

**CURRICULUM VITA**

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Faculty Website: <http://kch.illinois.edu/faculty>

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<http://labs.kch.illinois.edu/Research/Labs/ExercisePsychophysiology/>**Education**

Ph.D., Exercise Science - Psychology of Exercise and Sport, Arizona State University, Tempe, Arizona (1991)

Ph.D. Thesis: *An Examination of Proposed Physiological and Psychological Mechanisms for Exercise-Related Reductions in Anxiety*

M.S., Physical Education, Arizona State University, Tempe, Arizona (1986)

M.S. Thesis: *The Effects of Feedback on Female Self-Confidence*

B.A., Psychology (Biology minor), University of Wisconsin - Eau Claire, Eau Claire, Wisconsin (1984)

**Academic Appointments**

Professor, Department of Kinesiology & Community Health, University of Illinois at Urbana-Champaign, Urbana, IL (2017-present); Department of Psychology (2002-2015); Member, Graduate Faculty; Director, Exercise Psychophysiology Laboratory.

Associate Head for Graduate Studies, Department of Kinesiology & Community Health, University of Illinois at Urbana-Champaign, Urbana, IL (2011-present)

Affiliate Faculty of the University of Illinois Neuroscience Program, 2019-present)

Research Scientist, Illinois Fire Service Institute, University of Illinois at Urbana-Champaign, 2005-present.

Associate Professor, Department of Kinesiology &

Community Health, University of Illinois at Urbana-Champaign, Urbana, IL (1997-2017).

Assistant Professor, Department of Kinesiology, University of Illinois at Urbana-Champaign, Urbana, IL (1991-1997).

**Research Activities****Publications****a. Books Authored or Co-Authored (in print or accepted)**

- Lox, C.L., Martin, K.A., & **Petruzzello, S.J.** (2003). *The psychology of exercise: Integrating theory and practice*. Scottsdale, AZ: Holcomb-Hathaway.
- Lox, C.L., Martin Ginis, K.A., & **Petruzzello, S.J.** (2006). *The psychology of exercise: Integrating theory and practice* (2<sup>nd</sup> ed.). Scottsdale, AZ: Holcomb-Hathaway.
- Lox, C.L., Martin Ginis, K.A., & **Petruzzello, S.J.** (2010). *The psychology of exercise: Integrating theory and practice* (3<sup>rd</sup> ed.). Scottsdale, AZ: Holcomb-Hathaway.
- Lox, C.L., Martin Ginis, K.A., & **Petruzzello, S.J.** (2011). *The psychology of exercise: Integrating theory and practice*, 3<sup>rd</sup> edition. Authorized Chinese translation from English language edition. Taiwan: Farternng Culture Co. Ltd.
- Lox, C.L., Martin Ginis, K.A., & **Petruzzello, S.J.** (2014). *The psychology of exercise: Integrating theory and practice*, (4<sup>th</sup> ed.). Scottsdale, AZ: Holcomb-Hathaway.
- Lox, C.L., Martin Ginis, K.A., Gainforth, H.L. & **Petruzzello, S.J.** (2019). *The psychology of exercise: Integrating theory and practice* (5<sup>th</sup> ed.). New York: Taylor & Francis.

**b. Books Edited or Co-Edited (in print or accepted)**

- Rippe, J.M. (2013). *Lifestyle Medicine* (2<sup>nd</sup> ed.), **Petruzzello, S.J.**, Section Editor for *Exercise Psychology* section (pp. 1351-1433). Taylor & Francis.
- Rippe, J.M. (2019). *Lifestyle Medicine* (3<sup>rd</sup> ed.), **Petruzzello, S.J.**, Section Editor for *Exercise Psychology* section (pp. 1351-1433). CRC Press.
- Anshel, M. (2019). *Handbook of Sport and Exercise Psychology*, **Petruzzello, S.J.**, & Labbé-Coldsmith, E., Associate Editors for Volume 2: *Exercise Psychology*. American Psychological Association.
- Rippe, J.M. (2021-22). *Lifestyle Medicine* (4<sup>th</sup> ed.), **Petruzzello, S.J.**, Section Editor for

*Exercise Psychology* section (pp. xxx-xxx). CRC Press.

**c. Chapters in Books (in print or accepted)**

1. Salazar, W., **Petruzzello, S.J.**, Landers, D.M., Etnier, J.L., & Kubitz, K.A. (1993). The contribution of meta-analysis for integrating research findings in exercise psychology. In P. Seraganian (Ed.), *Exercise psychology: The influence of physical exercise on psychological processes* (pp. 122-145). New York: Wiley.
2. Landers, D., & **Petruzzello, S.** (1994). The effectiveness of exercise and physical activity in reducing anxiety and reactivity to psychosocial stressors. In H.A. Quinney, L. Gauvin, & A.E.T. Wall (Eds.), *Active living proceedings* (pp. 77-82). Champaign, IL: Human Kinetics.
3. Landers, D.M., & **Petruzzello, S.J.** (1994). Physical activity, fitness, and anxiety. In C. Bouchard, R.J. Shephard, & T. Stephens (Eds.), *Physical activity, fitness and health* (pp. 868-882). Champaign, IL: Human Kinetics.
4. Smith, D.L., **Petruzzello, S.J.**, Kramer, J.M., Warner, S.E., Bone, B., & Misner, J.E. (1994). Estimation of myocardial workload during treadmill exercise in different ensembles of firefighting turnout gear. In J. Frim, M.B. Ducharme, & P. Tikuisis (Eds.), *Proceedings of the Sixth International Conference on Environmental Ergonomics* (pp. 60-61).
5. **Petruzzello, S.J.** (1995). Exercise for control of anxiety. In J.S. Torg & R.J. Shephard (Eds.), *Current therapy in sports medicine (3<sup>rd</sup> ed.)* (pp. 614-617). Philadelphia, PA: Mosby.
6. Ekkekakis, P., Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., Maresh, C.M., & **Petruzzello, S.J.** (1997). Affective responses to a bout of exhaustive exercise in the heat in dehydrated and rehydrated states: In search of physiological correlates. In R. Lidor & M. Bar-Eli (Eds.), *Innovations in Sport Psychology: Linking Theory and Practice* (pp. 253-254). Proceedings of the IX World Congress of Sport Psychology.
7. **Petruzzello, S.J.** (1999). Recent advances in mind/body understandings. In J.M. Rippe (Ed.), *Lifestyle Medicine* (pp. 947-956). Blackwell Science, Inc.
8. **Petruzzello, S.J.** (2001). Exercise and sports psychology. In S.P. Brown (Ed.), *Introduction to Exercise Science* (pp. 310-333). Baltimore, MD: Lippincott Williams & Wilkins.
9. Ekkekakis, P. & **Petruzzello, S.J.** (2002). Biofeedback in exercise psychology. In B. Blumenstein, M. Bar-Eli & G. Tenenbaum (Eds.), *Brain and body in sport and exercise: Biofeedback applications in performance enhancement* (pp. 77-100). Brisbane, Australia: John Wiley & Sons.
10. **Petruzzello, S.J.**, Ekkekakis, P., & Hall, E.E. (2006). Physical activity, affect, and electroencephalogram studies. In E.O. Acevedo & P. Ekkekakis (Eds.), *Psychobiology of physical activity* (pp. 111-128). Champaign, IL: Human Kinetics.
11. Hall, E.E., Ekkekakis, P. & **Petruzzello, S.J.** (2005). Is the role of cognitive factors in exercise responses intensity-dependent? Extending the dual-mode model to perceived exertion. In T. Morris (Ed.), *Proceedings of the 11<sup>th</sup> World Congress of Sport Psychology*.
12. **Petruzzello, S.J.** & Motl, R.W. (2006). Physical activity and mental health in college students. In M.V. Landow (Ed.), *College students: Mental health and coping strategies* (pp. 41-57). New York: Nova Science.
13. **Petruzzello, S.J.** (2012). The ultimate tranquilizer? Exercise and its influence on anxiety. In E.O. Acevedo (Ed.), *Oxford Handbook of Exercise Psychology* (pp. 37-54). New York: Oxford.
14. **Petruzzello, S.J.**, Mattila, T.A., Poh, P.Y.S. & Nickrent, M. (2013). Taking stock of where we stand in understanding mind/body interactions in the exercise domain. In J.M. Rippe (Ed.), *Lifestyle Medicine, 2<sup>nd</sup> edition* (pp. 1353-1366). Taylor & Francis.
15. **Petruzzello, S.J.** (2014). Electromyography (EMG). In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology* (pp. 243-245). Sage Reference.
16. **Petruzzello, S.J.** (2014). Social neuroscience. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology* (pp. 698-699). Sage Reference.
17. **Petruzzello, S.J.** (2018). Physical activity, physical fitness, and anxiety. In E.O. Acevedo (Ed.), *Oxford Research Encyclopedia of Psychology*. New York: Oxford. doi: 10.1093/acrefore/9780190236557.013.199
18. **Petruzzello, S.J.**, Greene, D., Chizewski, A., Rougeau, K., & Greenlee, T. (2018). Acute and chronic effects of exercise on mental health. In H. Budde & M. Wegner (Eds.), *The exercise effect on mental health: Neurobiological mechanisms* (pp. 442-476). New York: Taylor & Francis.

19. **Petruzzello, S.J.**, Box, A.G., & Morales, D.G. (2019). My, how those seedlings have grown: An update on mind/body interactions in the exercise domain. In J.M. Rippe (Ed.), *Lifestyle Medicine, 3<sup>rd</sup> edition* (pp. 1225-1234). Boca Raton, FL: CRC Press.
  20. Box, A. G., North, J. R., & Petruzzello, S. J. (2021). Introduction to exercise psychology. In Z. Zenko & L. Jones (Eds.) *Essentials of exercise and sport psychology: An open access textbook* (pp. 1–14). Society for the Transparency, Openness, and Replication in Kinesiology. <https://doi.org/10.51224/B1001>
  21. Box, A.G., North, J.R., **Petruzzello, S.J.** (in press). Mind/Body interactions in the exercise domain: Stressing the body to improve psychophysiological functioning. In J.M. Rippe (Ed.), *Lifestyle Medicine (4<sup>th</sup> ed.)*. Boca Raton, FL: CRC Press.
  22. Rippe, J.M., & **Petruzzello, S.J.** (in press). Influence of physical activity on brain aging and cognition. In J.M. Rippe (Ed.), *Lifestyle Medicine (4<sup>th</sup> ed.)*. Boca Raton, FL: CRC Press.
- d. Articles in Journals - Peer Reviewed (in print or accepted)**
1. **Petruzzello, S.J.**, Landers, D.M., Linder, D.E. & Robinson, D.R. (1987). Sport psychology service delivery: Implementation within the university community. *The Sport Psychologist, 1*, 248-256.
  2. **Petruzzello, S.J.**, & Corbin, C.B. (1988). The effects of performance feedback on female self-confidence. *Journal of Sport & Exercise Psychology, 10*, 174-183.
  3. Salazar, W., Landers, D.M., **Petruzzello, S.J.**, Crews, D.J., Kubitz, K.A., & Han, M. (1990). Hemispheric asymmetry, cardiac response, and performance in elite archers. *Research Quarterly for Exercise & Sport, 61*, 351-359.
  4. **Petruzzello, S.J.**, Landers, D.M., & Salazar, W. (1991). Biofeedback and sport/exercise performance: Applications and limitations. *Behavior Therapy, 22*, 379-392.
  5. **Petruzzello, S.J.**, Landers, D.M., Hatfield, B.D., Kubitz, K.A., & Salazar, W. (1991). A meta-analysis on the anxiety reducing effects of acute and chronic exercise: Outcomes and mechanisms. *Sports Medicine, 11*, 143-182. doi: 10.2165/00007256-199111030-00002  

*§Paper is 10<sup>th</sup> most cited article (out of 2,275 articles) in Sports Medicine since in 1991; most-cited psychologically-themed article.*
  6. Landers, D.M., **Petruzzello, S.J.**, Salazar, W., Kubitz, K.A., Crews, D.J., & Han, M.W. (1991). The influence of electrocortical biofeedback on performance in pre-elite archers. *Medicine & Science in Sports & Exercise, 23*, 123-129.
  7. O'Connor, P.J., & **Petruzzello, S.J.** (1992). Spontaneous eyeblinks and state anxiety following exercise. *International Journal of Neuroscience, 62*, 57-63.
  8. Gannon, T., Landers, D., Kubitz, K., Salazar, W., & **Petruzzello, S.** (1992). An analysis of temporal electroencephalographic patterning prior to initiation of the arm curl. *Journal of Sport & Exercise Psychology, 14*, 87-100.
  9. **Petruzzello, S.J.**, Landers, D.M., & Salazar, W. (1993). Exercise and anxiety reduction: Examination of temperature as an explanation for affective change. *Journal of Sport & Exercise Psychology, 15*, 63-76.
  10. Landers, D.M., Han, M.W., Salazar, W., **Petruzzello, S.J.**, Kubitz, K.A., & Gannon, T.L. (1994). Effect of learning on electroencephalographic and electrocardiographic patterns in novice archers. *International Journal of Sport Psychology, 25*, 313-330.
  11. **Petruzzello, S.J.**, & Landers, D.M. (1994). Varying the duration of acute exercise: Implications for changes in affect. *Anxiety, Stress & Coping, 6*, 301-310. doi: 10.1080/10615809408248804
  12. **Petruzzello, S.J.**, & Landers, D.M. (1994). State anxiety reduction and exercise: Does hemispheric activation reflect such changes? *Medicine & Science in Sports & Exercise, 26*, 1028-1035.
  13. **Petruzzello, S.J.** (1995). Anxiety reduction following exercise: Methodological artifact or "real" phenomenon?" *Journal of Sport & Exercise Psychology, 17*, 105-111.
  14. Smith, D.L., **Petruzzello, S.J.**, Kramer, J.M., Warner, S.E., Bone, B.G., & Misner, J.E. (1995). Selected physiological and psychobiological responses to physical activity in different configurations of firefighting gear. *Ergonomics, 38*, 2065-2077. doi: 10.1080/00140139508925251
  15. O'Connor, P.J., **Petruzzello, S.J.**, Kubitz, K.A., & Robinson, T.L. (1995). Anxiety responses to maximal exercise testing. *British Journal of Sports Medicine, 29*, 97-102.
  16. Tate, A.K., & **Petruzzello, S.J.** (1995). Varying the intensity of acute exercise: Implications for changes in affect. *Journal of Sports Medicine*

- & *Physical Fitness*, 35, 295-302.
17. Tate, A.K., **Petruzzello, S.J.**, & Lox, C.L. (1995). Examination of the relationship between self-efficacy and affect at varying levels of aerobic exercise intensity. *Journal of Applied Social Psychology*, 25, 1922-1936. doi: 10.1111/j.1559-1816.1995.tb01824.x
  18. **Petruzzello, S.J.** (1995). Does physical exercise reduce anxious emotions? A reply. *Anxiety, Stress, and Coping*, 8, 353-356. doi: 10.1080/10615809508249384
  19. Kubitz, K.A., Landers, D.M., **Petruzzello, S.J.**, & Han, M. (1996). The effects of acute and chronic exercise on sleep: A meta-analytic review. *Sports Medicine*, 21, 277-291. doi: 10.2165/00007256-199621040-00004
  20. Smith, D.L., **Petruzzello, S.J.**, Kramer, J.M., & Misner, J.E. (1996). Physiological, psychophysical and psychological responses of firefighters to firefighting training drills. *Aviation, Space & Environmental Medicine*, 67, 1063-1068.
  21. Etnier, J.L., Whitwer, S.S., Landers, D.M., **Petruzzello, S.J.**, & Salazar, W. (1996). Changes in electroencephalographic activity associated with learning a novel motor task. *Research Quarterly for Exercise & Sport*, 67, 272-279.
  22. Smith, D.L., **Petruzzello, S.J.**, Kramer, J.M., & Misner, J.E. (1997). The effects of different thermal environments on the physiological and psychological responses of firefighters to a training drill. *Ergonomics*, 40, 500-510. doi: 10.1080/001401397188125
  23. **Petruzzello, S.J.**, Jones, A.C., & Tate, A.K. (1997). Affective responses to acute exercise: A test of Opponent-Process theory. *Journal of Sports Medicine & Physical Fitness*, 37, 205-212.
  24. **Petruzzello, S.J.**, & Tate, A.K. (1997). Brain activation, affect, and aerobic exercise: An examination of both state-independent and state-dependent relationships. *Psychophysiology*, 34, 527-533. doi: 10.1111/j.1469-8986.1997.tb01739.x
  25. Etnier, J.L., Salazar, W., Landers, D.M., **Petruzzello, S.J.**, Han, M., & Nowell, P. (1997). The influence of physical fitness and exercise upon cognitive functioning: A meta-analysis. *Journal of Sport & Exercise Psychology*, 19, 249-277.
  26. Smith, D.L., & **Petruzzello, S.J.** (1998). Selected physiological and psychological responses to live-fire drills in different configurations of firefighter gear. *Ergonomics*, 41, 1141-1154. doi: 10.1080/001401398186441
  27. Hall, E.E., & **Petruzzello, S.J.** (1999). Frontal asymmetry, dispositional affect and physical activity in older adults. *Journal of Aging & Physical Activity*, 7, 76-90. doi: 10.1123/japa.7.1.76
  28. Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (1999). Measuring state anxiety during and following acute exercise using the State Anxiety Inventory (SAI): An attempt to resolve the brouhaha. *Journal of Sport & Exercise Psychology*, 21, 205-229.
  29. Ekkekakis, P., & **Petruzzello, S.J.** (1999). Acute aerobic exercise and affect: Current status, problems, and prospects regarding dose response. *Sports Medicine*, 28(5), 337-374. doi: 10.2165/00007256-199928050-00005
  30. Ekkekakis, P., Hall, E.E., VanLanduyt, L.M., & **Petruzzello, S.J.** (2000). Walking in (affective) circles: Can short walks enhance affect? *Journal of Behavioral Medicine*, 23, 245-275. doi: 10.1023/A:1005558025163
  31. Hall, E.E., Ekkekakis, P., Van Landuyt, L.M., & **Petruzzello, S.J.** (2000). Resting frontal asymmetry predicts self-selected walking speed but not affective responses to a short walk. *Research Quarterly for Exercise & Sport*, 71, 74-79. doi: 10.1080/02701367.2000.10608883
  32. Ekkekakis, P., & **Petruzzello, S.J.** (2000). Analysis of the affect measurement conundrum in exercise psychology: I. Fundamental issues. *Psychology of Sport and Exercise*, 1, 71-88.
  33. VanLanduyt, L.M., Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (2000). Throwing the mountains into the lakes: On the perils of nomothetic conceptions of the exercise-affect relationship. *Journal of Sport & Exercise Psychology*, 22, 208-234.
  34. Ekkekakis, P., & **Petruzzello, S.J.** (2001). Analysis of the affect measurement conundrum in exercise psychology: II. A conceptual and methodological critique of the Exercise-induced Feeling Inventory. *Psychology of Sport and Exercise*, 2, 1-26.
  35. Ekkekakis, P., & **Petruzzello, S.J.** (2001). Analysis of the affect measurement conundrum in exercise psychology: III. A conceptual and methodological critique of the Subjective Exercise Experiences Scale. *Psychology of Sport and Exercise*, 2, 205-232.
  36. Smith, D.L., **Petruzzello, S.J.**, & Manning, T. (2001). The effect of strenuous live-fire drills on cardiovascular and psychological

- responses of recruit firefighters. *Ergonomics*, 44(3), 244-254. doi: 10.1080/00140130121115
37. Smith, D.L., **Petruzzello, S.J.**, Chludzinski, M.A., Reed, J.J., & Woods, J.A. (2001). Effect of strenuous live-fire fire fighting drills on hematological, blood chemistry and psychological measures. *Journal of Thermal Biology*, 26, 375-379. doi: 10.1016/S0306-4565(01)00047-X
38. **Petruzzello, S.J.**, Hall, E.E., & Ekkekakis, P. (2001). Regional brain activation as a biological marker of affective responsivity to acute exercise: Influence of fitness. *Psychophysiology*, 38, 99-106. doi: 10.1017/S004857720198206X
39. Ekkekakis, P., & **Petruzzello, S.J.** (2002). Analysis of the affect measurement conundrum in exercise psychology: IV. A conceptual case for the affect circumplex. *Psychology of Sport and Exercise*, 3, 35-63. doi: 10.1016/S1469-0292(01)00028-0
40. Hall, E.E., Ekkekakis, P., & **Petruzzello, S.J.** (2002). The affective beneficence of vigorous exercise revisited. *British Journal of Health Psychology*, 7, 47-66. doi: 10.1348/135910702169358
41. Ekkekakis, P., & **Petruzzello, S.J.** (2004). Affective, but hardly effective: A reply to Gauvin and Rejeski (2001). *Psychology of Sport & Exercise*, 5, 135-152. doi: 10.1016/S1469-0292(03)00037-2
42. Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (2004). Practical markers of the transition from aerobic to anaerobic metabolism during exercise: Rationale and a case for affect-based exercise prescription. *Preventive Medicine*, 38, 149-159. doi: 10.1016/j.ypmed.2003.09.038
43. Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (2005). Evaluation of the circumplex structure of the Activation Deactivation Adjective Check List before and after a short walk. *Psychology of Sport & Exercise*, 6, 83-101. doi: 10.1016/j.psychsport.2003.10.005
44. Smith, D.L., Dyer, K., & **Petruzzello, S.J.** (2004). Blood chemistry and immune cell changes during one-week of intensive firefighting training. *Journal of Thermal Biology*, 29, 725-729. doi: 10.1016/j.jtherbio.2004.08.046
45. Smith, D.L., **Petruzzello, S.J.**, Chludzinski, M.A., Reed, J.J., & Woods, J.A. (2005). Selected hormonal and immunological responses to strenuous live-fire firefighting drills. *Ergonomics*, 48, 55-65. doi: 10.1080/00140130412331303911
46. Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (2005). Variation and homogeneity in affective responses to physical activity of varying intensities: An alternative perspective on dose-response based on evolutionary considerations. *Journal of Sports Sciences*, 23, 477-500. doi: 10.1080/02640410400021492
47. Hall, E.E., Ekkekakis, P., & **Petruzzello, S.J.** (2005). Is the relationship of RPE to psychological factors intensity-dependent? *Medicine & Science in Sport & Exercise*, 37, 1365-1373. doi: 10.1249/01.mss.0000174897.25739.3c
48. Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (2005). Some like it vigorous: Measuring individual differences in the preference for and tolerance of exercise intensity. *Journal of Sport & Exercise Psychology*, 27, 350-374.
49. Ekkekakis, P., Lind, E., Hall, E.E., & **Petruzzello, S.J.** (2007). Can self-reported tolerance of exercise intensity play a role in exercise testing? *Medicine & Science in Sports & Exercise*, 39, 1193-1199. doi: 10.1249/mss.0b013e318058a5ea
50. Hall, E.E., Ekkekakis, P., & **Petruzzello, S.J.** (2007). Regional brain activity and strenuous exercise: Predicting affective responses using EEG asymmetry. *Biological Psychology*, 75, 194-200. doi: 10.1016/j.biopsycho.2007.03.002
51. Ekkekakis, P., Hall, E.E., & **Petruzzello, S.J.** (2008). The relationship between exercise intensity and affective responses demystified: To crack the 40 year-old nut, replace the 40-year-old nutcracker!" *Annals of Behavioral Medicine*, 35, 136-149. doi: 10.1007/s12160-008-9025-z
52. Ekkekakis, P., Thome, J., **Petruzzello, S.J.**, & Hall, E.E. (2008). The Preference for and Tolerance of the Intensity of Exercise Questionnaire: A psychometric evaluation among college women. *Journal of Sports Sciences*, 26, 499-510. doi: 10.1080/02640410701624523.
53. Ekkekakis, P., Lind, E., Hall, E.E., & **Petruzzello, S.J.** (July, 2008). Do regression-based computer algorithms for determining the ventilatory threshold agree? *Journal of Sports Sciences*, 26, 967-976. doi: 10.1080/02640410801910269.
54. **Petruzzello, S.J.**, Snook, E.M., Gliottoni, R.C. & Motl, R.W. (2009). Anxiety and mood changes associated with acute cycling in persons with multiple sclerosis. *Anxiety, Stress & Coping*, 22(3), 297-307. doi: 10.1080/10615800802441245.

55. **Petruzzello, S.J.**, Gapin, J., Snook, E., & Smith, D.L. (2009). Perceptual and physiological heat strain: Examination in firefighters in laboratory and field-based studies. *Ergonomics*, 52(6), 747-754. doi: 10.1080/00140130802550216.
56. Woo, M., Kim, S., Kim, J., **Petruzzello, S.J.**, & Hatfield, B.D. (2009). Examining the exercise-affect dose-response relationship: Are duration effects manifested psychophysiological? *International Journal of Psychophysiology*, 76(2), 166-172. doi: 10.1016/j.ijpsycho.2008.12.003.
57. Hall, E.E., Ekkekakis, P., & **Petruzzello, S.J.** (2010). Predicting affective responses to exercise using resting EEG frontal asymmetry: Does intensity matter? *Biological Psychology*, 83, 201-206. doi: 10.1016/j.biopsycho.2010.01.001.
58. Woo, M., Kim, S., Kim, J., **Petruzzello, S.J.**, & Hatfield, B.D. (2010). The influence of exercise intensity on frontal electroencephalographic asymmetry and self-reported affect. *Research Quarterly for Exercise & Sport*, 81(3), 349-359. doi: 10.1080/02701367.2010.10599683
59. Smith, D.L., **Petruzzello, S.J.**, Goldstein, E., Ahmad, U., Tangella, K., Freund, G.G., & Horn, G.P. (2011). Effect of live-fire training drills on platelet number and function. *Prehospital Emergency Care*, 15(2), 233-239. doi: 10.3109/10903127.2010.545477.
60. Horn, G.P., Gutzmer, S., Fahs, C.A., **Petruzzello, S.J.**, Goldstein, E., Fahey, G.C., Fernhall, B., & Smith, D.L. (2011). Physiological recovery from firefighting activities in rehabilitation and beyond. *Prehospital Emergency Care*, 15(2), 214-225. doi: 10.3109/10903127.2010.545474.
61. Ekkekakis, P., Parfitt, G., & **Petruzzello, S.J.** (2011). The pleasure and displeasure people feel when they exercise at different intensities: Decennial update and progress towards a tripartite rationale for exercise intensity prescription. *Sports Medicine*, 41 (8), 641-671. doi: 10.2165/11590680-000000000-00000
62. Gapin, J. & **Petruzzello, S.J.** (2011). Athletic identity and disordered eating in obligatory and non-obligatory runners. *Journal of Sports Sciences*, 29, 1001-1010. doi: 10.1080/02640414.2011.571275.
63. **Petruzzello, S.J.** & Motl, R.W. (2011). Acute moderate-intensity cycling exercise is associated with reduced fatigue in persons with multiple sclerosis. *Mental Health & Physical Activity*, 4, 1-4. doi: 10.1016/j.mhpa.2011.04.002.
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#### f. Technical Reports

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2. **Petruzzello, S.J.** (September, 2007). "IFSI Certified Firefighter II Academy, Academy Physical Fitness Program – September 2007, Summary Report".
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5. Smith, D.L., Goldstein, E., **Petruzzello, S.J.** & Horn, G. (2009). "Cardiac-related Events in the Fire Service". A Brief Report of Research Conducted as Part of an Assistance to Firefighters Grant to the Firefighter Life Safety Research Center at the University of Illinois.
6. Horn, G.P., **Petruzzello, S.J.**, Fahey, G.C., Fernhall, B., Woods, J., & Smith, D.L. (2010, November). The effects of fire fighting and on-scene rehabilitation on hemostasis. *Technical Report, University of Illinois Fire Service Institute*, pp. 1-33.
7. Bishop, J., Greenlee, T. A., Bone, B., Thompson, K., Kessler, R., Horn, G., von Thaden, T., Horn, G., & **Petruzzello, S. J.** (March, 2018). "Use of Thermal Imaging Video Cameras in Live-Fire Training and Potential Applications".
8. **Petruzzello, S.J.** (March/April 2022). "Physical Activity and Mental Health". *Synergies*, 1(6), 5. Newsletter of the National Academy of Health & Physical Literacy.

#### g. Book Reviews

1. **Petruzzello, S.J.** (1993). Review of S. Biddle & N. Mutrie's *Psychology of physical activity and exercise: A health-related perspective*. London: Springer, 1991. Appears in *Research Quarterly for Exercise & Sport*, 64, 242-243.

#### h. Manuscripts in Review

1. Greene, D., Greene, C.L., & **Petruzzello, S.J.** "Crank it up: Utilizing exercise to combat acute fatigue and pain in individuals living with PTSD." *Sport, Exercise & Performance Psychology*.
2. Adamek, J.F., Phansikar, M., & **Petruzzello, S.J.** "Does engaging in a variety of leisure-time physical activities lead to better cognitive function despite NOT meeting PA Guidelines?" *Journal of Aging & Physical Activity*.
3. Pebole, M., Singleton, C., Hall, K., **Petruzzello, S.**, Alston, R. & Gobin, R. "Perceived barriers and benefits of physical activity among men survivors of sexual violence: Impact of PTSD and activity status." *Journal of Interpersonal Violence*.
4. Pebole, M.M., Singleton, C.R., Hall, K.S., **Petruzzello, S.J.**, Alston, R., Smith, B.N., Whitworth, J.W. & Gobin, R.L. "Associations between self-reported physical activity and PTSD among men and women survivors of sexual violence." *Journal of Behavioral Medicine*.

5. Baumann, M., Hill, C.M., Camic, C.L., Chomentowski, P., Siqueira, V., **Petruzzello, S.**, & Sebastião, E. "Acute progressive wheeled motorized sled-push exercise in apparently healthy older adults." *Scandinavian Journal of Medicine and Science in Sports*.
6. Kim, J., McKenna, C.F., Askow, A.T., Salvador, A.F., Scaroni, S.E., Cerna, J., Cannavale, C.N., Paluska, S.A., De Lisio, M., **Petruzzello, S.J.**, Burd, N.A., & Khan, N.A. "Higher protein intakes does not modulate resistance training-induced changes in myokines and cognitive function in middle-aged adults." *Brain Plasticity*.

#### i. Manuscripts in Preparation

1. Mattila, T.A., Horn, G., Smith, D.L., Fahey, G., & Goldstein, E., & **Petruzzello, S.J.**, "The influence of short-term firefighting activity on information processing performance." *Manuscript in preparation*.
2. Greenlee, T.A., Greene, D.R., Kaim, R.M., Chizewski, A., Rougeau, K.M., Horn, G.P., & **Petruzzello, S.J.**, "Firefighting influences cognitive performance: The heart of the matter." *Manuscript in preparation*.
3. Greene, D.G., & **Petruzzello, S.J.** "When an undergraduate lifts: Predicting resistance exercise behavior and enjoyment using individual differences." *Manuscript in preparation*.
6. Rougeau, K.M., Greene, D.R., Greenlee, T.A., & **Petruzzello, S.J.** "In search of an exercise placebo: Passive versus active exercise for examining affective change." *Manuscript in preparation*.
7. Butler, J.M., Gothe, N.P., & **Petruzzello, S.J.** "An exploratory study on the impact of physical training on police recruits' self-efficacy in handling violent encounters." *Law Enforcement Executive Forum*.
8. Hubbard, E., Motl, R.W., & **Petruzzello, S.J.** "Acute effects of high-intensity interval exercise on walking, cognition, mood, and enjoyment in persons with multiple sclerosis with walking disabilities." *Disability & Rehabilitation*.
7. Box, A.G., & **Petruzzello, S.J.** "Mental health in first responders and military personnel: Exercise as a viable option for overcoming mental health stigmas – a pilot study." *Military Medicine*.
8. Box, A., North, J.R., Wisniewski, K.S., & **Petruzzello, S.J.** "Perceived versus physiological exertion during light-, moderate-, and high-intensity continuous exercise: An affective perspective." *Medicine & Science in Sports & Exercise*.

9. Box, A.G., McKenna, C.F., Burd, N.A., & **Petruzzello, S.J.** "Trait or trainable: Resistance training to strengthen emotional stability facets." *Psychology of Sport & Exercise*.

#### j.1. Presentations - Meetings (not included in Abstracts)

1. **Petruzzello, S.J.** "Behavioral manifestations of fear of success motivation: A test of predictive validity." Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Scottsdale, Arizona, June 1986.
2. **Petruzzello, S.J.**, & Corbin, C.B. "Effects of performance feedback on female self-confidence." Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, British Columbia, Canada, June 1987.
3. **Petruzzello, S.J.**, Larish, D.D., Crews, D.J., Nahom, A., & Ford, C. "Interlimb coordination in the aged." Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, British Columbia, Canada, June 1987.
4. Rothstein, D., Larish, D., **Petruzzello, S.J.**, Crews, D., & Nahom, A. "Bimanual coordination in the healthy old." Presented at the annual meeting of the Gerontological Society of America, Minneapolis, Minnesota, November 1989.
5. Kubitz, K.A., Landers, D.M., Salazar, W., & **Petruzzello, S.J.** "The effects of exercise on slow wave sleep (SWS)." Presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), Boston, Massachusetts, April 1989.
6. Landers, D.M., Crews, D.J., Han, M., Kubitz, K.A., **Petruzzello, S.J.**, & Salazar, W. "Concentrating effectively for performance: Studies on the arousal-attention set." Paper presented for the C.H. McCloy Lecture at the annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), New Orleans, Louisiana, April 1990.
7. **Petruzzello, S.J.**, & Landers, D.M. "Exercise and anxiety reduction: Are changes mediated by the central nervous system?" Paper presented in Division 47 (Exercise and Sport Psychology) at the annual meeting of the



- American Psychological Association, San Francisco, California, August 1991.
8. **Petruzzello, S.J.**, & O'Connor, P.J. "Psychological responses to maximal exercise." Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Asilomar, California, June 1991.
  9. Salazar, W., Landers, D.M., **Petruzzello, S.J.**, & Kubitz, K.A. "Effects of exercise on intellectual functioning: A meta-analysis." Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Asilomar, California, June 1991.
  10. **Petruzzello, S.J.**, & Landers, D.M. "On the duration of exercise needed for affective change." Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Pittsburgh, Pennsylvania, June 1992.
  11. Treasure, D.C., **Petruzzello, S.J.**, Lox, C.L., & Taylor, R. "The effects of exercise on mental health in a middle and old aged clinical population." Paper presented at the Midwest Sport and Exercise Psychology Symposium, East Lansing, Michigan, February 1994.
  12. Hatfield, B., Dustman, R., Horn, T., McAuley, E., **Petruzzello, S.** "Issues in exercise psychology." Panel discussion at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Clearwater Beach, Florida, June 1994.
  13. **Petruzzello, S.J.** & Sliva, C.D. "Brain activation, exercise, and affect." Paper presented at the annual meeting of the American College of Sports Medicine, Midwest Chapter, St. Charles, Illinois, October 1995.
  14. **Petruzzello, S.J.** "Physical activity, brain activation, and mental health." Paper presented at the annual meeting of the American College of Sports Medicine as part of a symposium titled "Affective and Cognitive Concomitants of Physical Activity: Windows into Brain Function through Psychophysiology," Cincinnati, Ohio, May 1996.
  15. Hall, E.E., & **Petruzzello, S.J.** "Brain activation and mental health as a function of physical activity in older adults." Paper presented at the annual meeting of the American College of Sports Medicine, Midwest Chapter, St. Charles, Illinois, October 1996.
  16. **Petruzzello, S.J.** "Physical activity, brain activation, and mental health." Paper presented at the annual meeting of the American College of Sports Medicine, Midwest Chapter, as part of a symposium titled "Psychological Concomitants of Exercise: Perspectives and Paradigms." St. Charles, Illinois, October 1996.
  17. **Petruzzello, S.J.** "Electrocortical activity during and following exercise." Tutorial Lecture presented at the annual meeting of the American College of Sports Medicine, Denver, Colorado, May 1997.
  18. Hall, E.E., Ekkekakis, P., & **Petruzzello, S.J.** "Resting frontal asymmetry as a biological marker of affective responsivity to acute exercise." Paper presented at the annual meeting of the American College of Sports Medicine, Midwest Chapter, South Bend, Indiana, October 1997.
  19. **Petruzzello, S.J.** "An examination of affective responses to exercise: Perspectives from affective neuroscience." Paper presented at the annual meeting of the American College of Sports Medicine as part of a symposium titled "Mind-Body Perspectives on Exercise and Mental Health," Indianapolis, Indiana, May/June 2000.
  20. Hillman, C., Snook, E., Mahlow, P., Haufler, A., Spalding, T., **Petruzzello, S.**, & Hatfield, B. "Physical activity, EEG frontal asymmetry, and affect in elderly adults". Paper presented at the annual meeting of the Society for Psychophysiological Research, October, 2001.
  21. Hall, E.E., Ekkekakis, P., & **Petruzzello, S.J.** "Influence of the big 5 personality factors on affective responses to exercise at 3 different exercise intensities." Paper presented at the Cooper Institute Conference Series on "Physical Activity and Mental Health: A Multidisciplinary Approach," Dallas, Texas, October 2003.
  22. Snook, E.M., **Petruzzello, S.J.**, Gliottoni, R.C., & Motl, R.W. "Effect of acute cycling exercise on anxiety and mood among individuals with multiple sclerosis." Paper presented at the annual meeting of the Society for Behavioral Medicine, San Diego, California, March 2008.
  23. Pilutti, L.A., Greenlee, T. Motl, R.W., Nickrent, M., & **Petruzzello, S.J.** "Effects of exercise training on fatigue In Multiple Sclerosis: A meta-analysis." Paper presented at the annual meeting of the Consortium of Multiple Sclerosis Centers (CMSC) and the Fifth Cooperative Meeting with Americas Committee for Treatment and Research in

- Multiple Sclerosis (ACTRIMS), Orlando, Florida, May/June 2013.
24. Ensari, I., Greenlee, T.A., Motl, R.W., & **Petruzzello, S.J.** "The impact of acute exercise on state anxiety: Results of a meta-analysis." Paper presented at the 36<sup>th</sup> annual meeting of the Society for Behavioral Medicine, San Antonio, Texas, April 2015.
  25. Poh, P.Y.S., Romero, S.A., **Petruzzello, S.J.**, Convertino, V.A., & Crandall, C.G. (2015). Hemodynamic responses to mild warming during simulated hemorrhage. Paper presented at the annual meeting of Experimental Biology, Boston, Massachusetts, March/April 2015.
  26. Poh, P.Y.S., Gagnon, D., Romero, S.A., **Petruzzello, S.J.**, Convertino, V.A., & Crandall, C.G. (2015). Whole-body warming during a simulated hemorrhagic insult compromises arterial blood pressure but not cerebral perfusion. Paper submitted for presentation at the annual Military Health System Research Symposium, Fort Lauderdale, Florida, August 2015.
  27. **Petruzzello, S.J.** (2015). Personality and physical activity: Practical application (& some theoretical links). Paper presented at the annual meeting of the ACSM Annual Meeting, World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise Fatigue as part of a tutorial lecture, San Diego, California, May 2015.
  28. Box, A., Feito, Y., Brown, C. & **Petruzzello, S.J.** (2017). Examination of personality related to individuals' reported primary mode of exercise. Paper presented at the annual meeting of the Midwest ACSM, Grand Rapids, Michigan, November 2017.
  29. Greene, D.R., & **Petruzzello, S.J.** (2018). Acute exercise to lift affective states in individuals living with PTSD. Paper presented at the annual meeting of the Southeastern ACSM, Chattanooga, Tennessee, February 2018.
  30. Greene, D.R., & **Petruzzello, S.J.** (2019). Individual differences predict high intensity interval and moderate intensity continuous exercise enjoyment. Paper presented at the annual meeting of the Southeastern ACSM, Greenville, South Carolina, February 2019.
  31. Box, A.G., & **Petruzzello, S.J.** (2019). Mental health in first responders and military personnel: Is physical activity a viable option? Paper presented at the annual meeting of the Southeastern ACSM, Greenville, South Carolina, February 2019.
  32. **Petruzzello, S.J.**, Feito, Y., & Box, A.G. (2019). High-intensity functional training: What we know, how we know it, and where we should go next. Symposium presentation at the annual meeting of the American College of Sports Medicine, Midwest Chapter, Oak Brook, Illinois, November 2019.
  33. Cohen, J., Rogers, W.A., **Petruzzello, S.J.**, Trinh, L., & Mullen, S.P. (2020). Feasibility and efficacy of aerobic and relaxation training for improving fatigue in breast cancer survivors following chemotherapy: A pilot randomized controlled trial. Paper presented at the 41<sup>st</sup> annual meeting of the Society for Behavioral Medicine, San Francisco, California, April 2020.
  34. Cohen, J.D., Rogers, W.A., **Petruzzello, S.**, Trinh, L., & Mullen, S.P. (2020). Effects of relaxation training and aerobic cycling on executive functioning among breast cancer survivors. Paper presented at the 44<sup>th</sup> annual meeting of the American Society of Preventive Oncology, Tucson, Arizona, March 2020.
  35. Box, A.G., North, J.R., & **Petruzzello, S.J.** (2022). Who we are and what we do: An exploration of individual differences for exercise behavior. Paper presented at the annual meeting of the Southeastern ACSM, Greenville, South Carolina, February 2022.
  36. Pebole, M.M., Singleton, C.R., Hall, K.S., **Petruzzello, S.J.**, Alston, R.J., & Gobin, R.L. (2022). Relationships between self-reported physical activity and PTSD among men and women survivors of sexual violence. Paper presented at the 38<sup>th</sup> annual meeting of the International Society of Traumatic Stress Studies, Atlanta, Georgia, November 2022.
  37. Pebole, M.M., Singleton, C.R., Hall, K.S., **Petruzzello, S.J.**, Alston, R., & Gobin, R.L. (2022). Perceived benefits and barriers to exercise among women survivors of sexual violence. Paper presented at the annual meeting of the New England chapter of the ACSM, Providence, Rhode Island, October 2022.
  38. Markowitz, E., Buczkowski, J., Box, A., & **Petruzzello, S.J.** (2022). An investigation of brain activation and affect during acute exercise. Paper presented at the 2022 Undergraduate Research Symposium, Urbana, Illinois, April 2022.
  39. Szamocki, M., North, J., & **Petruzzello, S.J.** (2023). More tactical experience - greater resilience? Paper presented at the 2023 Undergraduate Research Symposium, Urbana, Illinois, April 2023.

40. Markowitz, E., Keck, A., North, J.R., Adamek, J.F., & **Petruzzello, S.J.** (2023). An investigation of personality, physical activity, and heart rate variability. Paper presented at the 2023 Undergraduate Research Symposium, Urbana, Illinois, April 2023.

## j.2. Invited Presentations - International Conferences

1. **Petruzzello, S.J.** "From hearts to heads: If exercise makes us feel better, why don't we stick with it?" Presented at the Cooper Institute Conference Series "Physical Activity and Mental Health: A Multidisciplinary Approach", Dallas, Texas, October 2003.
2. **Petruzzello, S.J.** "Physical activity and cognitive processes: The influence of exercise on neural and behavioral indices of cognitive function." Presented at the 2<sup>nd</sup> National Congress of the Colombian Psychological Association/1<sup>st</sup> International Congress of the Colombian Psychological Association & Association of Colombian Faculty of Psychology, Medellin, Colombia, August, 2009.
3. **Petruzzello, S.J.** "Individual differences relative to exercise intensity tolerances (& preferences)." Presented at the 2<sup>nd</sup> National Congress of the Colombian Psychological Association/1<sup>st</sup> International Congress of the Colombian Psychological Association & Association of Colombian Faculty of Psychology, Medellin, Colombia, August, 2009.
4. **Petruzzello, S.J.** "The role of exercise in neuroplasticity: Intervention to manage stress and promote well-being"; Co-Chair/Discussant of the Highlighted Symposium. Presented at the American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise and the Brain, Denver, Colorado, May/June 2017.
5. **Petruzzello, S.J.** "Physical activity and mental health: Evidence from a psychophysiological perspective." Presented at the 6<sup>th</sup> International Symposium of Advanced Topics on Exercise Physiology, Virtual Conference hosted by the Faculty of Sports Ensenada Campus from the Autonomous University of Baja California, Mexico, October 28, 2022.

## j.2. Invited Presentations - National Conferences

1. **Petruzzello, S.J.** "My long and winding road." Presented at the 89<sup>th</sup> Annual Meeting of the National Academy of Kinesiology, Bellevue, Washington, September 2019.

2. **Petruzzello, S.J.** "The kids are alright - right? Physical activity and mental health in college students." Presented at the Annual Meeting of the American Kinesiology Association, Tampa, Florida, January 2020.
3. **Petruzzello, S.J.** "Physical activity and mental health." General Session Keynote Lecture, 2022 Health & Physical Literacy Summit, Birmingham, AL, February 14, 2022.

## j.3. Presentations - International Conferences

1. **Petruzzello, S.J.**, Landers, D.M., Salazar, W., Crews, D.J., Kubitz, K.A., & Han, M.W. "Brain wave biofeedback to improve archery performance." Presented at the First International Olympic Committee World Congress on Sport Sciences, Colorado Springs, Colorado, October/ November 1989.
2. Salazar, W., Landers, D.M., **Petruzzello, S.J.**, Kubitz, K.A., Crews, D.J., & Han, M.W. "The relationship of electrical brainwave activity and performance in elite archers." Presented at the First International Olympic Committee World Congress on Sport Sciences, Colorado Springs, Colorado, October/November 1989.
3. Smith, D.L., **Petruzzello, S.J.**, Kramer, J.M., & Misner, J.E. "Physiological and psychological responses of firefighters to training drills in a thermal environment." Presented at the XXXII<sup>nd</sup> International Congress of Physiological Sciences, Glasgow, Scotland, August 1993.
4. Smith, D.L., **Petruzzello, S.J.**, Kramer, J.M., Warner, S.E., Bone, B., & Misner, J.E. "Estimation of myocardial workload during treadmill exercise in different ensembles of firefighting turnout gear." Presented at the 6<sup>th</sup> International Conference on Environmental Ergonomics, Quebec, Canada, September 1994.
5. Ekkekakis, P., Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., Maresh, C.M., & **Petruzzello, S.J.** "Affective responses to a bout of exhaustive exercise in the heat in dehydrated and rehydrated states: In search of physiological correlates." Presented at the IX World Congress of Sport Psychology, Netanya, Israel, June 1997.
6. Smith, D.L., Dyer, K., & **Petruzzello, S.J.** "Blood chemistry and immune cell changes during one-week of intensive firefighting training." Presented at the "First Integrated Symposium on the Physiology and Pharmacology of Thermal Biology and Temperature Regulation," Rhodes, Greece,

October 2004.

7. Hall, E.E., Ekkekakis, P. & **Petruzzello, S.J.** "Is the role of cognitive factors in exercise responses intensity-dependent? Extending the dual-mode model to perceived exertion." Presented at the International Society of Sport Psychology 11th World Congress of Sport Psychology," Sydney, Australia, August 2005.
  8. Tabaczynski, A., Sabiston, C.M., Santa Mina, D., **Petruzzello, S.J.**, & Trinh, L. (2019). Affective Responses to High-Intensity Interval Training and Moderate-Intensity Continuous Exercise in Overweight and Obese Endometrial Cancer Survivors. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Canada, March 2019.
  9. Tabaczynski, A., Sabiston, C.M., Santa Mina, D., **Petruzzello, S.J.**, & Trinh, L. (2019). Affective Responses to High-Intensity Interval Training and Moderate-Intensity Continuous Exercise in Overweight and Obese Gynecologic Cancer Survivors. Paper presented at the International Psycho-Oncology Society (IPOS), Alberta, Canada, September 2019.
  10. Tabaczynski, A., Sabiston, C.M., Santa Mina, D., **Petruzzello, S.J.**, & Trinh, L. (2020). Affective Responses to High-Intensity Interval Exercise and Moderate-Intensity Continuous Exercise in Female Cancer Survivors. Paper presented at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), Auckland, New Zealand, June 2020.
  11. Tabaczynski, A., Sabiston, C.M., Santa Mina, D., **Petruzzello, S.J.**, & Trinh, L. (2020). Attitudes Towards High-Intensity Interval Exercise and Moderate-Intensity Continuous Exercise in Female Cancer Survivors. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, Canada, October 2022.
- j.4. Invited Research Presentations - Other**
1. **Petruzzello, S.J.** "Exercise-related anxiety reduction: Is there a mediational role for the CNS?" Presented at the Department of Psychology Cognitive Psychophysiology Seminar, University of Illinois at Urbana-Champaign, Illinois, November 1991.
  2. **Petruzzello, S.J.**, & McAuley, E. "Exercise and psychological health." Presented at the CIC Big 10 Body of Knowledge Symposium: Capstone Knowledge in Kinesiology, Ann Arbor, Michigan, November 1992.
  3. **Petruzzello, S.J.** "Exercise and the brain: Are changes in brain activation related to changes in mood?" Presented at the Department of Kinesiology Colloquium, University of Illinois at Urbana-Champaign, Urbana, Illinois, October 1992.
  4. **Petruzzello, S.J.** "Selected psychobiological responses of firefighters during physical activity." Presented at the Department of Kinesiology Colloquium, University of Illinois at Urbana-Champaign, Urbana, Illinois, October 1993.
  5. **Petruzzello, S.J.** "Resting frontal brain asymmetry, affect, and exercise." Presented at the University of Wisconsin-Eau Claire Department of Psychology Alumni Symposium, Eau Claire, Wisconsin, October 1993.
  6. **Petruzzello, S.J.**, & Heller, W. "Methodological issues in measurement and interpretation of EEG asymmetries." Presented at the Department of Psychology Psychophysiology Training Grant Seminar, University of Illinois at Urbana-Champaign, April 1994.
  7. **Petruzzello, S.J.** "Exercise, affect, and the brain: Can brain activation provide a window for how exercise influences our emotions?" Presented at the Department of Kinesiology Biodynamics Seminar, University of Illinois at Urbana-Champaign, January 1995.
  8. **Petruzzello, S.J.** "Exercise psychophysiology." Presented at the Department of Psychology Psychophysiology Training Grant Seminar, University of Illinois at Urbana-Champaign, April 1995.
  9. **Petruzzello, S.J.** "Brain asymmetry, affect, and exercise." Presented at the Department of Exercise Science and Physical Education Exercise Science Seminar, Arizona State University, Tempe, AZ, April 1996.
  10. **Petruzzello, S.J.** "Physical activity, brain activation, and mental health: A review of recent research and a proposal." Presented at the Department of Kinesiology Biodynamics Seminar, University of Illinois at Urbana-Champaign, April 1996.
  11. **Petruzzello, S.J.** "Firefighter heat stress research at the University of Illinois." Presented at the 53<sup>rd</sup> Annual Conference of the Illinois Association of Fire Protection Districts, Decatur, IL, June 1996.

12. **Petruzzello, S.J.** & Ekkekakis, P. "The startle reflex paradigm in exercise psychophysiology." Presented at the Department of Psychology Psychophysiology Training Grant Seminar, University of Illinois at Urbana-Champaign, April 1998.
  13. **Petruzzello, S.J.** "An examination of affective responses to exercise: Perspectives from affective neuroscience." Keynote lecture presented at the annual meeting of the Midwest Sport and Exercise Psychology Symposium, West Lafayette, Indiana, February 2001.
  14. **Petruzzello, S.J.** "Introduction to symposium." Invited and presented as part of symposium titled "2001: A Brain Odyssey – Methods of Neuroscience Research in Exercise Science" at the annual meeting of the American College of Sports Medicine, Baltimore, Maryland, May/June 2001.
  15. **Petruzzello, S.J.** "Exercise, affect, and the brain: Perspectives from affective neuroscience." Invited Lecture presented at the College of Medicine at Urbana-Champaign, Community Medical School, "At the Forum at Carle", April 2002.
  16. **Petruzzello, S.J.** "Physical Activity and emotion: EEG Studies." Invited and presented as part of mini-symposium titled "Physical Activity and Emotion" at the annual meeting of the American College of Sports Medicine, Nashville, Tennessee, June 2005.
  17. **Petruzzello, S.J.** "Individual differences relative to exercise intensity preferences and tolerances." Presented at the Department of Kinesiology & Community Health Department-wide Seminar/Colloquium Series, University of Illinois at Urbana-Champaign, Urbana, Illinois, December 2009.
  18. **Petruzzello, S.J.** "The impact of exercise on mental health: Rationale and latest discoveries." Presented as TechnoGym Talks: The Experts' Perspective, April 28, 2021.
  19. **Petruzzello, S.J.** "The impact of exercise on mental health." Presentation as part of The Class Foundation Community Talk: The Impacts of Exercise on Mental Health, September 10, 2021.
  20. **Petruzzello, S.J.** "The kids are alright - right? Physical activity and mental health in college students." Presented at the Department of Kinesiology & Physical Education Graduate Colloquium, Northern Illinois University, DeKalb, IL, October 13, 2021.
  21. **Petruzzello, S.J.** "The impact of physical activity and exercise on mental health." Presentation at the 9<sup>th</sup> annual Penn State Kinesiology Exercise is Medicine on Campus Lecture, Pennsylvania State University, State College, PA, November 4, 2021.
- j.5. Service Presentations**
1. **Petruzzello, S.J.** "Stress and How to Handle It." Presented at the Champaign Unit 4 Teacher In-service, Champaign, IL, February 1993.
  2. **Petruzzello, S.J.** "The Psychological Effects of Exercise and Physical Activity in Older Adults." Presented at the Fitness Center's 55 & Over Muffin Discussion, Champaign, IL, June 1993.
  3. **Petruzzello, S.J.** "Psychological and Physiological Responses of Firefighters to Physical Activity in Various Thermal Environments." Presented at the Illinois Fire Service Institute's Field Staff Meetings, Champaign, IL, January/February 1994.
  4. **Petruzzello, S.J.** "Psychological and Physiological Responses of Firefighters to Physical Activity in Various Thermal Environments." Presented at the Champaign Fire Department Union Meeting, Champaign, IL, February 1994.
  5. **Petruzzello, S.J.** "Incorporating Writing Across the Curriculum Ideas Into a Composition II Course in Kinesiology." Presented at the Writing Across the Curriculum Retreat, Allerton, IL, September 1995.
  6. **Petruzzello, S.J.** "Exercise and Your Mental Health." Presented at the Fitness Center's 55 & Over Muffin Discussion, Champaign, IL, March 1996.
  7. **Petruzzello, S.J.** "Exercise Psychology." Presented in the Department of Kinesiology's KINES 352 "Clinical and Applied Exercise Physiology" course (Professor Maria Lonnett Burgess instructor), Spring 1996 semester (March), Fall 1996 semester (October), Spring 1997 semester (January).
  8. **Petruzzello, S.J.** "Exercise and the Brain." Presented in the Department of Psychology's PSYCH 320 "Principles of Psychophysiology" course (Professor Greg Miller instructor), Spring 1996 semester (April), Spring 1997 semester (March), Spring 1998 semester (March).
  9. **Petruzzello, S.J.** "A Report of the Surgeon

- General: Physical Activity and Health." Presented at a Media Luncheon at the Fitness Center, Champaign, IL, October 11, 1996.
10. **Petruzzello, S.J.** "Never Too Late to Start: Exercise and Feel Great." Presented to the Champaign-Urbana Kiwanis Club, Champaign, IL, November 13, 1997.
  11. **Petruzzello, S.J.** "Mind-Body Perspectives on Exercise and Mental Health." Presented in the Department of Kinesiology's KINES 247 "Introduction to Sport and Exercise Psychology" course (Sarah Buck instructor), Spring 2003 semester (April).
  12. **Petruzzello, S.J.** "Regional EEG, Affect, and Exercise: Perspectives from Affective Neuroscience." Presented in the Department of Psychology's PSYCH 320 "Principles of Psychophysiology" course (Professor Greg Miller instructor), Fall 2003 semester (November).
  13. **Petruzzello, S.J.** "WAC in Kinesiology." Presented at the "Back To WAC: Writing in Diverse Contexts" workshop sponsored by the UIUC Center for Writing Studies, October, 2004.
  14. **Petruzzello, S.J.** "Mental Toughness for Athletes." Presented in the Division of Intercollegiate Athletics Assistant Coach Roundtable, October 12, 2005.
  15. **Petruzzello, S.J.** "Overview of Heat Stress Research at UIUC Fire Service Institute." Presented to delegation from the State Key Laboratory of Fire Science and the University of Science & Technology of China, April 11, 2006.
  16. **Petruzzello, S.J.** "Navigating the Institutional Review Board at UIUC." Presentation to Department of Kinesiology & Community Health graduate students, August 21, 2006.
  17. **Petruzzello, S.J.** "Navigating the Institutional Review Board at UIUC." Presentation to Department of Kinesiology & Community Health graduate students, August 20, 2007.
  18. **Petruzzello, S.J.** "Careers in sports medicine." Presentation to students at University Laboratory High School, October 29, 2007.
  19. **Petruzzello, S.J.** "Incorporating writing into large lecture classes without (completely) losing your mind." Presentation given as part of the College of Applied Health Sciences Teaching Academy Seminar, April 14, 2008.
  20. **Petruzzello, S.J.** "Group exercise: Physiological and motivational considerations." Presentation given to group fitness instructors at The Mettler Center, Champaign, IL, October 15, 2008.
  21. **Petruzzello, S.J.** "Incorporating Writing Across the Curriculum Ideas Into a Composition II Course in Kinesiology: How Has It Worked?" Presented at the Writing Across the Curriculum II faculty seminar, September 2011.
  22. Johnson, C., Payne, L., & **Petruzzello, S.J.**, "Mentoring teaching assistants and graduate students." Presentation given as part of the College of Applied Health Sciences Teaching Academy Seminar, October 28, 2019.
  23. **Petruzzello, S.J.** Q&A Session with undergraduate Exercise Science majors from Elon University (Elon, NC) as part of their ES 333: Exercise Psychology course. January 15, 2021.
  24. **Petruzzello, S.J.** "Exercise and sport psychology." Presentation given to University High School physical education students, April 2021.
  25. **Petruzzello, S.J.** "Motivational speech." Presentation given to the Campus Honors Program New Student Orientation. August 20, 2021.
  26. **Petruzzello, S.J.** Invited panelist on a Society for Behavioral Medicine webinar titled "The Postdoc to Assistant Professor Transition," February 9, 2023.
  27. **Petruzzello, S.J.** Invited panelist on a College of Applied Health Sciences Tenure and Promotion Panel, March 23, 2023.
- k. Articles in Lay Publications**
1. **Petruzzello, S.J.** "Are we living too short?" *The Fit News* (The Fitness Center Member Newsletter), Summer 1996, p. 6.
- I. Media Coverage of Research**
1. Cited by Ira Dreyfuss in article released by Associated Press, June 1992.
  2. Cited by Sarah Wernick in "Exercise counters anxiety", *Working Mother Magazine*, June 1992.
  3. Cited by Peter Jaret in "You don't have to sweat to reduce your stress", *Health*, November/December 1995 (pp. 83-88).
  4. Cited by Rob Yeung in "Racing to euphoria", *New Scientist*, November 23, 1996 (pp. 28-31).
  5. Cited by Craig Chamberlain in "Researchers seeking clues as to why firefighters die early deaths", *U of I Ideas of General Interest*,

- August 1997. [2](#)
6. Cited by Nancy Singh in article for *Northwest Airlines WorldTraveler*, April, 1998.
  7. Cited in "Walking Makes People Feel Better", *Stress Research On-Line*, July 2000.
  8. Cited by Laurie Barclay in "More evidence that exercise lifts mood, energy: Experts say even short bursts of activity can be helpful", *WebMD*, August 30, 2001.
  9. Cited by Laura Green in "How's your energy level?" *Consumer Reports on Health*, November 2001.
  10. Cited by Melissa Mitchell in "Fluids, electrolytes key to good health for firefighters", *U of I Ideas of General Interest*, November 1, 2001.
  11. Cited by C.B. Corbin, G. LeMasurier & B.D. Franks in "Making sense of multiple physical activity recommendations", *President's Council on Physical Fitness and Sports Research Digest*, December 2002.
  12. Cited by Paul Wood in "Exercise important, specific", *The News-Gazette*, February 28, 2004.
  13. Cited by Becky Orfinger in "Scientist studies health risks for firefighters at Ground Zero and elsewhere", [www.Disasterrelief.org](http://www.Disasterrelief.org), October 8, 2004.
  14. Cited by Matt Parrott in "Aerobic exercise helps to ease anxiety", *Arkansas Democrat-Gazette* (Little Rock, AK), July 25, 2005.
  15. Cited by Elizabeth Kim in "Discovery promotes firefighter awareness", *The Daily Illini*, December 5, 2005.
  16. Heat stress research with firefighters featured on the Discovery Channel's Daily Planet news show, January 24, 2006 ("Feel the Burn"). Archived on <http://www.exn.ca/dailyplanet/view.asp?date=1/25/2006>
  17. Cited by Lynn Keiley in "The secret to stress relief", *Mother Earth News*, June/July 2006 (pp. 68-69, 71).
  18. Cited by Sheila Smith in "Sweating it out- New recruits must cope with conditions that are as hot as blazes", *Decatur Herald & Review*, August 3, 2006.
  19. Cited by Paul Kita in "Stick to your workout through anything", *Men's Health*, October 2008 (p. 110).
  20. "The psychology of exercise" interview on ciliving.tv show, April 27, 21012. [http://illinoishomepage.net/fulltext?nxd\\_id=36506](http://illinoishomepage.net/fulltext?nxd_id=36506)
  21. "Exercise for life", interview of WILL am580 Radio Focus Program, May 9, 2012, <http://audio01.will.illinois.edu/focus120509a.mp3>
  22. Cited by Saher Khan in "Home workouts stir up results without the gym", *The Daily Illini* (Champaign, IL), October 24, 2012.
  23. Cited by Bev Bennett in "Be a fatigue fighter", *Spirit of Women*, Winter 2014 (pp. 22-23).
  24. Cited by Lisa Rapaport in "Resistance exercise linked to reduced anxiety" ([bit.ly/2yvBptq](http://bit.ly/2yvBptq)), Reuters #Health News, initially posted September 22, 2017.
  25. "Eating well & Exercise in the new year", interview on WILL am580 The 21st Program, January 7, 2019, <https://soundcloud.com/21st-show/eating-well-exercise-in-the-new-year>
  26. "Keeping fit is more than physical: It's a state of mind". *ScienceDaily*. Initially posted April 30, 2019, [www.sciencedaily.com/releases/2019/04/190430103459.htm](http://www.sciencedaily.com/releases/2019/04/190430103459.htm)
- Grants (Submitted and funded)**
- September 1991. University of Illinois at Urbana-Champaign Research Board, Principal Investigator: "Exercise and Anxiety Reduction," \$10,000 (funded).
- National Institutes of Health, National Institute on Aging, Co-Investigator: "Exercise, Brain Activation, and Psychological Health," \$286,947 (submitted as part of program project titled "Behavioral Neuroscience, Exercise, and Aging"; not funded).
- National Institutes of Health, National Institute on Aging, Co-Investigator: "Exercise, Aging, and Psychological Function," \$784,725 (not funded).
- October 1993. University of Illinois at Urbana-Champaign Research Board, Principal Investigator: "Physical Activity, Brain Activity, and Psychological Health," \$11,500 (funded).
- University of Illinois at Urbana-Champaign General Education Board, Principal Investigator: "Revising KINES 240 to Meet Composition II Requirements," \$4,171 (Instructional Development Grant, funded).
- September 1994. National Volunteer Fire Council Foundation, Co-Principal Investigator: "The Effects of Firefighting Activities on Decision

- Making Ability and Cardiac Function," \$15,280 (funded).
- National Institutes of Health, National Institute on Aging, Co-Investigator: "Exercise, Aging, and Psychological Function," \$595,970 (funded).
- May 1995. Office of Gerontology and Aging Studies, Principal Investigator: "Exercise, Brain Activation, and Psychological Health in Older Adults," \$500 (funded).
- April 1996. National Institute of Mental Health, Principal Investigator: "Physical Activity, Brain Activation, and Mental Health (MH55513)," \$45,803 (funded).
- National Kidney Foundation of Northeast New York, Co-Investigator: "Incidence of Myoglobinuria and Acute Exertional Rhabdomyolysis Among Firefighters During Training," \$10,000 (not funded).
- January 1996. UIUC Office of Vice President for Academic Affairs, Co-Principal Investigator with D.L. Smith: "A Comparison of Physiological and Psychological Responses to Firefighting Activities in a Light-weight Monofilament Garment and Bunker Gear," \$13,600 (funded).
- July 1996. Institutional National Research Service Award, Program Faculty: "Training in Cognitive Psychophysiology," (E. Donchin, Program Director) \$691,597 (funded).
- UIUC Office of Vice President for Academic Affairs, Co-Principal Investigator with D.L. Smith: "A Comparison of Physiological and Psychological Responses to Firefighting Activities: Intervention Using Rehydration and Carbohydrate Replacement," \$23,173 (funded).
- April 1997. University of Illinois at Urbana-Champaign Research Board, Principal Investigator: "The Dose-Response Relationship in Exercise-Associated Affective Changes," \$9,405 (funded).
- University of Illinois at Urbana-Champaign Educational Technologies Board, Principal Investigator: "WWW-Based Instructional Resources for the Study of the Social and Psychological Aspects of Physical Activity," \$5,856 (not funded).
- National Institutes of Health, National Institute on Aging, Principal Investigator: "Aging, Depression, and Physical Activity," \$76,597 (not funded).
- July 2001. USA Swimming, Principal Investigator: "Early Indicators of Overtraining in Age Group Swimmers," \$16,201 (not funded)
- July 2001. Institutional National Research Service Award, Program Faculty: "Training in Cognitive Psychophysiology," (G. Miller, Program Director) \$1,977,525 (not funded).
- March 2003. University of Illinois, Fire Service Institute, Co-Investigator: "Firefighter and First Responder Safety and Performance," (D.L. Smith, Principal Investigator), \$150,000 (not funded).
- August 2003. Air Force Institute of Operational Health, Principal Investigator: "Heat Stress Study," \$160,157 (not funded).
- December 2003. National Multiple Sclerosis Society, Co-Investigator: "Effect of exercise on the H-reflex among patients with multiple sclerosis: Possible implications for anti-spasticity", (R.W. Motl Principal Investigator), \$43,267 (funded).
- January 2004. Federal Emergency Management Agency, United States Fire Administration, Co-Principal Investigator with D.L. Smith: "Effect of Firefighting on Cardiovascular Function," \$458,329 (not funded).
- February 2004. National Institute of Occupational Safety & Health, Principal Investigator: "FiRES: Firefighters Responses to Environmental Stress," \$1,194,690 (not funded).
- September 2004. Department of Homeland Security, Co-Principal Investigator with Denise Smith: "Investigating the Effects of Firefighting on Body Temperature and Dehydration," \$90,393 (not funded).
- October 2005. Department of Homeland Security, Co-Principal Investigator with Denise Smith: "Physiological, psychological & biomechanical effects of firefighting activities," \$792,083 (not funded).
- April 2006. Neer Research Fund, Principal Investigator: "Effects of an acute bout of exercise on depression, affect and exercise behavior in adults with depression," \$14,997.30 (not funded).
- May 2006. National Institute of Occupational Safety & Health, Co-Project Director/Principal Investigator: "Effect of Firefighting and On-Scene Rehabilitation on Hemostasis (OH009111-01)," \$153,000 (funded).
- January 2007. Department of Homeland Security, Co-Investigator: "Cardiovascular and biomechanical responses to firefighting and PPE(DHS FEMA EMW-2006-FP-02459)", (G. Horn & D. Smith, Co-PIs)," \$900,000 (funded).
- May 2007. Center for Healthy Minds, Co-Principal Investigator. "Minds on Fire: Influence of Fitness and Fatness on Cognition,



- Inflammation and Physical Function in Older Women", (E. Evans, Co-PI), \$20,000 (not funded).
- November 2007. National Institutes of Health Small Business Innovation Research, Consultant, "Portable e-Technology Diet and Physical Activity Tools for Consumers", (D. Kellner, PI), (not funded).
- March 2009. Department of Homeland Security, Co-Principal Investigator: "Effects of Recruit Firefighter Body Composition on Health Risk and Fireground Performance" (G. Horn, D. Smith, Co-PIs), \$516,418 (not funded).
- March 2009. Neer Research Fund, Principal Investigator: "Effects of an acute exercise on depression, affect and exercise behavior in adults with depression," \$14,961.62 (not funded).
- October 2009. Neer Research Fund, Principal Investigator: "Effects of acute exercise on depression, affect and exercise behavior in female adults with depression," \$14,804.49 (not funded).
- December 2009. Center for Health, Aging & Disability Pilot Grant, Principal Investigator: "Depression, Affect and Exercise Behavior: Effects of Acute Exercise in Depressed Women," \$14,804.49 (not funded).
- July 2010. National Multiple Sclerosis Society, Principal Investigator: "Dose dependent anti-fatiguing effects of acute exercise in MS," \$32,452 (not funded).
- May 2011. National Multiple Sclerosis Society, Principal Investigator: "Dose dependent anti-fatiguing effects of acute exercise in MS," (revision, resubmission) \$39,990 (not funded).
- October 2011. Martha Piper Research Fund, Co- Investigator: "A novel, integrative examination of high-intensity interval Training", [M. Jung (U of British Columbia), PI], \$25,000 (not funded).
- January 2012. Raymond and Rosalee Weiss Research Endowment through American College of Sports Medicine, Co-Investigator: "ACHIEVE: Academics, Cognition, & Health Improved Effectively Via Exercise," [T. Mattila, PI], \$1,500 (funded).
- January 2012. Carl V. Gisolfi Memorial Fund through American College of Sports Medicine, Co-Investigator: "Effects of heat acclimation on firefighters," [P. Poh, PI], \$5,000 (not funded).
- October 2012. National Multiple Sclerosis Society, Principal Investigator: "Examination of dose dependent anti-fatiguing effects of acute exercise in MS," \$40,208 (not funded).
- October 2012. National Institute of Occupational Safety & Health, Principal Investigator. "PROJECT ALERT: Attenuating Lapses of Error Recognition in Training," \$410,895 (not funded).
- October 2013. University of Illinois at Urbana-Champaign Research Board, Principal Investigator: "Effects of caffeine and moderate exercise on orthostatic hypotension and cognitive function," RB14096, \$29,925 (not funded).
- March 2014. University of Illinois at Urbana-Champaign Provost 2014 Faculty Retreat Grants, Principal Investigator. "Incorporating technology in the classroom," \$4,000 (not funded).
- September 2014. University of Illinois at Urbana-Champaign Public Engagement Grant, Principal Investigator. "Protect and serve: Partnership for a healthier public safety officer," \$20,000 (not funded).
- October 2015. University of Illinois at Urbana-Champaign Research Board, Principal Investigator: "Working it out: Examination of exercise to combat anxiety symptoms in Veterans with PTSD," RB146077, \$29,665 (not funded).
- November 2015. University of Illinois at Urbana-Office of the Vice Chancellor for Research, Principal Investigator: "Working it out: Examination of exercise to combat symptoms of depression in Veterans with PTSD," \$30,000 (not funded).
- December 2015. National Collegiate Athletic Association, Principal Investigator: "Season-long student-athlete wellness monitoring: Development of a mobile global well-being barometer," \$46,866 (not funded).
- January 2016. American College of Sports Medicine Foundation Doctoral Student Research Grant, Co-Investigator: "Working it out: Examination of exercise to combat anxiety symptoms in Veterans with PTSD," [D.R. Greene, PI], \$4,750 (not funded).
- April 2016. Carle Illinois Collaborative Research Seed Program, Principal Investigator: "Development of a collaborative platform to support student-athlete physical and mental wellness: development of a well-being barometer system," \$49,550 (not funded).
- March 2018. National Cattlemen's Beef Association, Co-Principal Investigator (N. Burd, N. Khan, Co-PIs): "The role of beef ingestion in

- supporting exercise-derived benefits for the muscle-brain interconnect,” \$74,187 (funded).
- June 2018. American Diabetes Association Pathway Visionary Award, Co-Investigator “Effects of low-volume body weight circuit exercise training on markers of glucose tolerance, inflammation, and health-related fitness in persons with type two diabetes.” [B. Kliszczewicz, PI], \$691,515 (\$55,545 subaward amount) (not funded).
- February 2019. North Dakota Beef Commission, Co-Investigator (N. Burd, PI): “Defining beef and meal frequency as key components of a healthy eating pattern for muscle health and well-being,” \$179,024 (funded).
- March 2019. Military Service Knowledge Collaborative, Principal Investigator: “Into the woods: Nature immersion and mental health,” \$14,902 (not funded).
- October 2019. NIH – Heart, Lung, & Blood Institute (PAR-19-133 – AREA R15), Consultant (Y. Feito, PI): “Promoting enjoyment of high-intensity functional training to reduce cardiometabolic risk factors among African American adults”, \$405,451 (scored, not funded).
- December 2019. Strategic Research Initiative, Co-PI (E. Hsiao-Weckler, S. Nam, G. Krishnan, R. Sowers, M. Hernandez, D. McDonagh, Co-PIs): “Center for Wearable Intelligent Technologies (WIT),” \$75,000 (funded).
- February 2020. NIH – National Institute on Minority Health & Health Disparities (PAR-19-135 – REAP R15), Consultant (Y. Feito, PI): “Promoting enjoyment of high-intensity functional training to reduce cardiometabolic risk factors among Latino/Hispanic adults,” \$404,000 (scored, not funded).
- February 2020. National Science Foundation, Co-PI (M. Hernandez, R. Sowers, Co-PIs): “Human-in-the-loop control of anxiety in virtual community ambulation,” \$597,141 (\$394,405 direct, \$202,736 indirect; not funded).
- June 2020. Federal Emergency Management Agency (FEMA), Consultant (M-A Dyal, PI): “Enhancing resilience in firefighters: An examination and program development of holistic factors contributing to the wellness of the fire service,” \$1,277,477 (not funded).
- October 2021. Strategic Research Initiatives Program, 2021 Phase 2 Funding, Co-PI (E.T. Hsiao-Weckler, G. Krishnan, R.B. Sowers, M.E. Hernandez, D.C. McDonagh, B. Roberts, Co-PIs): “Center for Wearable Intelligent Technologies (WIT),” \$54,150 (funded).
- November 2022. National Science Foundation, Co-I (M. Hernandez, PI): “RADWEAR: Real-time state anxiety detection and modulation using wearables,” \$1,172,368 (\$797,198 direct, \$223,763 indirect; submitted).

#### POST-DOCTORAL COMMITTEE SERVICE

Hughes, D.C. (2006- ). “Physical Activity and Stress in Hispanic Breast Cancer Survivors.” Post-doctoral Fellow, Behavioral Sciences, University of Texas M.D. Anderson Cancer Center. Member of Mentorship Team for ACS Mentored Research Scholar Grant in Applied and Clinical Research and the NCI Mentored Career Development Award to Promote Diversity (K01).

#### Ph.D. DISSERTATIONS SUPERVISED

- Ekkekakis, P. (2000). "A dose-response investigation of patterns and correlates of affective responses to acute exercise: The dual-mode hypothesis." Department of Kinesiology, University of Illinois, Urbana, Illinois. (1<sup>st</sup> job: Assistant Professor, Iowa State University)
- Hall, E.E. (2000). "Predicting self-reported affective responses to exercise: An examination of individual differences." Department of Kinesiology, University of Illinois, Urbana, Illinois. (1<sup>st</sup> job: Assistant Professor, Elon University)
- Das, B. (2011). "The use and tailoring of an evidence-based physical activity behavior change program in a unique worksite population." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (1<sup>st</sup> job: Assistant Professor, East Carolina University).
- Poh, P.Y.S. (2015). "Effects of different thermal stimuli during simulated hemorrhaging on various aspects of cognitive performance." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (1<sup>st</sup> job: Postdoctoral Research Fellow at Texas Health Presbyterian Hospital Institute for Exercise and Environmental Medicine, Dallas, Texas).
- Barnes, B.N. (2015). "Generalized Anxiety Disorder (GAD) and Substance Abuse in African-American Women." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Co-Chair with J. Iwulenmor).
- Greenlee, T.A. (2016). "Effects of participation in a simulated live-fire maneuver on working

- memory and cognitive inhibitory performance of new-recruit firefighters: An examination of individual differences." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair). (1<sup>st</sup> job: Program Manager, Geneva Foundation, Center for the Intrepid, Brook Army Medical Center, San Antonio, TX).
- Greene, D.R. (2017). "Working it out: Acute exercise to combat anxiety, depression, and improve psychological well-being in individuals living with PTSD." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair). (1<sup>st</sup> job: Assistant Professor, Augusta University, GA).
- Hubbard, E.A. (2017). "The acute effects of high-intensity interval and continuous aerobic exercise on physiological and functional outcomes in persons with multiple sclerosis." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair). (1<sup>st</sup> job: Assistant Professor, Berry University, GA).
- Hopkins-Kinnett, D.L. (2017). "The feasibility of a patient informed, racially targeted home-based exercise program for Black individuals with multiple sclerosis," Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair). (1<sup>st</sup> job: Postdoctoral Fellow, Integrated Fellowship in Health Services & Outcomes Research, Center for Education in Health Sciences, Feinberg School of Medicine, Northwestern University, Chicago, Illinois).
- Rougeau, K.M. (2017). "An examination of affective change in the absence of physical sensation." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair). (1<sup>st</sup> job: Assistant Professor, Oakland University, MI).
- Chizewski, A.M. (2019). "FIRE Fighters: Fitness Intervention in Recruit Firefighters." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair). (1<sup>st</sup> job: Assistant Professor, Benedictine University, IL).
- Butler, J.M. (2020). "A multi-method investigation of police defensive tactics training using a social cognitive framework." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair). (1<sup>st</sup> job: Assistant Professor, Judson University, IL).
- Box, A.G. (2022). "Psychological determinants of exercise behavior." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair). (1<sup>st</sup> job: Postdoctoral Fellow, Georgia State University, Atlanta, GA).
- North, J.R.
- Adamek, J. F.
- Zubayr (Amjod), R.
- Ph.D. COMMITTEE SERVICE**
- Courneya, K.S. (1992). "An integrated social cognitive model for the prediction of physical activity participation." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Tammen, V. (1994). "Coach and athlete goal orientations: congruence of orientations and affects on athlete satisfaction." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: G. Roberts; Committee Member)
- Lox, C.L. (1994). "The role of exercise in the treatment of HIV-1 and AIDS." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Rudolph, D.L. (1994). "A psychobiological approach to the investigation of exercise-related affect." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Bane, S. (1994). "Reducing physique anxiety in college females." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Kavussanu, M. (1995). "Moral functioning in sport: an achievement goal perspective." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: G. Roberts; Committee Member)
- Alonso, C. (1996). Department of Psychology, University of Illinois, Urbana, Illinois. (Chair: W. Heller; Committee Member)
- Isom, J. (1996). "Personality, affect, and EEG: An integration of three models to predict neural patterns of activity." Department of Psychology, University of Illinois, Urbana, Illinois. (Chair: W. Heller; Committee Member, Director of Research)
- Mihalko, S. (1996). "Strength training in older women: Does self-efficacy mediate improvements in physical function?" Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Van Staveren, T. (1996). Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: R. Sprague; Committee

- Member)
- Ceddia, M. (1997). "The effects of four consecutive days of acute exercise on macrophage antigen presentation." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: J. Woods; Committee Member)
- Katula, J. (1998). "Environmental influences on exercise self-efficacy, social physique anxiety, and physical self-esteem." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Blissmer, B. (1999). "Integrating the theory of planned behavior and the transtheoretical model: A prospective study of lifestyle activity." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Jerome, G. (2003). "Efficacy of an internet walking program for older adults." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Gerlach, J. (2004). "Correlates of obligatory exercise and disordered eating: Development and validation of a structural model." Department of Educational Psychology, University of Illinois, Urbana, Illinois. (Chair: D. Espelage; Committee Member)
- Marquez, D.X. (2004). "Project SALUD: Studying activity of Latinos – Underestimated?" Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)
- Bogner, F.J. (2006). "Home school students and the IHSA: An analysis of current suburban Chicago high school policy." College of Education, Department of Educational Psychology, University of Illinois, Urbana, Illinois (Chair: P. Thurston; Committee Member).
- Snook, E.M. (2008). "A prospective study of symptoms and physical activity behavior in individuals with multiple sclerosis." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: R. Motl; Committee Member)
- Grupski, A. (2009). "Classifying physical activity by motivation, self-objectification, and disordered eating: How can we target change?" Department of Educational Psychology, University of Illinois, Urbana, Illinois. (Chair: D. Espelage; Committee Member)
- Reinhardt, J. (2010). "Identify attitudes, beliefs, and behavior that contribute to high-risk behaviors and resistance to change that would improve health and safety among firefighters." Department of Educational Psychology (Counseling Psychology), University of Illinois, Urbana, Illinois. (Chair: J. Rounds; Committee Member)
- Lim, J. (2012). "Visual search strategy and interception accuracy." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: L. Carlton; Committee Member)
- Wu, C.T. (2012). "Aerobic fitness and the attentional blink in preadolescent children." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: C. Hillman; Committee Member)
- Dlugonski, D. (2013). "Correlates and consequences of physical activity among single mothers," Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: R. Motl; Committee Member).
- Tempest, G.D. (2014). "The neural basis of affective responses during exercise at different intensities." School of Health Sciences, Division of Health Sciences, University of South Australia (External examiner).
- Hall, G.G. (2015). "Between memory and movement: A dancing-womanist-scholar in, not of, Kinesiology." (Chair: M. Littlefield; Committee Member)
- Drollette, E.S. (2016). "Exercise for the brain, but for whom? An individual difference investigation of the FitKids clinical trial on cognitive control and ERPs in children." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: C. Hillman; Committee Member).
- Scudder, M.R. (2016). "Success in reading. . . What's the meaning? The relationship between changes in children's aerobic fitness and language processing." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: C. Hillman; Committee Member).
- Ensari, I. (2016). "The effects of acute yoga on anxiety symptoms in response to a carbon dioxide inhalation task in women." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: R. Motl; Committee Member).
- Bates, N.R. (2016). "Stereotypes of a black male (student-athlete) misunderstood, and it's still all good: The life of Eric Christopher Garrett." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: C. Span; Committee Member).
- Harkess, K.N. (2016). "The effect of a Hatha yoga practice on factors related to chronic stress."

- School of Psychology, University of Adelaide, Australia (External examiner).
- Bollaert (Klaren), R. (2017). "Characterization of physical and cognitive function, physical activity, and sedentary behavior in older adults with multiple sclerosis." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: R. Motl; Committee Member).
- Kao, S.C. (2017). "The effects of single bouts of aerobic exercise and high-intensity interval training on the modulations of inhibitory control, working memory, and long-term memory." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: C. Hillman; Committee Member).
- Chaparro, G.N. (2018). "Effects of aerobic fitness on dual task walking in older adults." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: M. Hernandez; Committee Member).
- Harris, A.P.Y. (2019). "WOW: The reliability, fidelity, and validity of a manualized workplace wellness program for the staff of a dialysis clinic." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: K. Wilund; Committee Member).
- Cohen, J. (2019). "A pilot study exploring the acute effects of aerobic exercise and relaxation on fatigue and executive function in breast cancer survivors." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: S. Mullen; Committee Member).
- Wood, T. (2019). "Traumatic brain injuries and older adults: The implications of neck strength, muscle activation, and range of motion." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: J. Sosnoff; Committee Member).
- Palac, D.E. (2019). "The efficacy of an aerobic exercise and cognitive training program on postconcussive symptomology." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: S. Mullen; Committee Member).
- Salvador, A.F. (2020). "The effects of exercise and nutrition on substrate metabolism and muscle performance." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: N. Burd; Committee Member).
- Pebble, M. (2021). "Exercise among women survivors of sexual violence: Behaviors, preferences, and perceptions." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: R. Gobin; Committee Member).
- Hu, Y. (2022). "Effects of Tai Chi practice on postural control and neural activities while standing in older adults." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: M. Hernandez; Committee Member).
- He, M. (2022). Neuroscience Program. (Chair: Hsiao-Wecksler; Committee Member).
- Frechette, M. (2022). "Cognitive-motor interaction during wheelchair propulsion." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: L. Rice; Committee Member).
- Keye, S. (2023). "Physical activity, fitness, and obesity influences on cognitive and motor functions." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Chair: N. Khan; Committee Member).
- Vukits, M. (202x). "xxx." Department of Kinesiology & Nutrition, University of Illinois Chicago, Chicago, Illinois (Chair: E. Bustamante; Committee Member).
- Danbury, A. (2023). "Feasibility and preliminary efficacy of an app-based mindfulness training program on collegiate student-athletes' mental wellbeing." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Co-Chair with N. Gothe).
- Voss, S. (202x). Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois (Co-Chair with N. Gothe).
- M.S. THESES SUPERVISED**
- Tate, A.K. (1993). "Exercise and affect: Implications of varying exercise intensity." Department of Kinesiology, University of Illinois, Urbana, Illinois.
- Jones, A.C. (1994). "Physical activity and exercise in the African-American community: predicting intention, expectancy, and behavior." Department of Kinesiology, University of Illinois, Urbana, Illinois.
- Hall, E.E. (1996). "Brain activation and psychological health as a function of physical activity in older adults." Department of Kinesiology, University of Illinois, Urbana, Illinois.
- VanLanduyt, L. (1999). "Relating brain to body: Frontal asymmetry predicting affective responsivity during and following exercise."

- Department of Kinesiology, University of Illinois, Urbana, Illinois.
- Snook, E. (2003). "Mood changes over a training season in age-group swimmers." Department of Kinesiology, University of Illinois, Urbana, Illinois.
- Avin, K. (2003). "Phase II cardiac rehabilitation patients' affective responses to exercise stimuli." Department of Kinesiology, University of Illinois, Urbana, Illinois.
- Gapin, J. (2005). "Athletic identity and disordered eating among obligatory and non-obligatory runners." Department of Kinesiology, University of Illinois, Urbana, Illinois.
- Montero, K. (2002). "The influence of a comprehensive cardiac rehabilitation program on health-related quality of life." Department of Kinesiology, University of Illinois, Urbana, Illinois; expected completion August 2005.
- Bell, S.J. (2007). "Tracking enjoyment in response to exercise at various intensities." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Sachs, N. (2007). Non-thesis. Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Mattila, T. (2011). "Anxiety reduction and enhanced cognition associated with improvement in academic test scores following an acute bout of aerobic exercise." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Nickrent, (Laley) M. (2012). "Examination of the effect of differing intensities of exercise on affect and enjoyment." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Adams, M.M. (2012). "Assessment of physical inactivity in college-aged young adults." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. Non-thesis.
- Greene, D. (2013). "The influence of resistance exercise on affect." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Rougeau, K. (2015). "Passive versus active exercise: An examination of affective change." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Schaafsma, A. (2015). "Heart rate variability and wellness monitoring in collegiate athletes." Department of Kinesiology & Community Health University of Illinois, Urbana, Illinois.
- Chizewski, A. (2016). "Effects of self-selected music on exercise enjoyment, duration, and intensity." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Whitney, A.J. (2016). "Do self-reported individual differences in preference for and tolerance of exercise intensity predict CrossFit® WOD performance?" Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Gordon, C.P. (2017). "Modeling student-athlete sport performance via self-report measures." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Amjod, R. (2017). "Which type of motivation is capable of driving achievement behaviors such as exercise in different personalities?" Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Box, A.G. (2019). "Discovering your ABCs: Affective, brain, and cardiovascular responses to high intensity exercise," Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Morales, D.G. (2019). "The effects of low-to-moderate intensity aerobic exercise on cognition and affect." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Showers, T. (2019). "The need for outreach programs for African American men in inner city areas." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois.
- Thomas, O. (2023).**
- Woods, M.E. (2023).**
- M.S. NON-THESIS SUPERVISED**
- Kevin Moehn, 2016
- Meagan A. O'Grady, 2016
- Jordan D. Moore, 2017
- Steven T. Paul, 2017
- Kathryn Haynes, 2018
- Brady J. Baker, 2018
- Ashley M. Strazdas, 2019
- Kathleen Madden, 2019
- Haley Holz, 2020
- Jackson Brunner, 2021

David Galligan, 2021

### **M.S. COMMITTEE SERVICE**

Burman, G. (1992). "The relationship between self-efficacy, body image, and eating disorders in female gymnasts." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Shaffer, S. (1992). "Attributions and self-efficacy as predictors of rehabilitative success." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Diversi, M. (1993). "Perceptions of motivational climate in children's sport: examining participation motivation." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: G. Roberts; Committee Member)

Laverman, P. (1994). Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: G. Roberts; Committee Member)

Van Staveren, T. (1994). "The impact of achievement goal orientation on emotional responses to sport outcomes." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: G. Roberts; Committee Member)

Bozoian, S. (1994). "Strength training effects on subjective well-being and physical function in the elderly." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Dunn, E. (1997). Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Marquez, D. (2000). "Social physique anxiety and physical activity: Social cognitive influences." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Gerlach, J. (2000). "Exercise, coping, and psychological health." Department of Educational Psychology, University of Illinois, Urbana, Illinois. (Chair: D. Espelage; Committee Member)

Canaksilova, S. (2000). "Exercise and self-esteem in climacteric women." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Ramsey, S. (2003). "Implementation Intentions and their effects on exercise." Department of Kinesiology, University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Hu, L. (2004). "The Physical Self-Efficacy Scale: Efficacy or esteem." Department of Kinesiology,

University of Illinois, Urbana, Illinois. (Chair: E. McAuley; Committee Member)

Parrett, A.L. (2009). "The relative impact of physical activity, cardiorespiratory fitness, and adiposity on inflammation and metabolic disease risk in children." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: E. Evans; Committee Member)

O'Leary, K.C. (2010). "The effects of single bouts of aerobic exercise, videogame play, and exergaming on cognitive control." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: C. Hillman; Committee Member)

Baumgartner, N. (2017). "The influence of physical activity, sedentary time, and adiposity, on behavioral and neuroelectric measures of attentional inhibition." Department of Kinesiology & Community Health, University of Illinois, Urbana, Illinois. (Chair: N. Khan; Committee Member)

Tabaczynski, A. (2020). "Affective responses to high-intensity interval exercise and moderate-intensity continuous exercise in female cancer survivors." Department of Exercise Sciences, University of Toronto, Canada. (Chair: L. Trinh; Non-voting member).

### **Service (Public and University)**

#### **Public and Professional Service**

**a. National and Regional Professional Service**  
American College of Sports Medicine (ACSM), member, 1988-present; named Fellow, 1995

- Invited by Program Committee to chair free communication session ("Sport Psychology: Elite Athletes") at 1993 annual meeting of the ACSM, Seattle, WA.
- Abstract reviewer for the 1994 annual meeting of the ACSM, Indianapolis, IN.
- Invited by Program Committee to chair free communication session ("Acute Psychological Effects of Exercise") at 1994 annual meeting of the ACSM, Indianapolis, IN.
- Abstract reviewer for the 1995 annual meeting of the ACSM, Minneapolis, MN.
- Invited by Program Committee to chair free communication session ("Acute Psychophysiological Responses to Stress") at 1995 annual meeting of the ACSM, Minneapolis, MN.
- Invited to serve as Area Representative for national meeting abstract review process (area 0900-Psychology).

- Abstract reviewer for the 1996 annual meeting of the ACSM, Cincinnati, OH.
- Organized and chaired symposium ("Affective and Cognitive Concomitants of Physical Activity: Windows Into Brain Function Through Psychophysiology") at the 1996 annual meeting of the ACSM, Cincinnati, OH.
- Invited by Program Committee to chair free communication session ("Psychobiology") at 1998 annual meeting of the ACSM, Orlando, FL.
- Invited by Program Committee to chair free communication session ("Exercise Psychology") at 1999 annual meeting of the ACSM, Seattle, WA.
- Organized and chaired symposium ("Mind-Body Perspectives on Exercise and Mental Health") at the 2000 annual meeting of the ACSM, Indianapolis, IN.
- Invited by Program Committee to chair free communication session ("Psychology: Stress & Pain") at 2002 annual meeting of the ACSM, St. Louis, MO.
- Invited by Program Committee to chair free communication session ("Psychology: Stress Reactivity") at 2004 annual meeting of the ACSM, Indianapolis, IN.
- Invited by Program Committee to chair free communication session ("Physical Activity and Cognition") at 2008 annual meeting of the ACSM, Indianapolis, IN.
- Member of Research Awards Committee, American College of Sports Medicine, 2013-2016, 2017-2019
- Co-Chair of the Psychobiology, Behavior & Neurobiology Interest Group, 2014-2015
- Chair of the Psychobiology, Behavior & Neurobiology Interest Group, 2015-2018

American College of Sports Medicine, Midwest Regional Chapter, member, 1995-present

- Organized and chaired symposium ("Psychological Concomitants of Exercise: Perspectives and Paradigms") at the 1996 annual meeting of the Midwest ACSM, St. Charles, IL.
- Elected to Midwest ACSM Executive Board as Board Member-at-Large, 1997-2000.
- Member of Program Committee for 1997 Midwest ACSM annual meeting in South Bend, IN.
- Member of Program Committee for 1998 Midwest ACSM annual meeting in Cleveland, OH.
- Member of Program Committee for 1999 Midwest ACSM annual meeting in South Bend, IN.

American Kinesiology Association

- Board of Directors, elected, 2021-2024
- Chair, Graduate Education Network, 2020-
  - Organized and co-chaired Pre-Workshop ("Recruitment and Retention of Graduate Students", "Mentoring of Faculty and Graduate

- Students") at the 2021 AKA Leadership Workshop (held virtually due to COVID-19)
- Organized and co-chaired Pre-Workshop ("Mental Health and Well-Being of Graduate Students", "Faculty and Peer Mentoring of Graduate Students") at the 2022 AKA Leadership Workshop (held virtually due to COVID-19)
- Helped organize and co-chaired Pre-Workshop ("Shaping an Inclusive Graduate Program Culture: From Recruitment to Post-Graduation") at the 2023 AKA Leadership Workshop (San Diego, CA)
- Member, Diversity, Equity & Inclusion Committee, 2021-2024

National Academy of Kinesiology, elected member (Fellow #578), 2018-

- Member, Standing Committee on Memorials, 2019-

North American Society for the Psychology of Sport and Physical Activity (NASPSPA), member, 1986-1996

- Program Committee for the 1994 annual meeting of the NASPSPA, Tampa, FL.
- Abstract reviewer for the 1994 annual meeting of the NASPSPA, Tampa, FL.
- Invited by Program Committee to chair free communication session ("Exercise and Sport Psychology") at 1994 annual meeting of the NASPSPA, Tampa, FL.

Society for Psychophysiological Research, member, 1991-present

Association for Psychological Science (formerly American Psychological Society), member, 2002-present

Abstract reviewer for the 1992 annual meeting of the American Psychological Association

Participated in informational tour of Fire Service Institute for Illinois State Legislators; discussed firefighter/first responder research, April 2003

Participated in University of Illinois site visit by United States Department of Homeland Security Under-Secretary for Science & Technology, Dr. Charles McQueary, September 2003

Served as *Exercise Psychology* (pp. 1351-1443) Section Editor for *Lifestyle Medicine* (2<sup>nd</sup> ed.), J. Rippe, editor. Blackwell.

Served as Associate Editor for *APA Handbook of*



*Sport and Exercise Psychology, Volume 2: Exercise Psychology*, M. Anshel, editor. American Psychological Association.

Served as *Exercise Psychology* Section Editor for *Lifestyle Medicine* (3<sup>rd</sup> ed.), J. Rippe, editor. Blackwell.

Consultant for 2018 Physical Activity Guidelines Advisory Committee, Brain Health Subcommittee.

#### **Invitations that I declined**

Program reviewer for a proposed PhD in Human Performance and Movement Science at the University of North Texas, requested by the [Texas Higher Education Coordinating Board](#) (THECB)

#### **b. Grant Reviews**

Grant reviewer for the Canadian Fitness and Lifestyle Research Institute, 1994-

Reviewer for the National Institute on Aging Special Emphasis Panel (R03), November 1998, March 1999, March 2000

Reviewer for United States Department of the Army – Army Research Office, March 2005, December 2008

Reviewer for the American Institute of Biological Sciences (Washington, DC), tasked by the U.S. Army, August 2009, December 2010

Reviewer for the Natural Sciences and Engineering Research Council (NSERC), Canadian Institutes of Health Research (CIHR) 2012 Collaborative Health Research Projects, December 2011

Reviewer for the National Cattlemen's Beef Association (NCBA), October 2019

Reviewer for Jump Applied Research for Community Health through Engineering and Simulation (Jump ARCHES), University of Illinois Health Care Engineering Systems Center, Fall 2020

Reviewer for Campus Research Board, University of Illinois Office of the Vice Chancellor for Research & Innovation, Spring 2023

#### **c. Editorial Responsibilities**

Associate Editor, *Medicine & Science in Sports & Exercise*, 1997-1999

Section Editor, *Psychology, Research Quarterly for Exercise & Sport*, 1996-1998

Editorial Board, *Journal of Sport & Exercise Psychology*, 1997, 2003-

Associate Editor, *Journal of Sport & Exercise Psychology*, 1998-2000

Editor, *Journal of Sport & Exercise Psychology*, 2000-2003

Associate Editor, *Psychology of Sport & Exercise*, 2014-2017

Editorial Board, *Sport, Exercise & Performance Psychology*, 2016

Editorial Board, *Psychology of Sport & Exercise*, 2017-

#### **Invitations that I declined**

Associate editor, Editorial Board for *Frontiers in Psychology, Movement Science & Sport Psychology* specialty section

Editorial Board for *International Journal of Environmental Research & Public Health*

#### **d. Journal Reviewer**

*American Journal on Addictions*, 2016

*American Journal of Lifestyle Medicine*, 2012-

*American Journal of Preventive Medicine*, 2014-

*Annals of Behavioral Medicine*, 2011-

*Annals of Epidemiology*, 2017\*\*

*Anxiety, Stress & Coping*, 1994-

*Applied Ergonomics*, 2010

*Applied Physiology, Nutrition & Metabolism*, 2006, 2009

*Applied Sciences*, 2012

*Australian Journal of Science & Medicine in Sport*, 1996

*Behavior Modification*, 2021

*Biological Psychology*, 1999

*Brain Research*, 2003

*Brain & Cognition*, 2003

*Brain Topography*, 2011

*British Journal of Health Psychology*, 2004

*CNS Neurological Disorders Drug Targets*

*Cognition & Emotion*, 1993-

*Cognitive, Affective, & Behavioral Neuroscience*, 2014-

*Cognitive Processing*, 2019

*Consumer Reports on Health*, 1995

*Contemporary Clinical Trials Communications*, 2020

*Emotion*, 2002

*Encyclopedia of Mental Health*, 1996

*Ergonomics*, 2003

*European Journal of Applied Physiology*, 2007-

*European Journal of Cancer Care*, 2014-

*European Journal of Sport Sciences*, 2021

*Health Psychology*, 2013-

*Hormones & Behavior*, 2009

*International Journal of Behavioral Medicine*, 2016

*International Journal of Occupational Safety and Ergonomics*, 2017

*International Journal of Sports Medicine*, 2003, 2007

*International Journal of Sport Psychology*, 1996-

*International Journal of Sport & Exercise Psychology*, 2022  
*International Journal of Sports Physiology & Performance*, 2019  
*Journal of Abnormal Psychology*, 1996  
*Journal of Affective Disorders*, 2018, 2021  
*Journal of Aging & Physical Activity*, 1996-  
*Journal of American College Health*, 2022  
*Journal of Applied Physiology*, 2008  
*Journal of Applied Sport Psychology*, 1992-  
*Journal of Health Psychology*, 2010  
*Journal of Motor Learning & Development*, 2021  
*Journal of Personality & Social Psychology*, 2008  
*Journal of Physical Activity & Health*, 2004-  
*Journal of Psychophysiology*, 2009  
*Journal of Obesity*, 2010  
*Journal of Occupational & Environmental Medicine*, 2012  
*Journal of Science & Medicine in Sport*, 1999-  
*Journal of Sport & Exercise Psychology*, 1991-  
*Journal of Sports Medicine & Physical Fitness*, 1993  
*Journal of Sports Science*, 2012-  
*Journal of Swimming Research*, 1996  
*Kinesiology Review*, 2017-  
*Medicine & Science in Sports & Exercise*, 1990-  
*Motivation & Emotion*, 2007-  
*Neural Plasticity*, 2015  
*Neuropsychologia*, 2020  
*Oxford Research Encyclopedia of Psychology*, 2017  
*Perceptual & Motor Skills*, 2002  
*Pediatric Exercise Science*, 2014  
*Physiology & Behavior*, 2004-  
*PLOS One*, 2013  
*Psychological Bulletin*, 1995  
*Psychology of Sport & Exercise*, 2002-  
*Psychology & Health*, 2023  
*Psychology & Psychotherapy: Theory, Research & Practice*, 2007  
*Psychoneuroendocrinology*, 2008, 2018  
*Psychophysiology*, 1992-  
*Quest*  
*Research Quarterly for Exercise & Sport*, 1991-  
*Scandinavian Journal of Medicine & Science in Sports*, 2008  
*Social Cognitive & Affective Neuroscience*, 2018-  
*Sport, Exercise & Performance Psychology*, 2012-  
*Sports Medicine*, 1997-  
*Stress & Health*, 2014-  
*The Sport Psychologist*, 1991-  
*The Physician and Sportsmedicine*, 2019  
*Translational Journal of the American College of Sports Medicine*, 2020

#### **Invitations to Review that I Declined**

*Annals of Behavioral Medicine*  
*Physiology & Behavior*  
*Rehabilitation Psychology*  
*Multiple Sclerosis & Related Disorders*

#### **Scientific Reports** **PLOS One**

#### **e. Editorial Consultant**

Reviewer of book manuscripts for Human Kinetics Publishers  
 Reviewer of book manuscript for Fitness Information Technology  
 Reviewer of book manuscript for Oxford University Press  
 Reviewer of book manuscript for Lippincott, Williams & Wilkins, 2002

#### **f. Community Service**

Served as member of Parent Advisory Board for Champaign County McKinley YMCA AquaChiefs swim team, Champaign, IL (1999-2008)  
 Served as member of Education Commission for St. Matthew School, Champaign, IL (1995-2000); Chairman of Commission, 1998-1999 academic year.  
 Served as member of Advisory Council to *The Fitness Center*, Champaign, IL (1992-96)  
 Served 6 month term as member of Athletic Council for St. Matthew School, Champaign, IL (1992)

#### **Administrative Services to the University**

##### **Department of Kinesiology & Community Health**

Human Subjects Review Committee, 1991-1992  
 Graduate Student Travel Grant Review, 1991-1992, 2002-2003  
 Educational Policy Committee, 1992-1994, 2001-2003, 2008-2010, 2011- (ex officio)  
 Advisory Committee, 1994-1997, 1997-2000, 2000-2003, 2012-2018, 2018-2022 (elected; ex officio beginning 2020)  
 Member, Promotion and Tenure Committee, 2002-2003, 2003-2004  
 Area of Study Chair, Social Science of Physical Activity, 1992-1994  
 Ad Hoc Poster Committee for annual Department of Kinesiology Honors & Awards Ceremony, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002 (appointed)  
 Member of Search Committee, Biobehavioral Aspects of Physical Activity position, Spring 1995 (appointed)  
 Member of Technology Center Committee, Spring 1996-

- Ad Hoc Committee for evaluation of Graduate Student Research and Conference Travel grants, Fall 1996, Spring 1997, Fall 1999, Spring 2000, Fall 2008, Spring 2009 (appointed)
- Chair of Search Committee, Physical Activity and Aging position, 1997-1998 (appointed)
- Chair of Search Committee, Psychology of Physical Activity position, 1998-1999 (appointed)
- Member of Search Committee, Teaching Associate in Kinesiology position, 1998-1999 (appointed)
- Departmental Facilities Management Committee, Spring 1999-2000
- Member of Search Committee, Psychology of Physical Activity position, 1999-2000 (appointed)
- Chair of Search Committee, Teaching Associate in Kinesiology position, 2001-2002 (appointed)
- Member of Search Committee, Exercise Psychology Research/Teaching Associate position, 2002-2003 (appointed)
- Conducted Peer Evaluation of Instruction for Mary Carlton, Spring 2003 (appointed)
- Member of Space Committee, 2002-2003, 2003-2004
- Conducted Peer Evaluation of Instruction for Darla Castelli, Spring 2004 (appointed)
- Member of Search Committee, Visiting Academic Advisor in Kinesiology, Fall 2005 (appointed)
- Conducted Peer Evaluation of Instruction for Kim Huey, Spring 2006 (appointed)
- Gave presentation on Human Subjects regulations and requirements to Department of Kinesiology graduate students (requested by Head), Fall 2005, Fall 2006
- Conducted Peer Evaluation of Instruction for Darla Castelli, Fall 2006 (appointed)
- Conducted Peer Evaluation of Instruction for Ellen Evans, Spring 2007 (requested)
- Conducted Peer Evaluation of Instruction for Steven Broglio, Fall 2007/Spring 2008 (appointed)
- Member of Ad-Hoc Campus Reaccreditation Committee, Spring 2008 (appointed)
- Member of Alleged Capricious Grading Committee, Fall 2008 (appointed)
- Coordinator of Biobehavioral Kinesiology area of study (appointed), 2008-2011
- Conducted Peer Evaluation of Instruction for Jacob Sosnoff, Fall 2008/Spring 2009 (appointed)
- Member of Academic Integrity Committee, Summer 2010 (appointed)
- Member of Search Committee, Physical Activity and Health position, Fall 2010 (appointed)
- Conducted Peer Evaluation of Instruction for Steven Broglio, Fall 2010/Spring 2011 (appointed)
- Member of Course Fee Committee, Spring 2011 (appointed)
- Member of Search Committee, Physical Activity and Health position, Fall 2011 (appointed)
- Associate Head for Graduate Studies (appointed), Fall 2011-**
- Graduate Program Advisory Committee, Chair, Fall 2021-**
- Conducted Peer Evaluation of Instruction for Edward Ofori, Fall 2011/Spring 2012 (appointed)
- Member of Search Committee, Exercise Physiology open rank position, Fall 2012 (appointed)
- Member of Search Committee, Falls and Falls Prevention open rank position, Fall 2013 (appointed)
- Conducted Peer Evaluation of Instruction for Justine Kaplan, Fall 2013/Spring 2014 (appointed)
- Conducted Peer Evaluation of Instruction for Nicholas Burd, Fall 2014/Spring 2015 (appointed)
- Conducted Peer Evaluation of Instruction for Citlali Lopez-Ortiz, Fall 2015/Spring 2016 (appointed)
- Chair of Biobehavioral Kinesiology area of study, 2016-2017 (appointed)
- Chair, Exercise Psychology open rank position, Fall 2016/Spring 2017 (appointed)
- Member, Promotion & Tenure Committee, 2017-2019
- Chair, Exercise Psychology Assistant/Associate Professor position, Fall 2017/Spring 2018 (appointed)
- Coordinator of Exercise Psychology area of study (appointed), 2016-2020
- Kinesiology Graduate Student Association, Faculty Advisor, 2017-
- Faculty mentor for Assistant Professor Neha Gothe, appointed
- Conducted Peer Evaluation of Instruction for Laura Rice, 2017 (appointed)
- Faculty mentor for Assistant Professor Dominika Pindus, appointed
- Conducted Peer Evaluation of Instruction for Dominika Pindus, 2019 (appointed)
- Conducted Peer Evaluation of Instruction for Susie Aguiñaga, 2019, 2023 (appointed)
- Conducted Peer Evaluation of Instruction for Sandraluz Lara-Cinisomo, 2020 (appointed)
- Conducted Peer Evaluation of Instruction for Manuel Hernandez, 2020 (appointed)
- Reviewed College of Applied Health Sciences Innovation proposals as member of Advisory Committee, 2021
- Member, Bylaws Revision Committee, 2020-2022 (appointed)
- Member, Strategic Planning Implementation Committee, 2021-2022 (appointed)
- Chair, Biomechanics open rank position, Fall 2021/Spring 2022 (appointed)
- Co-Chair (with Naiman Khan), Brain Health Assistant Professor position, Fall 2022/Spring 2023 (appointed)

Member, Research and Teaching Incentives Subcommittee, Fall 2022 (appointed)

### **College of Applied Health Sciences**

Member of Mary Jane Neer Research Review Committee (appointed by Dean), 1997-1998, 1998-1999

Member of Search Committee, Department Head of Kinesiology, 1999-2000 (appointed by Dean)

Panelist on College of Applied Life Studies NIH R03 grant workshop, requested by Associate Dean Ruth Watkins

Member of Search Committee, Department of Speech & Hearing Sciences assistant professor position, 2000-2001 (appointed by Head)

Member of College of Applied Health Sciences Alleged Capricious Grading Committee, 2000-2002, 2006-2008 (elected)

Member of College of Applied Life Studies Executive Committee, 2002-2004 (elected)

Member of Search Committee, Department of Kinesiology & Community Health assistant professor position, 2005-2006 (appointed by Head)

Member of the College of Applied Health Sciences Teaching Academy Advisory Board, 2007-present.

Member of College of Applied Health Sciences Alleged Capricious Grading Committee (alternate), 2011-2013 (elected)

College of Applied Health Sciences Graduate Council, Member, 2011- (appointed)

College of Applied Health Sciences Educational Policy Committee, Member, 2014-2016, 2016-2018 (elected)

Member of Search Committee, College of Applied Health Sciences Associate Dean for Academic Affairs position, 2014-2015 (appointed by Dean)

Member of Search Committee, Department Head of Kinesiology & Community Health, 2015-2016 (appointed by Dean)

Member of Search Committee, Clinical Psychologist, Center for Wounded Veterans in Higher Education, 2017-2018 (appointed by Dean)

Hearing Officer for College Grievance Committee, 2017 (appointed by Associate Dean)

Equal Employment Opportunity Officer, 2018- (appointed by Dean)

Conducted Peer Evaluation of Instruction for Fatima Husain, Fall 2018 (requested by Head of Speech & Hearing Science Karen Kirk)

Member, Promotion & Tenure Committee, 2019-2021, 2021-2023 (elected by AHS faculty)

Member, Executive Committee, 2020-2022 (elected by AHS faculty)

Reviewed College of Applied Health Sciences Innovation proposals submitted by College Units, 2021

Chair (2022-2023), Promotion & Tenure Committee, 2021-2023 (elected by AHS faculty)

### **University (Urbana-Champaign Campus)**

Appointed to Campuswide Advisory Committee for the Center for Writing Studies, 1997-present

Appointed to Advisory Committee for the Illinois Fire Service Institute (appointed by UIUC President), 1995-present

Reviewer for the UIUC Research Board, 1992, 1998, 1999, 2000, 2001, 2002, 2003, 2005, 2007

Member of Search Committee for Fire Fighting Program Director position, UIUC Fire Service Institute, 2000 (appointed)

Member of Search Committee for Fire Arson Investigation & Fire Prevention Program Director position, UIUC Fire Service Institute, 2001 (appointed)

Member of Delegation to Washington DC (Illinois Congressional Delegation, Department of Homeland Security, National Institute of Standards and Technology) to represent UIUC on Development of Center for Homeland Security, November 2003 (appointed)

Member of Search Committee for Research Program Coordinator position, UIUC Fire Service Institute, May 2005 (requested)

Member of UIUC Institutional Review Board (appointed by Vice Chancellor for Research), 2004-2007, 2007-2010.

Interim Chair of UIUC Institutional Review Board (appointed by Vice Chancellor for Research), July/August 2006.

Interim Chair of UIUC Institutional Review Board for February 2007 meeting.

Member of Search Committee, Office of the Vice Chancellor for Research, IRB Human Subjects Coordinator position, Spring 2006 (appointed)

Member of Search Committee, Office of the Vice Chancellor for Research, IRB Human Subjects Specialist position, Fall 2006/Spring 2007 (appointed)

Participated in site visit by Office for Human Research Protections (OHRP), Nov/Dec 2006

Participated in site visit by Association for the Accreditation of Human Research Protection Programs (AAHRPP) in January 2007

Interim Chair of UIUC Institutional Review Board for May 2008 meeting.

Member of Evaluation Committee for IFSI Director Richard Jaehne, Fall 2008/Spring 2009 (appointed by Provost)

Appointed to Curriculum Committee for the Interdisciplinary Health (iHealth) degree program, 2009-present

Chair of Search Committee, Office of the Vice Chancellor for Research, IRB Human Subjects Coordinator position, Fall 2009/Spring 2010 (appointed)

Member of Illinois Leadership Coordinating Committee, Research Working Group, Fall 2009/Spring 2010 (appointed)

Chair, Subcommittee to examine case of IRB non-compliance, Office of the Vice Chancellor for Research, Fall 2010 (appointed)

Chair of Search Committee, Office of the Vice Chancellor for Research, Director of the Institutional Review Board (IRB), Fall 2011/Spring 2012 (appointed)

Member of Search Committee, Director of Research Programs - Illinois Fire Service Institute (FSI), Spring/Summer/Fall 2019 (requested)

Member of Task Force on Evaluating Teaching Effectiveness, Fall 2019/Spring 2020 (appointed by Provost)

Member of Task Force on Alternative Models for Fall 2020 Instruction, Spring 2021 (appointed by Provost)

Member of Task Force on Contingency Planning for Fall 2021, Fall 2020/Spring 2021 (appointed by Provost)

Member of Program Review Council, 2021-2024 (appointed by Provost)

### **Other Services**

Kinesiology Student Association, Faculty Advisor, 1992-1998

External reviewer for Promotion & Tenure evaluation, University of Texas, 2001

External reviewer for Promotion & Tenure evaluation, University of Mississippi, 2001

External reviewer for Promotion & Tenure evaluation, University of Maryland, 2002

External reviewer for Promotion & Tenure evaluation, Arizona State University, 2003

Consultant to Sandia National Laboratories, US Department of Energy

External reviewer for Promotion & Tenure evaluation, University of Toronto, 2008

External reviewer for Promotion & Tenure evaluation, University of South Florida, 2008

External reviewer for Promotion & Tenure evaluation, Rutgers University, 2009

External reviewer for Promotion & Tenure evaluation, Mississippi State University, 2013

External reviewer for Promotion & Tenure evaluation, University of Maryland, 2013

External reviewer for Promotion & Tenure evaluation, Brown University School of Public Health, 2014

External reviewer for Promotion & Tenure evaluation, Rutgers University, 2015

External reviewer for Promotion & Tenure evaluation,

University of Mississippi, 2016

External reviewer for Promotion evaluation, Duke University, 2019

External reviewer for Promotion evaluation, Louisiana State University, 2019

External reviewer for Promotion evaluation, Purdue University, 2022

External reviewer for Promotion evaluation, Rutgers University, 2022

External reviewer for Promotion evaluation, Emory University, 2022

### **Recognitions & Outstanding Achievements**

Named a Fellow in the American College of Sports Medicine, April 1995

Named to List Of Teachers Ranked As Excellent By Their Students (\*denotes outstanding rating), Spring 1993, Fall 1994, Spring 1995, Fall 1995, Spring 1996, Fall 1996, Spring 1997, Fall 1997, Spring 1998, Fall 1998, Spring 1999, Fall 1999, Spring 2000, Fall 2000, Spring 2001, Fall 2001, Spring 2002, Fall 2002, Spring 2003, Spring 2004, Fall 2004, Fall 2005, Spring 2006, Fall 2006, Spring 2007, Fall 2007, Spring 2008, Fall 2008, Spring 2009, Fall 2009, Spring 2010, Fall 2010\*, Spring 2011\*, Fall 2011, Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall, 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Fall 2022

Honorary member of Alpha Sigma Nu (Honorary Kinesiology Society), Spring 1994

Recognized by the University of Illinois Panhellenic Council as outstanding staff member, Spring 1994, Spring 1995, Spring 1996

Named to 4<sup>th</sup> Edition of Marquis *Who's Who in Science and Engineering*.

Kinesiology Undergraduate Faculty Teaching Award, 1998-1999

Nominated for inclusion in 6<sup>th</sup> Edition of *Who's Who Among America's Teachers, 2000*

Co-author of paper cited by the *Journal of Sports Sciences* [Vol. 26 Issue 4, p413-426; Impact Factor=1.797] as one of the "most outstanding papers published in the *Journal* over the last 25 years within the discipline of psychology."

College of Applied Health Sciences Undergraduate Teaching Faculty Award, 2011, 2013

Campus Award for Excellence in Undergraduate Teaching – Faculty, 2013

College of Applied Health Sciences Excellence in Graduate Student Mentoring Award, 2016

College of Applied Health Sciences Phyllis J. Hill

James Scholar Award for Exemplary Mentoring,  
2018, 2022

Elected Fellow in the National Academy of Kinesiology  
(#578), Inducted September 2018

Recognized as 1 of 38 faculty or staff members (from  
more than 900) mentioned by at least 10 students  
as making a positive impact on graduating seniors  
experience at Illinois, Spring 2020

Recognized as "Most Valuable Professor" by the  
Division of Intercollegiate Athletics, Spring 2022,  
Fall 2022, Spring 2023