

Thomas R. Wójcicki, PhD

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EDUCATION

- 2013 **Doctor of Philosophy – Kinesiology**
Emphasis in Exercise Psychology
University of Illinois at Urbana-Champaign
- 2011 **Masters of Science – Kinesiology**
Emphasis in Exercise Psychology
University of Illinois at Urbana-Champaign
- 2006 **Bachelor of Science – Kinesiology**
Emphasis in Pre-Medicine
University of Illinois at Urbana-Champaign

PROFESSIONAL EXPERIENCE

- 2014 – **Assistant Professor – Exercise Science Department, Bellarmine University**
- Primary area of research lies within the field biobehavioral kinesiology, with a focus on the reciprocal effects of physical activity on psychosocial factors; research employs a social cognitive framework to better understand physical activity behavior and subsequent health-related outcomes across the lifespan; areas of interest include the design, implementation, and evaluation of emerging technologies for behavior change, as well as the examination of psychosocial health and quality of life as it relates to physical activity.
- 2013 – 2014 **Postdoctoral Research Associate – Exercise Psychology Laboratory, University of Illinois**
- Involvement in an array of on-going externally-funded projects including: *Influence of Fitness on Brain and Cognition* (NCT00438347); *Activity, Gait, and Efficacy: Functional Limitations and Quality of Life Outcomes* (NCT01030419); *FlexToBa for People with Multiple Sclerosis* (NCT01993095).
- Primary responsibilities include serving as research coordinator and lab liaison for the DVD-delivered physical activity intervention for older adults with MS, data analysis for all lab-based trials, and manuscript preparation and submission to peer-reviewed journals.
- 2012 – 2013 **Doctoral Dissertation – A Social Cognitive Approach to Influencing Adolescent Physical Activity Behavior via Social Media: A Randomized Controlled Trial 2.0** (NCT01870323), University of Illinois
- Conducted in partial fulfillment of the requirements for the degree of Doctor of Philosophy in Kinesiology and Community Health in the Graduate College of the University of Illinois; primary objectives of the *Social Media and Activity Research in Teens (SMART) Trial* included examining the feasibility and effectiveness of delivering a lifestyle physical activity program to sedentary and low-active adolescents via social media.
- 2006 – 2013 **Graduate Research Assistant – Exercise Psychology Laboratory, University of Illinois**

Involvement in externally-funded projects and collaborative endeavors including: *Influence of Fitness on Brain and Cognition* (NCT00438347); *Activity, Gait, and Efficacy: Functional Limitations and Quality of Life Outcomes* (NCT01030419); *Exercise Effects on Cognition in School-Aged Children* (NCT 01334359); *Internet Physical Activity for College Students*; *Internet Physical Activity in Individuals with Multiple Sclerosis*; *Development and Validation of the Multiple Outcome Expectations for Exercise Scale*

Primary responsibilities included data acquisition, analyses, and interpretation; manuscript preparation and submission; program development and delivery; training and supervising undergraduate research assistants. Additional responsibilities included participant recruitment, screening, and scheduling; supervision and administration of aerobic and functional fitness tests; database construction and management; and the creation and maintenance of the Exercise Psychology Laboratory website and social media sites.

TEACHING EXPERIENCE

2014 – **Assistant Professor** – *Introduction to Exercise Science* (EXSC 110), Bellarmine University

Designed to give students a comprehensive overview of the scientific disciplines that form the foundation of exercise science. This course introduces students to the general scope of knowledge and the skills essential for a practitioner in exercise science. Students are provided with opportunities to explore, apply, and critique relevant topics and issues associated with the science of exercise via in-class presentations and assignments.

Responsibilities include the design and dissemination of course content via lectures and in-class discussions; additional duties include the creation and administration of class exams, review and evaluation of student presentations and focus papers, and the tutoring and mentoring students as needed. Enrollment: 24 students

Assistant Professor – *Principles of Personal Wellness* (EXSC 140), Bellarmine University

Designed to prepare students to apply basic principles of health and exercise sciences to the development of positive attitudes and behaviors in personal wellness. The influence of society, individual choices, and heredity on personal wellness are explored, as well as the role of exercise, proper nutrition, and personal responsibility in maintaining a healthy and active lifestyle.

Responsibilities include the design and dissemination of course content via lectures and in-class discussions; additional duties include the creation and administration of class exams, review and evaluation of personal wellness assessments and the semester-long development of student wellness blogs, and the tutoring and mentoring students as needed. Enrollment: 19 students

Assistant Professor – *Kinesiology Laboratory* (EXSC 325L), Bellarmine University

Designed to teach the physics of motion and its application to human movements. This course summarizes how understanding the causes of human motion, the effects of forces on human tissues, and how kinematic measurements of human motion can be used by exercise scientists to modify exercise prescriptions and enhance human performance.

Responsibilities include planning, supervising, and grading laboratory activities related to lecture content. Average Enrollment: 13 students

Research Supervisor and Mentor – *Special Topics: Student Research Experience* (EXSC 346), Bellarmine University

Designed for Seniors in the Exercise Science Program, this course provides students with the opportunity to engage in on-going faculty-led research or to develop, and ultimately disseminate, a student-selected

(faculty-sponsored, IRB approved) research study of their own. Involvement in this course allows students to further understand the field of exercise science from a hands-on research perspective.

Responsibilities include serving as Principal Investigator and student mentor for proposed and ongoing studies. Current research projects include:

Project: *The ADAPT Study* (i.e., *Average Daily Activity & Personality Traits*)
In collaboration with: Elizabeth Crush, 2015 expected graduation
IRB Protocol Number: *in review*

2013 **Instructor** – *Health Behavior Theory* (CHLH/KIN 540), University of Illinois

Designed to provide the opportunity for graduate students in the Public Health Program and the Department of Kinesiology and Community Health to explore, apply, and critique the theoretical foundations of health promotion and behavior. Content focused on the theoretical determinants of health, health outcomes, and health-related behavior from the individual to the environmental level.

Responsibilities included the design and dissemination of course content via lectures, readings, and discussions; additional duties include the creation and administration of class exams, grading, and the tutoring and mentoring students as needed. Enrollment: 30 students

2011 – 2013 **Instructor** – *Introduction to Sport and Exercise Psychology, Online* (KIN 247 Online), University of Illinois

Developed an interactive, multimedia-based online version of KIN 247, in partnership with Dr. Edward McAuley and the *Center for Innovation in Teaching & Learning*. Offered as an eight-week course via Illinois Compass (an enterprise learning management system powered by Blackboard's Vista Enterprise software), students learn to analyze the competitive sport process, with study of how personality and situational factors affect physical activity behaviors.

Responsibilities included creating audio-visual files for weekly lectures and interacting with students in course forums; additional responsibilities included grading, tutoring, as well as mentoring honors students. Average Enrollment: 100 students

2009 – 2010 **Instructor** – *Introduction to Sport Psychology* (KIN 247), University of Illinois

Analysis of the competitive sport process, with study of how personality and situational variables affect motivation, anxiety, and aggression in sport. Attention is given to the psychological skills needed by coaches and athletes for successful and enjoyable sports participation.

Responsibilities included lecturing and designing course assignments and examinations; additional responsibilities included grading, tutoring, as well as mentoring honors students. Average Enrollment: 150 students

2008 – 2009 **Teaching Assistant** – *Introduction to Sport Psychology* (KIN 247), University of Illinois

Responsibilities include grading; tutoring; administration of exams; and lecturing.

2008 **Teaching Assistant** – *Social Science of Human Movement* (KIN 140), University of Illinois

Introduction to the social scientific aspects of human movement including sport; particular emphasis on concepts derived from the social sciences (including psychology) that are appropriate to human movement.

Responsibilities included dissemination and instruction of laboratory/discussion materials; distributing and grading class assignments; tutoring; and assigning final grades for the laboratory portion of the class.

Duties included instruction and leadership of participants in the aerobic portion this randomized controlled trial; management and organization of exercise logs and questionnaires; monitoring and evaluating participant progress, and providing personalized feedback.

SELECTED ARTICLES IN REFEREED JOURNALS

- In Review **Wójcicki, T. R.**, Roberts, S., Motl, R., & McAuley, E. (in review). Improving physical functional in persons with multiple sclerosis via a DVD-delivered exercise intervention: Study protocol. *BMC Neurology*.
- In Press **Wójcicki, T. R.**, Grigsby-Toussaint, D., Hillman, C. H., Huhman, M., & McAuley, E. (in press). Promoting Physical Activity in Low-Active Adolescents via Facebook: A Pilot Randomized Controlled Trial to Test Feasibility. *JMIR Research Protocols*.
- Wójcicki, T. R.**, Fanning, J. F., Awick, E. A., Chung, H. D., Olson, E. A., Motl, R. W., & McAuley, E. (in press). Maintenance effects of a DVD-delivered exercise intervention on physical function in older adults. *Journal of Gerontology: Medical Science*.
- Wójcicki, T. R.**, & McAuley, E. (in press). Physical activity: Measurement and behavioral patterns in children and youth. *Monographs of the Society for Research in Child Development*.
- Awick, E. A., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Chung, H. D., Zuniga, K., Mackenzie, M., Kramer, A. F., & McAuley, E. (in press). Physical activity effects on quality of life and health-related quality of life in older adults: A randomized controlled trial. *Quality of Life Research*.
- Gothe, N. P., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Awick, E. A., Chung, H. D., Zuniga, K. E., Mackenzie, M. J., Motl, R. W., & McAuley, E. (in press). Physical activity levels and patterns in older adults: The influence of a DVD-delivered exercise program. *Journal of Behavioral Medicine*.
- 2014 Gothe, N. P., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Awick, E. A., Chung, H. D., Zuniga, K. E., Mackenzie, M. J., Motl, R. W., & McAuley, E. (2014). Physical activity levels and patterns in older adults: The influence of a DVD-delivered exercise program. *Journal of Behavioral Medicine*, e-pub ahead of print.
- Mailey, E. L., Gothe, N. P., **Wójcicki, T. R.**, Szabo, A. N., Olson, E. A., Mullen, S. P., Fanning, J. T., Motl, R. W., & McAuley, E. (2014). Influence of allowable interruption period on estimates of accelerometer wear time and sedentary time in older adults. *Journal of Aging and Physical Activity*, 22, 255-260.
- Gothe, N. P., Fanning, J., Awick, E., Chung, H. D., **Wójcicki, T.R.**, Olson, E. A., Mullen, S. P., Voss, M., Erickson, K. I., Kramer, A. F., & McAuley, E. (2014). Executive function processes predict mobility in older adults. *Journal of the American Geriatrics Society*, 62, 285-290.
- Burzynska, A. Z., Chaddock-Heyman, L., Voss, M. W., Wong, C. N., Gothe, N. P., Olson, E. A., Knecht, A., Lewis, A., Cooke, G., **Wójcicki, T. R.**, Fanning J, Chung HD, Awick E, McAuley E , Kramer AF (2014). Physical activity and cardiorespiratory fitness are beneficial for aging white matter. *PLOS One*. doi: 10.1371/journal.pone.0107413
- 2013 **Wójcicki, T. R.**, Szabo, A. N., White, S. M., Mailey, E. L., Kramer, A. F., & McAuley, E. (2013). The perceived importance of physical activity: Associations with psychosocial and health-related outcomes. *Journal of Physical Activity and Health*, 10, 343-349.

McAuley, E., **Wójcicki, T. R.**, Gothe, N., Olson, E. A., Szabo, A. N., Fanning, J., Mailey, E. L., Phillips, S. M., Motl, R. W., & Mullen, S. P. (2013). Effects of a DVD-delivered exercise intervention on physical function in older adults. *Journal of Gerontology: Medical Sciences*, *68*, 1076-1082.

Mullen, S. P., **Wójcicki, T. R.**, Mailey, E. L., Szabo, A. S., Gothe, N. P., Olson, E. A., Fanning, J., Kramer, A. F., & McAuley, E. (2013). A profile for predicting attrition from exercise in older adults. *Prevention Science*, *14*, 489-496.

Phillips, S. M., **Wójcicki, T. R.**, & McAuley, E. (2013). Physical activity and quality of life in older adults: An 18-month panel analysis. *Quality of Life Research*, *22*, 1647-1654.

Voss, M. W., Erickson, K. I., Prakash, R. S., Chaddock, L. C., Kim, J. S., Alves, H., Szabo, A., Phillips, S. M., **Wójcicki, T. R.**, Mailey, E. L., Olson, E. A., Gothe, N., Potter, V. V., Martin, S. A., Pence, B. D., Cook, M. D., Woods, J. A., McAuley, E., & Kramer, A. F. (2013). Neurobiological markers of exercise-related brain plasticity in older adults. *Brain, Behavior, and Immunity*, *28*, 90-99.

Voss, M. W., Heo, S., Prakash, R. S., Erickson, K. I., Alves, H., Chaddock, L., Szabo, A. N., Mailey, E. L., **Wójcicki, T. R.**, White, S. M., Gothe, N., McAuley, E., Sutton, B., & Kramer, A. F. (2013). The influence of aerobic fitness on cerebral white matter integrity and cognitive function in older adults: Results of a one-year exercise intervention. *Human Brain Mapping*, *34*, 2972-2985.

2012 Hall, K. S., **Wójcicki, T. R.**, Phillips, S. M., & McAuley, E. (2012). Validity of the Multidimensional Outcome Expectations for Exercise Scale in continuing-care retirement communities. *Journal of Physical Activity and Aging*, *20*, 456-468.

McAuley, E., **Wójcicki, T. R.**, White, S. M., Mailey, E. L., Szabo, A. N., Gothe, N., Olson, E. A., Mullen, S. P., Fanning, J., Motl, R. W., Rosengren, K., Estabrooks, P. (2012). Physical activity, function, and quality of life: Design and methods of the FlexToBa™ Trial. *Contemporary Clinical Trials*, *33*, 228-236.

White, S. M., **Wójcicki, T. R.**, & McAuley, E. (2012). Social cognitive influences on physical activity behavior in middle-aged and older adults. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *67*, 18-26.

Weinstein, A. M., Voss, M. W., Prakash, R. S., Chaddock, L., Szabo, A., White, S. M., **Wójcicki, T. R.**, Mailey, E., McAuley, E., Kramer, A. F., & Erickson, K. I. (2012). The association between aerobic fitness and executive function is mediated by pre-frontal cortex. *Brain, Behavior, and Immunity*, *26*, 811-819.

Erickson, K. I., Weinstein, A., Sutton, B. P., Prakash, R. S., Voss, M., Chaddock, L., Szabo, A. N., Mailey, E. L., White, S. M., **Wójcicki, T. R.**, McAuley, E., Kramer, A. F. (2012). Beyond vascularization: Aerobic fitness associated with N-acetylaspartate and memory. *Brain and Behavior*, *2*, 32-41.

Verstynen, T., Lynch, B., Miller, D., Voss, M., Prakash, R., Chaddock, L., Basak, C., Szabo, A. N., Olson, E. A., **Wójcicki, T. R.**, Fanning, J., Gothe, N., McAuley, E., Kramer, A. F., & Erickson, K. I. (2012). Caudate nucleus volume mediates the link between cardiorespiratory fitness and cognitive flexibility in older adults. *Journal of Aging Research*. doi:10.1155/2012/939285.

2011 Dlugonski, D., **Wójcicki, T. R.**, McAuley, E., & Motl, R. W. (2011). Social cognitive correlates of physical activity in inactive adults with multiple sclerosis. *International Journal of Rehabilitation Research*, *34*, 115-120.

Gothe, N., Mullen, S. P., **Wójcicki, T. R.**, Mailey, E. L., White, S. M., Olson, E. A., Szabo, A. N., Kramer, A. F., & McAuley, E. (2011). Trajectories of change in self-esteem in older adults: Exercise intervention effects. *Journal of Behavioral Medicine, 34*, 298-306.

Motl, R. W., Dlugonski, D., **Wójcicki, T. R.**, McAuley, E., & Mohr, D. C. (2011). Internet intervention for increasing physical activity in persons with multiple sclerosis. *Multiple Sclerosis Journal, 17*, 116-128.

Szabo, A. N., Mullen, S. P., White, S. M., **Wójcicki, T. R.**, Mailey, E. L., Gothe, N., Olson, E. A., Fanning, J., Kramer, A. F., & McAuley, E. (2011). Longitudinal invariance and construct validity of the abbreviated Late-Life Function and Disability Instrument in healthy older adults. *Archives of Physical Medicine and Rehabilitation, 92*, 785-791.

McAuley, E., Mullen, S. P., Szabo, A. N., White, S. M., **Wójcicki, T. R.**, Voss, M., Erickson, K. I., Prakash, R., & Kramer, A. F. (2011) Self-regulatory processes and exercise adherence in older adults. *American Journal of Preventative Medicine, 41*, 284-290.

McAuley, E., Mailey, E. L., Mullen, S. P., Szabo, A. N., **Wójcicki, T. R.**, White, S. M., Gothe, N., Olson, E. A., & Kramer, A. F. (2011). Growth trajectories of exercise self-efficacy in older adults: Influence of measures and initial status. *Health Psychology, 30*, 75-83.

Mullen, S. P., Olson, E. A., White, S. M., Szabo, A. N., **Wójcicki, T. R.**, Mailey, E. L., Gothe, N., Kramer, A. F., & McAuley, E. (2011) Measuring enjoyment of physical activity in older adults: Invariance of the Physical Activity Enjoyment Scale (PACES) across groups and time. *International Journal of Behavioral Nutrition and Physical Activity. doi:10.1186/1479-5868-8-103*.

McAuley, E., Szabo, A. N., Mailey, E. L., Erickson, K. I., Voss, M., White, S. M., **Wójcicki, T. R.**, Gothe, N., Olson, E. A., Mullen, S. P., & Kramer, A. F. (2011). Non-exercise estimated cardiorespiratory fitness: Associations with brain structure, cognition, and memory complaints in older adults. *Mental Health and Physical Activity, 4*, 5-11.

Szabo A. N., McAuley E., Erickson K. I., Voss, M., Prakash, R., Mailey, E. L., **Wójcicki, T. R.**, White, S. M., Gothe, N., Olson, E. A. & Kramer, A. F. (2011) Cardiorespiratory fitness, hippocampal volume, and frequency of forgetting in older adults. *Neuropsychology, 25*, 545-553.

Erickson, K. I., Voss, M. W., Prakash, R. S., Basak, C., Szabo, A. N., Chaddock, L., White, S. M., **Wójcicki, T. R.**, Mailey E., McAuley, E., & Kramer, K.I. (2011) Reply to Coen et al.: Exercise, hippocampal volume, and memory. *Proceedings of the National Academy of Science. doi:10.1073/pnas.1103059108*.

Prakash, R. S., Voss, M. W., Erickson, K. I., Lewis, J. M., Chaddock, L., Malkowski, E., Alvesa, H., Kim, J., Szabo, A., White, S. M., **Wójcicki, T. R.**, Klamm, E. L., McAuley, E., & Kramer, A. F. (2011). Cardiorespiratory fitness and attentional control in the aging brain. *Frontiers in Human Neuroscience. doi:10.3389/fnhum.2010.00229*.

Erickson, K. I., Voss, M. W., Prakash, R. S., Basak, C., Szabo, A. N., Chaddock, L., Kim, J. S., Heo, S., Alves, H., White, S. M., **Wójcicki, T. R.**, Mailey, E. L., Viera, V. J., Martin, S. A., Pence, B. D., Woods, J. A., McAuley, E., & Kramer, A. F. (2011). Exercise training increases size of hippocampus and improves memory. *Proceedings of the National Academy of Sciences, 108*, 3017-3022.

2010 Mailey, E. L., **Wójcicki, T. R.**, Motl, R. W., Hu, L., Strauser, D. R., Collins, K. D., & McAuley, E. (2010). Internet-delivered physical activity intervention for college students with mental health disorders: A randomized pilot trial. *Psychology, Health & Medicine, 15*, 646-659.

White, S. M., & **Wójcicki, T. R.** (2010). Staying mentally sharp through physical activity. *American College of Sports Medicine Fit Society Page*.

Gothe, N. P., Mullen, S. P., **Wójcicki, T. R.**, Mailey, E. L., White, S. M., Olson, E. A., Szabo, A. S., Kramer, A. F., & McAuley, E. (2010). Trajectories of change in self-esteem in older adults: exercise intervention effects. *Journal of Behavioral Medicine, 34*, 298-306.

Mailey, E. L., White, S. M., **Wójcicki, T. R.**, Szabo, A. N., Kramer, A. F., & McAuley, E. (2010). Construct validation of a non-exercise measure of cardiorespiratory fitness in older adults. *BMC Public Health*. doi:10.1186/1471-2458.

McAuley, E., Motl, R. W., White, S. M., & **Wójcicki, T. R.** (2010). Validation of the Multidimensional Outcome Expectations Scale (MOEES) in individuals with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation, 91*, 100-105.

Voss, M. W., Erickson, K. I., Prakash, R. S., Chaddock, L., Malkowski, E., Alves, H., Kim, J. S., Morris, K. S., White, S. M., **Wójcicki, T. R.**, Hu, L., Szabo, A., Klamm, E., McAuley, E., & Kramer, A. F. (2010). Functional connectivity: A source of variance in the association between cardiorespiratory fitness and cognition? *Neuropsychologia, 48*, 1394-1406.

Voss, M. W., Prakash, R. S., Erickson, K. I., Basak, C., Chaddock, L., Kim, J. S., Alves, H., Heo, S., Szabo, A., White, S. M., **Wójcicki, T. R.**, Mailey, E. L., Gothe, N., Olson, E. A., McAuley, E., & Kramer, A. F. (2010). Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. *Frontiers in Aging Neuroscience*. doi:10.3389/fnagi.2010.00032.

2009 **Wójcicki, T. R.**, White, S. M., & McAuley, E. (2009). Assessing outcome expectations in older adults: The Multidimensional Outcome Expectations for Exercise Scale. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 64B*, 33-40.

White, S. M., **Wójcicki, T. R.**, & McAuley, E. (2009). Physical activity and quality of life in community-dwelling older adults. *Health and Quality of Life Outcomes*. doi:10.1186/1477-7525-7-10.

McAuley, E., Doerksen, S. E., Morris, K. S., Motl, R. W., Hu, L., **Wójcicki, T. R.**, White, S. M., & Rosengren, K. R. (2008). Pathways from physical activity to quality of life in older women. *Annals of Behavioral Medicine, 36*, 13-20.

McAuley, E., Morris, K. S., Hu, L., Motl, R. W., White, S. M., **Wójcicki, T. R.**, & Doerksen, S. E. (2009). Trajectory of declines in physical activity in community-dwelling older women: Social cognitive influences. *Journal of Gerontology: Psychological Sciences, 64B*, 543-550.

McAuley, E., Morris, K. S., Doerksen, S. E., Motl, R. W., Hu, L., White, S. M., **Wójcicki, T. R.**, & Rosengren, K. (2007). Effects of Change in Physical Activity on Physical Function Limitations in Older Women: Mediating Roles of Physical Function Performance and Self-Efficacy. *Journal of the American Geriatrics Society, 55*, 1967-1973.

Erickson, K. I., Prakash, R. S., Voss, M. W., Chaddock, L., Hu, L., Morris, K. M., White, S. M., **Wójcicki, T. R.**, McAuley, E., & Kramer, A. F. (2009). Aerobic fitness is associated with preserved hippocampal volume in elderly humans. *Hippocampus, 19*, 1030-1039.

BOOK CHAPTERS

Wójcicki, T. R., & McAuley, E. (2014). Maintenance of physical activity interventions at the individual level: The case for personal efficacy. *Revista Saude Coletiva, RE-AIM Special Issue*. Rio de Janeiro, Brazil.

McAuley, E., White, S. M., Mailey, E. L., & **Wójcicki, T. R.** (2012). Measuring exercise-related self-efficacy. In Tenenbaum, G. Eklund, R., Kamata A., (Eds.). *Handbook of Measurement in Sport and Exercise Psychology* (2nd Edition). Champaign, IL: Human Kinetics.

Morris, K. S., Hu, L., Doerksen, S. E., **Wójcicki, T. R.**, White, S. M., & McAuley, E. (2008). Declines in efficacy for gait and balance in older women: The role of demographic factors and health conditions. *Exercise and Women's Health Research*. In Columbus, F. (Ed.) Hauppauge, NY: Nova Science Publication.

RECENT REFEREED PRESENTATIONS

Wójcicki, T. R., McAuley, E., Grigsby-Toussaint, D., Hillman, C. H., & Huhman, M. "Using Facebook to Influence Adolescent Physical Activity: A Pilot Randomized Controlled Trial." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, Philadelphia, PA, April 2014.

Wójcicki, T. R., Gothe, N., Fanning, J. T., Olson, E. A., Mullen, S. P., Motl, R. W., & McAuley, E. "The Influence of a DVD Exercise Program on Physical Function in Older Adults." Poster presented at the annual meeting of the *International Society for Behavioral Nutrition and Physical Activity*, Ghent, BE, May 2013.

Wójcicki, T. R., & McAuley, E. "Protocol for the Social Media and Activity Research in Teens (SMART) Trial: RCT 2.0." Poster presented at the annual meeting of the *International Society for Research on Internet Interventions*, Chicago, IL, May 2013.

Wójcicki, T. R., Gothe, N., Olson, E. A., Fanning, J. T., Awick, E., Chung, H. D., Motl, R. W., & McAuley, E. Functional limitations in older adults: The influence of self-efficacy, physical activity, and functional performance. Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Francisco, CA, March 2013.

Wójcicki, T. R., McAuley, E., & Hillman, C. H. "Examination of the Hierarchical Self-Esteem Model in Children: Influence of Aerobic Fitness, Body Mass, and Self-Efficacy." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, New Orleans, LA, April 2012.

INVITED PRESENTATIONS

Wójcicki, T. R. "Promoting Physical Activity in Youth via Social Media: Current Research and Future Directions." Invited presentation for the Pediatric Continuing Medical Education Series at *Carle Foundation Hospital* (Director: Donna Beck, MD) Urbana, IL, January 2013.

Wójcicki, T. R., & McAuley, E. "Introduction to Measuring Physical Activity." Invited presentation for the *Memory Disorders Clinic* (Director: Neill R. Graff-Radford, MD) and representatives of the *Brooks Family YMCA at Mayo Clinic*, Jacksonville, FL, October 2012.

McAuley, E., & **Wójcicki, T. R.** "Behavior Change Strategies to Enhance Exercise Adoption and Maintenance." Invited presentation for the Memory Disorders Clinic (Director: Neill R. Graff-Radford, MD) and representatives of the Brooks Family YMCA at Mayo Clinic, Jacksonville, FL, October 2012.

Wójcicki, T. R., & Fanning, J. "Physical Activity and Older Adults: Critical Needs for Electronic Monitoring Devices." Invited presentation for the Rogers Research Group (Director: John A. Rogers, PhD) and representatives of GlaxoSmithKline at the *Materials Research Laboratory*, University of Illinois, Urbana, IL, March 2012.

Wójcicki, T. R. “‘I-Walk:’ A Social Marketing Initiative to Increase Ambulatory Physical Activity among College Students.” Invited presentation for the *University of Illinois Wellness Center* (Director: Michele Guerra, MS, CHES), Urbana, IL, April 2010.

Wójcicki, T. R., & Pontifex, M. B. “Physical Activity and Cognition.” Invited lecture for the University of Illinois, Department of Kinesiology and Community Health, KIN 494: Physical Activity and Youth (Professor: Darla Castelli, PhD), Urbana, IL, March 2009.

HONORS & AWARDS

- 2013 **List of Teachers Ranked as Excellent by Their Students** – *Health Behavior Theory* (CHLH/KIN 540), University of Illinois; results are based on Instructor and Course Evaluation (ICES) questionnaire forms maintained by Measurement and Evaluation, Center for Teaching Excellence
- Laura J. Huelster Award** – *Department of Kinesiology and Community Health Honors and Awards Ceremony*, University of Illinois; certificate of achievement and \$2,000 award given to a doctoral candidate in Kinesiology who demonstrates academic merit
- Meritorious Student Abstract Nomination** – *International Society for Research on Internet Interventions* for the abstract titled: “Protocol for the Social Media and Activity Research in Teens (SMART) Trial: RCT 2.0”
- Conference Travel Award** – \$325 from the Graduate College at the University of Illinois
- Conference Travel Award** – \$200 from the Department of Kinesiology and Community Health at the University of Illinois
- 2010 **List of Teachers Ranked as Excellent by Their Students** – *Introduction to Sport Psychology* (KIN 247), University of Illinois
- 2009 **List of Teachers Ranked as Excellent by Their Students** – *Introduction to Sport Psychology* (KIN 247), University of Illinois
- Meritorious Student Abstract Award** – *Society of Behavioral Medicine* for the abstract titled: “Is the Importance of Physical Activity Associated with Function and Quality of Life in Older Adults?”
- Conference Travel Award** – \$100 from the Department of Kinesiology and Community Health at the University of Illinois
- 2007 **Conference Travel Award** – \$100 from the Department of Kinesiology and Community Health at the University of Illinois
- 2006 **Citation Award** – *Society of Behavioral Medicine* for the abstract titled "Functional limitations and physical activity in older women: Efficacy, age, and ethnicity effects"
- Career Development and Leadership Award** – Conference travel support from the College of Applied Life Sciences, University of Illinois

SERVICE

2012 – **Manuscript Reviewer**, *Annals of Behavioral Medicine, Journal of Behavioral Medicine, Journal of Physical Activity and Health, Journal of Health Psychology, Journal of Gerontology & Geriatric Research*

2009 – 2011 **Abstract Reviewer**, *Society of Behavioral Medicine*, Measurement and Methods Track

2008 – 2009 **Culture of Wellness Committee**, University of Illinois

Initiative focused on the development of six dimensions of wellness for Illinois students, faculty, and staff; long-term goal to build the capacity for members of the campus community to acquire the necessary knowledge, skills, and attitudes to become responsible for their own health and well-being in their personal and professional lives.

Tuition Policy Advisory Committee, University of Illinois

Appointed by the Provost and Vice Chancellor of Academic Affairs, Linda Katehi; this committee advises the Provost about tuition policy; specifically, discuss the basis for, and intended uses of, any proposed tuition increases; provide a student voice in the process of formulating tuition policy.

2008 – 2010 **Kinesiology Graduate Student Association**, University of Illinois

Co-founder and -chair; the mission of the Kinesiology Graduate Student Association is to promote networking among the graduate students within the College of Applied Health Sciences' Kinesiology Program.

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine

International Society for Behavioral Nutrition and Physical Activity

Society of Behavioral Medicine

LOGO DESIGN and BRANDING

2014 **ADAPT Study** (*Average Daily Activity & Personality Traits*)



2013 **FlexToBa™ for Multiple Sclerosis**

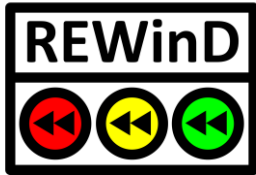


2012

SMART Trial (*Social Media & Activity Research in Teens*)



REWinD Trial (*Regulating Efficacy & Wellness in Diabetes*)



ETC Laboratory (*Exercise, Technology, & Cognition*)



2011

FAST (*Fit & Active Seniors Trial*)



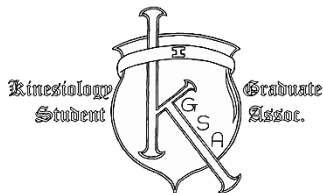
2009

FlexToBa™ Trial (*Flexibility, Toning, & Balance*)



2008

K-GSA (*Kinesiology Graduate Student Association*)



REFERENCES

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