

PERSONAL INFORMATION:

BONITA L. MARKS, Ph.D., F.A.C.S.M., ACSM-CCEP

ADDRESS: University of North Carolina at Chapel Hill
Department of Exercise and Sport Science,
Fetzer Hall, Campus Box #8700
Chapel Hill, NC 27599-8700

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Research Interest Areas: aging, exercise neurobiology, falls prevention, obesity, tennis, and translational exercise research in clinical populations

EDUCATION

2004-2006 Sr. Post-Doctoral Fellow, Duke University Medical Center, Aging and
and Human Development, Psychiatry and the Behavioral Sciences

1989-1990 Post-Doctoral Fellow, UMASS Medical Center, Cardiology, Exercise
Physiology & Nutrition Lab

1/1982-5/1989 PhD, Exercise Physiology Specialization, Dept. of Health, Physical
Education, and Recreation, University of Pittsburgh, Pittsburgh, PA
Dissertation: *Effect of Repeat Measured Doses of Nicotine on Rest and
Low Level Activity*

8/1978-10/1979 M.A., Applied Physiology Specialization, Columbia University,
Teachers College, New York, NY
MA Culminating Project: *Physical Fitness in the Corporate World*

6/1974-12/1977 B.S., Cum Laude, Dept. of Health, Physical Education, and Recreation,
University of Pittsburgh, Pittsburgh, PA Specialization: Aquatics
Biomechanics Project: *Comparison of the Forward Dive
Front Layout vs. Forward Somersault in Novice and NCAA Collegiate
Divers*

Certifications

- Clinical Exercise Physiologist (CCEP; formerly known as Certified Exercise Specialist), American College of Sports Medicine, Certif. #: 342
- CPR Certification
- MRI Safety Certification, UNC-CH, Level I
- UNC-CH Biomedical Research Training Certificate
- OSHA Laboratory Safety Training, UNC-CH
- HIPAA Certification

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PROFESSIONAL EXPERIENCE

UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL, NC

- 7/1996 – Present Department of Exercise and Sport Science
Position: Professor, Tenured, Exercise Physiology, 7/2013-present
Position: Associate Professor, Tenured, Exercise Physiology, 7/2002-2013
-Graduate Coordinator, Exercise Physiology Specialization, 7/2010-2015
-Director, Undergraduate Fitness Professional Track, 2006-2010
-Director, Exercise Science Teaching Laboratory, 1999-2015
Position: Assistant Professor, Exercise Physiology, 7/96-6/02
- 6/1999-Present Department of Emergency Medicine, School of Medicine
Position: Adjunct Professor, 7/2013-present
Position: Adjunct Associate Professor, 11/2003-6/2013
Position: Adjunct Assistant Professor, 6/1999-10/2003
- 7/2007-Present Department of Allied Health Sciences, School of Medicine
Position: Adjunct Professor, 7/2013-present
Position: Adjunct Associate Professor, 7/2007-6/2013
- 8/1993 - 6/1996 FLORIDA ATLANTIC UNIVERSITY, Boca Raton and Davie, FL
Position: Assistant Professor, Tenure-Track, Exercise Science
-Director, FAU-Well Program for Older Adults, Faculty, and Staff
University Committees: University Research Council, 1993-1996
Sub-Committee Reviewer: Foundation Grants, Patents, Awards
College of Education Committees:
Graduate Review Committee, 1994-1996
Sub-Committee Co-Chair: Graduate Faculty Status, 1995-1996
Dept. Committee: Chair, Graduate Program Revision. 1995-1996
- 9/1990-8/1993 EXERCISE CONSULTING SERVICES, Pittsburgh, PA
Position: Owner/Director
- 8/1988-8/1989 HEBREW REHABILITATION CENTER FOR AGED, Boston, MA
Position: Sr. Research Assoc: unexplained syncope; strength training
- 12/1985-8/1988 UNIVERSITY OF PITTSBURGH, Behavioral Medicine, WPIC, PA
Position: Sr. Research Assoc: childhood obesity; nicotine/metabolic rate
- 1/1982-4/1983 UNIVERSITY OF PITTSBURGH, HPER & Allied Health Departments,
Graduate Assistantships: osteoporosis; cardiac rehabilitation

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10/1979-12/1981 JEWISH COMMUNITY CENTER, Pittsburgh, PA
Position: Adult Fitness Coordinator

9/1978-6/1979 CARDIO-FITNESS SYSTEMS, New York, NY
Position: Exercise Physiologist Internship

HONORS and AWARDS

Academics/Research

- 1) Scholar of the Month, Physician and Sportsmedicine, 2009
- 2) AFAR-NYAS-GE Healthcare Neuroimaging Award for Junior Investigators, 2006
- 3) Fellow Status, American College of Sports Medicine, 1994
- 4) Graduate Student Research Dissertation Award, School of Education, University of Pittsburgh, PA, 1987
- 5) Outstanding Young Women of America Program, 1980
- 6) Professional Development Incentive Award, Columbia University, Teacher's College, New York, NY, 1978
- 7) Cum Laude, University of Pittsburgh, PA, 1977

Student-Mentored Research Award

- 1) *Exercise Participation, Self-Efficacy, and Fear of Falling in Older Adults*, Nunley, D. 2000; UNC-EXSS Graduate Research Award in Exercise Physiology (Faculty Advisor: Marks BL)

BIBLIOGRAPHY

Citation Reports (Compiled July 2015; Marks B or Marks BL)

Google Scholar: Results Found: 57 Sum of Times Cited: 1101 h-index: 18 i-10 index: 22

Research Gate Report: Results Found: 45 RG Score: 30.2 Views: 3254 Impact Points: 175.72

Books

- 1) Marks, BL. *Taking Your Tennis on Tour: The Business, Science, and Reality of Going Pro*. Racquet Tech Publishers, Vista, CA. (219 pages), 2006. ISBN: 0-9722759-6-7
Review Ratings: 5 Stars from Tennis Warehouse, British Lawn-Tennis Association, Tennis Magazine (USA), Amazon.com.

Book Contributor

- 1) Exercise Programming and Metabolic Information in: *The Exercise Exchange Program*, (Author: James M. Rippe, M.D.), Simon and Schuster: New York. 1992, pp 157-171

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Invited Book Chapters

Published:

- 1) Marks, BL. Chapter 24, *Effect of exercise on the aging brain*. In: “Diet and Exercise in Cognitive Function and Neurological Diseases”. Editors: Tahira Farooqui PhD and Akhlaq Farooqui, PhD. Wiley-Blackwell Publishers, April 2015.
- 2) Marks BL. “General overview of pre-participation health screening and risk assessment.” Chapter 11,(pp170-178) In: *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition*. Philadelphia: Wolters Kluwer-LWW Publishers Editor: Dr. David Swain). 2014.
- 3) Marks BL, Katz LM. (2012). “MRI Techniques to Evaluate Exercise Impact on the Aging Human Brain”, Chapter 11, In: *Neuroimaging: Cognitive and Clinical Neuroscience* [Ed: Peter Bright, Ph.D., University of Cambridge, UK INTECH Publishers, ISBN: 978-953-51-0606-7]. DOI: 10.5772/23022; pp 229-248. Cumulative Downloads Statistics, Aug 12 2012: 505
- 4) Marks BL (2010). “Chapter 10: General overview of pre-participation health screening and risk assessment”, In: *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* (6th Ed). Philadelphia: Wolters Kluwer-LWW Publishers (Sr. Editor: JK Ehrman); pp 158 - 165.
- 5) Marks, BL, Peterson, M, Shipp, K. Strength and Conditioning for Osteoporosis. In: *Resistance Training for Special Populations*, Ed. A. Swank and P. Hagerman. Delmar Cengage Learning Publishers, Clifton Park:NY. 2009. pp115-134.
- 6) Marks, BL, Angelopoulos, T, Shields, E, Katz, LM, Hylton S, Larson, R, Wingo J. The effect of a new sports drink on fatigue factors in competitive tennis. 2004, *Science and Racket Sports III*, (A Lees, JF Kahn, LW Maynard Eds.), Routledge Press, UK, pp 9-14.
- 7) Marks, BL, Moore, T, Angelopoulos TJ, Galleher, E, Katz, LM. *Nutrition and hydration profile of male competitive tennis athletes*, in: *Tennis Science & Technology 2*, S Miller, Ed., International Tennis Federation, Webcom Ltd:Canada, 2003, pp 261-270.
- 8) Marks, BL. Smoking and Chronic Diseases. In: *ACSM Resource Manual*, 4th Edition, Lippincott, Williams, & Wilkins: Philadelphia. 2001, pp 41-46.

REFEREED PUBLICATIONS

In Submission:

Bomberger SA, Marks BL, Shubert T. Four-Square Step Test And Walking Speed Related To Cognitive Performance Of Community-Dwelling, Elderly Volunteers. *J of Geriatric Phys. Ther.*

Refereed Scientific Manuscripts

- 1) Liu Z, Farzinfar M, , Katz LM, Zhu H, Goodlet CB, Gerig G, Styner M, Marks BL. Automated Voxel-wise Brain DTI analysis of Fitness and Aging. *The Open Medical Imaging Journal*, 6/1/2012; 6:80-88. DOI: 10.2174/1874347101206010080.
- 2) Marks BL, Katz LM, Styner M, Smith JK Aerobic Fitness and Obesity: Relationship to Cerebral White Matter Integrity in the Brain of Active and Sedentary Older Adults. *Br J Sports Med* Nov 2011;45:1208-1215 Published Online First: 17 June 2010 17, doi:10.1136/bjism.2009.068114.
- 3) Bullitt E, Zeng D, Ghosh A, Aylward SR, E, Lin W, Marks BL, Smith K. The effects of healthy aging on intracranial blood vessels visualized by magnetic resonance angiography. *Neurobiology of Aging*, 2010, 31(2):290-300.
- 4) Marks BL and Katz LM. Utility of a falls risk self-assessment tool. *Senior Housing & Care Journal*, 2009, 17(1):55-74.
- 5) Marks BL, Katz LM, Smith JK. Exercise and the aging mind: buffing the baby boomer's Body and Brain. *Physician and Sports Medicine*, 2009, 36(2):1-7.
- 6) Bullitt E, FN Rahman, Smith JK, Kim E, Zeng D, Katz LM, Marks BL. The Effect of Exercise on the Cerebral Vasculature of Healthy Aged Subjects as Visualized by Magnetic Resonance Angiography, *Am J Neuroradiol* 2009, 30: 1857-1863.
- 7) Marks, BL, Madden DJ, Bucur B, Provenzale JM, White LE, Cabeza R, Huettel, SA. Role of aerobic fitness and aging on cerebral white matter integrity. In: *Imaging and the Aging Brain, Annals of the New York Academy of Science*, 2007, 1097:171-174.
- 8) Pluim BM, Staal JB, Marks BL, Miller S., Miley D. Health benefits of tennis. *British Journal of Sports Medicine* 2007, 41:760-768.
- 9) Marks, BL. Health benefits for veteran tennis players. *British Journal of Sports Medicine*, 2006, 40(5):469-476.
- 10) Marks, BL, Galleher, EW, Moore, T, Katz, LM. Energy Balance Monitoring in Tennis Players, *Medicine and Science in Tennis Journal*, 2003, 8(3): 8-9.
- 11) Marks, BL. Physiologic responses to exercise in older women. *Topics in Geriatric Rehabilitation*, 2002, 19(1):9-20.
- 12) Marks, BL. Cognitive function: its relationship with functional status, fitness, vascular and cerebral blood flow. *Topics in Geriatric Rehabilitation*. 2002, 17(4):36-44.
- 13) Utter, AC, Scott, JR, Opplinger, RA, Visich, PS, Goss, FL, Marks, BL, Nieman, DC. A comparison of leg-to-leg bioelectrical impedance and skinfolds in assessing body fat in collegiate wrestlers . *Journal of Strength and Conditioning*, 2001, 15(2): 157-160.
- 14) Marks, BL, and Lightfoot, JT. Reproducibility of resting heart rate variability with short sampling periods. *Applied Physiology, Nutrition, and Metabolism (aka Can. J. Appl. Physiol.)* 1999, 24:337-348.
- 15) Marks, BL, Lightfoot, JT, Torok, DJ. A comparison of body fat estimates obtained at health fitness screenings. *AWHP's Worksite Health_Fall 1999*, pp 27-32.
- 16) Marks, BL, Katz, LM, Haky, J, Foss, WM, Torok, D. Cardiopulmonary response to a 2% aminophylline based thigh reducing cream, *International Journal of Obesity*, 1999, 23:198-202.

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- 17) Marks, BL. What's Your Racquet for Fitness? *North Carolina Journal*, 1998, 34(2):22-24.
- 18) Haky, JE, Foss, WM, Marks, BL. Analysis of aminophylline in thigh cream formulations by high performance liquid chromatography. *Journal of Liquid Chromatography & Related Technologies*, 1997, 20:2399-2414.
- 19) Marks, BL and Rippe, JM. Can employees successfully manage their own fitness program. *American Journal of Health Promotion*, May/June, 1997, 11(5):375-378.
- 20) Marks, BL and Rippe, JM. The importance of fat free mass maintenance in weight loss programmes. *Sports Medicine*, 1996, 22(5):273-281. *Impact Factor: 5.1*
- 21) Marks, BL, Ward, A, Morris, D, Castellani, J, Rippe, JM. Fat-free mass is preserved in women following a diet and exercise program. *Medicine and Science in Sports and Exercise*, 1995, 27:1243-1251.
- 22) Marks, BL, Perkins, KA, Metz, KF, Epstein, LH, Robertson, RJ, Goss, FL. Effects of smoking status on content for caloric intake and energy expenditure. *International Journal of Eating Disorders*, 1991, 10:441-449. (Doctoral Dissertation)
- 23) Marks, BL, Perkins, KA. The effects of nicotine on metabolic rate. *Sports Medicine*, 1990,10:277-285. (Doctoral Dissertation)
- 24) Lipsitz, LA, Jonsson, PV, Marks, BL, Parker, JA, Royal, HD, Wei, JY. Reduced supine cardiac volumes and diastolic filling rates in elderly patients with chronic medical conditions: implications for postural blood pressure homeostasis. *Journal of the American Geriatric Society*, 1990. 39:103-107.
- 25) Perkins, KA, Epstein, LH, Stiller, RL, Sexton, JE, Marks, BL, Jacob, RG. The cardiovascular effects of nicotine during physical activity following meal consumption. *Clinical and Experimental Pharmacology and Physiology*, 1990,17:327-334.
- 26) Perkins, KA, Epstein, LH, Marks, BL, Stiller, RL, Jacob, RG. The effect of nicotine on energy expenditure during light physical activity. *New England Journal of Medicine*, 1989, 320:898-903. (Doctoral Dissertation)
- 27) Perkins, KA, Epstein, LH, Stiller, RL, Marks, BL, Jacob, RG. Acute effects of nicotine on resting metabolic rate on cigarette smokers. *American Journal of Clinical Nutrition*, 1989, 50:545-550.
- 28) Perkins, KA, Epstein, LH, Stiller, RL, Marks, BL, Jacob, RG. Chronic and acute tolerance to the heart rate effect of nicotine. *Psychopharmacology*, 1989, 97:529-534.
- 29) Epstein, LH, Wing, RR, Cluss, P, Fernstrom, MH, Penner, B, Perkins, KA, Nudelman, S, Marks, BL, Valoski, A. Resting metabolic rate in lean and obese children: relationship to child and parent weight and overweight change. *American Journal of Clinical Nutrition*, 1989, 49:331-336.
- 30) Epstein, LH, Valoski, A, Wing, RR, Perkins, KA, Fernstrom, MH, Marks, BL, McCurley, J. Perception of eating and exercise in children as a function of child and parent weight status. *Appetite*, 1989, 12:105-118.
- 31) Epstein, LH, Wagner, J, Nudelman, S, Marks, BL. The stability of resting metabolic rate and diet-induced thermogenesis in children. *Journal of Psychopathology and Behavioral Assessment*, 1987, 9:423-428.

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- 32) LaPorte, R, Sandler, R, Cauley, J, Link, M, Bayles, C, Marks, B. The assessment of physical activity in older women: analysis of the interrelationship and reliability of activity monitoring, activity surveys, and caloric intake. *J of Gerontology*, 1983, 38:394-397.

Refereed Published Abstracts and Presentations

- 1) Bomberger SA, Marks, BL, Smith-Ryan A, Shubert T. Influence of Cognitive Function on Clinical Balance Assessment in Community Dwelling Elderly. ACSM Annual Conference, May 30, 2013, Indianapolis, IN (*Poster; Master Thesis; MSSE Vol. 44 S.*)
- 2) Marks BL, Katz LM, Styner M, Robertson K, JK Smith. Smaller brain volumes and subtle cognitive decline in overweight healthy older adults. *American College of Sport Medicine Annual Meeting, Denver, May 31–June 4, 2011; (Neuroscience Section)* *Medicine and Science in Sports and Exercise*, 2011, Volume 43:5 Supplement.
- 3) Liu Z, Zhu H, Marks, BL, Katz LM, Goodlett CB, Gerig G, Styner M. Voxel-wise group analysis of DTI. *IEEE International Symposium on Biomedical Imaging*, June 28- July 1, 2009, Boston, MA. Proceedings of the 6th IEEE International Symposium on Biomedical Imaging: From Nano to Macro NA-MIC, June 2009; 807-810.
<http://www.slicer.org/publications/item/view/1705>
- 4) Marks BL, Katz LM, Styner M, Smith JK, Bullitt E. Body composition is related to white matter integrity in the aging brain. GSA Conference, Nov. 22, 2008. *Gerontologist*, 2008, 48(3):246.
- 5) Babbitt M, Marks BL, Shields E, Battaglini C, Robertson K, Hawkins J, Katz, LM. The relationship between subtle executive dysfunction and body composition in healthy community-dwelling older adults. GSA Conference, Nov. 22, 2008. *Gerontologist*, 2008, 48(3):191-192. (*Master Thesis*)
- 6) Marks BL, Katz LM, Styner M, Smith JK, Babbitt M, Hawkins J, Bullitt E. Aerobic Fitness Impact on Cerebral White Matter Integrity in the Cingulum. ACSM Annual Conference, May 27, 2008. *Medicine and Science in Sports and Exercise* 2008, 40(5):S299-300.
- 7) Marks, BL, Galleher EW, Senga M, Katz LM. Physical Performance Profiling: U.S. College Tennis Athletes versus Australian International Scholarship (AIS) Athletes. *Medicine and Science in Tennis*. 9(1):8, April 2004.
- 8) Marks, BL, Galleher, EW, Allen, C, Senga, M, Katz, LM, Moore, T. Physiological Profile of College Tennis Players. ACSM, 2002 Conference, St. Louis, *Med Sci Sports Exerc*, 2002, 34(5)May-June Suppl, S198.
- 9) Galleher EW, Marks BL, Katz LM, Moore, T. An analysis of energy requirements in competitive collegiate tennis athletes. ACSM, 2002 Conference, St. Louis, *Med Sci Sports Exerc*, 2002, 4(5)May-June Suppl, S24. (*Honors Thesis*)
- 10) Marks, BL, Katz, LM, Nunley, DC, Neelon, V, Daniel, P. Cerebral blood flow and cognitive function is maintained in aerobically active older adults, Oct 31 2000. New Orleans, LA, American Heart Association. *Circulation*, 2000, Suppl, 102(18): 4198

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- 11) Marks, BL, Katz, LM, Neelon, V, Daniel, P., Culmer, D., Nunley, D. Cerebral blood flow responses in healthy elderly. ACSM 47th Annual Meeting, May 31 – June 3, 2000, Indianapolis, *Med Sci Sports Exerc*, 2000, May 32 (Suppl).
- 12) Marks, B, Katz, L, Daniel, P, Albo, J, Bruck, A. Relationships between cerebral blood flow, functional status, and leisure time energy expenditure in older adults. AAHPERD 2000 National Convention, March 21-25, 2000, Orlando, FL. *Research Quarterly for Exercise and Sport*, 2000, 71 (1, Suppl):A-31.
- 13) Nunley, D. Marks, B., Ashley, M., Shields, E. Relationship between physical activity, self efficiency, and fear of falling. AAHPERD 2000 National Convention, March 21-25, 2000, Orlando FL. *Research Quarterly for Exercise and Sport*, 71(1, Suppl):A-109, March 2000. (Master Thesis)
- 14) Marks, B, Katz, L, Neelon, V, Albo, J., Carlson, B. Effects of a cognitive and physical challenge on cerebral blood flow. *The Gerontologist*, 200, 39 (Special Issue):415.
- 15) Neelon V, Carlson B, Marks B, Katz L, Albo J. Dual cerebral oximetry evaluation of cognitive and physical challenge in older adults. *The Gerontologist*, 1999, (Special Issue) 39:242.
- 16) Marks, BL, Katz, LM, Brown, DL, D'Angelo, A. Psychophysiological efficacy of fat reduction due to topical application of a 2% aminophylline thigh cream. *Med Sci Sports Exerc*, 1999, 31:S218.
- 17) Baker, C, and Marks, B. Physical Activity in Adolescents with Cystic Fibrosis. *Journal of Child and Family Nursing*, 1999, 2(4):293.
- 18) Marks, BL, Katz, LM, Foss, W. Haky, J., Torok, D. The cardiopulmonary response to a 2% aminophylline thigh reducing cream. ACSM Annual Convention, June 1998, Orlando, FL *Med Sci Sports Exerc* 1998, 30:Suppl.
- 19) Webb, J., Marks, BL, McMurray, RG. The reliability and validity of a home-model body fat monitor/scale. SEACSM, January 1998 Annual Conference, Destin, FL
- 20) Marks, B. and D'Angelo, A. Reproducibility of Resting Heart Rate Variability. Experimental Biology '97 Conference, April 1997, New Orleans, LA *The FASEB Journal*, 11(3):A496, 1997.
- 21) Marks, BL and Groo, D. Resting heart rate variability profiles in overweight women. SEACSM, January 1997 Conference, Atlanta, GA. (Top 30 out of 78), *Sports Med, Training, & Rehab J.* 1997 Conference Supplement.
- 22) Forbeck, S, Bayles, C, Marks, B, Prendergast, J. Measuring grip strength in longterm care: importance and need. ACSM Annual Convention, Indianapolis, IN, 1994, *Medicine and Science in Sports and Exercise*, 1994, 26(5):S187.
- 23) Marks, B, Rippe, J, Whitehouse, B. Healthy people 2000 fitness objectives in the workplace, ACSM Annual Convention, Seattle, WA, 1993, *Medicine and Science in Sports and Exercise*, 1993, 25(5):S16.
- 24) Marks, B, Ward, A, Brown, D, Wang, Y, Ahmadi, S, Rippe, J. A profile of overweight women drop-outs and adherers in a weight loss program. ACSM Annual Convention, Dallas, TX, 1992, *Medicine and Science in Sports and Exercise*, 1992, 24(5):S809.

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- 25) Marks, B, Ward, A, Castellani, J, Fortlage, L, Morris, D, Puleo, E, Webber, L, Ahlquist, L, Rippe, J. The effect of a weight loss program on body composition changes in moderately obese women. ACSM Annual Convention, Orlando, FL 1991, *Medicine and Science in Sports and Exercise*, 1991, 23(4):S107.
- 26) Marks, B, Metz, K, Perkins, K, Epstein, L, Robertson, R, Goss, F, Mozlack, C. Dietary and activity patterns of young adult male smokers. American Alliance for Health, Physical Education, Recreation, and Dance Annual Convention, New Orleans, LA, 1990, *Abstract of Research Papers*, p 193.
- 27) Marks, B, Perkins, K, Epstein, L, Metz, K, Robertson, R, Goss, F. Nicotine's effect on metabolic rate during light activity. ACSM Annual Convention, Baltimore, MD, *Medicine and Science in Sports and Exercise*, 1989, 21(2):S43 (Dissertation).

Refereed Unpublished Abstracts and Presentations

- 1) Gravitt K, Marks BL, Katz LM, Shields EW. The relationship between grip strength and cerebral white matter integrity in the anterior internal capsule of healthy older adults. Biomedical Research Imaging Center Annual Symposium, May 27, 2010. (*Abstract, Master Thesis*)
- 2) Tang S, Smith JK, Marks BL, Lin W, Guskiewicz K, Shen D. MRI-based identification of brain atrophy in retired professional football players. *Neuroradiology, Cognitive and Related Miscellaneous Disorders, SSM15*. 95th Annual Meeting, Radiology Society of North America (RSNA) Chicago, IL. 02 Dec 2009.
- 3) Rahman, F, Smith K, Bullitt E, Katz L, Marks B. Relationship of exercise to cerebral vasculature and blood flow in older adults. 94 Annual Meeting, RSNA Nov. 2008 Chicago, IL.
- 4) Marks BL, Katz LM, Styner M, Smith JK. Higher aerobic fitness is related to greater fractional anisotropy in the anterior-medial segments of the cingulum in older adults. Annual Radiology-BRIC Symposium, UNC at Chapel Hill, May 22, 2008.
- 5) Rahman, F, Smith K, Bullitt E, Marks B. Relationships between Exercise and Cerebral Blood Flow in Older Adults. 47th Annual Meeting, American Society of Neuroradiology, (ASNR), New Orleans, May 31 – June 5, 2008.
- 6) Marks BL, Katz LM, Hawkins J, Babbitt M. Non-Exercise Prediction Equations to Predict VO₂ peak in Older Adults. SEACSM Annual Conference, Feb. 14-16, 2008.
- 7) Marks BL, Katz LM, Smith JK, Styner M, Robertson K, Shields E, Guskiewicz K. Role of recreational sport participation on cerebral white matter integrity in older adults. Annual Radiology-BRIC Symposium, UNC at Chapel Hill, May 10, 2007.
- 8) Marks, BL, Madden DJ, Bucur B, Provenzale JM, White LE, Cabeza R, Huettel, SA. Role of Aerobic fitness and aging on cerebral white matter integrity. New York Academy of Sciences, Conference on Imaging and the Aging Brain, May 16-17, 2006. (Poster & Oral; New Investigator Award).

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- 9) Marks, BL, Moore, T, Angelopoulos TJ, Galleher, E, Katz, LM. Nutrition and hydration profile of male competitive tennis athletes. (2nd International Congress on Tennis Science and Technology, London, England July 28-30, 2003).
- 10) Marks, BL, Angelopoulos, T, Shields, E, Katz, LM, Moore, T, Hylton S, Larson, R, Wingo J. The effect of a new sports drink on fatigue factors in competitive tennis. (3rd World Congress of Science and Racket Sports, National Institute of Sport, Paris, France, May 17-19, 2003).
- 11) Wingo, J, Daly, W, Bolles, J, Dobridge, J, Marks, B. Percent Body Fat From BIA as a Predictor of Percent Body Fat from Hydrostatic Weighing in College Football Players. SEACSM Annual Conference, 2002, Atlanta, GA.
- 12) Marks, BL, Katz, LM, Allen, S., Williams, L., Culmer, D., Mar, MH, Zeisel S. Homocysteine in mildly to moderately obese. SEACSM Annual Conference 2002, Atlanta, GA.
- 13) Williams, L., Marks BL, Hedgpath, E. Ward, D. The effect of distraction during cycle ergometry on ratings of perceived exertion and affect scores in overweight individuals. SEACSM 29th Annual Meeting, Charlotte, NC. Jan 25-27, 2001.
- 14) Marks, BL, Katz, LM, Zeisel, S. Mar, MH, William L, Allen S. The effects of a diet-exercise program on homocysteine in moderately obese adults. UNC-Institute of Nutrition Conference, October 2000.
- 15) Marks, BL, Katz, LM, Neelon, V, Daniel, P. Relationships between cerebral blood flow, functional status, and leisure time physical activity in older adults. 5th Annual Emergency Medicine Research Forum, April 11, 2000, UNC at Chapel Hill.
- 16) Utter, AC, Scott, JR, Opplinger, RA, Visich, PS, Goss, FL, Marks, BL, Nieman, DC. A comparison of leg-to-leg bioelectrical impedance and skinfolds in assessing body fat in collegiate wrestlers. SEACSM 28th Annual Meeting, Charlotte, NC. Jan 27-29, 2000.
- 17) Baker, C. Hackney, A. Retsch-Bogart, G., Loehr, J., Marks, B. Aerobic capacity, pulmonary function and physical activity of adolescents with cystic fibrosis: pilot of an exercise intervention. Center for Research on Chronic Illness, 6th National Conference on Research for Clinical Practice, April 8-10, 1999, Sheraton Hotel, Chapel Hill, NC.
- 18) Baker, CF, Crump, C., Marks, B, Retsch-Bogart, G. Physical activity in adolescents with cystic fibrosis. Southern Nursing Research Society, 13th Annual Conference, Feb. 18-20, 1999, Charleston, SC.
- 19) Crowe, D, Marks, B, McMurray, R. The relationship between fibrinogen, physical activity, and smoking status. SEACSM Annual Conference, February 1999, Norfolk, VA.
- 20) Fulton, C, DeBate, K, Marks, BL, Lightfoot, JT. Autonomic control is not different in healthy young African-Americans. SEACSM Conference, Feb. 1999, Norfolk, VA.
- 21) Foss, WM, Haky, JE, and Marks, BL. HPLC analysis of aminophylline in thigh cream formulations, SERMACS, November 1996.
- 22) Marks, B, Coady, N, Ewing, N, Tillman, K, Welsh, R. A preliminary report on fitness in Seminole Native American children. SEACSM 1996 Conference, Chatanooga, TN.
- 23) Marks, BL, Groo, D, Owens, L. Predicting women's percent body fat: Siri vs Lohman equations. 1995 SEACSM Regional Conference, Lexington, KY.

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- 24) Lightfoot, JT, Torok, DJ, Marks, BL. Near-infrared interactance does not accurately measure body fat in field conditions. 1995 SEACSM Conference, Lexington, KY.
- 25) Bayles, C, Forbeck, S, Prendergast, J, Marks, B. Fall assessment and fear of falling in the frail elderly. 47th Annual Gerontological Society of America Meeting, 1994, Atlanta, GA
- 26) Prendergast, J, Bayles, C, Marks, B, Forbeck, S. MDS and fall risk: are we using the right variables? 1994 Geriatric Society of American Annual Conference.
- 27) Castellani, J, Ward, A, Marks, B, Kelleher, D, Puleo, E, Rippe, J. The effects of diet and exercise on strength in moderately overweight women. ACSM Annual Convention, Orlando, FL June 1991, *Med Sci Sports Exerc*, 1991, 23(4):S142.
- 28) Brown, D, Ward, A, Marks, B, Wang, Y, Rippe, J. Psychological adaptations associated with diet and diet plus exercise interventions. American Psychological Association 1991 Annual Convention, San Francisco, CA.
- 29) Jonsson, P, Lipsitz, L, Pluchino, F, Clagette, E, Koestner, J, *Marks, B*. Blood pressure, heart rate, and plasma norepinephrine responses to tilt in elderly patients with and without history of syncope. American Geriatric Society 1989 Annual Convention, Boston, MA. Program Abstracts 38A.
- 30) Perkins, K, Epstein, L, Stiller, R, Jennings, R, Marks, B, Jacob, R. The cardiovascular effects of nicotine during psychological stress and physical activity. Society of Behavioral Medicine 1989 Annual Convention.
- 31) Perkins, K, Epstein, L, Stiller, R, Marks, B, Jacob, R. Acute dose-response metabolic effects of nicotine: possible explanation for weight gain after smoking cessation. Society of Behavioral Medicine, 1988 Annual Convention.

NON-REFEREED PUBLICATIONS

Invited Book Essays

- 1) Marks, BL. In The News: In-Home Medical Testing, *Magill's Medical Guide*, 3rd Revised Edition. 2004, Salem Press, p 1478.
- 2) Marks, BL. In The News: Dietary Supplement Crackdowns By The FDA, *Magill's Medical Guide*, 2004, Salem Press, p 2490.
- 3) Marks, BL. Hyperventilation. *Magill's Medical Guide*, 3rd Revised Edition, Salem Press, 2004, pp 1326-27.
- 4) Marks, BL. Rotator Cuff Surgery. *Magill's Medical Guide*, 3rd Revised Edition, 2004, Salem Press, 2248-49.
- 5) Marks, BL. Exercise and Fitness, *Aging*, Salem Press: Pasadena, 2000, Vol. I, pp 257-264.
- 6) Marks, BL. Sarcopenia, *Aging*, Salem Press: Pasadena, 2000, Vol. II, pp 663-665.
- 7) Marks, BL. Sports Participation, *Aging*, Salem Press: Pasadena, 2000, Vol. II, pp 712-715.

Invited Journal Reviews

- 1) Marks BL. Active Aging and Self-Esteem, VideoTape, More than Skin Deep. *Gerontologist*, 2004; 44: 725-726.

Bonita L. Marks, Ph.D., FACSM, ACSM-CES (6/2015 rev)

- 2) Marks BL. ACSM Guidelines for Exercise Testing and Prescription, 4th Edition. *Medicine and Science in Sports and Exercise*, 1991; 23:1215.

Invited Papers

- 1) Marks, BL. The Aging Athlete's Performance: Swifter? Higher? Stronger? Or Just Getting By? Editorial; *Journal of Athletic Enhancement*, 2012, 1:1; <http://dx.doi.org/10.4172/jae.1000e103>
- 2) Vachet C, Bullitt E, Katz L, Marks B, Davis B, Styner M. August 2009; UNC Elderly Brain Atlas, <http://www.insight-journal.org/midas/item/view/2330> and <http://www.insight-journal.org/midas/gallery/?flash=true> > In collection MIDAS/National Alliance for Medical Image Computing (NAMIC)/NAMIC: Public Data Repository; *NIH Neuroscience Roadmap Initiative*.
- 3) Pluim BM, Staal JB, Marks BL, Miller S., Miley D. Health benefits of tennis. *Med Sci Tennis*, 2008, 13(3):10-19.
- 4) Marks, BL. Do Calories Really Matter? Part 3: Determining a realistic weight. *Tennis Pro Magazine*. The International Magazine of the Professional Tennis Registry (PTR) Tennis Teachers and Coaches. Nov/Dec 2006. pp 7-9.
- 5) Marks, BL. La Calorias de Verdad Cuentan? Parte 3 – Determinar un peso realista. *Tennis Pro*, Spanish Edition, Nov/Dec. 2006, pp 1-3.
- 6) Marks, BL. Do Calories Really Matter? Part Two: Energy Expenditure. *Tennis Pro Magazine*. The International Magazine of PTR Tennis Teachers and Coaches. Sept/Oct. 2006, pp 23-25.
- 7) Marks BL. La Calorias de Verdad Cuentan? Parte 2 – Medir el Gastro de Energia. *Tennis Pro*, Spanish Edition, Sept/Oct. 2006, pp 9-11.
- 8) Marks, BL. Do Calories Really Matter? Part One: Nutrition. *Tennis Pro Magazine*. The International Magazine of PTR Tennis Teachers and Coaches. July/Aug 2006 pp 7-9.
- 9) Marks, BL. La Calorias de Verdad Cuentan? Parte 1 – Ingestion de Energia. *Tennis Pro*, Spanish Edition, July/August 2006, pp 1-3.
- 10) Marks, BL. Optimizing Your Tennis Performance with Cross-Training. *Tennis Pro Magazine*. The International Magazine of PTR Tennis Teachers and Coaches. Sept/Oct. 2005, pp 20-23.
- 11) Marks, BL. Optimizar su Rendimiento con un Entrenamiento Cruzado. *Tennis Pro*, September/October 2005, pp 7-10.

Letter To Editor, Author Response

- 1) RE: Health benefits for veteran tennis players (2006, *BJSM*, 40(5):469-476; cited 12 times) *Health Dis-Benefits of Tennis*, Author Correspondence. <http://bjsm.bmj.com/content/40/5/469> Br J Sports Med published online 5/10, 2011; john s chambers, UK, Br J Sports Med published online 5/9, 2011.

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Invited CD-ROM, On-Line, and Print Edition Book/Essay Publications

- 1) Marks, BL, Peterson, M, Shipp, K. Strength and Conditioning for Osteoporosis. In: *Resistance training for Special Populations: CD-ROM Quick Reference Guide*, (Swank AM editor); Delmar Cengage Learning Publishers. 2010.
- 2) Marks, B.L. Blood Doping. *World-Book Encyclopedias*, Chicago, IL., 2003.
- 3) Marks, B.L. Homocysteine *World-Book Encyclopedias*, Chicago, IL, 2002.
- 4) Marks, B.L. Folic Acid. *World-Book Encyclopedias*, Chicago, IL, 2002.
- 5) Marks, B.L. Cellulite, *World-Book Encyclopedias*, Chicago, IL, 2000.
- 6) Marks, B.L. Liposuction, *World-Book Encyclopedias*, Chicago, IL, 2000.

Freelance Publications

- 1) *Allure Magazine*, Fitness News, Bonita L. Marks, Bimonthly Column (June, August, October, and December Issues, 2001).
- 2) *The Squirrel Hill Gazette Newspaper*, , Pittsburgh, PA
Marks, BL: “Hot or Cold, Run the Great Race Safely”, 1(4):12, September 1992.
Marks, BL: “Reducing Fall Risk in the Elderly”, 1(6):13, November 1992.

Invited Website Publications

- 1) www.protennis.us, “Ask a Doc” feature write-in column, 2005-2007.
- 2) www.luxilon.com, “Ask a Doc” featured write-in column, 2005-2007.
- 3) www.tennis.info, “Ask a Doc” featured write-in column, 2003-2008.
- 4) www.tennis.info, “Hydration 101”. August 2003.
- 5) www.tennis4you.com, *It’s Hot, Drink Up!* July 2002.

Booklets and Course Paks

- 1) Marks B.L. and Katz L.M. Fall Proofing Your Body with Fitness: A Guide for Older Adults, 2nd edition, 1999. Bilingual (English:Spanish). 2nd edition , AAHPERD Grant (81 pgs). Distributed throughout Orange County, NC and Miami, FL.
- 2) Marks B.L. EXSS 89L Course Pak (required), Laboratory Manual, Physiological Basis of Human Performance, 5^h ed. (2003) (50 pgs).
- 3) Marks BL. Home Exercise Guide, BEAT Study, 1999 (25 pgs).
- 4) Marks BL. H.E.L. P.P. Exercise Guide, 1999 (20 pgs).

Consultative Reports and Manuals:

- 1) Marks BL. Fitness Professional Track Manual, UNC-Chapel Hill, Dept. EXSS 2006.
- 2) Marks BL. Practicum- Internship Packet, UNC-Chapel Hill, Dept. EXSS, 2005.

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- 3) Marks BL. Practicum and Internship Training Manuals, Florida Atlantic University, Davie, FL, 1995.
- 4) Marks BL. A Review of Recumbent and Semi-Recumbent Cycle Ergometry. 40-Page Report, Commissioned by Life Fitness Corporation and Human Performance Resources, 1992.
- 5) Marks BL. The Health and Fitness Benefits of Racquet Sports. 80-Page Report, Commissioned by the Sporting Good Manufacturers Association, Racquet Sports Committee, & Human Performance Resources, 1992.

INVITED LECTURES

Professional Organizations

International

- 1) *Nutrition and hydration profile of male competitive tennis athletes.*
2nd International Congress on Tennis Science and Technology, July 28-30 2003, International Tennis Federation (ITF), London, England.
- 2) *The effect of a new sports drink on fatigue factors in competitive tennis.*
3rd World Congress of Science and Racket Sports, May 17-19, 2003, National Institute of Sport, Paris, France.

National

- 1) The Dizzying World of Getting Certified. Which Should You Get? Southeast American College of Sports Medicine (SEACSM), Greenville, Feb. 2013 (Tutorial, accepted).
- 2) *Introducing ACSM- Interest Group on Aging Live: www.acsmigoa.com*
American College of Sports Medicine, ACSM 59th Annual Meeting, Aging Interest Group Meeting, Thursday, May 31, 2012.
- 3) *Eat, Drink, and Be Merry: Recovery from Your Tennis Match, A Player's Guide*
United States Tennis Association (USTA), Boys and Girls 14s Zonal Championship, Cary, NC. 4-5 pm, July 26, 2011.
- 4) *Eat, Drink, and Be Merry: Recovery from a Tennis Match, A Parents' Guide*
United States Tennis Association (USTA), Boys and Girls 14s Zonal Championship, Cary, NC. 5-6 pm, July 26, 2011.
- 5) *The Secrets For A Successful ACSM Fellowship Application.* 1-Hour Tutorial, Southeast Region American College of Sports Medicine, Greenville, SC, Feb 2011.
- 6) *Neuroimaging, Exercise and the Aging Brain.* ACSM 2010 Annual Meeting, Baltimore, MD. Featured 1-Hour Colloquium, June 2010.
- 7) *Neuroimaging Using MRI A Crash Course For The Neophyte Neuroscientist,* 1-Hour Tutorial, (Co-Presenter: L. Katz). Annual Conference, Southeast American College of Sports Medicine, Greenville SC, February 2010.

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- 8) *Utility of a Falls Risk Self-Assessment Tool*. (Co-Presenter: L. Katz) 1-Hour Colloquium. Aging in America Conference, Annual Conference of ASA and NCOA. Las Vegas, NV, March 16, 2009.
- 9) *Exercise and You: Perfect Together. Healthy Heart, Healthy Brain*, 1.5 Hour Symposium, Symposium Sponsor and Participant (Co-presenters: C. Battaglini & M. Peterson); North Carolina Conference on Aging, Durham, NC, October 2006.
- 10) *Exploring Relationships between Physical Activity, the Brain, and the Aging Process*. Arizona State University, Polytechnic Campus, Mesa, AZ, Dept. of Exercise and Wellness, Mon, Feb. 27, 2006.
- 11) *The Calorie Counting Game*. Professional Tennis Registry (PTR) International Tennis Symposium, Hilton Head, SC. Wed, Feb. 23, 2005.
- 12) *Optimize On Court Performance with Cross Training*. Professional Tennis Registry (PTR) International Tennis Symposium, Hilton Head, SC, Thursday, Feb. 24, 2005.
- 13) *Cerebral Blood Flow Measurement in the Elderly*, 1-Hour Tutorial, (Co-Presenter: L. Katz) Southeast American College of Sports Medicine Annual Conference, Atlanta GA, January 2002.
- 14) *The Importance of Hydration*. 4th Annual John & Jane Corey Tennis Celebration, UNC Faculty Club "Farm", Oct 21, 2001.
- 15) *Fall-Proofing Older Adults: Risk Reduction Guidelines*, 1-Hour Tutorial, Southeast American College of Sports Medicine Annual Conference, Charlotte, NC, January 2000.
- 16) *Thin Thighs or Thin Wallet? The Facts about Aminophylline-Based Thigh Reducing Creams*, 1-Hour Tutorial, Southeast American College of Sports Medicine Annual Conference, Norfolk, VA, February, 1999.
- 17) *The Significance of Exercise through the Ages: Childhood Through Senescence*, 1-Hour Symposium, Topic: *Physical Activity Patterns from Childhood to Old Age*. (Symposium Sponsor & Co-Presenter: R. McMurray). Southeast American College of Sports Medicine Annual Conference, Norfolk, VA, Feb 1999.
- 18) *The Use of Heart Rate Variability to Assess Resting Autonomic Function*, 1-Hour Tutorial, Southeast American College of Sports Medicine Annual Conference, Atlanta, GA, January 1997.
- 19) *Practical Considerations in the Application of Weight Management Program*", 2-hour Symposium Participant: Topic: *Difficulties in Obesity Research*. (Symposium Sponsor: T. Lightfoot). Southeast ACSM Annual Conference, Lexington, KY 1995.
- 20) *The ACSM and HP 2000*. Mid Atlantic Regional American College of Sports Medicine Annual Conference, Univ. of Delaware, March 1993.
- 21) *Healthy People 2000*. Opening Speaker, Greater NY Regional ACSM Conference, Hunter College, New York, New York, 1992.

University Guest Lecturer (UNC-CH, FAU)

- 1) EXSS Fitness Professional Track Club
 1. *Footprints to UNC*, Feb. 27, 2011

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- 2) Center for Research on Chronic Illness, School of Nursing, UNC-CH
 1. *B.E.A.T. Pilot Project*, April 29, 1999

- 3) Exercise Physiology Professional Seminar (EXSS 785), UNC-CH
 1. *ACSM Certifications*, Fall 2010
 2. *Career Pathway*, Fall 2009
 3. *Exercise and the Aging Brain*, Fall 2006
 4. *Professional Organizations in Exercise and Sport Science*, Fall 2003
 5. *Effect of a New Sports Drink on Fatigue*, Fall 2003
 6. *Cerebral Blood Flow in the Aged*, Fall 2000
 7. *Utility of Heart Rate Variability*, Fall 1996
 8. *Preparing for an Interview*, Fall 1996

- 4) Foundations in Exercise Science (EXSS 101) , UNC-CH
 1. *What does an Exercise Physiologist Do?* Spring, 2004
 2. *Corporate Fitness and Wellness*, Fall 2003

- 5) Research Techniques in Physical Education, (EXSS 173, Spring 1997), UNC-CH
 1. *Research in Exercise Physiology*

- 6) School of Human Movement Sciences, Doctoral Program, UNC-CH
 1. Journal Club Seminar
 1. *Neuroimaging, Aging, and Exercise*, Fall 2010
 2. Graduate Seminar Course (HMSC 611), Effects of Aging on Movement and Balance,
 1. *Fall Risk Factors, Prevention, and Intervention*, Spring 1999

- 7) Sports Nutrition (EXSS 782, Fall 2003, Spring 2001), UNC-CH
 1. *Macronutrient Needs*

- 8) Exercise Science Research Activity Group, Florida Atlantic University, Davie, Fl.
 1. *Physical Fitness Among Seminole Native American Children*, Fall, 1995
 2. *Do Thigh Reducing Creams Work?* Fall, 1995
 3. *The Safety and Efficacy of Aminophylline-Based Thigh Creams*, Spring 1995
 4. *Falls in the Elderly*, Fall 1994
 5. *Effect of Diet and Exercise on Moderately Overweight Women*, Spring 1994

- 9) Perspectives in Health and Wellness Course, Florida Atlantic University, Boca Raton, FL
 1. *Healthy People 2000*, Fall 1993 and Spring 1994

Medical Conferences:

- 1) Duke University, Center for Aging Post-Doctoral Seminars
 1. *Role of Aerobic Fitness on Brain Structure in Young and Old*. April 2006
 2. *Impact of Exercise on Cognition in Healthy Aged*. June 2005

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2) Mercy Hospital of Pittsburgh, PA, Geriatric Conference

1. *Falls in the Elderly*, Spring, 1993
2. *Unexplained Syncope*, Fall, 1992

TEACHING RECORD

UNIVERSITY OF NORTH CAROLINA at CHAPEL HILL (1996-present)

Courses Taught

Graduate (5): Master Thesis Direction, Practicum, Advanced Topics in Exercise Physiology, Exercise Prescription for Clinical Populations, Applied Statistics & Research Lab

Undergraduate (7): Human Physiology, Physiological Basis of Human Performance with Labs, Exercise Prescription, Exercise Testing, Practicum, Directed Study, Independent Study

Course Curriculum Innovations at UNC

- 1) EXSS 705, Research Design and Applied Statistics: redesigned to include greater emphasis on thesis writing, advisor procurement preparation for Fall Statistics Comp Exam and Fall practicum pre-preparation. Spring 2012
- 2) Re-organized Graduate Exercise Physiology EXSS 789 Practicum Procedures, 2011
- 3) Assisted with creation of new Graduate TA Position with UNC Football, 2011-12 season
- 4) Revised EXSS M.A. Graduate Recruitment Interview Process, Ex. Phys. Spec. 2010-11
- 5) Revised EXSS M.A. Graduate Website for Exercise Physiology Specialization, 2010-11
- 6) Redesigned EXSS 410 to become stand alone exercise testing laboratory course, EXSS 410L, 2009-10
- 7) Revised EXSS 412 to absorb all prescription course content from EXSS 410. 2009-10
- 8) Created new course segment, Exercise and Aging, for new team-taught graduate course, EXSS 784, Advanced Topics in Exercise Physiology, 2007
- 9) Created/Directed new undergraduate academic Fitness Professional Track, 2004-06
- 10) Created 2 new undergraduate courses, clinical exercise prescription (EXSS 412) and practicum (EXSS 379) & implemented in 2006; Created Website Information, 2006
- 11) Created and implemented a new EXSS major graduation award for outstanding EXSS scholar athlete in cooperation with Athletics, 2000
- 12) Created Exercise Science Teaching Laboratory (ESTL), 1999-2000
- 13) Established externship experiences within 110 and 281 utilizing local markets (cardiac rehab, wellness, corporate fitness, research studies, visiting lectures, etc.), 2000
- 14) Restructured EXSS 281 Class into 2 separate classes, Healthy Normal (EXSS 110/110L) and Clinical Populations (remained as EXSS 281). 1999
- 15) Implemented a research/community experience requirement into EXSS 89, 1999
- 16) Restructured EXSS 89L to accommodate more students and more lab experiences, 1997

UNC-CH: Directed/ Independent Studies

- 1) Fall 2011, n=1: Paper: *The Dichotomy of Hypothermia: Clinical vs. Sports-Related*
Note: Student went to medical school

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- 2) Spring-Fall 2008, n=1: Graduate (MA) Merit Scholar Research, *Bod Pod and Clothing*
Note: Student completed a PhD in the neurosciences
- 3) Spring 2004, n=1: Student Research Paper: *In the Footsteps of Arthur Ashe*
Note: Student won the Arthur Ashe Award for Collegiate Tennis and is now a pro player
- 4) Fall 2003, n=1: Student Research Paper: *The Effect of Stress on Abdominal Obesity*
Note: Student is a research coordinator at UNC-CH
- 5) Spring 2002, n=3: *Exercise Science for the Non-Science Major* - Teaching innovation using the Gatorade Sport Science Institute website (<http://www.gssiweb.org>)

UNC Academic and Thesis Advising Summary

- 1) Exercise Physiology Graduate Specialization Coordinator, 2011-2015
General Advising, n = 18/year
- 2) Merit Scholar Graduate Research Supervision, n = 1, 2008
- 3) Undergraduate Fitness Professional Track: 45; 2006-2010
- 4) Undergraduate Directed Study: n = 7; 2002-2012
- 5) Graduate, Academic Advisor, Exercise Physiology: n = 2-3/year; 1997-2015
- 6) Master Thesis: Main Advisor, n =21; Reader, n = 13; 1997-2015
- 7) Undergraduate Honors Thesis: Main Advisor, n=1; Reader, n=2; 1998-2001

Post-Doctoral Fellowship Supervision

- 1) Zhexing Liu, Ph.D., China, BRIC/Computer Science, 2007-2009.
- 2) Mashid Farzinar, Ph.D., Iran, BRIC/Computer Science, 2010-2012.

Lab TA Supervision for Undergraduate Exercise Science Curriculum (376L, 410L)

Doctoral Student Supervision = 2

- 1) Eric Sobolewski (2014)
- 2) Peter Hosick (2009-10)

Master Student Supervision = 13

- 1) Coleman Mills (2014)
- 2) Rachel Graff (2013)
- 3) Miles Bartlett (2011-12)
- 4) Stuart Young (2010-11)
- 5) J.J. Duke (2007-08)
- 6) Jessica Zeibell (2006-07)
- 7) Laurie Bronson (2003-04)
- 8) Will Daly (2002-03)
- 9) Rhett Larson (2001-02)
- 10) Gretchen Bundy (2000-01)
- 11) Laura Wilson (1999-2000)
- 12) Jerrod Bowen (1997-98)
- 13) Erin Kelly (1996-97)

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Junior Faculty Mentoring = 7

Formal Assignments

- 1) Alain Aguilar, M.A., Lecturer, 2010-2013
- 2) Eric Ryan, Ph.D., Stallings-Evan Research Fellow, 2011-2013
- 3) Abbie Smith-Ryan, Ph.D., Assistant Professor, 2013-2015
- 4) Kristina Kucera, Assistant Professor, 2013-2015

Informal

- 1) Beth Evans, Ph.D. Candidate/Lecturer
- 2) Kristin Ondrak, Ph.D., Lecturer
- 3) Claudio Battaglini, Ph.D., Associate Professor

Florida Atlantic University (1993-1996)

Teaching Responsibilities:

Undergraduate Courses (7): Exercise Physiology (with labs), Exercise Prescription, Fitness for Life, Aquatic Training, Practicum, Internship, Directed Study.

Graduate Courses (3): Exercise Science Lab Methods, Advanced Exercise Physiology, Clinical Applications

Graduate Assistantship Supervision: Exercise Physiology Labs, FAU-Well Program

Advising Responsibilities:

Undergraduates: n =20-30; *Graduates:* n = 2- 3 (annually)

UNC THESES COMMITTEES

Undergraduate Honors Thesis

Lead Faculty Advisor:

- 1) Elizabeth Galleher, *An Analysis of Energy Balance in Competitive Collegiate Tennis Athletes*, May 2001 (Employment: Health Advocacy Research in Washington, DC)

Undergraduate Honors Thesis Committee Reader:

- 1) Jeff Pike, *The Influence of Cognitive Exertion and Systemic Fatigue on Dynamic Balance in Young Healthy Subjects*, May 1999. (M.D., Canada)
- 2) Laura Wilson, *Recovery Heart Rate Following Steady State Exercise*, May 1998 (Coach)

Graduate Masters Theses (Lead Faculty Advisor)

- 1) Craig Kleinberg, *The Influence of Muscle Size and Quality on Stair-Climb Performance in Overweight and Obese Firefighters* (In Progress)
- 2) Isaac Lee, *Running Economy During the Last Leg of a ITU Duathlon Race Simulation in a Laboratory Setting* (April 2014; Accepted Fall 2014 PhD Kinesiology Program, Univ. Tenn., Knoxville)
- 3) Dangaia Sims, *Are Bod Pod[®] Percent Body Fat Estimations Accurate for Black Women?* (July 2013) (Accepted Fall 2013, PhD Kinesiology Program, Penn State University)
- 4) Jamie Simerly, *Effect of Email to Enhance Cardiac Rehab Program Adherence.* May 2013. (Duke University Faculty Recreational Program)
- 5) Stephanie Bomberger, *Clinical balance assessments for older adults: An analysis of cognitive function.* August 2012 (UNC-CH, School of Public Health, Research Assistant)
- 6) Stewart Young, *Relationship Between Strength and Fractioned Reaction Time,* May 2011 (Assistant Strength Conditioning Coach, Stamford University)
- 7) Hilary McNichols, *Substrate Usage and Energy Expenditure during an Acute Exercise Bout after Habituation to Whole Body Vibration Training,* August 2011 (Fitness Club, Ex. Physio.)
- 8) Kathleen Terracina, *Physical Activity, Number of Medical Conditions, and Falls in Community-Dwelling Older Adults.* August 2010. (Wellness Coach, Duke Univ.)
- 9) Karla Gravitt, *Relationship Between Reaction Time, Grip Strength, and Cerebral White Matter Integrity in the Anterior Internal Capsule of Healthy Older Adults,* Aug 2009
- 10) Michael Babbitt, *The Relationship Between Body Composition and Cognitive Function in Older Adults.* Dec 2008 (Personal Trainer, RDU, NC)
- 11) Alison Warner, *A Comparison of Sport Drinks' Effects on Fatigue Factors in Master's Doubles Tennis Players* (2004, Incomplete; Left EXSS and pursued RN)
- 12) Tracy Watson, *Associations Among Physical Activity, Balance Confidence, and Fall Risk in Older Adults,* May 2003 (Physician's Assistant, Greenville, NC)
- 13) Christopher Smith, *Compliance to Exercise Following Discharge from a Cardiac Rehab Program,* May 2002 (Physician's Assistant in Connecticut)
- 14) George Dyriw, *A Comparison of Performance Attributes in an NCAA Division I Baseball Team,* May 2001 (PhD, PT from Univ. of Miami, FL)
- 15) Sandra Allen, *The Relationship Between Dietary Folate Intake and Baseline Folate and Homocysteine Levels in Mild to Moderately Obese Individuals,* 2001 (RD, Duke VA/US Army Reserves)
- 16) Daniel Crowe, *The Effects of Environmental Tobacco Smoke and Physical Activity Status on Fibrinogen Levels in Healthy Adults,* May 2000 (PhD from UNC Greensboro; Cardiac Rehabilitation Program Director, Salisbury, NC)
- 17) Lauren Williams, *The Effect of Distraction During Cycle Ergometry on Ratings of Perceived Exertion and Affect Scores in Overweight Individuals,* May 2000. Published Abstract: Microform Publications Bulletin, Exercise and Sports Science, 13(2):46. October 2000. (Health Promotion Specialist, CDC, Atlanta, GA)

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- 18) Danya Nunley, *Exercise Participation, Self Efficacy, and Fear of Falling in Older Adults*, May 2000 (Regional Dance Choreographer, Les Mills Fitness Studios, San Luis Obispo, CA)
- 19) Paul Israel, *The Relationship between Physical Fitness in University Students and Demographic, Academic, and Attitudinal Factors*, May 1999 (Trainer, Miami FL)
- 20) Jamie Albo, *Cerebral Blood Flow Responses to a Cognitive Challenge in an Older Population*, May 1999 (Director, Health Education, Meadowmont Wellness, UNC)
- 21) Jennifer Webb, *The Reliability and Validity of the Tanita TBF-511 Body Fat Scale*, May 1998

Committee Reader:

- 1) Julia Brown, *Walking Around Chapel Hill (WACH): A Pilot Program for Individuals with Schizophrenia*, Clinical Psychology Dept., December 2015 (anticipated).
- 2) Jason Diaz, *Calibration of Actical Accelerometer in Adults*, May 2009.
- 3) Soshanna Moody, *The Effect of Menstrual Cycle and Submaximal Exercise on Body Composition Estimates From Bioelectrical Impedance*. May, 2007
- 4) Mara Bauman, *The Effect of Exercise Training on Fasting Blood Glucose Levels in Adolescents*, May 1998
- 5) Steve Andrews, *Effects of High Versus Low Glycemic Index-Rated Carbohydrate Foods on Exercise Performance and Fat Metabolism*, August 1998
- 6) Dawn Maffucci, *The Acute Effect of a Six-Hour Fast on Exercise Performance*, August 1998
- 7) Jerrod Bowen, *The Effects of Creatine Supplementation on Anaerobic Performance*, Aug 1998
- 8) Sarah Nagae, *The Effects of Pre-Exercise Consumption of Low and High Glycemic Index Carbohydrate Foods on Endurance Running Performance*, August 1998
- 9) Vicki Bowden, *The Effect of Training Status on Resting Metabolic Rate and Substrate Utilization in Women*, August 1997
- 10) Erin Kelly, *The Influence of Aerobic vs. Anaerobic Exercise on Sex-Hormone-Binding Globulin and Free Testosterone Concentrations*, August 1997.
- 11) Jill Umscheid, *The Influence of Aerobic vs. Anaerobic Exercise on Thyroid Hormone Concentrations*, August 1997
- 12) Kevin Curry, *Relationship Between Improved Fitness and Blood Lipids in Cardiac Patients* (Proposed 1996, Dismissed from Program)
- 13) Kari Meyer, *Exercise Intensity Levels and Coronary Heart Disease Risk Factors* (Proposed 1996)

GRANTS AND EQUIPMENT AWARDED (Total: \$2,124,149)

External funding /UNC-CH

- 1) Co-Investigator, *High End Instrumentation Grant Program, Grant Mechanism: NIH-S10, PAR-07-383*. Equipment grant to upgrade 3T MR Scanner. (PI: Weili Lin, Ph.D.), 2008
- 2) Principal Investigator, *Hydration in Tennis Athletes, Grant Mechanism: Pacific Health Laboratories, NJ, 2001-2003*.
- 3) Principal Investigator, *Nutrition and Hydration Profiles in Tennis Athletes. Grant Mechanism: International Tennis Foundation, 2001-2003*.

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- 4) Co-Investigator, *Body Composition and Hydration Status of Collegiate Wrestlers*. NCAA/Tanita Corporation, (PI:Alan Utter, Ph.D.Appalachian State, NC1998-2000.
- 5) Principal Investigator, *Fallproofing Your Body: A Guide for Older Adults*. Grant Mechanism: Research Dissemination Award; American Alliance for Health, Physical Education, Recreation, and Dance, bilingual (English:Spanish) booklet; 1998-1999.

External funding / FAU

- 1) Principal Investigator, *Fitness is Forever, A Program for Older Adults*. Grant Mechanism: American College of Sports Medicine Foundation, Healthy People 2000.1995-1998

Internal funding/ UNC-CH

- 1) First Author, Book Chapter: “MRI Techniques to Evaluate Exercise Impact on the Aging Human Brain”, In: *Neuroimaging - Cognitive and Clinical Neuroscience* [Ed:Peter Bright, Ph.D., University of Cambridge, UK INTECH Publishers, ISBN: 978-953-51-0606-7]. Grant Mechanism: UNC-Chapel Hill Open Access Authors’ Fund, 2011.
- 2) Principle Investigator, *Creation of an Automated Diffusion Tensor Imaging Atlas for Older Adults*. Grant Mechanism: UNC A&S Interdisciplinary Initiatives. (Co- Investigators: M. Styner, Computer Sci & Psych, L. Katz, Emer. Med), 2008-2010
- 3) Principal Investigator, *Instrument Validation of a Falls Risk Home Self-Assessment Tool* Grant Mechanism: Research Stimulus Grant, Institute on Aging, 2007-2009.
- 4) Principal Investigator, *Fiber Tractography Analyses*. Grant Mechanism: University Research Council Faculty Award, UNC-Chapel Hill. 2007-09.
- 5) Principal Investigator, *The role of recreational sport participation on cerebral white matter integrity in older adults*, Grant Mechanism: Seed Grant, Biomedical Research Imaging Center (BRIC), 2006-2009.
- 6) Faculty Co-Investigator/Advisor, *Energy Requirements for Male Collegiate Tennis Players*. Grant Mechanism: Undergrad. Award to E. Galleher, 2000.
- 7) Principal Investigator, *BEAT Study*, Hospital-Grade Stretchers (2), Donation from American Red Cross, Durham, NC, 1999.
- 8) Principal Investigator, *The Combined Effect of a Diet plus Exercise Program on Homocysteine in Mild to Moderately Obese Adults*. Grant Mechanism: NIH Seed Grant Funding Program awarded from UNC Institute of Nutrition, 1999-2001.
- 9) Principal Investigator, *BEAT Study*, 27-inch Television Set, Donation from UNC-EM, 1999
- 10) Principal Investigator, *Brain and Exercise Assessment Trial (BEAT)*. Grant Mechanism: NIH-NINR Grant #: P30NR03962, Center for Research on Chronic Illness, School of Nursing, 1998-2000.
- 11) Principal Investigator *The Effect of Regular Aerobic Exercise on Fear of Falling, Cognition, and Cerebral Blood Flow in the Aged*. Grant Mechanism: Institute for Research in Social Science, 1998-1999.
- 12) Principal Investigator, *The Effect of Aerobic Exercise on Cerebral Blood Flow in the Aged*. Grant Mechanism: Jr. Faculty Development Award, UNC-CH; 1998-2000.
- 13) Principle Faculty, Grant Mechanism: University of North Carolina Center for Teaching and Learning, Course Enhancement Materials for graduate adult fitness/rehab course,1997.

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- 14) Principal Faculty, *Grant Mechanism*: University of North Carolina Center for Teaching and Learning; Subsidized attendance to international conference, “Physical Activity and Cardiovascular Health”, Oct. 17-19. 1996, Omni Hotel, Chapel Hill.

Internal funding/ FAU and Mercy Hospital of Pittsburgh, PA

- 1) Principal Investigator, *The Efficacy of Aminophylline-Based Thigh Reducing Creams*. Grant Mechanism: Research Initiative Award, FAU, FL. 1995-1996.
- 2) Principal Investigator, *Effect of Exercise and Diet on Heart Rate Variability in Overweight Women*. Grant Mechanism: Small Grant Award, FAU, 1994-1995.
- 3) Co-Principal Investigator, *The Validity and Reliability of Assessing Fall Risk in the Elderly*. Grant Mechanism: Mercy Hospital Foundation Seed Grant Award, Pittsburgh, PA (PI: J. Pendergrast, M.D., Center for Aging), 1992-1993.

Sponsorship Funding

Procured external and internal sponsorship funds for the American College of Sports Medicine Interest Group on Aging (IGOA) meeting. Sponsors: Wake Forest Univ. Dept. of Health and Exercise Science, Univ. of North Carolina at Chapel Hill Dept. of Exercise and Sport Science, Human Kinetics Publishers, Champaign, IL. 2013

INTER- AND INTRA-DISCIPLINARY RESEARCH COLLABORATIONS

- 1) Thesis Committee Member and Exercise Consultant, *Walking Around Chapel Hill (WACH): A Pilot Program for Individuals with Schizophrenia*; Master Thesis, Julia Browne, MA/PhD Student, Clinical Psychology, UNC-CH, 2013-2015
- 2) Editorial Reviewer/Data Analyses Consultant, *Regulated Hypothermia to Treat Hypoxic Ischemic Brain Injury*, (PI: Laurence Katz, MD, Dept. Emergency Medicine, UNC-CH), NIH Grant R21 NS064103-01A1), 2011-2012.
- 3) Co-Investigator, *Metabolic Expenditure, Physical Function, and Functional Decline in Elders* (PI: M.J. Peterson, Durham VA Medical Center GeroFit Program), 2006-2008.

PROFESSIONAL SERVICE

Editorial Positions

Editorial Board Member

- 1) *Journal of Athletic Enhancement*, 2012 – 2014

Editor, Newsletter

- 1) *The FAU-Well Walking Program Newsletter*, FAU, Davie, Fl. 1994 - 1996.

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Journal Manuscript Reviewer

1. American Journal of Lifestyle Medicine
2. American Heart Journal, Impact Factor: 5.052
3. Biology of Sport, Impact Factor: 0.527
4. British Journal of Sports Medicine, Impact Factor: 5.025
5. British Medical Journal, Impact Factor: 17
6. Human Brain Mapping, Impact Factor: 5.107
7. International Journal of Sports Medicine, Impact Factor: 2.4
8. Journal of Athletic Enhancement
9. Journal of Physical Activity and Aging, Impact Factor: 1.8
10. Journal of Primary Prevention, Impact Factor: 1.54
11. Journal of Applied Gerontology, Impact Factor: 0.92
12. Medicine, Exercise, Nutrition, and Sport Journal
13. Medicine & Science in Sports & Exercise Journal, Impact Factor: 4.459
14. Medicine and Science in Tennis Journal
15. Neurobiology of Aging, Impact Factor: 6.634
16. Neuroimage, Impact Factor: 5.895
17. Physician and Sports Medicine, Impact Factor: 1.49
18. PLoS ONE (Neuroscience Section) Impact Factor: 4.411
19. Psychology of Sport and Exercise, Impact Factor: 2.2
20. Strategies Journal for Physical and Sport Educators
21. The North Carolina Journal

Book Reviewer:

- 1) FA Davis, *American Program on Exercise (ACE) Exercise Program Design*, April 18, 2012
- 2) Boecker H, Hillman CH, Scheef L (Eds). *Functional Neuroimaging in Exercise and Sport Sciences*, Springer Publ., Neuroscience Division, 2010.
- 3) Powers S. & Howley E. *Exercise Physiology*, 6th Edition, McGraw Hill Publisher, 2007.
- 4) Task force for Benjamin Cummings Textbook Development/Exercise Physiology, 2001.
- 5) Aspen Book Publications: *Sports Cardiology*, 1998.
- 6) Human Kinetic Book Publishers: Howley & Franks, *Health Fitness Instructor Handbook*, 2nd Edition, 1996.
- 7) Lea & Febinger: *ACSM Guidelines for Exercise Testing and Prescription*, 4th Edition *Medicine and Science in Sports and Exercise*, 23:1215, 1991

Book Chapter Reviewer

- 1) Kraemer W. and Fleck S. *Exercise Physiology: Integrated from Theory to Practical Applications*. Chapter: Muscular Strength. Lippincott, Williams & Wilkins Publishers, 2006.

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Abstract Reviewer for National/Regional Conferences:

- 1) American College of Sports Medicine (ACSM)
- 2) Gerontological Society of America (GSA)
- 3) Southeast American College of Sports Medicine (SEACSM)

Professional Memberships and Associated Committees

- 1) American College of Sports Medicine (National), (ACSM) Fellow, 1977-present
 - Elected Chair, Interest Group on Aging (IGOA), 2011-2014
 - Organizer for Annual IGOA meeting at the National Conference, Indianapolis 2013
 - Task Force, Physician Fellowship Credentialing, 2012
 - Credentialing Committee for Fellow Status, 2007-2010; Reappt. 2010-2013
 - Ad Hoc Committee for Healthy People 2000, 1992-1995
 - Fitness Recognition Award Sub-Committee, 1994-1995
 - Mid Atlantic Regional Representative for HP2000, 1991-1993
 - Western PA State Representative for HP2000, 1990-1993
- 2) Southeast Regional Chapter of ACSM (SEACSM), 1993-present
 - Chair, Free Oral Communications, Cardiovascular Session, SEACSM Annual Conference, Greenville, SC, February 2011
 - Requested to be President Elect Nominee, 2008 and Nov. 2012 (declined nominations)
 - President Elect Nominee, 2001
 - Site Host Coordinator, Scholar Lecture Tour, Fall 2001
 - Chair, Tutorial Session “Childhood Obesity: Causes and Correlates” SEACSM Conference, Columbia, South Carolina, 2001
 - Nominating Committee for Executive Board, Fall 2000
 - Executive Board Member (1997-1999)
 - Assistant Coordinator, 1998 SEACSM Scholar Lecturer at UNC
 - Evaluation of Women’s Leadership Breakfast, SEACSM at Destin, FL, 1998
 - Chair, Free Communications Session, “Chronic Disease and Disability”, 1998
 - Chair, Tutorial Session “Obesity a Disease?” SEACSM, Atlanta, GA 1997
 - Coordinator for Scholar Lecture Series, 1995-1996
- 3) Mid Atlantic Regional Chapter of ACSM, (MARC), 1985-1993
 - Nominated President Elect, 1993 (declined/relocation)
 - Executive Committee, Member at Large, 1992-1993
- 4) The NeuroNetwork, (invited), 2012-present
- 5) New York Academy of Sciences (NYAS), 2005-2015
- 6) ACSM Clinical Exercise Physiology Association (CEPA), 2009-2015
- 7) Gerontological Society of America (GSA), 1994-present
- 8) Society for Tennis Medicine and Science (STMS), 2003-2015
- 9) United States Tennis Association (USTA), 2001-present
- 10) National Strength and Conditioning Association (NSCA), 1991-present
- 11) American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD),
 - AAALF Association Affiliation; Research Consortium Member; 1976-2015
- 12) American Society on Aging (ASA), 1997-2009

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13) Southern Gerontological Society (SGS), 2004-2009

14) Cognitive Neuroscience Society (CNS), 2007-2009

UNC Committees

University Level

- 1) Internal Advisory Committee for 2015 NSF ADVANCE IT grant competition
- 2) Appointed AHRPP Site Visit Representative for A&S Non-Biomedical Research (April/May 2012)
- 3) Nominated Candidate for Faculty Council, Natural Sciences Division 2010
- 4) Women in Science and Mathematics Discussion Panelist, Nov. 17, 2009
- 5) Biomedical Research Imaging Center (BRIC) Member, School of Medicine, 2008-present
- 6) Academic Enhancement Program, Exercise Science Mentor, 2000-01
- 7) Academic Support Program for Student Athletes, Guest Football Coach (vs. Pittsburgh) and Guest Recruiter (Dinners), 2000-01
- 8) Nominated Candidate by Faculty Governance to run for Faculty Council, 1999
- 9) Task Force for Science at Carolina Initiative, 1999-2000
- 10) Institute on Aging, Grant Reviewer, 1999-2000
- 12) Task Force for Lifelong Learning, 1999
- 12) Center Investigator, Center for Research on Chronic Illness (CRCI), School of Nursing, 1998-01

Departmental Level

- 1) EXSS Executive Advisory Committee, 2014-15
- 2) EXSS Dept. Liaison to UNC Faculty Diversity Initiative, 2013-14
- 3) EXSS Strategic Planning Committee, 2013
- 4) Fitness Professional Track Review Committee, 2012
- 5) Department Budget Allocation Committee, 2011
- 6) Senior Lecturer Guidelines Committee 2010
- 7) EXSS Scholar Athlete Award, Chair, 2000-15
- 8) Public Relations, 2006-12
- 9) IRB Proposal Reviewer, 1997-15
- 10) Lifetime Fitness Course Committee Co-Chair, 2004
- 11) Curriculum Chair, 1999-2004
- 12) Departmental Course Renumbering Chair, 2003-04
- 13) Gymshorts Alumnae Newsletter, 1997-04
- 14) Department Logo Design, 2003
- 15) Faculty Search Committee Chair/Co-Chair
 - Exercise Physiology, Stallings Fellow Assistant Prof., Tenure Track, 2010-11
 - Exercise Physiology Lecturer, 2007-08

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16) Faculty Search Committee Member:

- Neuromechanics, 2009-10
- Fitness Professional Track/Athletic Trainer, 2007-08
- Athletic Trainer Searches: 1997-98; 2006-07
- Sports Administration: 1997-98; Spring 2013

INSTITUTIONAL NETWORKING SUMMARY

Internal (UNC-CH) Collaborations

- 1) Biomedical Research Imaging Center (BRIC, 2006-present)
- 2) Institute on Aging (IOA, 1997-present)
- 3) Center for Research on Chronic Illness (CRCI); (1997-2000)
- 4) Department of Allied Health Sciences (C. Giuliani, T. Shubert, 2003-present)
- 5) Department of Biostatistics (H. Zhu, 2009-2012)
- 6) Departments of Computer Science & Psychiatry (M. Styner, 2006-2012)
- 7) Department of Emergency Medicine (L. Katz, 1996-present)
- 8) Department of Nutrition (S. Zeisel (1999-2000)
- 9) Department of Nursing (V. Neelon, 1997-2000)
- 10) Department of Neurology (K. Robertson, 2007-present)
- 11) Department of Neurology and Surgery (E. Bullitt, 2007-2009)
- 12) Department of Radiology (W. Lin, K. Smith, 2006-present)
- 13) Department of Vascular Surgery, Peripheral Vascular Lab (P. Daniel; 1997-2000)
- 14) UNC-CH Men's Football Team (BIA; Hydrostatic Weighing, 2000-2004)
- 15) UNC-CH Men's Tennis Team (Performance, Nutrition, Hydration, 2000-2004)
- 16) UNC-CH Men's Baseball Team (Performance Per Position/MA Thesis, 2000-2001)
- 17) UNC-CH Men's Wrestling Team (BIA; Hydration, 1998-2000)

External Collaborations

United States

- 1) Appalachian State University (A. Utter, 1998-2001)
- 2) Association of Tennis Professionals (ATP, 2002-2006)
- 3) Duke University (R. Cabeza, S. Huttel, D. Madden, J. Provenzale; 2005-07; R. Pearlstein, 2013)
- 4) Durham VA Medical Center, NC (M. Morey, M. Peterson; 2004-2008)
- 5) Elon University, NC (P. Miller, E. Hall, 2013-present)
- 6) Florida Atlantic University (A. D'Angelo, J. Haky, T. Lightfoot, D. Torok; 1993-1999)
- 7) Harvard University (M. Fiatarone, P. Jonsson, L. Lipsitz; 1988-1990)
- 8) Mercy Hospital of Pittsburgh (C. Bayles, J. Prendergast; 1991-1993)
- 9) Professional Tennis Registry (PTR, 2005-2006)
- 10) Tufts University (J. Rippe, 1990-1997)
- 11) University of Central Florida (T. Angelopolous, 2001-2003)
- 12) University of Louisville (A. Swank; 2004-2011)
- 13) University of Massachusetts (D. Brown, J. Castellani, J. Rippe, A. Ward; 1989-1990)

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- 14) University of North Carolina at Charlotte (T. Lightfoot, 1996-1999)
- 15) University of South Carolina at Columbia (T. Moore, 2000-2006)
- 16) University of Pittsburgh (L. Epstein, K. Metz, K. Perkins, R. Robertson, 1987-1990)
- 17) University of Utah (G. Gerig, 2006-2012)
- 18) United States Racquet Stringers Association (USRSA, 2004-2006)
- 19) United States Tennis Association (USTA, 2002-2006; 2011)

International

- 1) International Tennis Federation (ITF, London and Madrid; 2001-2003)
- 2) Maastricht University, Netherlands (B. Pluim; 2006-2008)
- 3) Max Planck Institute for Human Cognition and Brain Sciences, Leipzig Ger., (K. Mueller; 2010)
- 4) Royal Netherlands Lawn Tennis Association; 2006-2008

COMMUNITY SERVICE

Advisory Boards

- 1) *Morehead Planetarium and Science Center*, Chapel Hill, NC. Faculty Advisory Board, 2011-current
- 2) *International Council on Active Aging (ICAA)*, Visioning Board, 2009-2012
- 3) *Orange Cardiovascular Foundation (OCF)*, Chapel Hill, NC, EXSS Liaison, 1996-2005
- 4) *North Carolina Healthy Aging Network (NCHAN)*, Advisory Panel Member, 2000-2004

Central North Carolina Program Involvement

1) *Wake County, NC*

1. The Research Triangle Park, *RTP Fit Series, Exercise on the Brain*, Mar 20, 2015
2. Glenaire Retirement Home, Cary, NC, Spring into Spring Program, *Exercise, Aging, and the Brain*, Mar 4, 2015
3. North Carolina Museum of Natural Sciences, Raleigh, NC: Heart and Brain Exhibit, UNC Coordinator/Contributor/Planning, 2011-2012

2) *Chatham County, NC*

1. Carolina Meadows, Chatham, NC
Fall Lecture: Falls Prevention: Can You Really Test Yourself? Sept. 21, 2014
Summer Lecture: Get a Grip: Hydration and Grip Strength, June 16, 2014
2. Duke Center for Living at Ferrington Village, Galloway Ridge, Pittsboro, NC
Lecture: *Falls Risk Identification* (April 5, 2011)

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3) *Orange County, NC*

1. FEMMES UNC 2013, Outreach Camp, 4th-6th grade girls, Nov. 16, 2013
2. Culbreth Middle School Science Symposium, Lecturer, Mar 9, 2010
Lectures: *Are You Smarter Than Your Grandmother? Train Your Brain!*
Three 30 minute lectures to Grades 6, 7, and 8; Neuroanatomy; Included hands-on problem-solving tasks commonly used in cognitive research (student teams)
3. Morehead Planetarium Afterschool Science Program, Jan. 23, 2009
Organized EXSS lab experiences for 22 elementary students (k-5th grade). Theme: *Are you Ironman Strong?* Faculty supervised rotations through the Applied Physiology Lab, Exercise Science Teaching Lab, and Sports Medicine Research Lab
Topics: *grip strength, lung function, body composition, and motion analyses.*
4. *Fit to Beat DOOK*, faculty advisor for fitness fair at UNC, EXSS 89, Nov. 22, 2003
5. *Fit in the Pit*, faculty advisor for fitness fair at UNC, EXSS 89. April 21, 2003
6. Martin Luther King Day of Service, Blood Pressure and Body Fat
Screenings provided by EXSS 89 and EXSS 110 class volunteers, January, 2002
7. Fall Fest 2000, Ice Cream Scooper
8. La Fiesta del Pueblo: distributed bilingual fall prevention booklet, Chapel Hill, 1999
9. YMCA of Durham, NC, Sept. 16, 1998, Lecture: *Beginning a Fitness Program*
10. Provided *14 health-fitness lectures* throughout Orange County, NC as part of B.E.A.T. Study community involvement, 1998.
11. Assisted with B.E.A.T. health lecture “Stroke Prevention and Early Detection” given by Dr. L. Katz, aired more than 20 times, the UNC Cable TV, Channel 8. 1998
12. Orange County Service Community Lectures
 - (1) Carrboro Senior Center, N.C.
Lecture: *The Importance of Exercise*, Sept. 21, 1998
 - (2) Carolina Meadows Retirement Village,
Lecture: *Falls Awareness*, April 17, 1998
 - (3) Chapel Hill Senior Center, N.C.
Lecture: *Falls Awareness*. June 17, 1998.
 - (4) Carol Woods Retirement Home, Chapel Hill, NC.
Lecture: *Falls Prevention*, April 18, 1997.

FAU-Boca Raton/Miami, FL Community Service

- 1) Dade County, FL. Hollywood South Beach Community Center, Fl
Lecture: Healthy People 2000 Implementing for Yourself, January 1996
- 2) Distribution of (free) Falls Prevention Booklet to Senior Citizen Centers in S. Fl, 1996
- 3) Established Practicum Rotation for ESWE students at Memorial Hospital West, 1995
- 4) Coordinated American Heart Association’s HeartScore ’95 at FAU, 1995
- 5) Coordinated health fitness booths at community shopping centers & FAU, 1993-96

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Pittsburgh, PA Community Service

- 1) Created The Greater Pittsburgh Council for Health, Fitness, and Sports per the directive of the PA Governor's Council on Physical Fitness and Sports, 1992
- 2) Health fitness booth at Pittsburgh Great Race and Health Fair Expo, 1991-93
- 3) American Heart Association, W. PA, CPR Instructor, 1977-1988
- 4) Jerry Lewis Telethon Volunteer, 1982
- 5) United Way of Pittsburgh, Sr. Fitness Lectures at 5 Allegheny Co resident facilities, 1982

CONSULTING

- 1) Alaska: Brian Britt, 8th Grader in Anchorage. Role: Consultant for Brain Project for Language Arts, National Science week/month; Romig Middle School, Teacher: Ms., Beth Lync; April-May 2013.
- 2) Johan Mestach, MBA, Father and Manager of An-Sophie Mestach, Belgium, #3 Junior Female World Tennis Player 2011, Winner of Jr. Division, Australian Open, 2011 (Request: Tennis Fitness Consultant), January 2011
- 3) UNC Faculty/Staff Tennis and Swim Club (The FARM), Fitness Room Design, 2005-06
- 4) Velocity Sports Performance Centers, Fitness consultant for new start-up in Raleigh and Cary, NC. Summer 2003
- 5) Body fat assessments at professional tennis tournaments (USTA, ITF, ATP), 2002-03
- 6) Synergy Personal Training, Durham, NC, academic fitness consultant, 2003-2005
- 7) Rodale Press, Fitness Consultant to staff writer, May 2001
- 8) W.A.T.C.H. Project, (Wellness for African Americans Through Churches) Consultant for
- 9) exercise video, P.I.: Lorna Houghton, UNC Public Health, UNC Lineberger Cancer Center, The American Cancer Society, African American Churches in North Carolina), July 1999
- 10) Site Coordinator for the ACSM Health Fitness Instructor National Certification Exam at FAU, Davie Campus, Fall, 1995
- 11) Assistant Coordinator for the ACSM HFI National Certification Exam at FAU, Fall, 1994
- 12) Seminole Tribe of Florida, Big Cypress Reservation in the Florida Everglades, Fitness Evaluations for Ahfachkee Elementary School, Spring and Fall 1995
- 13) Certification Examiner, ACSM-HFI National Certification Exam, FAU, Fall, 1993
- 14) Mercy Hospital of Pittsburgh, Center for Aging, Dept. of Medicine, Training Research
- 15) Assistants in Fall Assessments, 1992-1994
- 16) Adelphia Cable Communications, Coudersport, PA, 6-month Employee Fitness Challenge, January-June 1993
- 17) LifeFitness Corporation, Chicago, Il, 6-month Employee Fitness Challenge, 1992
- 18) LifeFitness Corporation, Chicago, IL, National Home Fitness Program Promotion, 1992
- 20) Pittsburgh Diet Workshop, Pittsburgh, PA, Topic: Exercise and Dieting, 1992.
- 21) Exercise Consultant for Dr. James M. Rippe, Boston cardiologist, 1990-1996
- 22) Exercise Consultant for Patricia Amend, national fitness writer, 1990-1994
- 23) St. Margaret Memorial Hospital Medi-Center Health Fairs, Body Composition, 1990-92

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- 24) Children's Hospital of Pittsburgh, Pulmonary Exercise Lab, Cystic Fibrosis Research,
- 25) Medical Center-Hospital of Pittsburgh, Exercise Physiologist, Optifast Program, 1990-91
- 26) Exercise consultations at privately owned behavioral weight management center, 1991
- 27) Certification Examiner, ACSM Exercise Specialist National Certification Exam, University of Pittsburgh, Pittsburgh, PA 1986-1987

MEDIA COVERAGE (Examples)

Television, Radio, and U-Tube:

- 1) U-Tube International Book Review: Taking Your Tennis on Tour:
www.youtube.com/watch?v=PJnzJvkZlcc July 1 2012
www.SportsBookLand.com
- 2) Topic: *Aminophylline-Based Thigh Reducing Creams*, 1999
 1. WSNM Radio New Hampshire Talk Show
 2. Health Scout Internet
 3. WPTS Raleigh News
 4. Consumer Line Minneapolis Radio News
 5. Boston Globe Radio Talk Show
 6. SCSN News
 7. MEDSTAR Source
 8. Reuters Newslite
- 3) TV News 12, 29 & 25, West Palm Beach, Fl.
 1. Topic: *Rating the Exercise Videos*, 1995
 2. Topic: *Exercise Adherence at Home*, 1996
 3. Topic: *Staying Youthful*, 1996
- 4) NBC World Radio News, *Effect of Nicotine on Metabolic Rate*, 1990

Newspapers:

- 1) Star News, *These golden-age athletes catch waves, run marathons and scale mountains*, Wilmington, NC 11/11/06
- 2) The Chapel Hill News, *Sports Drinks Help Keep Athletes Healthy and Hydrated*, 11/7/01
- 3) Topic: *Aminophylline-Based Thigh Reducing Creams*, 1999
 1. NY Times
 2. LA Times
 3. Seattle Times
 4. Raleigh News & Observer
 5. Chapel Hill Sun-Herald
 6. Charlotte Observer
 7. Canada National Post

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- 4) NY Times, *Success of Corporate Fitness Programs*, 1996
- 5) The Sun Sentinel, *Community Fitness and the AHA Heart Score '95 Test*, 1995
- 6) The Boca News, *Cardiovascular Research in Women*, 1994
- 7) The Miami Herald, *Weight Training Issues for Women*, 1994
- 8) The Medical Post, *Effect of Nicotine on Metabolic Rate*, 1990.

Magazines:

- 1) Men's Health Magazine, Lifestyle Edition *Fit to be President*, January 2004
- 2) Topic: *Aminophylline-Based Thigh Reducing Creams*, 1999
 1. Shape Magazine
 2. Mademoiselle Magazine
 3. Vegetarian Times Magazine
 4. Time Inc. Magazine
 5. Health Magazine
 6. Fitness Management Magazine
 7. UNC Endeavors Magazine
- 3) Boca Raton Magazine, *Home Fitness Equipment* 1995
- 4) Shape Magazine, *Healthy People 2000 Grassroots Promotion*, 1993
- 5) Self Magazine: *Compliance Issues with Weight Loss - Self*, 1992
- 6) American Health Magazine: *Nicotine and Metabolic Rate*, 1990

World Wide Web (WWW) Interviews/Reports:

- 1) Quoted for article: *Exercise May Boost Kids' Brainpower*, Randy Dotinga, HealthDay Reporter, August 2014; Picked up on several websites, including:
www.consumer.healthday.com; www.webmd.com; www.phoenixchildrens.org
- 2) Program Spotlight: *The Boomer Brain Drain is Real!* June 2012
<http://www.acsmigoa.com/spotlight.html>
- 3) *Grass-Roots Walking in Raleigh*, Carolina Weekly, March 2012, SPH Student Report
- 4) *Tennis: A Great Way to 'Love' Your Health*. July 2011, Kathy Sanders, Livin' Out Loud,
<http://www.livinoutloudmag.com/component/content/article/215-tennis>
- 5) *Evidence keeps building: Tennis improves brain power*. Tennis for the Health of It. USPTA.
<http://tennis-health.com/Home/tabid/36/Articles/Tennisimprovesbrainpower/tabid/153/Default.aspx>
- 6) *Tennis research empowers teaching pros*. January 2010. www.advantageuspta.com
- 7) NITRC, http://www.nitrc.org/plugins/mwiki/index.php/unc_brain_atlas:MainPage,
- 8) Carolina Parent. *Weighty Matters for Young Athletes*. May 2008
<http://www.carolinaparent.com/Articles/Features/FeatureArticle.aspx?cid=584>
- 9) ITFtennis.com. Science & Medicine. *Health Benefits of Tennis*. Reprinted with Permission.
<http://www.itftenis.com/scienceandmedicine/publications/research/article3.asp>
- 10) *KEEP IT MOVING: Older athletes may slow down a bit, but don't plan on stopping anytime soon*; Winston Salem Journal Online; 2007
http://www.journalnow.com/servlet/Satellite?pagename=WSJ/MGArticle/WSJ_BasicArticle&c=MGArticle&cid=1149193369632

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- 11) *Older athletes part of a national trend*, 2007
<http://www.myrtlebeachonline.com/mld/myrtlebeachonline/16773029.htm>
- 12) *These golden-age athletes catch waves, run marathons and scale mountains*, 2007
<http://www.starnewsonline.com/apps/pbcs.dll/article?AID=2007702110319>
- 13) *Older athletes part of a national trend*, 2007
<http://www.heraldsun.com/state/6-822819.cfm>
- 14) *Muscling Up*, 2004, <http://umanitoba.fitdv.com>
- 15) *Liposuction* –2001, <http://DiscoverySchool.com>
- 16) *Thigh Reducing Creams*, 1999
 1. MSNBC.com
 2. scienceblog.com
 3. myfooddiary.com
 4. radiancemagazine.com
 5. news.bbc.co.uk
 6. gordos.com
 7. el-mundo.es

Podcasts: *Taking Your Tennis on Tour*, Book Discussions (2006)

- 1) www.sportpodcasts.com/casts/11235/ - 434k
- 2) www.mefedia.com/tags/tennis/ - 82k
- 3) www.thetennispodcast.blogspot.com/2006/10/inside-junior-tennis.html - 28k

Tennis Blogs (4/22/10-3/18/12)

- 1) *RE: Taking Your Tennis On Tour* (2006, RacquetTech Publishers) 3/18/12
- 2) College? <http://answers.yahoo.com/question/index?qid=20120318213130AAI4vyX>,
- 3) Changes? <http://answers.yahoo.com/question/index?qid=20120313235359AAae2i4>,
Plan? <http://answers.yahoo.com/question/index?qid=20120226203911AAhulIo>
- 4) How to? <http://answers.yahoo.com/question/index?qid=20120203144759AADb3Np>
- 5) Age to go Pro? <http://answers.yahoo.com/question/index?qid=20120109182041AAOjt66>
- 6) Earnings? <http://answers.yahoo.com/question/index?qid=20110224042021AA1brTi>,
- 7) Pro or NO? <http://answers.yahoo.com/question/index?qid=20100822204829AAAbRZA5>,
- 8) How To? <http://in.answers.yahoo.com/question/index?qid=20100422054952AAZ4N0q>,
4/22/10