

C A R A O C O B O C K

Department of Anthropology

University at Albany, SUNY

1400 Washington Ave.

Albany, NY 1222

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EDUCATION

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 <i>with Highest Honors</i> , University of Michigan
2007	BS Cellular, Molecular and Developmental Biology, University of Michigan

CURRENT APPOINTMENT

2016-Present	Assistant Professor, Department of Anthropology University at Albany, SUNY Albany, NY
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PREVIOUS TEACHING APPOINTMENTS

2014-2016	Assistant Professor, Biomedical Sciences Department Grand Valley State University Grand Rapids, MI
2007- 2014	Teaching Assistant, Department of Anthropology Washington University in St. Louis St. Louis, MO

AWARDS

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, <i>Human Biology Association</i>
2011	Received the Alex Hrdlicka for Outstanding Student Paper, <i>American Association of Physical Anthropology</i>
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)

- *Schmaltz K., **Ocobock C.** Shift Lengths and In-Game Energetics of Male and Female Collegiate Ice Hockey Players. *International Journal of Sports Nutrition and Exercise Metabolism* (submitted).
- Ocobock C.** Human energy expenditure in anthropology and beyond. *American Anthropologist* (under review).
- Ocobock C.**, *Overbeck A, *Carlson C, *Royer C, *Mervenne A, Thurber C, Dugas L, Carlson B, Pontzer H. Case Studies in Physiology: Sustained high levels of physical activity lead to improved endurance and performance among “Race Across the USA” athletes. *American Journal of Physical Anthropology* (submitted).
- Thurber C, Dugas LR, **Ocobock C.**, Carlson B, Pontzer H. Extreme events reveal an alimentary limit on human energy expenditure. *Science* (under review).
- 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. *Am. J. Phy. Anthropol.* **143**(1):52-61.

INVITED ARTICLE CONTRIBUTIONS

- 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/>.

INVITED BOOK REVIEWS

- 2015 **Ocobock C.** *Basics in Human Evolution*. Muehlenbein MP ed. *American Journal of Human Biology*. DOI: 10.1002/ajhb.22840.

MANUSCRIPTS IN PREPARATION

- Ocobock C.**, Hawley P. (in prep) Preaching to the Choir: The impact of Science on Tap on the public perception of science. *American Anthropologist*.

Ocobock C. (in prep) Energetics among American Hockey League players. *Journal of Medicine & Science in Sports and Exercise*.

EXTERNAL GRANTS

- 2018 March for Science Community Grant Program. **Science on Tap: bringing science to the PUB-lic.** (\$6,500). *Under Review*.
- 2018 March for Science: Science | Government, Institutions & Society (SIGNS) Summit Travel Grant. (\$1,500). *Not funded*.
- 2018 **The metabolic cost of living among reindeer herders of the Sápmi region of Finland.** The American Scandinavian Foundation (\$5,000). *Funded*.
- 2017 **The metabolic cost of living among reindeer herders of the Sápmi region of Finland.** National Geographic Foundation (\$30,000). *Not 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 (\$35,000). *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 (\$10,776). *Funded*.

INTERNAL GRANTS

- 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 student)

- 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.
- 2018 *Sarma M, **Ocobock C,** Gettler L. Energy expenditure and social/group dynamics in extreme environments. American Society for Gravitational and Space Research.
- 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 **Ocoboek C.** Science and beer...what could go wrong? South Eastern Evolutionary Perspectives Society.
- 2016 **Ocoboek 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, **Ocoboek 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 **Ocoboek 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.

INVITED TALKS

- 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

COURSES

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

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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Teaching Assistant, Anthropology Department, Washington University, St. Louis

Introduction to Human Evolution	Fall 2008
Anthropology of Human Birth	Spring 2009
Human Osteology	Fall 2009
Introduction to Cultural Anthropology	Spring 2010
Gross Anatomy	Fall 2010
Introduction to Public Health	Spring 2011
Human Osteology	Spring 2012
Adventures in Nosology	Fall 2012
Variation in Human Growth and Development	Spring 2013

STUDENTS SUPERVISED

Ph.D Dissertation Advisee (University at Albany)

Alexandra Niclou, in progress (phase II)

Ph.D. Committees (University at Albany)

Erica Tyler, in progress (phase II)

Kyrie Nelder, in progress (phase II)

Ph.D. Committees (Other Institutions)

Mallika Sarma, Notre Dame, in progress

MA Thesis Advisee (University at Albany)

Venus Lliguicota, in progress

Undergraduate Honors Thesis Advisee (University at Albany)

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

Jason Sanabria, *Difference in time to fatigue between deadlift grip styles among males and females* (in progress)

Anthony Savasta (in progress)

Undergraduate Honors Thesis Advisee (Grand Valley State University)

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

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)

2017-Present	Seminar Speaker Series Coordinator, Department of Anthropology, University at Albany, SUNY
2016-Present	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)

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), 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: http://www.gvsu.edu/darwinday/
2014	Teaching Circle, Grand Valley State University. Focus on case study based learning.

PROFESSIONAL SERVICE (University)

2017-Present	United University Professions Faculty Delegate
2017-Present	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)

2017-Present	Sausage of Science – Human Biology Association Podcast co-creator and co-host
2016-Present	Public Relations Committee, Human Biology Association
2015-Present	<i>Ad Hoc</i> Reviewer, American Journal of Human Biology
2015-Present	<i>Ad Hoc</i> Reviewer, Journal of Human Evolution
2015-Present	<i>Ad Hoc</i> Reviewer, American Journal of Physical Anthropology
2015-Present	<i>Ad Hoc</i> Reviewer, American Journal of Clinical Nutrition

PROFESSIONAL SERVICE (Community)

2018-Present	Organizer for the Albany March for Science, sister march to the National March for Science
2017-Present	Co-founder and President-Elect for CapSci – science outreach organization for the Capital Region of New York
2017-Present	Coordinator for Two Scientists Walk into a Bar Capital Region

2017-Present	Founder, Coordinator, and Moderator of Science on Tap Capital Region: Monthly seminar aimed at engaging the public in scientific discourse
2015-Present	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

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

MEDIA COVERAGE

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

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/>

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

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/>

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/>

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

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

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>

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

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/>

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/>

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>

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

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>

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/>

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>

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/>

Is a cold workout the new hot yoga? *The Social*. April 17, 2018. <https://www.thesocial.ca/Wellness/Fitness/2018/April/Cold-workouts>

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>

RESEARCH, FIELD WORK, AND LABORATORY EXPERIENCE

2017-Present	The metabolic cost of living among reindeer herders of the Sápmi region of Finland
2017-Present	Stress and anxiety among improvisational comedy performers, University at Albany - Collected and analyzed energetic, biomarker, and survey data among comedy improvisers
2017-Present	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-Present	The impact of Science on Tap on the public perception of science, Albany, NY - Survey data collection among Science on Tap audience members
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

REFERENCES

Dr. Herman Pontzer
Associate Professor of Evolutionary Anthropology
Duke University
herman.pontzer@duke.edu

Dr. Louise Burkhart
Professor of Anthropology
Department Chair
University at Albany, SUNY
lburkhart@albany.edu

Dr. Christopher Lynn
Associate Professor of Anthropology
University of Alabama
cdlynn@ua.edu

Dr. Bill Leonard
Abraham Harris Professor of Anthropology
Director of Global Studies
Northwestern University
w-leonard1@northwestern.edu