Christopher R. Kovacs, Ph.D., CSCS

Curriculum Vitae

Home Address
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229A Brophy Hall
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Education

Ph.D. University of North Carolina at Greensboro
Concentration: Motor Behavior; 2001
Post-Baccalaureate Certificate - Gerontology
Dissertation: "Obstacle avoidance as a function of sensory training in healthy older adults"

M.S. Michigan State University
Concentration: Exercise Physiology; 1994

B.S. Pennsylvania State University
Concentration: Exercise and Sport Science; 1991

Professional Leadership, Teaching, and Research Experience

Divers Alert Network; Durham, NC **November-December 2015**
Visiting Professor
Invited as a visiting professor while on a granted sabbatical leave during the Fall, 2015 academic semester. Collaborated on research with members of the medical and research departments of DAN with an agreement with the Director of Injury Prevention to submit a research article for publication in the journal Diving and Hyperbaric Medicine in the spring of 2016. Presented on-going research examining exercise behavior and perceptions of health in divers to senior members of their research team. Promoted the development and value of our scuba diving minor in the WIU Department of Kinesiology and developed relationships for potential internship opportunities for students across multiple WIU majors Participated in research examining micro-bubble formation during repetitive, deep scientific diving and observed NASA-funded research through the Duke Center for Hyperbaric Medicine and Environmental Physiology.

Western Illinois University; Macomb, IL **2015-Present**
Professor of Kinesiology
Tenured faculty member in the Department of Kinesiology within the College of Education and Human Services. Appointed full graduate faculty status in 2005. Teach undergraduate courses in the area of exercise science/motor behavior and graduate level courses in the kinesiology graduate program, serve on university, college, and departmental committees, assist with student recruitment and retention, mentor undergraduate and graduate research, assist in departmental program development and implementation, conduct student assessment activities, participate in departmental tenure and promotion decisions, and engage in academic professional activities at the international national, and regional levels, including publications and presentations of ongoing programs and research

Western Illinois University; Macomb, IL **2009 - 2015**
Associate Professor of Kinesiology
Tenured faculty member in the Department of Kinesiology within the College of Education and Human Services. Appointed full graduate faculty status in 2005. Teach undergraduate courses in the area of exercise science/motor behavior and graduate level courses in the kinesiology graduate program, serve on university, college, and departmental committees, assist with student recruitment and retention, mentor undergraduate and graduate research, and engage in academic professional activities at the international national, and regional levels, including publications and presentations of ongoing programs and research

Western Illinois University; Macomb, IL **2005 - 2011**
Graduate Program Coordinator
Provided academic advising for students enrolled in the kinesiology major, development of individual plans of study, maintained continued review and evaluation of graduate programs, standards and administration, developed and coordinated the implementation of capstone experiences, made recommendations to the Chairperson concerning graduate course offerings and the rotation of those courses, chaired admission and application processing of graduate students, represented the department on the College of Education and Human Services Graduate Academic Affairs Committee, and represented the department in dealings with other universities, related professional organizations, agencies, or other persons and bodies outside the university interested in the study of kinesiology.

Western Illinois University; Macomb, IL **2005 - 2009**
Assistant Professor of Kinesiology
Tenure-track faculty member in the Department of Kinesiology within the College of Education and Human Services. Appointed full graduate faculty status in 2005. Taught undergraduate courses in the area of exercise science/motor behavior and graduate level courses in the kinesiology graduate program.

University of Mississippi; Oxford, MS **2002 - 2005**
Assistant Professor of Exercise Science
Tenure-track faculty member in the Department of Kinesiology within the School of Applied Sciences. Taught undergraduate courses in the area of exercise science/motor behavior and graduate level courses in the exercise science graduate program.

Mississippi State University; Mississippi State, MS **2001 - 2002**
Assistant Professor
Tenure-track faculty member in the Department of Kinesiology within the College of Education. Taught undergraduate courses in the area of exercise science/motor behavior and graduate level courses in the exercise science graduate program.

University of North Carolina at Greensboro; Greensboro, NC **2000 - 2001**
Instructor/ Adjunct Faculty
Taught undergraduate courses in motor development to upper level students in the Department of Exercise and Sport Science.

Winston-Salem State University; Winston-Salem, NC **2000 - 2001**
Adjunct Faculty
Taught a graduate level course in motor development for first year physical therapy students in the Department of Physical Therapy.

University of North Carolina at Greensboro; Greensboro, NC **2000 - 2001**
Motor Skills Instructor
Taught activity-based classes in the Youth Educational Sport and Physical Education Program within the Department of Exercise and Sport Science.

University of North Carolina at Greensboro; Greensboro, NC **1998 - 2000**
Graduate/Research Assistant;
Assisted in research and data collection activities for multiple faculty in the Department of Exercise and Sport Science utilizing multiple laboratory techniques, including 3D motion analysis, video data collection and digitizing, survey-based collection techniques, and home-based activity measurements.

University of North Carolina at Greensboro; Greensboro, NC **1997 - 1998**
Graduate/Research Assistant
Assisted in sociological data collection for the Institute for the Study of Social Issues.

Michigan State University; East Lansing, MI **1992 - 1994**
Graduate/Teaching Assistant
Taught activity courses for the Department of Physical Education and Exercise Science

Pennsylvania State University; State College, PA **1990 - 1991**
Undergraduate Research Assistant

Refereed and Invited Publications

Kovacs, C. & Buzzacott, P. (2017). Self-reported exercise behavior and perception of its importance to recreational divers, International Maritime Health, 68, (2), 115-121, DOI: 10.5603/IMH.2017.0021

Kovacs, C. & Paulsen, T. (2017). Effect of In-water Scuba Diving Activities on Response Time in Recreational Divers, International Journal of Aquatic Research and Education 10, (1), Article 2

Kovacs, C. (2015). A mnemonic for dealing with dive emergencies. Sources - Journal of Underwater Education, (27), 2, 52-54

Kovacs, C. & Walter, D. (2015). Scuba diving and kinesiology: development of an academic program. Journal of Physical Education, Recreation, and Dance, 86, 3, 12-17

Kovacs, C., & Bories, T. (2010). Effects of increased physiological arousal on upper extremity reaction and movement times in healthy young adults. Neuroscience International, 1(2): 28-33

Kovacs, C., & Bories, T. (2010). Effects of increased physiological arousal on upper extremity positional awareness in healthy young adults. Journal of Social Sciences, 6 (3): 468-473

Kovacs, C. (2008). Measuring motor skill learning – a practical application. Strategies – A Journal for Physical and Sport Educators, 22, 24-29.

Williams, K., Hinton, V., Bories, T, & **Kovacs, C.** (2006). Age differences in dual task performance: Walking and talking. Research Quarterly in Exercise and Sport, 77 (1), 137-141.

Kovacs, C. (2005). Age-related changes in gait and obstacle avoidance strategies in older adults: A review. Journal of Applied Gerontology, 24, 21-34.
Kovacs, C. & Williams, K. (2004). Sensory training effects on obstacle avoidance capabilities in healthy older adults, Physical and Occupational Therapy in Geriatrics. 22, 1-17.

Williams, K., Gill, D.L., **Kovacs, C.,** & Williams, L. (2003). Intralimb coordination of fallers and non-fallers during stair climbing and descent. Journal of Human Movement Studies, 45, 233-255

Williams, K., Mustain, K. & **Kovacs, C.** (2002). A home-based intervention to improve balance, gait, and self-confidence in older adults. Activities, Adaptation, and Aging, 27, 1-16

Dohoney, P., Chromiak, J., Lemire, D., Abadie, B., & **Kovacs, C.** (2002). Prediction of one repetition maximum (1-RM) strength from a 4-6 RM and a 7-10 RM submaximal strength test in healthy young adult males. Journal of Exercise Physiology, 5, (3), 54-59

Williams, K. & **Kovacs, C**. (2001). Balance and mobility training for older adults: An undergraduate service learning experience. Journal of Physical Education, Recreation, and Dance, 72, 54-59.

Kovacs, C. (2001). Age-related changes in motor control that affect balance and the performance of functional activities in older adults. Journal of Mississippi Alliance for Health, Physical Education, Recreation, and Dance. Fall

Published Abstracts

Kovacs, C. & Paulsen, T. (2014) Effect of instructional in-water training activities on response time in recreational scuba divers. Journal of Exercise and Sport Psychology. Volume 36: Supplement

Hinton, V.A., Williams, K., Bories, T.L., & **Kovacs, C.** (2006) Walking and talking: Shared task performance in older women. Journal of Exercise and Sport Psychology. Volume 24: Supplement

Kovacs, C., Webb, H., Long, A. & Acevedo, E.O. (2004). Effects of state anxiety on measures of reaction time and movement time in healthy young adults. Journal of Exercise and Sport Psychology. Volume 26: Supplement

Long, A., **Kovacs, C**., & Acevedo, E.O. (2004). Effects of state anxiety on temporal and spatial parameters associated with normal gait in healthy young adults. Journal of Exercise and Sport Psychology. Volume 26: Supplement

Kovacs, C. & Williams, K. Variability in kinematic measures of gait in healthy older adults (2003). Medicine and Science in Sport and Exercise, Volume 35: Supplement

Kovacs, C. Obstacle avoidance as a function of sensory training in healthy older adults (2002). Research Quarterly for Exercise and Sport, March

Research Presentations

Lopez, C., Litow, K., & **Kovacs, C.** (2017). Effect of hand dominance and functional position on grip strength in young adults. Poster presented at the Illinois Alliance for Health, Physical Education, and Dance Conference, St. Charles, IL. November

Kovacs, C. & Buzzacott, P. (2016). Self-reported physical activity and perceptions of structured exercise in certified divers. Poster presented at the Undersea Hyperbaric Medical Society Annual Conference, Las Vegas, NV, June

Kovacs, C.R. (2015). Exercise behavior and diving: A preliminary report. Paper presented at Divers Alert Network National Headquarters, Durham, NC. December

Paulsen, T. & **Kovacs, C.** (2015). Effects of musically-induced aggression on vertical jump performance. Poster presented at the Illinois Alliance for Health, Physical Education, and Dance Conference, St. Charles, IL. November

Dixon, A. & **Kovacs, C**. (2015). Belly dance as an intervention training method for the dolphin kick. Poster presented at the Illinois Alliance for Health, Physical Education, and Dance Conference, St. Charles, IL. November

Dixon, A. & **Kovacs, C.** (2015). Belly dance as an intervention training method for the dolphin kick. Poster presented at the Second Annual Graduate Research Conference, Macomb, IL. March

Kovacs, C. & Paulsen, T. (2014). Effect of instructional in-water training activities on response time in recreational scuba divers. Poster presented at the North American Society for Psychology of Sport and Physical Activity Conference, Minneapolis, MN. June.

Paulsen, T. & **Kovacs, C.** (2013). Effect of in-water scuba diving activities on response time in student recreational divers. Poster presented at the Illinois Alliance for Health, Physical Education, and Dance Conference, St. Charles, IL. November

Paulsen, T. & **Kovacs, C.** (2013). Effect of in-water scuba diving activities on response time in student recreational divers. Poster presented at the Thomas E. Helm Undergraduate Research Day. Western Illinois University, Macomb, IL. April

Bories, T., Lee, O., & **Kovacs, C.** (2008). Participating in lifetime activities for young and old. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Conference, Fort Worth, TX. April

Bories, T., **Kovacs, C.,** & Lee, O. (2007). PLAY-O: Development of a program for student-parents and their children. Motor Development Research Consortium. Baltimore, MD, November

Kovacs, C. & Parker, M. (2005). Effects of Increased Arousal on Upper Extremity Proprioceptive Awareness in Healthy Young Adults. Paper presented at the *2005 Motor Development Research Consortium Annual Meeting*, Northern Illinois University, October.

Kovacs, C., Long, A. & Acevedo, E.O. (2005). Effects of increased physiological arousal on measures of functional motor performance in healthy young adults. American College of Sports Medicine annual conference. Nashville, TN. June.

Kovacs, C. (2004). Age-related changes in gait and obstacle avoidance capabilities in older adults: A review. Paper presented at the Southern Gerontological Society Conference, Atlanta, GA. April

Kovacs, C., Webb, H., Long, A. & Acevedo, E.O. (2004). Effects of state anxiety on measures of reaction time and movement time in healthy young adults. North American Society for Psychology of Sport and Physical Activity annual conference. Vancouver, B.C. June.

Long, A., **Kovacs, C.**, & Acevedo, E.O. (2004). Effects of state anxiety on temporal and spatial parameters associated with normal gait in healthy young adults. North American Society for Psychology of Sport and Physical Activity annual conference. Vancouver, B.C. June.

Williams, K., Hinton, V., **Kovacs, C.**, & Bories, T. (2003). Effects of age differences on simultaneous task performance: Walking and talking. Paper presented at the SGS Conference, Richmond, VA. April

Williams, K., Hinton, V., Bories, T., & **Kovacs, C**. (2003). Age differences in shared task performance: Walking and talking. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Conference, Philadelphia, PA. April

Kovacs, C. & Williams, K. (2003). Variability in kinematic measures of gait in healthy older adults. Paper presented at the American College of Sports Medicine National Conference, San Francisco, CA. May

Hinton, V.A., Williams, K., Bories, T.L., & **Kovacs, C**. (2002). Age differences in shared task performance: Walking and talking. Motor Development Research Consortium. Austin, TX. October.

Hinton, V.A., Williams, K., Bories, T.L., & **Kovacs, C.** (2002). Walking and talking: Shared task performance in older women. North American Society for Psychology of Sport and Physical Activity annual conference. Baltimore, June.

Kovacs, C. (2001). Training balance and mobility in older adults: A new approach. Mississippi Alliance for Health, Physical Education, Recreation, and Dance. Jackson, November/December.

Kovacs, C. (2002). Obstacle avoidance as a function of sensory training in healthy older adults. American Alliance for Health, Physical Education, Recreation, and Dance national convention. San Diego, April.

Williams, K., Gill, D.L., **Kovacs, C.,** & Williams, L. (2001). Intralimb coordination of fallers and nonfallers during stair climbing and descent. North American Society for Psychology of Sport and Physical Activity annual conference. St. Louis, June.

Williams, K., **Kovacs, C.,** & Mustian, K. (2001). A home-based intervention to improve gait, balance, and self-confidence in older adults. Presented to the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, OH, March.

Williams, K. & **Kovacs, C.** (2001). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. Presented to the Motor Development Academy (preconference symposium) of the American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, OH, March.

Williams, K. & **Kovacs, C**. (2000). In home balance and mobility interventions for older adults.

Motor Development Academy of the American Alliance for Health, Physical Education, Recreation, and Dance. Orlando, April.
Kovacs, C. & Williams, K. (2000). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. Southern Gerontological Society. Raleigh, March.

Williams, K. & **Kovacs, C**. (2000). In home balance and mobility interventions for older adults. Paper presented to the Motor Development Academy of the American Alliance for Health, Physical Education, Recreation, and Dance. Orlando, April.

Williams, K. & **Kovacs, C**. (1999). In home balance and mobility interventions for older adults. Motor Development Research Consortium. Madison, WI. October.

Williams, K., **Kovacs, C**., & Justice, M. (1999). The success of exercise interventions with older adults. North Carolina Summer Symposium on Aging, Fayetteville, NC. July.

Kovacs, C. (1998). Age-related changes that affect postural stability in older adults. University of North Carolina at Greensboro. Berlin Writing Award presentation. Greensboro, NC. April

Invited Lectures and Presentations

Kovacs C.R. (2015). Great Lakes Wreck Diving: What to Expect. Department of Kinesiology, *Kinesiology 308 – Scuba III* , Western Illinois University, March

Kovacs C.R. (2014). Graduate School and Your Future Career. Department of Kinesiology*: Exercise Science Student Association*, Western Illinois University, October

Kovacs C.R. (2010). Graduate School – What to Expect During and After the Application Process. Department of Kinesiology: *Exercise Science Student Association*, Western Illinois University, October

Kovacs C.R. (2009). Gender differences in movement capabilities. Department of Kinesiology: *Kinesiology 470 – Gender and Sport*, Western Illinois University, March

Kovacs C.R. (2007). Gender differences in movement capabilities. Department of Kinesiology: *Kinesiology 470 – Gender and Sport*, Western Illinois University, November

Acevedo, E.O., Hallam, J., **Kovacs, C.R.,** Ford, M.A., Jameson, A., & Owens, S. (2004). Defining "Success" as a Researcher in Exercise Science. *Department of Health, Exercise Science, and Recreation Management Graduate Seminar*, University of Mississippi. October
Kovacs, C. (2003). Current age-related research in health and exercise science. *Department of Health, Exercise Science, and Recreation Management Graduate Seminar*, University of Mississippi. February

Kovacs, C. (2003). Age-related research on gait and postural control. *School of Applied Sciences*, University of Mississippi. March

Kovacs, C. (2002). Changes in gait and stepping performance in older adults - A review. *Department of Health, Exercise Science, and Recreation Management Graduate Seminar*, University of Mississippi. September

Williams, K. & **Kovacs, C.** (2000). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. School of HES Seminar Series, March.

Research Currently in Progress

- An examination of scuba regulator performance on submaximal exercise tolerance in divers
- Exercise energy requirements in divers – review article

Professional and Academic Service

Professional Organizations

- Nomination Committee – National Association for Sport and Physical Education, 2011
- External Reviewer – NASPE – Physical Sciences Research Presentations. American Alliance for Health, Physical Education, Recreation, and Dance National Conference, Indianapolis, IN. March, 2010
- Presider - NASPE/Motor Development Forum. American Alliance for Health, Physical Education, Recreation, and Dance National Conference, Fort Worth, TX. April, 2008
- Past-Chair – NASPE Motor Development Academy: National Association for Sport and Physical Education/ AAHPERD, 2008-2009
- Member – Professional Preparation, Research, and Steering Committee (PPRSC). American Alliance for Health, Physical Education, Recreation, and Dance 2006-2009
- Chair – Motor Development Academy: National Association for Sport and Physical Education/ AAHPERD, 2007-2008.
- Chair-Elect – Motor Development Academy: National Association for Sport and Physical Education/ AAHPERD, 2006-2007.
- Chair – Exercise Science Division; Mississippi Alliance of Health, Physical Education, Recreation, and Dance, 2002-2003

Book Reviewer

- *Motor Learning: Theory and Practice*. Brooks-Cole Publishers 2009
- *Motor Learning: Theory and Practice*. Brooks-Cole Publishers 2006
- *Introduction to Exercise Science*. McGraw-Hill Publishers 2005

Journal Reviewer

- International Journal of Aquatic Research and Education

- Journal of Human Development and Capabilities
- Journal of Athletic Enhancement
- Motriz: Journal of Physical Education
- Journal of Musculoskeletal and Neuronal Interactions
- Neuroscience Letters
- Journal of Motor Behavior
- Research Quarterly in Exercise and Sport
- Journal of Applied Gerontology
- Journal of Physical Activity and Aging
- Aging: Clinical and Experimental Research
- Journal of Physical Education, Recreation, and Dance
- Journal of Gerontology: Medical Sciences
- Institute for Advanced Studies in Aging and Geriatric Medicine

University Service

- President's Faculty Roundtable, 2017-present
- University Honors Council, 2017-present
- Council on Intercollegiate Athletics 2010-2014, Chair 2011-2014
- Summer Stipend Awards Committee 2010
- University Research Council 2009
- Summer Stipend Awards Committee 2009
- Council on Curricular Programs and Instruction 2009-2010
- Council on Curricular Programs and Instruction 2008-2009
- Council on Curricular Programs and Instruction 2007-2008
- University Research Council 2008
- Department of Education and Human Services Graduate Academic Affairs Committee 2007-2008
- Student Judiciary Board; Western Illinois University, 2006-2009
- Undergraduate Education Task Force; University of Mississippi, 2004 – 2005
- Diversity/Globalization Committee; Mississippi State University, 2001-2002

School/Departmental Service

- Departmental Search Committee – Exercise Physiology; Western Illinois University, 2017-present
- Undergraduate Academic Affairs Committee; Western Illinois University, 2017-present
- Chair, Departmental Search Committee – Biomechanics; Western Illinois University, 2016-2017
- College of Education and Human Services Academic Appeal Committee, 2016
- Kinesiology Departmental Operations Committee – Western Illinois University, 2012-2016
- Kinesiology Departmental Personnel Committee – Western Illinois University, 2009(Chair)-2012, 2013-2016, 2017(Chair)-present
- College of Education and Human Services Deans Search Committee – Western Illinois University, 2008-2009
- Undergraduate Program and Appeals Committee – Chair 2007-2008, 2016-present
- Scholarship Committee; Western Illinois University, 2005-2006
- Graduate Academic Affairs Committee; Western Illinois University, 2005-2007
- Departmental Search Committee – Sport Management; Western Illinois University, 2005-2006
- Departmental Search Committee – Exercise Physiology; Western Illinois University, 2005-2006

- School of Applied Sciences Curriculum and Policy Committee; University of Mississippi, 2004 - 2005
- Department of Health, Exercise Science, and Recreation Management Departmental Chair Search Committee; University of Mississippi, 2004 - 2005
- Graduate Studies Committee; University of Mississippi, 2003 - 2005
- Undergraduate Curriculum Committee; University of Mississippi, 2003 - 2005
- Exercise Science Social Committee; University of Mississippi, 2003 - 2005
- Exercise Science Assessment Committee Cycle B; University of Mississippi, 2003 - 2005
- Undergraduate Exercise Science Majors Club - Faculty Sponsor; University of Mississippi, 2003 - 2005
- Graduate Faculty; University of Mississippi, 2002 - 2005
- Departmental Search Committee - Health Promotion Assistant Professor position; 2003 - 2004
- Department of Communicative Disorders Faculty Search Committee; University of Mississippi, 2002-2003
- Library Acquisition Committee; University of Mississippi, 2002
- Graduate Faculty; Mississippi State University, 2001-2002
- NCATE Oversight Committee; Mississippi State University, 2001

Graduate Student Committees – Comprehensive Examinations/Theses/Dissertations

Western Illinois University

- Kisha Kucharek (M.S.) 2017-2018
- Anthony Bischler (M.S.) 2016-2017
- Trevor Paulsen (M.S.) 2014-2016
- Anne Dixon (M.S.) 2013-2015
- Garrett Degross (M.S.) 2011-2013
- Stefan King (M.S.) 2010-2012
- Sarah Fargusson (M.S.) 2010-2011
- Holley Begyn (M.S.) 2010-2011
- Alexander Backes (M.S.) 2008-2009
- Danielle Gaydusek (M.S.) 2007-2008
- Satya Alturi (M.S.) 2007-2008

University of Mississippi

- Jessica Townsend (M.S) 2005
- EJ Patterson (M.S.) 2005
- Takila Davis (M.S.) 2005
- Stephanie Delmastro (M.S.) 2005
- Jacob Brenning (M.S.) 2005
- Kristin Wilkerson (M.S.) 2005
- Anna Sanders (M.S.) 2005
- Andrea Johnson (M.S.) 2005
- Linda Lobb (Ph.D.) 2004 - 2005
- Ashley Sweeney (Ph.D.) 2002 - 2005
- Kimberly Kraft (Ph.D.) 2003 - 2005
- Chad Perkins (M.S.) 2004

- Tara Peeples (M.S.) 2003
- Megan Vann (M.S.) 2003 – 2004
- Tanya Lewis (M.S.) 2003 – 2004
- Michelle Senter (Ph.D.) 2003 – 2004
- Katherine Mowatt (M.S.) 2003 – 2004
- Sara McWhorter (M.S.) 2003
- Jessica McAllister (M.S.) 2003
- Joel Cain (M.S.) 2002

Mississippi State University

- Connie Goldsmith (M.S.) 2002
- Jill Bender (M.S.) 2002
- Kerrie Eisenhauer (M.S.) 2002
- Jung-il Oh (M.S.) 2002

Sally McDonnell Barksdale Honors College Thesis Advisor - University of Mississippi

Melissa Parker (B.S.) *Effects of Increased Physiological Arousal on Upper Extremity Position Sense in Healthy Young Adults (2005)*

Honors College Project/Thesis Advisor - Western Illinois University

- Kelly Crowley 2017
- Sebastian Hereyk 2017
- Kaitlyn Litow 2016
- Cintya Lopez 2016
- Joshua Bick 2015
- Rebecca Young 2015
- Alex Parker 2014

Grantsmanship

2007 Recipient of URC Grant totaling $4, 961.69 for Project PLAY-O (co-investigator)

2005 Interdisciplinary Working Group Grant: University of Mississippi. *Fall Prevention.* $20,000, funded (co-investigator).

2004 Faculty Research Program: University of Mississippi. *Effects of state anxiety on measures of functional performance in older adults.* $6000.00, funded.

2003 Faculty Research Program: University of Mississippi. *Relationship between balance and stepping variability in older adults. $*5000.00, funded.

2002 Associates and Partners Grant: University of Mississippi. *SoftWire Graphical Programming Software.* $495.00, funded.

2001 Research Initiation Program: Mississippi State University. *Relationship between measures of static balance and stepping performance in healthy older adults.* $9,066.98, funded.

2001 American Alliance for Health, Physical Education, Recreation, and Dance: Research Consortium. *Effects of the implementation of an inclusive school-based motor development instructional program on students overarm throw*. $5,000 (seed grant), not funded.

1998 UNC Institute on Aging: *Longitudinal changes in coordination during stair climbing and descent in older adults with a history of falls*. $3000, not funded (co-investigator).

Courses Taught

Western Illinois University (2005 – Present)
- Motor Learning and Performance (Graduate)
- Development of Expert Performance (Graduate)
- Research Methods in Kinesiology (Graduate)
- Introduction to Kinesiology (Undergraduate)
- Senior Seminar (Undergraduate)
- Motor Behavior (Undergraduate)
- Exercise Physiology (Undergraduate)

University of Mississippi (2002-2005)
- Special Topics - Motor Behavior Across the Lifespan: (Graduate)
- Motor Behavior (Graduate)
- Research Methods in Health and Exercise Science (Graduate)
- Trends and Topics - Aging and Physical Activity (Undergraduate)
- Kinesiology (Undergraduate)
- Motor Control and Learning (Undergraduate)
- Introduction to Exercise Science (Undergraduate)

Mississippi State University (2001-2002)
- Interpretation of Data in Exercise Science (Graduate)
- Motor Development (Undergraduate)
- Tests and Measurements (Undergraduate)

Winston-Salem State University (2001)
- Motor Development (Graduate – Department of Physical Therapy)

University of North Carolina at Greensboro (1999-2001)
- Motor Development (Undergraduate)

Awards/Honors

- Faculty Appreciation Award: Office of Disability Services– Western Illinois University; 2015
- Professional Achievement Award – Western Illinois University; 2016
- Professional Achievement Award – Western Illinois University; 2013

- Professional Achievement Award – Western Illinois University; 2011
- Lolas Halverson Young Investigator Award - American Alliance for Health, Physical Education, Recreation, and Dance/NASPE Motor Development Academy; 2005
- Faculty Research Fellow - University of Mississippi; 2004
- Faculty Research Fellow - University of Mississippi; 2003
- Fisher Dissertation Prize - UNCG; 2001
- Kate Barrett Professional Development Award – UNCG; 2000
- Pearl Berlin Writing Award - UNCG; 1998
- Graduate Student Scholarship - Michigan State University; 1993
- Deans List - Pennsylvania State University

Related Professional Experience

- **Exercise Physiologist/Work Capacity Specialist;** NovaCare Outpatient Rehabilitation; Chicago, IL.
- 1995-1997
- **Lead Exercise Physiologist;** LPT Fitness and Physical Therapy; Philadelphia, PA.
- 1994-1995
- **Assistant Strength and Conditioning Coach;** Michigan State University; East Lansing, MI.
- 1993-1994
- **Exercise Specialist;** Athletic Advantage Incorporated; Grand Rapids, MI.
- 1993-1994
- **Health Education Instructor;** General Motors Incorporated; Lansing, MI.
- 1993-1994
- **Exercise Physiologist;** Centinela Hospital Medical Center and Fitness Institute; Culver City, CA.
- 1991-1992

Professional Memberships and Activities

- Member of the National Strength and Conditioning Association (NSCA)
- Member of the Divers Alert Network (DAN)
- Member of the Undersea Hyperbaric and Medical Society (UHMS)
- Member of the National Association of Underwater Instructors (NAUI)
- Member of the American Alliance for Health, Physical Education, Recreation, and Dance
- Member of the Gerontological Society of America
- Member of the North American Society for Psychology of Sport and Physical Activity
- Member of the American College of Sports Medicine
- University of North Carolina at Greensboro Exercise and Sport Science Graduate Student Organization - President
- Graduate representative to the UNCG Graduate Student Organization
- Michigan State University Graduate Student Organization
- Pennsylvania State University Undergraduate Student Organization

Certifications

- Certified Strength and Conditioning Specialist: National Strength and Conditioning Association
- American Red Cross: Cardiopulmonary Resuscitation and First Aid
- Certified Phlebotomist

Scuba Diving Specializations and Certifications

- Scuba Instructor (#53674)– National Association of Underwater Instructors (NAUI)
- Certified Master Scuba Diver – National Association of Underwater Instructors (NAUI)
- Certified Rescue Scuba Diver – National Association of Underwater Instructors (NAUI)
- Certified Advanced Scuba Diver – National Association of Underwater Instructors (NAUI)
- Certified Open Water Scuba Diver – National Association of Underwater Instructors (NAUI)
- Specialty: Drysuit Diver – National Association of Underwater Instructors (NAUI)
- Specialty: Ice Diver – National Association of Underwater Instructors (NAUI
- Specialty: Enriched Air Diver – Professional Association of Diving Instructors (PADI)
- Specialty: Altitude Diver – Professional Association of Diving Instructors (PADI)
- Specialty: Introduction to Technical Diving – Technical Diving International (TDI)
- Specialty: Advanced Nitrox – Technical Diving International (TDI)
- Specialty: Decompression Procedures – Technical Diving International (TDI)
- Specialty: Tech 40 - Professional Association of Diving Instructors (PADI/DSAT)
- Specialty: Tech 45 - Professional Association of Diving Instructors (PADI/DSAT)