of Older Adults, Orange County, Chair, 1994-1996  
Governor's Conference on Aging, Delegate, November, 1993  
Orange County Senior Roundtable, 1993-current  
Governor's Physical Fitness Council (Consultant), 1993-98  
Member of the Regional Senior Games Executive Committee, 1992  
State Senior Games Board of Directors, 1991  
Member of the State Senior Games Executive Committee, 1991  
Member of the Regional Senior Games Executive Committee, 1992  
Program Director for Prevention of Child Abuse and Neglect, Louisiana State Section of the National Committee for the Prevention of Child Abuse and Neglect, Fall 1985-1988  
Court Appointed, Special Advocacy Advisory Committee, 1986-87  
Board Member, Agenda for Children: Louisiana State Appointed, Fall 1985-87  
Board Member, Louisiana Council on Child Abuse, Inc., 1986  
Task Force Member, New Orleans Public School/s Children's Safety Program Committee, 1985



Board Member, Catholic Charities: Foster Grandparent Program, New Orleans, LA, 1985

### **Community Presentations**

- Jones, C. J. (September 2009). Maintaining a healthy brain with fibromyalgia. North Orange County Support Group.
- Jones, C.J. (May 2009). Fibromyalgia: State of the Art. National Fibromyalgia Awareness Day. Fibromyalgia Research and Education Center Symposium.
- Jones, C.J. (March, 2009). Mind/brain fitness for successful aging. Orange County Office on Aging.
- Jones, C.J. (January, 2009). Physical and cognitive function for people with/without fibromyalgia. Fibromyalgia Research and Education Center Symposium.
- Jones, C.J. (November, 2008). Southland Senior Olympics, Health/Wellness Health Fair (Organizer).
- Jones, C.J. (April, 2008). Brain education for successful aging. Orange County, Office on Aging: Senior Summit.
- Jones, C.J. and Rose, D.J. (April, 2004). "Promoting Wellness in Older Adults: A 10<sup>th</sup> Anniversary Celebration of Campus-Community Partnerships – Honoring the Past, Looking to the Future". Campus-Community Wellness Forum hosted in conjunction with dedication of the new Kinesiology and Health Science Building.
- "Improving Mental and Physical Well-being (May 1, 2003) Probus Club, Orange County.
- Intergenerational Service Learning (December 6, 2002). CSUF
- "Predictors of Successful Aging" (August 28, 2002). Hadassah, Laguna Hills, CA.
- "Maximizing Vitality in Later Years" (February 15, 2002). Damas de Caridad, Brea, CA.
- "Successful Aging" (February 11, 2002). North Orange County Panhellenic Association, Brea, CA.
- "Predictors of Successful Aging" (February 1, 2002) Distinguished Lecturers, Saddleback College, CA.
- "Senior Fitness Tool for Early Detection of Physical Frailty", (May 11, 2001). Institute of Gerontology's Directors Brown Bag Series, CSUF
- "Successful Aging", (April 29, 2001). Continuing Education in Retirement Regional Meeting, CSUF.
- "Key Factors for Successful Aging" (Jan 30, 2001). Orange County Retired Teachers' Assoc.
- "The Tenure and Promotion Process" (November 13, 2000). College of Human Development and Community Service, CSUF.
- "Tips on Successful Aging" (November 13, 2000). Orange County Mental Health Board Older Adult Services Committee, Orange, CA.
- "Center on Successful Aging Booth (September 28, 2000). Chairman's Summit on Aging, Orange County.
- "The Effects of Physical Activity on Body, Mind, and Spirit" (September 16, 2000), Recreate Your Health and Well Being: A Conference for Women Orange, CA
- "The Effects of Physical Activity on Body, Mind, and Spirit" (September 14, 2000), CLE, Ruby Gerontology Center.
- "Make Your Move: Exercise For Longevity" (May 6, 2000). Senior Exposition, City of Glendora, CA.
- "The Effects of Exercise on Body, Mind, and Spirit (April 27, 2000) CSUF Psychology Day.

“The Effects of Exercise on Body, Mind, and Spirit” (April 24, 2000), City of Brea, CA.  
“Senior Fitness Assessment Training” (March 15, 2000). Division of Adult and Career Education,  
Los Angeles Unified School District.  
“Reducing Physical Frailty” (October 29, 1999), Kiwanis of Chino, CA

### **Community Leadership (Continued)**

“How to Assess Functional Fitness of Older Adults in the Community Setting” (September, 7,  
1999). Huntington Beach Extended Education, CA.  
“Functional Fitness Testing of Older Adults” (July 22, 1999). Orange County Fair, CA.  
“Factors Related to Independence in Later Years” (June 7, 1999). Brea Senior Center, CA.  
“Seven Steps to Maximizing Independence” (October 27, 1999). Orange County Chairman’s  
Summit on Aging, Crystal Cathedral, CA  
“Predictors of Successful Aging” (May 17, 1999). Leisure World, CA.  
“Improving Your Mental Health” (May 10, 1999). Costa Mesa Senior Center, CA  
“Physical Activity and Brain Function” (February 25, 1999) Villa Gardens, Pasadena, CA.  
“Vitality and Independence in Later Years” (April 7, 1999). Mayflower Continuing Care  
Retirement Community, West Yarmouth, MA.  
“Maximizing Vitality in Later Years” (March 16, 1999). Vista Del Monte Retirement Villa,  
Santa Barbara, CA.  
“Successful Aging” (March 26, 1998). Ruby Gerontology Center Open House.  
“Improving the Quality of Life”, (January 15, 1998). Heritage Point Residential Center.  
“Lifespan Project: Importance of Assessing the Physical Status of Older Adults”, (October  
17, 1997). Daniel Freedom Hospital, Inglewood, CA.  
“How to Conduct Fitness Assessments for Older Adults, (August 26, 1997). Rancho Santiago  
Community College District, CSUF.  
“Partnerships in Wellness”, (June 26, 1997). McGarvey-Clark Realty, Fullerton.  
“Lifespan Wellness Clinic Update”, (May 21, 1997). Area Agency on Aging, Health  
Committee, Santa Ana, CA.  
“Fitness Assessment to Determine Functional Level Among Older Adults” (May 20, 1997).  
Preventive Health Care for the Aging, Santa Ana.  
“A National Comparison of Physical Fitness Parameters for Older Adults”, (April 14, 1997).  
Morningside Retirement Village, Fullerton, CA.  
“Functional Fitness Assessment for Older Adults”, (February 9, 1997). Colorado Springs, Senior  
Center, CO.  
"Effects of Physical Activity on Prevention of Disease and Disability", (November, 1996).  
Orange County Alzheimer's Association, Anaheim, CA.  
"Predictors of Successful Aging, (July, 1996). St. Jude Medical Center.  
"Research Update from The Lifespan Wellness Clinic", (January, 1996), CSUF, Emeriti.  
"Physical Aspects of Wellness and Aging", (August, 1995), Walnut Manor, Anaheim, CA.  
"CSUF, Gerontology Programs" (October, 1995). Orange County Adult Education.  
"CSUF, Lifespan Wellness Clinic", (September, 1995). Gerontology Education, St. Jude  
Hospital.  
"Fall Prevention" (April, 1995). Fountain Valley Senior Center.  
"The Lifespan Wellness Clinic: Community Partnerships", (March, 1995). San Gabriel Valley  
Senior Directors Exchange, Duarte, CA.  
The Ruby Gerontology Center" (July 28, 1993). Orange County Senior Roundtable, Orange,

CA.

"Zest in Later Years: What's the Formula?"(July 21, 1993). Mt. Hope United Church of Christ, La Mirada, CA.

"Vitality and Wellness in the Later Years"(May, 1993). Emerald Court: A Transamerica Retirement Community, Ruby Gerontology Center, CSUF.

"Health and Fitness," (November 1991).Academy for Life Long Learning, JEDCO Center, Metairie, LA.

**Community Leadership (Continued)**

"Framework for Successful Aging," (October 1991). Academy for Life Long Learning, JEDCO Center, Metairie, LA.

"Welcome Speaker," (October 1991). Regional Senior Games, University of New Orleans.

"Fitness Programs for Seniors," (October 1991). Regional Senior Games, University of New Orleans, LA.

"Medications and Geriatrics: The Role of the Occupational Therapist," (March 8, 1991). LSU Medical School, New Orleans, LA.

"Preventive Care for the Elderly," (May, 1990). Upjohn Home Care Services, New Orleans, LA

"Old Age is Not a Choice, But the Way We Live It Is," (May 1990) Our Lady of the Lake Medical Hospital, Baton Rouge, LA.

"Health Issues and Aging," (February, 1990). Greater New Orleans Senior Housing Association, New Orleans, LA.

"Fitness Programming," (November 1989). Rapides Council on Aging, Inc., Alexandria, LA,.

"Stress Management and the Elderly," (October, 1989). New Directions Adult Day Care Center, New Orleans, LA.

"Discover: Skills for Life," (September 2, 1988). Dallas Public School System, Dallas, TX

"Use of Relaxation Techniques with Children," (July 8, 1988). Dallas Public School System, Dallas, TX.

"Dealing With Stress," (May 6, 1988). Beta Alpha Psi, UNO, New Orleans, LA

"Living Up To Your Full Potential," (April, 1988). Council on Aging, New Orleans, LA,

"Helping Children With Personal Problems," (March, 1988). St. Bernard School District, Chalmette, LA.

"Fitness and the Older Adult," (October 27, 1987). Willow Wood Auxiliary, New Orleans Home for Jewish Aged, New Orleans, LA.

"The Aging Process vs. Lifestyle Factors," (October 9, 1987). Psychology Department, UNO, New Orleans, LA.

"Health Promotion for the Elderly," (September, 1986). Ave Plaza/Euro Vita Spa, New Orleans, LA

"Child Abuse and Neglect: A Teacher's Role," (November 17, 1986). College of Education, UNO, New Orleans, LA,

"Wellness for Elderly," (November 10, 1986). Jewish Community Center, Outreach Program, New Orleans, LA

"Child Abuse: The Role of the Speech Therapist," (August 22, 1986). Jefferson Parish School System, New Orleans, LA

"Emotional Health and the Handicapped Child," (April, 1986). Games Uniting Mind and Body (GUMBO) Conference, University of New Orleans, LA

"Child Abuse: Prevalence, Problem, and Intervention Techniques," (March, 1986). Baylor University, TX

"Wellness Through Lifestyle Changes," (March, 1986). Family Services of Greater New Orleans, LA

"Role of Therapeutic Massage in the Rehabilitative Process", (March, 1986). Hotel Dieu Hospital, New Orleans, LA  
"Emotional Health of Students: Problem, Prevalence and Intervention Program"(Spring 1986). Presented at various high schools in the State of LA  
Display presented to the National Association for the Education of Young Children Conference (November 15, 1985). National Committee for the Prevention of Child Abuse, New Orleans,

### **Community Presentations (Continued)**

"Prevention of Child Abduction and Sexual Assault" (January-November, 1985; six classes per month). Presented to various elementary schools in New Orleans, LA  
"Living Up To Your Limits" (March, 1984). Tulane Medical Center Hospital and Clinic: Oncology Support Group, New Orleans, LA  
"The Uses of Bibliotherapy for Helping Children With Problems" (December, 1983). Tulane University, College of Education, New Orleans, LA  
"Improving Teacher-Student Relations" (November, 1983). Tulane University, College of Education, New Orleans, LA  
"The Role of the Teacher in Reducing Child Stress" (November, 1983). Tulane University, College of Education, New Orleans, LA  
"Causes and Consequences of Stress in Children and Adolescents", (October, 1983). Tulane University, College of Education, New Orleans, LA.  
"Stress Reduction for Children in the Classroom" (October, 1983). Tulane University, College of Education, New Orleans, LA.  
"Stress Reduction in Sports", (November, 1983). Tulane University, Athletics, New Orleans, LA.

### **Community - Media (TV)**

Jones, C.J. (March, 2008). "Brain Education for Successful Aging", Arirang, South Korea  
Jones, C.J. (October, 2007). "Fibromyalgia", Orange County News  
Jones, C.J. & Rikli, R.E. (November, 2000) "Our Time on Line" on the Orange County News  
Jones, C.J. & Rikli, R.E. (1997). National Lifespan Training Video.  
Jones, C.J. (October 24, 1997). KCSN-FM Reporter: E. Romanda.  
Jones, C.J. (July, 1995). Featured on Cable TV *Vision and You*, "Health and Successful Aging". Aired on several different Cable TV channels throughout the country.  
Jones, C.J. (October, 1989)."Exercise and Aging," WWL, Ch. 4 (TV), New Orleans, LA  
Jones, C. J. (1988). Physical Education Promotional Slide/Tape Show for Legislative Fitness Day, Baton Rouge, LA.  
Jones, C.J. (1988). Programming for older adults, *American Alliance for Health, Physical Education, Recreation, and Dance Publications*, (one of eighteen presenters on video).

### **Community Media Citations**

(Between 1998-2009), my research with colleagues has been cited in over 100 newspapers, newsletters, journals, and magazines) The following are examples:

*New York Times*, (June 30, 2008). Senior Fitness  
*LA Times* (May 12, 2008). Exercise can ease fibromyalgia pain.  
*The Orange County Register* (March 2003). Balancing Act  
*Fresno Bee* (April, 30, 2003). Better Balance  
*Sacramento Spectrum*, (July 30, 2002). Motivation Can Be the Toughest Part of Exercise  
*San Jose Mercury News* (January 13, 2003). Exercise Enemy is Lack of Commitment

*New York Sun* (January 13, 2003). Excuses, Excuses: Holding Exercisers to Their New Year's Resolutions

*The Orange County Register* (May 14, 2003). Getting active has health benefits, even at 80

*Herald Standard, PA* (Feb. 11, 2003). Commitment is the key for those starting exercise regimen

*Observer, La Grande, OR* (January 14, 2003). Commitment, no time, enemy of exercise regiment

*Cranberry Eagle, PA* (Oct 23, 2002). Fitness can be fun for seniors

*The Orange County Register* (Dec 18, 2002). Walk This Way.

### **Community Media Citations (Continued)**

*Rehabilitation Management* (March 2001). Keep that get up and go.

*The Orange County Register* (November, 14, 2000). Eyes on the future: Expert has a hunch you should exercise.

*Washington Post* (October 17, 2000). A disability forecast: A quick screening can predict whether independent seniors are likely to stay that way.

*American Express: Senior Horizons* (October, 2000). Working out without leaving home.

*Washington Post* (July, 2000).

*Family Circle* (June 20, 2000). Are you fit for life?

*Washington Post* (June, 2000). Assessing your fitness ability.

*Reuters Limited: Health Information* (June 2, 2000). Move it or lose it" still good advice in golden years.

*Wall Street Journal* (June 1, 2000).

*Orange County Register* (July, 19, 2000). Return to form.

*Oregon Senior Times* (April 2000). Fitness test for older adults.

Tufts University Health & Nutrition Newsletter (August, 1999).

*Fullerton New Tribune* (April 8, 1999). Balance and mobility.

*The Oregonian* (February 9, 1998). Testing whether fitness is always fleeting.

*Los Angeles Times* (February 5, 1998). PacifiCare supports agility tests for those 65 and older.

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