

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 **Master 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 behavioral kinesiology; 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 to promote 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

2016 – **Assistant Professor** – *Health Behavior Theory* (EXSC 365), Bellarmine University

Designed to provide the opportunity for students to explore, apply, and critique the theoretical foundations of health promotion and behavior. The course focuses on theoretical determinants of health-related behaviors and outcomes from the individual to the environmental level. Students demonstrate their understanding of individual- and community-based models of behavior change via the development of a theoretically-based, web-delivered, health promotion program.

2015 – **Assistant Professor** – *Physical Activity Across the Lifespan* (EXSC 230), Bellarmine University

Designed to introduce students to behavioral, psychosocial, and environmental approaches to examining, and understanding, physical activity development and issues across the lifespan. Topics include: current physical activity-related recommendations, trends, and goals; behavioral assessment and evaluation; physical, psychological, and cognitive changes from infancy to older adulthood; personal and environmental determinants of physical activity; special populations and disparities; and promoting lifestyle physical activity via public health campaigns.

Assistant Professor – *Exercise and Testing Prescription Laboratory* (EXSC 360L), Bellarmine University

Designed to prepare the student to apply principles of exercise science to controlled exercise testing for healthy clients and patients with existing disease. The student will prescribe specific and safe exercise programs based on the results of the testing procedures. Factors that affect exercise performance and the body's adaptation to resistance and cardiovascular endurance training will be discussed. The course prepares students to sit for the American College of Sports Medicine certification exam as a Health and Fitness Instructor.

2015 **Assistant Professor** – *Freshman Focus* (IDC 100), Bellarmine University

Designed for first-time, full-time, traditional-age freshmen in the fall of first year, providing an extended orientation for students that facilitates their transition to college in four major areas: (a) setting priorities and time management; (b) study skills necessary for college; (c) personal wellness issues; and (d) socialization.

2014 – **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. Learning is demonstrated via the on-going development of a personalized wellness blog.

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.

2014 **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.

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.

- 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 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.
- 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.

STUDENT MENTORSHIP

- 2015 – 2016 **Honors Thesis Reader** – *Honors Senior Research and Thesis* (HONR 450 and 451), Bellarmine University
- Senior honors students earn credit for research work leading toward the production of the Senior Honors Thesis. The Senior Thesis is the culmination of the Honors Program. Each student will work with an advisor in preparing the project, submitting the final research/document, and presenting a summary of it at a public session. Student(s) mentored:
- Student: Zachary Rightmire; 2016 Anticipated Graduation
Thesis: “The Effect of Chocolate Milk Consumption on Muscular Recovery and Delayed Onset Muscle Soreness (DOMS) After Damaging Exercise in Resistance Trained Female Athletes”
Status: In-Progress
- 2014 – **Research Advisor and Supervisor** – *Special Topics: Undergraduate Research Experience / Internship* (EXSC 346/EXSC 444), 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. Student(s) mentored:
- Student: H2M Neil Goldstein; 2016 Anticipated Graduation
Project: *Active Reserves (AcRe) Trial: Social Media Based Approach to Influence Lifestyle Physical Activity in Navy Reservists*
IRB Protocol Number: #461
Status: In-Progress
- Student: Elizabeth Crush, BS; 2015 Graduate
Project: *Objectively Assessed Physical Activity and Personality Factors in College-Aged Students*
IRB Protocol Number: #388
Status: Complete
- 2014 – 2015 **DPT Capstone Reader** – *Doctor of Physical Therapy Capstone Project* (PT 740), Bellarmine University
- This course provides the student the opportunity to demonstrate creative and unique competencies in physical therapy. The student will develop and answer an original question or provide community service related to physical therapy practice or theory. The student may select from the following three areas of capstone experiences: a community service partnership project; a clinical-based case report; or an empirical research project. Completed projects will be in a publishable format. Student(s) mentored:
- Students: Kristin Hamrick, DPT, & Laura Stigler, DPT; 2015 Graduates
Project: *Dancing for Health and Wellness: A Community-Based Approach to Promoting Physical Activity Among Underprivileged Adolescent Girls*

ARTICLES IN REFEREED JOURNALS

- 2016 Mahoney, S. E., Carnes, A. D., **Wójcicki, T. R.**, Frith, E., & Ferry, K. (in review). Habitual dietary intake among recreational ultra-marathon runners. *European Journal of Sports Science*.
- Fanning, J., Porter, G. C., Awick, E. A., **Wójcicki, T. R.**, Gothe, N. P., Roberts, S. A., Ehlers, D. K., Motl, R. W., & McAuley, E. (in review). Effects of a DVD-delivered exercise program on patterns of sedentary behavior in older adults: A randomized controlled trial. *Preventative Medicine Reports*.
- Awick, E. A., Ehlers, D., Fanning, J., Phillips, S. M., **Wójcicki, T. R.**, Motl, R. W., & McAuley, E. (in review). Does a home-based DVD-delivered physical activity program increase self-esteem in older adults? A randomized controlled trial. *Psychosomatic Medicine*.
- 2015 **Wójcicki, T. R.**, Fanning, J. T., Awick, E. A., Olson, E. A., Motl, R. W., & McAuley, E. (2015). Maintenance effects of a DVD-delivered exercise intervention on physical function in older adults. *Journal of Gerontology: Medical Sciences*, 70(6), 785-789.
- Awick, E. A., **Wójcicki, T. R.**, Olson, E. A., Fanning, J., Chung, H. D., Zuniga, K., Mackenzie, M., Kramer, A. F., & McAuley, E. (2015). Differential exercise effects on quality of life and health-related quality of life in older adults: a randomized controlled trial. *Quality of Life Research*, 24(2), 455-462.
- McAuley, E., **Wójcicki, T. R.**, Learmonth, Y. C., Roberts, S. A., Hubbard, E. A., Kinnett-Hopkins, D., Fanning, J. T., & Motl, R. W. (2015). Effects of a DVD-delivered exercise intervention on physical function in older adults with multiple sclerosis: A pilot randomized controlled trial. *Multiple Sclerosis Journal: Experimental, Translational, and Clinical*, 1, 1-9.
- 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. (2015). Physical activity levels and patterns in older adults: The influence of a DVD-delivered exercise program. *Journal of Behavioral Medicine*, 38, 91-97.
- Motl, R. W., Learmonth, Y. C., **Wójcicki, T. R.**, Fanning, J., Hubbard, E. A., Kinnett-Hopkins, D., Roberts, S. A., & McAuley, E. (2015). Preliminary validation of the short physical performance battery in older adults with multiple sclerosis: Secondary data analysis. *BMC Geriatrics*, 15:157.
- Fanning, J., Awick, E. A., **Wójcicki, T. R.**, Gothe, N., Roberts, S. A., Ehlers, D. K., Motl, R., & McAuley, E. (2015). Effects of a DVD-delivered exercise intervention on maintenance of physical activity in older adults. *Journal of Physical Activity and Health*, e-pub ahead of print.
- Wong, C. N., Chaddock-Heyman, L., Voss, M. W., Burzynska, A. Z., Basak, C., Erickson, K. I., Prakash, R. S., Szabo-Reed, A. N., Phillips, S. M., **Wójcicki, T. R.**, Mailey, E. L., McAuley, E., & Kramer, A. F. (2015). Brain activation during dual-task processing is associated with cardiorespiratory fitness and performance in older adults. *Frontiers in Aging Neuroscience*, 7:154.
- Oberlin, L. E., Verstynen, T. D., Burzynska, A. Z., Voss, M. W., Prakash, R. S., Chaddock-Heyman, L., Wong, C., Fanning, J., Awick, E. A., Gothe, N., Phillips, S. M., Mailey, E. L., Ehlers, D., Olson, E. A., **Wójcicki, T. R.**, McAuley, E., Kramer, A. F., & Erickson, K. (2015). White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *NeuroImage*, pii: S1053-8119(15)00875-7.
- 2014 **Wójcicki, T. R.**, Grigsby-Toussaint, D., Hillman, C. H., Huhman, M., & McAuley, E. (2014). Promoting Physical Activity in Low-Active Adolescents via Facebook: A Pilot Randomized Controlled Trial to Test Feasibility. *JMIR Research Protocols*. doi: 10.2196/resprot.3013
- Wójcicki, T. R.**, & McAuley, E. (2014). Physical activity: Measurement and behavioral patterns in children and youth. *Monograph of the Society for Research in Child Development*, 79, 7-24.

Wójcicki, T. R., Roberts, S. A., Learmonth, Y. C., Hubbard, E. A., Kinnett-Hopkins, D., Motl, R. W., & McAuley, E. (2014). Improving physical functional and quality of life in older adults with multiple sclerosis via a DVD-delivered exercise intervention: A study protocol. *BMJ Open*. doi:10.1136/bmjopen-2014-006250

Awick, E. A., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Chung, H. D., Zuniga, K., Mackenzie, M., Kramer, A. F., & McAuley, E. (2014). Physical activity effects on quality of life and health-related quality of life in older adults: A randomized controlled trial. *Quality of Life Research*, e-pub ahead of print.

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.

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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.

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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.

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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

- 2014 **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.
- 2012 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.
- 2008 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

- 2016 Goldstein, N. B., & **Wójcicki, T. R.** (in review). "Protocol for the Active Reserves (AcRe) Trial: A Social Media Approach to Influence Lifestyle Physical Activity in Navy Reservists." Poster submitted for presentation at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, April 2016.
- Roberts, S. A., Fanning, J., Awick, E. A., Porter, G. C., Ehlers, D. K., **Wójcicki, T. R.,** Motl, R.W., & McAuley, E. "Long-Term Effects on Physical Function in Older Adults Following a DVD-Delivered Exercise Intervention." Paper accepted for presentation at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, April 2016. [Meritorious Abstract]
- 2015 Fanning, J. T., Awick, E. A., **Wójcicki, T. R.,** Roberts, S. A., Motl, R., & McAuley, E. "The influence of a DVD delivered physical activity program on patterns of sedentary time in older adults." Paper presented at the annual meeting of the *International Society for Behavioral Nutrition and Physical Activity*, Edinburgh, Scotland, June 2015.
- Hamrick, K., Stigler, L., **Wójcicki, T. R.,** Brosky, T. "Dancing for Health and Wellness: A Community-Based Approach to Promoting Physical Activity Among Underprivileged Adolescent Girls." Poster presented at the *6th International Symposium on Service Learning*, Indianapolis, IN, May 2015.
- Wójcicki, T. R.,** & McAuley, E. "Influencing Social Cognitive Constructs via Social Media: Changes and Associations with Physical Activity." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Antonio, TX, April 2015.
- Roberts, S. A., Fanning, J., **Wójcicki, T. R.,** Learmonth, Y. C., Hubbard, E. A., Kinnett-Hopkins, D., Motl, R. W., & McAuley, E. "DVD-Delivered Physical Activity Effects in Individuals with Multiple Sclerosis: A Pilot Trial." Poster presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
- Awick, E. A., Fanning, J. T., **Wójcicki, T. R.,** Roberts, S. A., Motl, R. W., & McAuley, E. "Maintenance of Self-Esteem Following a DVD-Delivered Physical Activity Program for Older Adults." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, San Antonio, TX, April 2015.
- Fanning, J. T., Roberts, S. A., **Wójcicki, T. R.,** Awick, E. A., Motl, R. W., & McAuley, E. "Effects of a DVD-Delivered Exercise Intervention on Maintenance of Physical Activity in Older Adults." Paper accepted for presentation at the annual meeting of the *Society of Behavioral Medicine*, San Antonio, TX, April 2015.

INVITED PRESENTATIONS

- 2015 **Wójcicki, T. R.** "Blogging for Student Wellness and Success: Active Learning in the 21st Century." Invited presentation for the first annual Student Success Conference (Coordinator: Anne Bucalos, EdD) at *Bellarmino University*, Louisville, KY, October 2015.

Wójcicki, T. R. “Influencing Social Cognitive Constructs via Social Media.” Invited presentation for the “Tech Madness” roundtable meeting of the Technology Special Interest Group (Co-Chair: Eric Heckler, PhD) at the annual meeting of the *Society of Behavioral Medicine*, San Antonio, TX, April 2015.

Crush, E., & **Wójcicki, T. R.** “Protocol for the Average Daily Activity and Personality Traits (ADAPT) Study.” Invited presentation for the 15th Annual Celebration of Undergraduate Research & Creativity, *Bellarmino University*, Louisville, KY, April 2015

2013 **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 (Director: Donna Beck, MD) at *Carle Foundation Hospital*, Urbana, IL, January 2013.

2012 **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.

2010 **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.

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”

2010 **List of Teachers Ranked as Excellent by Their Students** – *Introduction to Sport Psychology* (KIN 247), University of Illinois; results are based on Instructor and Course Evaluation (ICES) questionnaire forms maintained by Measurement and Evaluation, Center for Teaching Excellence

2009 **List of Teachers Ranked as Excellent by Their Students** – *Introduction to Sport Psychology* (KIN 247), University of Illinois; results are based on Instructor and Course Evaluation (ICES) questionnaire forms maintained by Measurement and Evaluation, Center for Teaching Excellence

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?”

PROFESSIONAL SERVICE

2015 – **Honors and Awards Committee**, Bellarmine University

Representative of the *Donna and Allen Lansing School of Nursing and Health Sciences*; responsible for selecting recipients of the various University awards, as well as overseeing the process for nominations, culminating in the University Honors and Award Celebration.

Faculty Advisor, Knight's Dream Team, Bellarmine University

A registered student organization created to provide students, particularly student athletes, to become involved in recreational service projects revolving around physical activity and sport; recreational services projects help promote athletics and healthy lifestyles within the community of Louisville.

2014 – 2015 **Masters of Health Science Committee**, Bellarmine University

Redevelopment of the *Masters of Health Science* program in a distance-learning environment; the program of study is based on a core curriculum in health sciences, with specialization in Health Care Leadership or Health Promotion and Social Change.

2012 – **Manuscript Review**, ad hoc peer reviewer for manuscripts submitted to:

Annals of Behavioral Medicine
Games for Health Journal
Journal of Behavioral Medicine
Journal of Gerontology & Geriatric Research
Journal of Health Psychology
Journal of Medical Internet Research
Journal of Physical Activity and Health

2009 – 2011 **Abstract Review**, ad hoc peer reviewer for abstracts submitted to:

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



AcRe Trial (Active Reserves), 2015



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



FlexToBa™ for Multiple Sclerosis, 2013



social media and activity research in teens

SMART Trial (Social Media & Activity Research in Teens), 2012



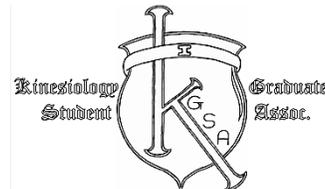
REWinD Trial (Regulating Efficacy & Wellness in Diabetes), 2012



FAST (Fit & Active Seniors Trial), 2011



FlexToBa™ Trial (Flexibility, Toning, & Balance), 2009



K-GSA (Kinesiology Graduate Student Association), 2008

REFERENCES

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