



SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE

WEBINAR ON
**DIVERSITY IN EXERCISE SCIENCE
AND KINESIOLOGY**

July 13th from 3:00 - 4:30 pm via Zoom

In preparation for the **50th** annual SEACSM meeting

Email Dr. Bhibha Das at dasb@ecu.edu to reserve your spot!

Topics of discussion will include panelists' field of expertise, current occupation, and professional journey. We will also discuss career goals, finding appropriate mentors, and other techniques for professional success in the field



DR. CHARLES BURRAGE



DR. TJ EXFORD



MS. SASHA MCBURSE

DR. CHARLES BURRAGE, Ed.D., CSCS.



Dr. Burrage has many interests including sport conditioning, sports nutrition, and weight loss. He has devoted his work to the study of food nutrition and its role in weight management, sports performance, and healthy aging. Dr. Burrage has worked in athletics (as a coach), corporate wellness (as a fitness professional), and in higher education (as a professor). In his spare time, Dr. Burrage enjoys sports, reading, and spending time with family.



MS. SASHA McBURSE, MS.

Ms. McBurse is a certified Exercise Physiologist and Clinical Exercise Physiologist licensed by the American College of Sports Medicine. She is an AHA BLS Instructor and Lifestyle Coach for the CDC's National Diabetes Prevention Program. Early in her career, she developed community wellness programs for under-served neighborhoods in west Atlanta with a non-profit organization, Urban Perform. In her spare time, she volunteers at Atlanta-area schools and Boys and Girls clubs. She loves outdoor activities, and playing basketball is her favorite hobby. Ms. McBurse enjoys spending time with family and friends. Her greatest joy is helping them learn the value of exercise and its benefits to their health.



Dr. TJ Exford, Ph.D., MSED.



TJ Exford, Ph.D. is an Assistant Professor of Exercise Science in the Department of Kinesiology at North Carolina A&T State University. Dr. Exford's research interest is to examine the effectiveness of a stress and exercise lifestyle management program on chronic diseases and related cardiovascular pathology. Specifically, the effects of a Mindfulness Based Stress Reduction (MBSR) exercise program on endothelial dysfunction and as a primary and secondary prevention strategy in minorities burdened with health disparities.



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