

# CARA OCOBOCK

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## EDUCATION

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- 2014 PhD Anthropology, Washington University in St. Louis,  
Thesis Title: Measuring and Predicting Total Energy Expenditure Among Highly Active Humans in Natural Environments  
Mentors: Dr. Herman Pontzer and Dr. Erik Trinkaus
- 2009 AM Anthropology, Washington University in St. Louis
- 2007 BS Anthropology Zoology *with Highest Honors*, University of Michigan
- 2007 BS Cellular, Molecular and Developmental Biology, University of Michigan

## CURRENT APPOINTMENT

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- 2019-Present Assistant Professor, Department of Anthropology | University of Notre Dame | Notre Dame, IN
- 2021-Present Concurrent Faculty, Department of Gender Studies | University of Notre Dame | Notre Dame, IN
- 2021-Present Fellow, Institute for Educational Initiatives | University of Notre Dame | Notre Dame, IN
- 2019-Present Fellow, Eck Institute for Global Health | University of Notre Dame | Notre Dame, IN

## PREVIOUS APPOINTMENTS

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- 2016-2019 Assistant Professor, Department of Anthropology | University at Albany, SUNY | Albany, NY
- 2014-2016 Assistant Professor, Biomedical Sciences Department | Grand Valley State University | Grand Rapids, MI

## AWARDS

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- 2018 Nominated for the Terra Award for achievement in sustainability, University at Albany
- 2018 Nominated for the Torch Night Professor Award, University at Albany
- 2018 Nominated for the President's Award for Exemplary Public Engagement, University at Albany
- 2017 Nominated for the Torch Night Professor Award, University at Albany
- 2016 Received the Grand Valley State University Women's Commission Women's Community Impact Award

- 2014 Received the Edward E. Hunt, Jr. Student Award for Outstanding Paper, *Human Biology Association*
- 2011 Received the Alex Hrdlicka for Outstanding Student Paper, *American Association of Physical Anthropology*
- 2010 Received the Graduate Dean's Award for Teaching Excellence
- 2007 Received the University of Michigan Anthropology Department Service Award
- 2002 Received the University of Michigan Regent Merit Scholarship Recipient

### **PEER-REVIEWED PUBLICATIONS (\* with student)**

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- Ocobock C** and Hejtmanek KR. "My life was centered around the gym, not a home workout": females demonstrated greater exercise routine flexibility than males during COVID-19 stay at home orders. *PLoS ONE*. (Under Review).
- Ocobock C** and Hejtmanek KR. "I can't lift ergo I am sad:" gym going weight lifters suffered worse perceived physical and mental health than non-gym goers during COVID-19 stay at home orders. *Wellbeing, Space, & Society*. (Under Review).
- Oyama S, Arslanian K, Levy S, **Ocobock C**, Fidow UT, Naseri T, Hawley NL. Feasibility Analysis of Infrared Thermal Imaging to Examine Brown Adipose Tissue in infants 18-24-months old. *Annals of Human Biology*. (Under Review)
- Hejtmanek KR and **Ocobock C**. "Exercise Is Now More Than Just Exercising": Motivations for Exercise during Pre-COVID and In-COVID Stay at Home Orders in the United States. *Medical Anthropology Quarterly*. (Under Revision).
- Sarma M, **Ocobock C**, Martin S, Rochelle A, Croom B, Gettler L. Sex Differences and Shifts in Body Composition, Physical Activity, and Total Energy Expenditure Across a 3-month Expedition. *American Journal of Human Biology*. (Under Revision)
- Turunen M, Soppela P, **Ocobock C**. How reindeer herders cope with harsh winter conditions in northern Finland: Insights from an interview study. *Arctic*. (In Press).
- 2021 **Ocobock C**, \*Nicolou A, Lacy S. Between a Rock and a Cold Place: Neanderthal Biocultural Cold Adaptations. *Evolutionary Anthropology*. 1-18.  
<https://doi.org/10.1002/evan.21894>.
- 2020 **Ocobock C**. Infographics, Podcasts, and Videos: Promoting Creativity and Building Transferable Skills among Undergraduate Students. *Teaching and Learning Anthropology*. 3(2): 61-71. <https://escholarship.org/uc/item/58403197>
- 2020 **Ocobock C**, Lynn C, Sarma M, Gettler L. Organized Adult Play and Stress Reduction: Testing the Absorption Hypothesis in a Comedy Improv Theatre. *Adaptive Human Behavior and Physiology*. 6(4): 436-446. <https://doi.org/10.1007/s40750-020-00147-z>
- 2020 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig K-H. Elevated resting metabolic rates among female, but not male, reindeer herders from sub-arctic Finland. *American Journal of Human Biology*. 32(6): e23432. <https://doi.org/10.1002/ajhb.23432>.  
- Selected as *Editor's Choice* article for journal issue  
- Research photo also used as issue cover
- 2020 **Ocobock C**. Human energy expenditure in anthropology and beyond. *American Anthropologist*. 122(2):236-249. <https://doi.org/10.1111/aman.13392>.
- 2020 **Ocobock C**, Hawley P. Preaching to the Choir: The impact of Science on Tap on the public perception of science. *Journal of Science Communication*. 19(01)A04:1-19.

- 2019 Thurber C, Dugas LR, **Ocobock C**, Carlson B, Pontzer H. Extreme events reveal an alimentary limit on human energy expenditure. *Science Advances*. **5**(6): eaaw0341. (DOI: 10.1126/sciadv.aaw0341).
- 2019 **Ocobock C**. The effect of in-field measurement protocol on resting metabolic rate results. Letter to the Editor for *American Journal of Physical Anthropology*. **169**(1): 199-201. (DOI: 10.1002/ajpa.23812).
- 2019 **Ocobock C**, \*Overbeck A, \*Carlson C, \*Royer C, \*Mervenne A, Thurber C, Dugas L, Carlson B, Pontzer H. Sustained high levels of physical activity lead to improved endurance and performance among “Race Across the USA” athletes. *American Journal of Physical Anthropology*. **168**(4): 789-794. (DOI: 10.1002/ajpa.23781).
- 2017 Howells M, **Ocobock C**, Lynn CD, Jost Robinson C, Woolard K. It’s a Dead Man’s Party: Integrative Evolutionary Education through Darwin Day. *EvoS Journal*. **7**(1): 132-149.
- 2017 **Ocobock C**. Body fat attenuates muscle mass catabolism among physically active humans in temperate and cold high altitude environments. *American Journal of Human Biology*. **29**(5): e23013.
- 2016 **Ocobock C**. Human energy expenditure, allocation, and interactions in natural temperate, hot, and cold environments. *American Journal of Physical Anthropology*. **161**(4):667-675.
- 2016 **Ocobock C**. The Allocation and Interaction Model: a new model for predicting total energy expenditure of highly active humans in natural environments. *American Journal of Human Biology*. **28**:372-380.
- 2014 Pohja M, **Ocobock C**, Gookin J. Energy expenditure in the backcountry. *Research in Outdoor Education*. **12**:99-116.
- 2011 **Ocobock C**, Gookin J, Baynes S. Energy Balance Assessment of Students on a National Outdoor Leadership School Course. *JOREL*. **3**(2).
- 2010 Pontzer H, Raichlen DA, Shumaker RW, **Ocobock C**, Wich SA. Metabolic adaptation for low energy throughput in orangutans. *Proc. Nat Acad. Sci. USA* **107**(32):14048-14052.
- 2010 Cowgill LW, Warrener A, Pontzer H, **Ocobock C**. Waddling and toddling: the biomechanical effects of an immature gait. *American Journal of Physical Anthropology*. **143**(1):52-61.

#### INVITED ARTICLE CONTRIBUTIONS

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- 2020 **Ocobock C** and Lynn C. Human biology is a matter of life or death: Effective science communication for COVID-19 research. *American Journal of Human Biology*. <https://doi.org/10.1002/ajhb.23472>
- 2020 **Ocobock C** and Lynn C. How the *Sausage of Science* is Made. *Practicing Anthropology*. **42**(2): 55-59.

#### INVITED BOOK REVIEWS

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- Ocobock C**. Exercised: Why something we never evolved to do is healthy and rewarding. Lieberman, Daniel E. *American Journal of Physical Anthropology*. In progress.
- 2015 **Ocobock C**. *Basics in Human Evolution*. Muehlenbein MP ed. *American Journal of Human Biology*. DOI: 10.1002/ajhb.22840.

## ARTICLES IN PREPARATION

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- Ocobock C, Owens C, Holdsworth E, Gildner T, Lynn C. #Hackademics: Hacks for Academics.** American Journal of Human Biology. Special Issue Contribution. Co-Guest Editor for Issue. *(to be submitted on or before June 1, 2021)*
- Ocobock C, Niclou A, Arslanian K, Gibson R, Valeggia C.** Demystifying mentorship: tips for successfully navigating the mentor-mentee journey. American Journal of Human Biology. Special Issue Contribution. Co-Guest Editor for Issue. *(to be submitted on or before June 1, 2021)*
- Ocobock C, Soppela P, Turunen M, Stenbäck V, & Herzig, K-H.** Energy throughput and physical activity levels among reindeer herders in sub-Arctic Finland during the herd roundup. International Journal of Circumpolar Health. *(to be submitted on or before May 1, 2021)*
- Ocobock C, Soppela P, Turunen M, Stenbäck V, & Herzig, K-H.** Evidence for brown adipose tissue activation among reindeer herders in sub-Arctic Finland. *(to be submitted on or before August 1, 2021)*

## EXTERNAL GRANTS

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- 2020 **Making at-home science and representation accessible to low-income students during COVID-19.** The Diverse, Inclusive & Collaborative Expansion Grant. National Science Policy Network, Morgan Widhalm-Munsen, Robert Stanley, Sasha Padilla, Cara Ocobock. (\$1,000, 1-year grant).
- 2020 **Experimental testing of thermoregulatory principles: Re-evaluating ecogeographic rules in living humans.** National Science Foundation. PI: Scott Maddux, Co-PIs: Libby Cowgill and Cara Ocobock. (total award: \$498,995, sub-award: \$46,643, 3-year grant). *Grant Award: BCS-2020506.*
- 2018 **The metabolic cost of living among reindeer herders of the Sápmi region of Finland.** The American Scandinavian Foundation. PI: Cara Ocobock, Senior Personnel: Minna Turunen, Päivi Soppela, Terhia Vuolo-Magga. (\$5,000, 1-year grant). *Funded.*
- 2017 **The metabolic cost of living among reindeer herders of the Sápmi region of Finland.** National Science Foundation High Risk Research in Biological Anthropology and Archaeology. PI: Cara Ocobock, Senior Personnel: Minna Turunen, Päivi Soppela, Terhi Vuolo-Magga. (\$35,000, 2-year grant). *Grant Award: 1724819.* Role: PI.
- 2011-2012 **Measuring and predicting daily energy expenditure of highly active humans in natural environments.** Leakey Foundation Grantee for dissertation project. PI: Cara Ocobock, Co-PI: Herman Pontzer. (\$10,776, 2-year grant). *Funded.*

## EXTERNAL GRANTS AWARDED TO MENTEES

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- 2020 **Cold adaptation in a tropical sample? Measuring the metabolic cost of BAT thermogenesis and its association with blood glucose in Samoa** Wenner Gren Foundation. PI: Alexandra Niclou\*, Supervisor: Cara Ocobock. (\$10,173, 2-year grant).
- 2020 **Rowing hot and cold: The effects of increased physical activity on metabolic rate and thermoregulation among a sedentary tropical sample.** National

- 2018 Science Foundation Dissertation Research Improvement Grant. PI: Alexandra Niclou\*, Co-PI: Cara Ocobock. (\$26,476, 2-year grant). *Grant Award: 203863. Acclimating to the extreme: energy expenditure, neuroendocrine systems, and social dynamics in novel/challenging environments.* National Science Foundation Dissertation Research Improvement Grant. PI: Mallika Sarma\*, Co-PIs: Lee Gettler & Cara Ocobock. (\$3,000, 2-year grant). *Grant Award: 1847850.*

#### INTERNAL GRANTS

- 2020 University of Notre Dame, Center for Social Concerns Impact Grant, **Making at-home science and representation accessible to low-income students during COVID-19** (\$5,500). *Awarded*
- 2020 University of Notre Dame, Institute for Scholarship in the Liberal Arts Large Henkles Conference Grant (\$15,000). *Awarded*
- 2018 University at Albany Initiatives for Women Program (\$1,000). *Awarded*
- 2017 University at Albany Faculty Research Awards Program (\$4,000). *Awarded*
- 2015 Grand Valley State University Engaging Undergraduate Students in Scholarship Supplemental Startup Funds (\$1,000). *Awarded*
- 2015 Grand Valley State University Catalyst Grant (\$3,000). *Awarded*
- 2015 Grand Valley State University Early Career Stipend Grant (\$3,000). *Awarded*
- 2014 Grand Valley State University Dissemination Grant (\$750). *Awarded*
- 2013 Washington University in St. Louis Anthropology Department Summer Writing Funding (\$2,000). *Awarded*
- 2010 Washington University in St. Louis Anthropology Department Summer Research Grant (\$3,000). *Awarded*
- 2009 Washington University in St. Louis Anthropology Department Summer Writing Funding (\$2,500). *Awarded*
- 2008 Washington University in St. Louis Anthropology Department Summer Research Grant (\$2,500). *Awarded*

#### CONFERENCE PRESENTATIONS (\*with graduate student)

- 2021 Niclou AM\* & Ocobock C. Neanderthal cold adaptation: insights from seasonal patterns of brown adipose tissue activity in humans. American Association of Physical Anthropology. Presentation. Virtual Meeting, April 7-28.
- 2021 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig KH, Rimbach R, Pontzer H. Reindeer herders from northern Finland exhibit high total energy expenditure but low caloric intake during the annual herd round up. American Association of Physical Anthropology. Presentation. Virtual Meeting, April 7-28.
- 2021 Sarma MS\*, **Ocobock CJ**, Rochelle S, Martin S, Gettler LT. Social support, perceived stress, resilience and cortisol response when acclimating to novel and challenging environments. Human Biology Association. Poster. Virtual Meeting, March 29-April 2.
- 2021 Niclou AM\* & Ocobock C. Seasonal acclimatization of BAT activity through increased metabolic efficiency and glucose utilization in the winter. Human Biology Association. Poster. Virtual Meeting, March 29-April 2.

- 2021 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig KH, Rimbach R, Pontzer H. Biocultural strategies among reindeer herders for coping with a cold, rapidly changing Arctic. Human Biology Association. Poster. Virtual Meeting, March 29-April 2.
- 2021 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig KH. Niche construction among reindeer herders coping with a rapidly changing Arctic. American Association for the Advancement of Science. Presentation. Virtual Meeting, February 8-11.
- 2020 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig KH. Elevated resting metabolic rates among female, but not male, reindeer herders from sub-arctic Finland. Podium Presentation. Human Biology Association. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig KH. Evidence for brown adipose tissue activation among male and female reindeer herders from sub-arctic Finland. Podium Presentation. American Association for Biological Anthropologists. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Niclou A\* and **Ocobock C**. Cold adaptations in the tropics? Evidence for undertaking a study on BAT activity in Polynesian samples. Poster presentation. American Association for Biological Anthropologists. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Niclou A\* and **Ocobock C**. Seasonal patterns of BAT activity imply metabolic buffering and role in human cold adaptation. Poster presentation. Human Biology Association. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Kelly AP\*, **Ocobock C**, Maddux SD. Being Nose-y: Dissecting out the influences of climate and energetics on human nasal anatomy. American Association for Biological Anthropologists. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Sarma MS\*, **Ocobock CJ**, Rochelle S, Martin S, Gettler LT. Changes in body composition during short-term acclimatization to highly challenging environments. American Association for Biological Anthropologists. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Sarma MS\*, **Ocobock CJ**, Rochelle S, Martin S, Gettler LT. Social support and cortisol response when acclimating to novel and challenging environments. Human Biology Association. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Kirgios VS, Sarma MS\*, Rochelle S, Martin S, Musema JP, **Ocobock CJ**, Gettler LT. Sex differences in received social support and health outcomes in extreme conditions. Human Biology Association. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Musema JP, Sarma MS\*, Rochelle S, Martin S, Kirgios VS, **Ocobock CJ**, Gettler LT. Minimal daily heart rate during acclimatization to extreme conditions: individual differences during a multi-month Rocky Mountain wilderness expedition. Human Biology Association. Los Angeles, CA. *Cancelled due to COVID19*.
- 2020 Oyama S\*, Arslanian KJ, Levy SB, **Ocobock CJ**, Duckham RL, Fidow UT, Naseri T, Hawley NL. Feasibility of thermal imaging Samoan infants to measure brown adipose

- tissue activity. Human Biology Association. Los Angeles, CA. *Cancelled due to COVID19.*
- 2020 Berke, S.K., Sands, E., **Ocobock, C.**, Hallstrom, K., Fisher, E.S. Standing up for science: advocacy in an age of science denial. Benthic Ecology Meeting, Wilmington NC. *Cancelled due to COVID19.*
- 2020 \*Sarma, MS, **Ocobock, CJ**, Gettler, LT. 2020. Group dynamics, cortisol stress response, and resilience during extended expeditions in an analog environment. Poster. NASA's Human Research Program Investigator's Workshop. Galveston, TX.
- 2019 **Ocobock C**, \*Sarma M, Lynn C, Gettler L. "Yes, and..." How performing improvisational comedy reduces stress and promotes well-being. Human Biology Association. Cleveland, OH.
- 2019 \*Nicolou A and **Ocobock C**. Variability in activation rates and energy expenditure of brown adipose tissue in a diverse population. Human Biology Association. Cleveland, OH.
- 2019 **Ocobock C** and \*Nicolou A. Neanderthal thermoregulation: old ideas and new. American Association of Physical Anthropologists. Cleveland, OH
- 2019 \*Sarma, M, **Ocobock C**, Gettler L. Sex differences in body composition, physical activity, and total energy expenditure when in a challenging and novel environment. Women in Space Conference. Toronto, Canada.
- 2019 \*Sarma, M, **Ocobock C**, Gettler L. Total energy expenditure and social context and dynamics in extreme environments. NASA Human Research Program Investigators' Workshop. Galveston, TX.
- 2018 \*Puckett T, Sarma M, Gettler L, Lynn C, **Ocobock C**. Improvisational comedy performance as "collective effervescence" reduces anxiety and promotes well-being. American Anthropological Association. San Jose, CA.
- 2018 \*Sarma M, **Ocobock C**, Gettler L. Energy expenditure and social/group dynamics in extreme environments. American Society for Gravitational and Space Research. Bethesda, MA.
- 2017 **Ocobock C**, \*Overbeck A, \*Carlson C, \*Royer C, \*Mervenne A, Thurber C, Dugas L, Carlson B, Pontzer H. Sustained high levels of physical activity lead to improved endurance and performance among "Race Across the USA" athletes. Human Biology Association.
- 2017 **Ocobock C**. Science and beer...what could go wrong? South Eastern Evolutionary Perspectives Society.
- 2016 **Ocobock C**. Body fat protects against muscle mass loss in physically active humans at high altitude temperate and cold environments. Human Biology Association.
- 2016 Thurber C, Carlson B, **Ocobock C**, Dugas L, Pontzer H. Metabolic limits and adaptation in humans: daily energy expenditure in Race Across the USA athletes. American Association of Physical Anthropologists.
- 2015 **Ocobock C**. Feeding the machine: caloric intake and output during strenuous backcountry expeditions. Human Biology Association.

- 2015 **Ocoboek C.** Walking for warmth: a reassessment of Neanderthal locomotor inefficiency. American Association of Physical Anthropologists, S35, 13.
- 2014 **Ocoboek C.** The allocation model: a new model for predicting total energy expenditure of highly active humans in natural environments. Human Biology Association
- 2014 **Ocoboek C.** The importance of activity in cold climates: using the allocation model to examine energy expenditure differences of highly active humans in natural environments. American Association of Physical Anthropologists.
- 2013 **Ocoboek C, Pontzer H, Gookin J, Baynes S.** Measuring and predicting daily energy expenditure of highly active humans in natural environments. American Association of Physical Anthropologists. S35.
- 2011 **Ocoboek C, Pontzer H, Gookin J, Baynes S.** Daily energy expenditure in highly active humans in a natural temperate environment. American Association of Physical Anthropologists. S15.
- 2011 **Ocoboek C, Pontzer H, Gookin J, Baynes S.** A new multivariate model for predicting daily energy expenditure in active human populations. Society for Comparative and Integrative Biology Meetings. 67.6.
- 2010 **Ocoboek C, Pontzer H, Erez T, Maki J.** Climatic and physiological constraints on human body size and shape. AAPA Meetings. AJPA. S33.
- 2009 Pontzer H, **Ocoboek C, Shumaker RW, Raichlen DA.** Daily energy expenditure in orangutans measured using doubly labeled water. AAPA Meetings. AJPA. S48, 213.
- 2009 Wittman AB, Cowgill LW, Pontzer H, **Ocoboek C.** Waddling and toddling: biomechanical effects of an immature gait. AAPA Meetings. AJPA. S48, 93.
- 2009 **Ocoboek C, Pontzer H, Atkinson E, Shumaker RW, Wittman AB.** Locomotor developmental timing in humans and other apes. AAPA Meetings. AJPA. S48, 201.
- 2009 **Ocoboek C, Pontzer H, Maki J.** Modification of limb inertial properties leads to persistent changes in neural control of walking in humans. Soc. Integ. Comp. Biol. Meetings.

### **CONFERENCE SESSIONS ORGANIZED**

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- 2021 **Ocoboek C.** Human Niche Construction Theory: A Lens to Analyze Ongoing Climate Change. Organized and moderated session for the Annual Meeting of the American Association for the Advancement of Science. Virtual conference, February 8-11.
- 2020 **Ocoboek C.** Bringing Truth to a Post-Truth World: how anthropologists engage and assess their science communication. Round Table organizer and discussant for the Annual Meeting of the American Anthropological Association. *Cancelled due to COVID-19.*
- 2020 Lynn, C and **Ocoboek C.** Keys to Successful Podcasting. Organized workshop for the Annual Meeting of the American Association for the Advancement of Science. Seattle, WA, February 13-16.

### **INVITED TALKS**

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- 2020 "Where We're Going: Sports". *University of Notre Dame.* <https://think.nd.edu/bq/wwg-2/>
- 2020 "AAPA - Tips & tricks for remote teaching in biological anthropology". *American Association of Physical Anthropologists.*



- 2019 Importance of Broader Impacts. NSF Broader Impacts Workshop. *American Association of Physical Anthropologists*.
- 2018 Physiological and behavioral mechanisms for inhabiting a range of high altitude climates. *University of North Texas*.
- 2018 Physiological and behavioral mechanisms for inhabiting a range of high altitude climates. *University of Missouri*.
- 2018 Physiological and behavioral mechanisms for inhabiting a range of high altitude climates. *University of Tennessee, Knoxville*.
- 2017 Physiological and behavioral mechanisms for inhabiting a range of high altitude climates. *Kauffman Endowment for Excellence Seminar Speaker Series. University of Notre Dame*.
- 2017 Baculum to the Future: Make America Brachiate Again. *Southeastern Evolutionary Perspectives Society*.
- 2016 Physiological and behavioral mechanisms for inhabiting a range of high altitude climates. *Program in Ecology, Evolution, and Conservation Biology. University of Illinois Champaign-Urbana*.
- 2016 Enduring the extreme: how to not die in the wild. *Grand Traverse Humanists*
- 2015 Enduring the extreme: how to not die in the wild. *Center for Inquiry Michigan*
- 2015 Enduring the extreme: behavioral and physiological mechanisms for inhabiting a range of high altitude climates. *Robert B. Annis Water Resource Institute, Seminar Series*.
- 2015 Energy expenditure at the extremes: how we measure it and why we should care. *Duke University, Department of Evolutionary Anthropology*
- 2015 Flirtation, Fertilization, and Frustration: a peep into animal sex. *Science on Tap Grand Rapids*

## TEACHING

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**Instructor of Record**, Department of Anthropology, University of Notre Dame

Blood, Guts, & Glory: The Anthropology of Sports	Fall 2020-Present
Fundamentals of Biological Anthropology	Fall 2019-Present
Humans at the Extremes University Seminar	Spring 2020

**Instructor of Record**, Department of Anthropology, University at Albany, SUNY

Human Energetics Graduate Seminar	Fall 2018
Exercise Physiology	Spring 2017-Present
Humans at the Extremes	Fall 2016-Present
Human Biomechanics	Fall 2017
Evolutionary Medicine Graduate Seminar	Spring 2017

**Instructor of Record**, Biomedical Sciences Department, Grand Valley State University

Human Anatomy	Fall 2014-Winter 2016
Human Anatomy Laboratory	Fall 2014-Winter 2016
Regional Anatomy	Winter 2016

**Instructor of Record**, Anthropology Department, Washington University, St. Louis

Introduction to Human Evolution	Spring 2014
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## **STUDENTS SUPERVISED**

### **Ph.D Dissertation Advisee (University of Notre Dame)**

Alexandra Niclou, in progress

Cecelia Chisdock, in progress

Phoenix Pedro, in progress

Mallika Sarma, Notre Dame, completed May 2020

### **Ph.D. Committees (Other Institutions)**

Alexa Kelly (University of North Texas), in progress

Erica Tyler (University at Albany), in progress

Olalla Prado (National Center for Research on Human Evolution), in progress, expected finish  
Summer 2021

### **MA Thesis Advisee (University at Albany)**

Venus Lliguicota, completed May 2019

### **Undergraduate Honors Thesis Advisee (University at Albany)**

Kelsey Briddell, *Energetics Among Collegiate Cross-Country Runners*, Spring 2018

### **Undergraduate Honors Thesis Advisee (Grand Valley State University)**

Karyn Schmaltz, *Energetics among collegiate ice hockey players*, Spring 2016

### **Undergraduate Research Assistants Non-Thesis (University of Notre Dame)**

Morgan Zepf

Ashton Weber

Catherine Priestly

Gregory Connors

### **Undergraduate Research Assistants Non-Thesis (University at Albany)**

Deepali Haldar

Anthony Savasta

Alli Harney

Samantha Shaiman

Jessica Jarret

Hana Turner

Vlad Myshchuk

Gracelyn Young

Jason Sanabria

## **PROFESSIONAL SERVICE (Departmental)**

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2020-Present      Pedagogy Committee, Department of Anthropology, University of Notre  
Dame

2020-Present      Seminar Speaker Series Committee, Department of Anthropology,  
University of Notre Dame

January 2020	Science Communication Workshop, Department of Anthropology, University of Notre Dame.
2017-2019	Seminar Speaker Series Coordinator, Department of Anthropology, University at Albany, SUNY
2016-2019	Women of Anthropology Unite!, University at Albany, SUNY
2014	Teaching Circle, Grand Valley State University. Focus on case study based learning.
2014	Seminars Committee, Grand Valley State University Biomedical Sciences Department
2008-2012	Capitan, coach and manager of the Washington University in St. Louis Anthropology Department IM Softball Team, Australo-HIT-ecus

### **PROFESSIONAL SERVICE (School & College)**

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February 2020	Media Training & Telling Science Stories Workshop, Science Policy Initiative, University of Notre Dame
January 2020	Sci Com Workshop, Leadership Advancing Socially Engaged Research, University of Notre Dame Graduate School
September 2019	Sci Com Workshop, Science Policy Initiative, University of Notre Dame
April 2019	Sci Com Workshop, Women in Science and Health, University at Albany
April 2018	Sci Com Workshop, Women in Science and Health, University at Albany
February 2018	Moderator for the Women in Science and Health “Careers in Science Panel Discussion”, University at Albany, SUNY
November 2017	Panelist for Women in Science and Health discussion: “Women and Underrepresented Minorities in STEM: Challenges and Opportunities”, University at Albany, SUNY
2016-Present	Women in Science and Health (WISH), Steering committee, University at Albany, SUNY
2015-2016	Faculty Fellow for the Women in Science and Engineering living learning community, Grand Valley State University
2015-2016	Founder, Coordinator of Darwin Day on the Grand Valley State University Campus: <a href="http://www.gvsu.edu/darwinday/">http://www.gvsu.edu/darwinday/</a>
2014	Teaching Circle, Grand Valley State University. Focus on case study based learning.

### **PROFESSIONAL SERVICE (University)**

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2020	Panelist for “Where we are going with sports”, ThinkND Alumni Association Series, University of Notre Dame
2017-2019	United University Professions Faculty Delegate
2017-2018	Alan Alda Center for Communicating Science Training
May 2017	Marching Faculty Member, University Undergraduate Graduation Ceremony, University at Albany, SUNY

May 2016 Marching Faculty Member, University Undergraduate Graduation Ceremony, Grand Valley State University

May 2015 Marching Faculty Member, University Undergraduate Graduation Ceremony, Grand Valley State University

### **PROFESSIONAL SERVICE (Professional)**

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2020-Present Mentor, Community Building and Networking Program, Human Biology Association  
National Science Foundation Grant Review Panel

2020-Present Editorial Board, *American Journal of Human Biology*

2020-Present Assistant Editor, *Anthropology News*

2019-Present *Ad Hoc* Reviewer, *Evolution, Medicine, and Public Health*

2019-Present Nominations and Elections Committee, Human Biology Association

2017-Present *Sausage of Science* – Human Biology Association & *American Journal of Human Biology Podcast* co-creator and co-host.  
<https://www.humbio.org/podcasts/>

2016-Present Public Relations Committee, Human Biology Association

2018-Present *Ad Hoc* Reviewer, *Human Evolutionary Sciences*

2018-Present *Ad Hoc* Reviewer, *Peer J*

2015-Present *Ad Hoc* Reviewer, *American Journal of Human Biology*

2015-Present *Ad Hoc* Reviewer, *Journal of Human Evolution*

2015-Present *Ad Hoc* Reviewer, *American Journal of Physical Anthropology*

2015-Present *Ad Hoc* Reviewer, *American Journal of Clinical Nutrition*

### **PROFESSIONAL SERVICE (Community)**

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2021 Science Alive – St. Joseph County Public Library month long science event. I secured funds to make grab-and-go experiment bags to hand out to children.

2020-Present Ruby’s Laboratory Manual, raised funds in collaboration with the Science Policy Initiative group at University of Notre Dame to provide science experiment instructions and supplies to children at St. Adalbert’s school.

2019-Present Research Uncorked, casual conversation about science with the public

2019-Present Faculty advisor for Science Policy Initiative, University of Notre Dame

2018 Organizer for the Albany March for Science, sister march to the National March for Science

2017-2019 Co-founder and President-Elect for CapSci – science outreach organization for the Capital Region of New York

2017-2019 Coordinator for Two Scientists Walk into a Bar Capital Region

2017-2019 Founder, Coordinator, and Moderator of Science on Tap Capital Region: Monthly seminar aimed at engaging the public in scientific discourse

2015 Biological Anthropology Developing Investigators Troop (BANDIT) blog contributor

- 2015-2016 Association for Women in Science, West Michigan – core member  
 2014-2016 Founder, Coordinator, and Moderator of Science on Tap, Grand Rapids:  
 Monthly seminar aimed at engaging the public in scientific discourse  
 2008-09 Professional Development Speaker, MySci Science Education Program  
 2009 Guest Speaker, City Garden Montessori Charter School  
 2009 Judge, St. Louis Area Science Fair

## PROFESSIONAL AFFILIATIONS

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Association of Women in Science Notre Dame Chapter  
 International Arctic Social Sciences Association  
 Human Biology Association  
 American Association of Physical Anthropology  
 American Anthropological Association  
 American Association for the Advancement of Science  
 South Eastern Evolutionary Perspectives Society  
 International Society for Evolution, Medicine, and Public Health  
 Association of Women in Science West Michigan Chapter

## MAGAZINE ARTICLES

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- 2020 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig K-H, & Lakela KA. Poronhoitajien veriärvot ja ruokavalio (Blood sugar, cholesterol, and diet among Reindeer Herders). *Poromies*. December 2020. 4: 52-54.
- 2020 Turunen M, Soppela P, **Ocobock C**, & Lakela KA. Millä Keinoin Poronhoitajat Pärjäävät Pakkasessa? (How do reindeer herders cope with harsh winter conditions in northern Finland?). *Poromies*. May 2020. 2:60-63.
- 2019 **Ocobock C**. Doping epidemic will persist as long as we expect athletes to be superhuman. *The Hill*. December 12, 2019.  
<https://thehill.com/opinion/healthcare/474309-doping-epidemic-will-persist-as-long-as-we-expect-athletes-to-be?fbclid=IwAR3AhwMGKCQA1xnVq1wx2cLSv6pmrAGDTLrg8Mzr1Y9YWwFhAjZXvaSbU4c>
- 2019 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig K-H, & Lakela KA. Poronhoitajien lepoaineenvaihdunta ja ruskean rasvan aktivoituminen (Resting metabolic rates and brown adipose tissue activation among reindeer herders). *Poromies*. December 2019. 6:32-35.
- 2019 **Ocobock C**, Soppela P, Turunen M, Stenbäck V, Herzig K-H, & Lakela KA. Poronhoitajien energiankulutus ja fyysinen aktiivisuus erotuksen aikana (Reindeer herders' energy expenditure and physical activity levels during the roundup). *Poromies*. October 2019. 5:21-23.
- 2019 **Ocobock C**. Sweating Through a Gym's Gender Barriers. *Sapiens*. October 1, 2019.  
<https://www.sapiens.org/culture/women-powerlifters/>
- 2017 **Ocobock C**. Higher body fat percentage helps retain muscle mass in physically active humans. *Science Trends*. December 6, 2017. <https://sciencetrends.com/higher-body-fat-percentage-helps-retain-muscle-mass-physically-active-humans/>
- 2016 **Ocobock C**. Running Across America. *Anthropology News*. <http://www.anthropology-news.org/index.php/2016/08/09/running-across-america/>.

## FILM

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Watson, Emma. (2020) *Walking* in “Babies.” Netflix.

## MEDIA COVERAGE

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Neanderthals were the human species best adapted to cold. Here’s why. *Real Clear Science*. April 19, 2021.

[https://www.realclearscience.com/blog/2021/04/19/neanderthals\\_were\\_the\\_human\\_species\\_best\\_adapted\\_to\\_cold\\_heres\\_why\\_772814.html](https://www.realclearscience.com/blog/2021/04/19/neanderthals_were_the_human_species_best_adapted_to_cold_heres_why_772814.html)

Make another damn pie! *Dare to be Human* podcast. April, 5, 2021.

<https://www.koppett.com/dare-to-be-human-podcast?fbclid=IwAR0tq-TOYUSughthoRHXXK1smLjVEx3XfCEuZaGAQq-k5ndbpWuRPOwXMUdA>

Professor develops science kits with an eye on accessibility and equity. *The Observer* (Notre Dame student newspaper). March 25, 2021.

<https://ndsmcobserver.com/2021/03/professor-develops-science-kits-with-an-eye-on-accessibility-and-equity/>

Energetics and Science Communication. *AnthroBiology Podcast*. March 25, 2021.

<https://anthrobiologypodcast.libsyn.com/dr-cara-ocobock-energetics-and-science-communication>

It may be cold and snowy outside, but winter activities are some of the best ways to get fit, experts say. *The Washington Post*. February 13, 2021.

[https://www.washingtonpost.com/health/exercising-outdoors-in-winter/2021/02/12/0f68e4cc-5a85-11eb-8bcf-3877871c819d\\_story.html](https://www.washingtonpost.com/health/exercising-outdoors-in-winter/2021/02/12/0f68e4cc-5a85-11eb-8bcf-3877871c819d_story.html)

Kitted up with Ruby’s Lab Manual: Notre Dame community gifts experiment supply kits.

December 18, 2020. <https://news.nd.edu/news/kitted-up-with-rubys-lab-manual-notre-dame-community-gifts-experiment-supply-kits/>

The surprising health benefits of exercising in the cold. *The Telegraph*. December 4, 2020.

<https://www.telegraph.co.uk/health-fitness/body/surprising-health-benefits-exercising-cold/>

Women’s higher resting metabolic rates in cold environments could be thyroid requirements for pregnancy, researcher says. July 30, 2020. <https://news.nd.edu/news/womens-higher-resting-metabolic-rates-in-cold-environments-could-be-thyroid-requirements-for-pregnancy-researcher-says/>

How are reindeer herders in the Arctic circle metabolically adapted to cold climates? *The Arch and Anth Podcast*. June 15, 2020. <https://archandanth.com/episode-139-interview-with-cara-ocobock/>

Are 50-Degree Workouts the New Hot yoga? *Medium*. January 7, 2020.

<https://elemental.medium.com/are-50-degree-workouts-the-new-hot-yoga-d0c59b7df6ef>

“Baby it’s cold outside.” Running for Science: *Science for Running Podcast*.

<https://soundcloud.com/running4science/running-for-science-science-for-running-episode-8-cara-ocobock>

Is working out in the cold really the key to burning more fat? *GQ*. September 28, 2018.

<https://www.gq.com/story/working-out-in-the-cold-science>

Is a cold workout the new hot yoga? *The Social*. April 17, 2018.

<https://www.thesocial.ca/Wellness/Fitness/2018/April/Cold-workouts>

This cold workout might be the secret to burning fat. *New York Post*. April 16, 2018. <https://nypost.com/2018/04/16/this-cold-workout-might-be-the-secret-to-burning-fat/>

Winter exercise burns more calories, especially for women (time for a hike?). *30seconds.com*. January 23, 2018. <https://30seconds.com/health/tip/15378/Winter-Exercise-Burns-More-Calories-Especially-for-Women-Time-for-a-Hike>

The 8 quickest ways to lose weight this winter. *Reader's Digest*. January 12, 2018. <https://www.rd.com/health/wellness/quickest-ways-to-lose-weight/1/>

Want to burn more calories? Work out in the cold. *Today.com*. January 8, 2018. <https://www.today.com/health/exercising-cold-temperatures-burns-more-calories-t120923>

Radio interview. Body fat attenuates muscle mass catabolism among physically active humans in temperate and cold high altitude environments. *Radio Doctor*. January 4, 2018.

Why working out in the winter can help you burn more calories. *MSN.com*. December 22, 2017. <https://www.msn.com/en-us/health/fitness/why-working-out-in-the-winter-can-help-you-burn-more-calories/ar-BBH7qHx>

This is the best way to lose weight in the winter. *BestLife*. December 20, 2017. <http://bestlifeonline.com/why-its-easier-to-lose-weight-in-winter/>

Does exercise burn more calories in the cold than in warm weather? *STAT News*. December 20, 2017. <https://www.statnews.com/2017/12/20/exercising-cold-calories-burned/>

Big Number. *New York Post*. December 12, 2017.

Why taking a winter hike is the best way to enjoy the trails. *Shape Magazine*. December 1, 2017. <https://www.shape.com/fitness/tips/benefits-hiking-in-winter-enjoy-trails>

Science on Tap. *University at Albany News*. September 19, 2017. [http://www.albany.edu/news/81861.php?utm\\_source=toa&utm\\_medium=email&utm\\_campaign=internal\\_comm&utm\\_term=facstaff&utm\\_content=more](http://www.albany.edu/news/81861.php?utm_source=toa&utm_medium=email&utm_campaign=internal_comm&utm_term=facstaff&utm_content=more)

Thirsting for knowledge, beer. *Times Union*. September 8, 2017. <http://m.timesunion.com/local/article/Thirsting-for-knowledge-beer-12172621.php>

Science on Tap: experts discuss the politics of research funding. *Albany Student Press*. April 6, 2017. <http://www.albanystudentpress.net/science-on-tap-ualbany-professors-discuss-the-politics-of-research-funding/>

Can the dead bring life to your anatomy program? *Albany Student Press*. February 5, 2017. <http://www.albanystudentpress.net/can-the-dead-bring-life-to-your-anatomy-program/>

Students pushing for sanctuary campus designation. *CBS 6 Albany*. December 2, 2016. <http://cbs6albany.com/news/local/students-pushing-for-sanctuary-campus-designation>

Petitioners embrace 'sanctuary campus' movement amid Trump fears. *Albany Student Press*. November 28, 2016. <http://www.albanystudentpress.net/petitioners-brace-sanctuary-campus-movement-amid-trump-fears/>

Call for sanctuary campus. *Time Union*. November 23, 2016. <http://www.timesunion.com/local/article/Call-for-UAlbany-sanctuary-campus-10633887.php>

## RESEARCH, FIELD WORK, AND LABORATORY EXPERIENCE

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2020-Present	Perceived mental and physical impacts of COVID-19 on fitness and exercise regimens
2017-Present	The metabolic cost of living among reindeer herders of the Sápmi region of Finland

2017-2019	The impact of Science on Tap on the public perception of science, Albany, NY
2017-2018	- Survey data collection among Science on Tap audience members Stress and anxiety among improvisational comedy performers, University at Albany - Collected and analyzed energetic, biomarker, and survey data among comedy improvisers
2017-2018	Energetics among female and male collegiate cross country runners, University at Albany - Collected and analyzed data among cross country runners during practices and competitions
2017	Energetics among American Hockey League Players, in Albany, NY - Collected and analyzed data among AHL ice hockey players during games and practices
2015	Race Across the USA - Coordination and management of energetics data collection from Race Across the USA runners
Fall 2012	Hunter College New York, NY - Doubly labeled water analysis
Spring-Winter 2011	Western United States - Dissertation research on human energy expenditure
Summer 2010	Wind River Mts, WY - Pilot study on human energy expenditure in different climates
2008	Great Ape Trust Des Moines, IA - Data collection on orangutan energy expenditure
Fall 2007-11	Washington University in St. Louis Biomechanics and Energetics Laboratory - Motion capture, EMG, and force plate analyses
Fall 2005-06	University of Michigan, Ruthven Natural History Museum - Molding and casting fossil specimens for the University of Michigan Anthropology Department teaching collection
Summer 2005	University of Murcia, Spain field school - Excavation of two Neanderthal cave sites
2003	University of Michigan Phillip Hanna Anthrax Research Laboratory