

February 2019

## Justin Mason

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### Professional Preparation

#### Florida State University (FSU), Tallahassee, FL

- 2017 Ph.D., Sport & Exercise Psychology  
Dissertation: [\*Effects of cardiovascular health on cognitive function and driving performance in healthy older adults.\*](#)
- 2017 M.S., Exercise Physiology
- 2014 Graduate Certificate in Measurement and Statistics
- 2012 Graduate Certificate in Coaching
- 2012 M.S., Sport Management
- 2011 B.S., Psychology

### Professional Experience

- 2018–present Post-Doctoral Associate, Department of Occupational Therapy, College of Public Health and Health Professions, University of Florida, Gainesville, FL
- 2013–2017 Graduate Research Assistant, Office of Information and Instructional Technologies, College of Education, FSU, Tallahassee, FL
- 2014–2015 Graduate Instructor, Educational Psychology and Learning Systems, College of Education, FSU, Tallahassee, FL
- 2013 Teaching Assistant, Cognitive Processes in Sport Psychology for Dr. Itay Basevitch, FSU, Tallahassee, FL
- 2013 Statistics in Medicine Certificate, Stanford University Online
- 2011–2012 Graduate Instructor, Sport Management, College of Education, FSU, Tallahassee, FL
- 2008–2013 Supervisor, Personal Trainer (NSCA-CPT), and First Aid Instructor (American Red Cross), Wellness Center, FSU, Tallahassee, FL
- 2008–2010 Research Assistant, Dr. Kaschak's Lab, Emodied Cognition, Psychology, FSU, Tallahassee, FL

### Publications

- Castillo, E., **Mason, J.**, D'Addario, A., Chow, G., Tenenbaum, G. (2019). Resilience and veteran community reintegration: An exploratory study, *Military Behavioral Health*, 1-10.  
DOI: [10.1080/21635781.2018.1534702](https://doi.org/10.1080/21635781.2018.1534702)
- Maharaj, A., Jaime, S., **Mason, J.**, Saracino, P., & Figueroa, A. (2018). Skeletal muscle oxygenation during plantarflexion exercise in young-old and older-old adults, *International Journal of Exercise Science: Conference Proceedings*, 2(10), Article 19.  
Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss10/19>

Razon, S., Lebeau, J.C., Basevitch, I., Foster, B., Akpan, A., **Mason, J.**, Boiangin, N., & Tenenbaum, G. (2017). Effects of acute exercise on executive functioning: Testing the moderators, *International Journal of Sport and Exercise Psychology*, 1-18.  
DOI: [10.1080/1612197X.2017.1349821](https://doi.org/10.1080/1612197X.2017.1349821).

### Manuscripts under Review

**Mason, J.**, Classen, S., Wersal, J., & Sisiopiku, V. (under review). *Establishing face and content validity of a survey to assess users' perceptions of automated vehicles.*

Cesareo, K., **Mason, J.**, Saracino, P., & Ormsbee, M. (under review). *A randomized, controlled crossover study to investigate the effects of Teacrine and caffeine on muscular strength and endurance performance in resistance-trained men.*

Richards, V., **Mason, J.**, Alvarez, S., Perry, I., & Tenenbaum, G. (under review). *Effects of pre-performance routines on elite swimmers' performance, motor efficiency, self-efficacy, and idiosyncratic emotions.*

Lebeau, J.C., **Mason, J.**, Roque, N., & Tenenbaum, G. (under review). *The effects of acute exercise on driving and executive functions in healthy older adults.*

Monfared, S., Lebeau, J.C., **Mason, J.**, Basevitch, I., Perry, I., & Tenenbaum, G. (under review). *Burnout and level of arousal: A neurobiological perspective to athlete's burnout.*

Havriluk, R., Braun R., **Mason, J.**, Weaver M., & Ericsson, K.A. (under review). *Competitive swimmer expertise in technique and conditioning: Strategies to deliberately practice while traditionally training.*

### Manuscripts in Preparation

**Mason, J.**, Tenenbaum, G., Roque, N., Jaime, S., Maharaj, A., & Figueroa, A. *Cardiovascular health and cognitive function in physically active older adults.*

**Mason, J.**, Roque, N., & Tenenbaum, G. *Driving simulation and cognitive function in active and sedentary older adults.*

**Mason, J.**, Madzima, T., & Panton, L. *A follow-up study on postmenopausal breast cancer survivors after a resistance training intervention.*

**Mason, J.**, & Spannring, J. *Physical activity and mental health among college students.*

Worts, P., & **Mason, J.** *Exploring clinical predictors of prolonged concussion recovery.*

Boiangin, N., **Mason, J.**, Basevitch, I., & Tenenbaum, G. *The effects of acute stroboscopic training on estimating tennis serve return.*

Grossman, L., **Mason, J.**, & Tenenbaum, G. *The effects of guided imagery and HRV biofeedback training on psychological variables on post-operative outcome measures of orthopedic surgical patients.*

Emihovich, B., **Mason, J.**, Roque, N., & Shute, V. *Improving undergraduates' problem-solving skills through video gameplay.*

Classen, S., **Mason, J.**, Wersal, J., & Sisiopiku, V. *Older drivers' experiences with autonomous vehicle technology.*

### **Presentations**

- Classen, S., **Mason, J.**, Wersal, J., & Sisiopiku, V. *Older drivers' experiences with autonomous vehicle technology*. Presentation for Annual Conference of the Road Safety & Simulation (RSS), Iowa City, IA, October, 2019.
- Classen, S., **Mason, J.**, Wersal, J., & Sisiopiku, V. *UF & UAB's phase I demonstration study: Older driver experiences with autonomous vehicle technology*. Presentation for Automated Vehicles Symposium, Orlando, FL, July, 2019.
- Mason, J.**, Classen, S., Wersal, J., & Sisiopiku, V. *Establishing face and content validity of a survey to assess users' perceptions of automated vehicles*. Poster to be presented at the Automated Vehicles Symposium, Orlando, FL, July, 2019.
- Worts, P., **Mason, J.**, Petty, S., & Burkhart, S. *Comparison of symptom frequency and symptom severity in recently concussed athletes and orthopedic controls*. Presentation for Annual Meeting of the National Athletic Trainers' Association, Las Vegas, NV, June, 2019.
- Mason, J.**, Jaime, S., Roque, N., Maharaj, A., Tenenbaum, G., & Figueroa, A. *The effects of acute bout of aerobic exercise on cognitive function in older adults*. Oral presentation for Annual Meeting of the American College of Sports Medicine (ACSM), Orlando, FL, May, 2019.
- Mason, J.**, Classen, S., Wersal, J., & Sisiopiku, V. *Face and content validity: Perceptions of autonomous vehicles survey design*. Poster to be presented for University of Florida's College of Public Health and Health Professions Research Day, Gainesville, FL, April, 2019.
- Worts, P., **Mason, J.**, Burkhart, S., & Kim, J. *Exploring probabilities of prolonged recovery following adolescent sport-related concussion*. Presentation for Research and Creativity Day in the College of Human Sciences, FSU, Tallahassee, FL, March, 2019.
- Figueroa, A., Jaime, S., Ormsbee, M., Maharaj, A., Fischer, S., & **Mason, J.** *Aortic pressure wave reflection is associated with muscle strength and mass, but not with gait speed, in older adults*. Poster presented at the International Conference on Frailty and Sarcopenia, Miami, FL, February, 2019.
- Ormsbee, M., Cesareo K., **Mason J.**, Morrissey M., & Saracino P. *The effects of Teacrine® on muscular strength and reps to failure in resistance-trained men*. Presentation at Annual Meeting of the International Society of Sports Nutrition (ISSN), Clearwater, FL, August, 2018.
- Ramos, G., Cesareo, K., Saracino, P., **Mason, J.**, Morrissey, M., & Ormsbee, M. *The effects of TeaCrine®, caffeine, or a combination of both on muscular strength and endurance in resistance-trained men*. Poster presented at Annual Meeting of the ISSN, Clearwater, FL, August, 2018.
- Lebeau, J.C., **Mason, J.**, Roque, N., Razon, S., & Tenenbaum, G. *The effects of acute exercise on driving performance and executive functions in healthy older adults*. Presentation at the North American Society for Psychology of Sport and Physical Activity, Denver, CO, June, 2018.

- Mason, J.**, Jaime, S., Maharaj, A., Roque, N., Tenenbaum, G., & Figueroa, A. *The effects of cardiovascular health on cognitive function in older adults*. Poster presented at Annual Meeting of the American College of Sports Medicine (ACSM), Minneapolis, MN, May, 2018.
- Saracino, P., **Mason, J.**, Maharaj, A., Jaime, S., Ormsbee, M., & Figueroa, A. *Physical function, cardiorespiratory fitness, and body composition in older individuals*. Poster presented at Annual Meeting of the ACSM, Minneapolis, MN, May, 2018.
- Maharaj, A., Jaime, S., **Mason, J.**, Saracino, P., & Figueroa, A. *Skeletal muscle oxygenation during plantarflexion exercise in young-old and older-old adults*. Poster presented at Annual Meeting of the ACSM, Minneapolis, MN, May, 2018.
- Maharaj, A., Jaime, S., **Mason, J.**, Saracino, P., & Figueroa, A. *Skeletal muscle oxygenation during femoral occlusion in young-old and older-old adults*. Poster presented at Annual Meeting of the Texas Chapter ACSM, Austin, TX, March, 2018.
- Monfared, S., Lebeau, J.C., **Mason, J.**, Cho, S., Basevitch, I., Perry, I., Baur, D., & Tenenbaum, G. *A biophysical perspective of athlete's burnout*. Poster presented at the National Conference of the Association for Applied Sport Psychology (AASP), Orlando, FL, October, 2017.
- Castillo, E., D'Addario, A., **Mason, J.**, Bloemke, O., & Chow, G. *Resilience and veteran community reintegration: An exploratory study*. Poster presented at Annual Meeting of the AASP, Orlando, FL, October, 2017.
- Mason, J.**, & Hilliard, D. *Promoting exercise adherence & building client rapport*. Oral presentation at the Annual Evolve Fitness Symposium, Tallahassee, FL, March, 2017.
- Allen, J., Hart, C., **Mason, J.**, Byrd, R., & Prieto-Sanchez, L. *Effect of 6-month weight loss interventions on glycemic control*. Poster presented at the Annual Meeting of the American Association of Clinical Endocrinologists (AACE), Austin, TX, May, 2017.
- Mason, J.** *Breast cancer follow-up study*. Oral presentation at the Annual Sport Professionals' Experience and Research (SPEAR) Conference, Tallahassee, FL, February, 2015.
- Razon, S., Lebeau, J.C., Foster, B., **Mason, J.**, Boiangin, N., & Tenenbaum, G. *Acute exercise-cognition relationship: Testing the moderators*. Poster presented at the 14th European Congress of Sport Psychology (FEPSAC), Bern, Switzerland, July, 2015.
- Lebeau, J.C., Razon, S., **Mason, J.**, Akpan, A., Foster, B., & Tenenbaum, G. *Acute effects of a physical activity bout on cognitive function in adults*. Paper presented at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Minneapolis, MN, June, 2014.
- Razon, S., Lebeau, J.C., Akpan, A., Foster, B., **Mason J.**, Boiangin, N., & Tenenbaum, G. *Exercise improves cognition. How to get the best out of it?* Paper presented at the Annual Meeting of the AASP, Las Vegas, NV, October, 2014.

## Grants and Research Support

### Active

Paralyzed Veterans of America (Classen & **Mason**) Effort 16%

Total Cost: \$50K 01 June 2019 – 31 May 2020

Perceptions of Individuals Living with Spinal Cord Injury regarding Autonomous Vehicles

Role: **Co-PI**

Goal: To elucidate the perceptions of adults living with spinal cord injury or disease, before and after riding in an autonomous vehicle to understand their values, hesitations, and beliefs related to autonomous vehicles.

Department of Transportation and UF Transportation Institute (Classen) Effort 31%

Total Cost: \$220K 15 Aug 2018 – 28 Feb 2020

UF and UAB's Demonstration Study: Older Drivers Experiences with Autonomous Vehicles

Goal: To examine and quantify the older drivers' perceptions to automated vehicles

Role: **Post-doc**

### Completed

Florida State University Office of Graduate Studies Dissertation Research Grant (**Mason**)

Total Cost: \$1K 01 January 2017 – 30 June 2017

Goal: To determine the effects of arterial stiffness and thickness on cognitive function and driving performance in healthy older adults.

Role: **PI**

### Technology Grants

Vyortkina, D. & **Mason J.** (2018). *Innovative instructional technology*. Florida State University, Student Technology Fees. \$43,000.00.

Tenenbaum, G. & **Mason, J.** (2018). *Exercise and recording technology for educational advancement*. Florida State University, Student Technology Fees. \$31,000.00

Tenenbaum, G. & **Mason, J.** (2017). *Exercise technology for educational advancement*. Florida State University, Student Technology Fees. \$14,915.92

Tenenbaum, G. & **Mason, J.** (2017). *Exercise technology for educational advancement*. Florida State University, Student Technology Fees. \$25,300.00

Tenenbaum, G. & **Mason, J.** (2017). *Visual attention and physiological awareness technology*. Florida State University, Student Technology Fees. \$4,503.73

Tenenbaum, G. & **Mason, J.** (2016). *Visual attention and awareness technology for instruction*. Florida State University, Student Technology Fees. \$15,636.99

Tenenbaum, G. & **Mason, J.** (2016). *Health behavior change technology for educational advancement*. Florida State University, Student Technology Fees. \$4,600.00

Tenenbaum, G. & **Mason, J.** (2015). *Mobile gaze tracking for instruction*. Florida State University, Student Technology Fees. \$14,828.00

### **Awards, Honors, and Prizes**

2014 CORE Travel Grant, College of Education, FSU (\$200)  
2012 University Instructor Excellence Award, Florida State University

### **Teaching Experience**

University of Florida, Gainesville, FL (2018-present)

#### *Instructor*

2019 OTH6435 Biomechanics – OT Clinical Skills I

#### *Guest Lecture*

2019 RSD6400 Motor Learning and Control  
2019 RSD6930 Rehabilitation Science Seminar

Florida State University, Tallahassee, FL (2011-2017)

#### *Instructor*

2015 APK 4401 Exercise Psychology  
2013-2014 APK 4400 Sport Psychology  
2011-2012 PEM 1131 Weight Training  
2011-2012 PEM 1141 Aerobic Conditioning

#### *Teaching Assistant*

2014 EDF 5215 Cognitive Processes in Sport Psychology  
2014 PET 6217 Stress and Performance in Sport

#### *Supervised Teaching*

2014 PET 4551C Exercise Testing and Prescription Lab  
2013 EDF 4210 Educational Psychology

#### *Guest Lecture*

2016 APK 4403 Performance Psychology  
2016 APK 4402 Applied Sport Psychology  
2013-2015 SPM 6932 Professional Development in Sport  
2015 PET 4551C Exercise Testing and Prescription Lecture  
2015 APK 3100C Applied Exercise Physiology  
2015 PET 5235C Motor Skills Learning

### **Course Development**

2015 APK 4401 Exercise Psychology

### **Guest Reviewer for Refereed Journals**

2018 *Journal of Experimental Psychology: Applied*

### **Membership in Professional Organizations**

*American College of Sports Medicine*  
*Association for Applied Sport Psychology*

### **Outreach and Service**

- 2019 Southeastern Transportation Research, Innovation, Development, & Education (STRIDE) Center: Exploring transportation and STEM: From the community to the classroom – Presenter
- 2017 Cultural Partner Program - Mentor
- 2017 Lions Club - Cardiovascular health presentation
- 2017 Gulf Winds Track Club - Periodization and mental barriers presentation
- 2015-2017 Undergraduate Research Opportunity Program - Mentor (3 students)
- 2015-2017 FSU Campus Recreation - Exercise psychology presentations
- 2014-2016 Swimming Technology Research Clinic - Sport psychology presentations
- 2014-2016 FSU Applied Sport Psychology - Graduate student mentor (8 students)
- 2014-2017 Directed Individual Studies - Graduate supervisor (12 students)
- 2013-2017 FSU Digitech - Showcase College of Education technology
- 2013-2017 FSU Technology Showcase - Showcase technology
- 2013-2017 Sport Psychology Organization & Research Team – Member

### **Consulting**

Association for Applied Sport Psychology. 600 hours for CMPC under Drs. Gershon Tenenbaum, Itay Basevitch, and Graig Chow working with Division-I athletes, coaches, and teams (2013–2017).