

# Thomas R. Wójcicki, PhD, PAPHS

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Department of Exercise Science  
School of Movement & Rehabilitation Sciences  
College of Health Professions  
Bellarmine University

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ResearcherID: [L-1248-2016](https://www.researcherid.com/ID/L-1248-2016)

## EDUCATION & TRAINING

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### EDUCATION

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- 2013      **Doctor of Philosophy** in Kinesiology, emphasis in Exercise Psychology; Department of Kinesiology & Community Health, College of Applied Health Sciences, *University of Illinois at Urbana-Champaign*; Dissertation: “A Social Cognitive Approach to Influencing Adolescent Physical Activity Behavior via Social Media: A Randomized Controlled Trial 2.0” (NCT01870323); 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*
- 2011      **Master of Science** in Kinesiology, emphasis in Exercise Psychology; Department of Kinesiology & Community Health, College of Applied Health Sciences, *University of Illinois at Urbana-Champaign*
- 2006      **Bachelor of Science** in Kinesiology, emphasis in Pre-Medicine; Department of Kinesiology & Community Health, College of Applied Health Sciences, *University of Illinois at Urbana-Champaign*

### PROFESSIONAL DEVELOPMENT

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- In progress*      **Community Physical Activity Leader**; continuing education course via the *American Council on Exercise*; San Diego, CA
- 2025      **Community-Engaged Course Design and Scholarship Writing Retreat Participant**; professional development program provided via the *Center for Community Engagement* and the *Faculty Standing Committee on Community Engagement* at Bellarmine University; Louisville, KY
- 2024 – 25      **Curricular Analytics Community**; community of practice at Bellarmine University via the *John N. Gardner Institute for Excellence in Higher Education*; Brevard, NC
- Educating Character Initiative Faculty Fellow**; community of practice at Bellarmine University via the *Program for Leadership and Character* at Wake Forest University; Winston-Salem, NC
- 2024      **Physical Activity and Public Health Specialist**; certification program via the *American College of Sports Medicine*; Indianapolis, IN
- 2019      **Walking College Fellow**; fellowship program for walkable community advocates via *America Walks*; Annandale, VA
- The Lucille Leggett Neighborhood Institute Graduate**; civic education program via the *Center for Neighborhoods*; Louisville, KY
- 2018      **Focus Louisville Graduate**; community leadership program via *Leadership Louisville Center*; Louisville, KY

## PROFESSIONAL EXPERIENCE

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### BIOGRAPHY

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Chair and Professor, Department of Exercise Science at Bellarmine University; 3-degree alumnus from the University of Illinois at Urbana-Champaign; terminal degree, 2013, PhD in Kinesiology, emphasis in Exercise Psychology; Physical Activity and Public Health Specialist; scholarship lies at the intersection of behavioral kinesiology and community health; areas of interest include the design, implementation, and evaluation of behavioral interventions aimed at improving health, function, and quality of life, as well as the examination of psychosocial and environmental determinants of physical activity; clinical research employs a social cognitive framework to examine and promote physical activity behaviors in various populations; community-engaged endeavors utilize a social ecological approach to study, advance, and support active living environments; primary courses taught include: Physical Activity across the Lifespan, Health Behavior Theory, and Community Wellness & Engagement.

### BELLARMINE UNIVERSITY

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- 2026 – *present*    **Professor** – Department of Exercise Science, School of Movement & Rehabilitation Sciences, College of Health Professions, *Bellarmino University*; Louisville, KY
- 2024 – *present*    **Department Chair** – Department of Exercise Science, School of Movement & Rehabilitation Sciences, College of Health Professions, *Bellarmino University*; Louisville, KY
- 2020 – 26        **Associate Professor** – Department of Exercise Science, School of Movement & Rehabilitation Sciences, College of Health Professions, *Bellarmino University*; Louisville, KY
- 2014 – 19        **Assistant Professor** – Department of Exercise Science, School of Movement & Rehabilitation Sciences, College of Health Professions, *Bellarmino University*; Louisville, KY

### UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

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- 2013 – 14        **Postdoctoral Research Associate** – Exercise Psychology Laboratory, Department of Kinesiology & Community Health, College of Applied Health Sciences, *University of Illinois at Urbana-Champaign*; Urbana, IL
- 2006 – 13        **Graduate Research Assistant** – Exercise Psychology Laboratory, Department of Kinesiology & Community Health, College of Applied Health Sciences, *University of Illinois at Urbana-Champaign*; Urbana, IL

## TEACHING

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### FACULTY

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- 2018 – *present*    **Community Wellness** (EXSC 415), Department of Exercise Science, *Bellarmino University*
- 2018                **First-Year Focus** (BU 100-H), Student Success Center, *Bellarmino University*
- 2017 – 21        **Health Behavior Theory** (HLTH 631-ON), Master's of Health Sciences Program, *Bellarmino University*
- 2017                **Health Inequality in Australia** (IDC 401), Interdisciplinary Course Program, *Bellarmino University*; in partnership with the School of Physiotherapy and Exercise Science at *Curtin University*; Perth, Western Australia
- 2016 – *present*    **Health Behavior** (EXSC 365), Department of Exercise Science, *Bellarmino University*
- 2015, 2016        **Freshman Focus** (BU 100), Student Success Center, *Bellarmino University*

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| 2015 – present | <b>Physical Activity across the Lifespan</b> (EXSC 230), Department of Exercise Science, <i>Bellarmino University</i>            |
| 2015 – 17, '20 | <b>Exercise Testing &amp; Prescription Laboratory</b> (EXSC 360-L), Department of Exercise Science, <i>Bellarmino University</i> |
| 2014 – 24      | <b>Introduction to Exercise Science</b> (EXSC 110), Department of Exercise Science, <i>Bellarmino University</i>                 |
| 2014 – 18      | <b>Principles of Personal Wellness</b> (EXSC 140), Department of Exercise Science, <i>Bellarmino University</i>                  |
| 2014           | <b>Kinesiology Laboratory</b> (EXSC 325-L), Exercise Science Department, <i>Bellarmino University</i>                            |

## INSTRUCTOR

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| 2013      | <b>Health Behavior Theory</b> (CHLH/KIN 540), Department of Kinesiology & Community Health, <i>University of Illinois at Urbana-Champaign</i>                      |
| 2011 – 13 | <b>Introduction to Sport and Exercise Psychology</b> (KIN 247-ON), Department of Kinesiology & Community Health, <i>University of Illinois at Urbana-Champaign</i> |
| 2009 – 10 | <b>Introduction to Sport Psychology</b> (KIN 247), Department of Kinesiology & Community Health, <i>University of Illinois at Urbana-Champaign</i>                 |

## TEACHING ASSISTANT

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| 2008 – 09 | <b>Introduction to Sport Psychology</b> (KIN 247), under the supervision of Dr. Edward McAuley, Department of Kinesiology & Community Health, <i>University of Illinois at Urbana-Champaign</i>  |
| 2008      | <b>Social Science of Human Movement</b> (KIN 140), under the supervision of Dr. Charles Hillman, Department of Kinesiology & Community Health, <i>University of Illinois at Urbana-Champaign</i> |

## SCHOLARSHIP

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### PUBLICATIONS – REFEREED

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| <i>In progress</i> | Blandford, J., Barker, J. L., Blair, L. K., Colen, J. Y., Klassen, J. D., Picken, C. A., Stone-Porter, A. J., Tomlinson, M. M., & <b>Wójcicki, T. R.</b> (in review). Mertonian dialogue as a model for educating character across differences. <i>Journal of Character Education</i> .                                                                                   |
|                    | Miller, L. K., <b>Wójcicki, T. R.</b> , Werner, E. L. & Johnson, L. L. (in preparation). Protocol for a pilot and feasibility study evaluating a student-intern led on-campus physical activity program. <i>Journal of American College Health</i> .                                                                                                                      |
|                    | <b>Wójcicki, T. R.</b> (in preparation). Assessment of curb radii to improve pedestrian safety: A community-engaged approach. <i>Journal of Healthy Eating and Active Living</i> .                                                                                                                                                                                        |
| 2022               | Duong, A. D., <b>Wójcicki, T. R.</b> , & Carnes, A. J. (2022). The effects of unilateral resistance training on muscular strength, power, and measures of core stability in resistance trained individuals. <i>International Journal of Strength and Conditioning</i> , 2(1). <a href="https://doi.org/10.47206/ijsc.v2i1.145">https://doi.org/10.47206/ijsc.v2i1.145</a> |
| 2020               | Mahoney, S. E., <b>Wójcicki, T. R.</b> , & Carnes, A. (2020). Sources of nutrition information in recreational ultra-marathon runners: A mixed methods analysis. <i>Journal of Human Performance in Extreme Environments</i> , 16(1), Article 1. doi: 10.7771/2327-2937.1131.                                                                                             |
| 2019               | Kinnett-Hopkins, D., Learmonth, Y. C., Hubbard, E. A., Pilutti, L., Roberts, S. A., Fanning, J., <b>Wójcicki, T. R.</b> , McAuley, E., & Motl, R. W. (2019). The interpretation of physical activity, exercise and sedentary                                                                                                                                              |

behaviors by persons with multiple sclerosis. *Disability and Rehabilitation*, 41(2), 166-171. doi: 10.1080/09638288.2017.1383519.

- 2017 Awick, E. A., Ehlers, D., Fanning, J., Phillips, S. M., **Wójcicki, T. R.**, Motl, R. W., & McAuley, E. (2017). Effects of a home-based DVD-delivered physical activity program on self-esteem in older adults: Results from a randomized controlled trial. *Psychosomatic Medicine*, 79(1), 71-80.
- 2016 Fanning, J., Awick, E. A., **Wójcicki, T. R.**, Gothe, N., Roberts, S. A., Ehlers, D. K., Motl, R., & McAuley, E. (2016). Effects of a DVD-delivered exercise intervention on maintenance of physical activity in older adults. *Journal of Physical Activity and Health*, 13(6), 594-598.
- 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. (2016). Effects of a DVD-delivered exercise program on patterns of sedentary behavior in older adults: A randomized controlled trial. *Preventative Medicine Reports*, 3, 238-243.
- Mahoney, S. E., Carnes, A. D., **Wójcicki, T. R.**, Frith, E., & Ferry, K. (2016). Habitual dietary intake among recreational ultra marathon runners: Role of macronutrients on performance. *Journal of Food and Nutrition Research*, 4(4), 205-209.
- 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. (2016). White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *NeuroImage*, pii: S1053-8119(15)00875-7.
- 2015 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.
- Goth, 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.
- 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.
- 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.
- 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.
- 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.
- 2014 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, H. D., Awick, E., McAuley, E., & Kramer, A. F. (2014).

Physical activity and cardiorespiratory fitness are beneficial for aging white matter. *PLOS One*. doi: 10.1371/journal.pone.0107413

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.

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.

**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 function 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

2013 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.

**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.

2012 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.

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.

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.

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.

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.

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.

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.

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.

Goth, 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.

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.

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., 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.

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.

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.

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.

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.

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.

2010 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.

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.

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 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.

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.

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.

**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.

- 2008 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.
- 2007 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.

#### **PUBLICATIONS – INVITED**

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- 2020 **Wójcicki, T. R.** (2020). Staying physically active, six feet apart. *Bellarmino Magazine*. Louisville, KY.
- 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* (2<sup>nd</sup> Edition). Champaign, IL: Human Kinetics.
- 2010 White, S. M., & **Wójcicki, T. R.** (2010). Staying mentally sharp through physical activity. *American College of Sports Medicine Fit Society Page*.
- 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.

#### **PRESENTATIONS – REFEREED**

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- 2025 **Wójcicki, T. R.** "Assessment of Curb Radii to Improve Pedestrian Safety: A Community-Engaged Approach." Poster presentation at the *Active Living Conference* at Kansas State University; Manhattan, KS, March 2025.
- 2024 **Wójcicki, T. R.** "Keep Beautiful Parking: Crafting the Public Narrative to Maintain the Status Quo." Oral presentation [topic area: Advocacy and Education] at the *Bike Walk Kentucky Summit* at Transylvania University; Lexington, KY, August 2024.
- 2023 **Wójcicki, T. R.** "Bellarmino's Backyard: Engaging with Student Leadership to Solicit Institutional Support for a Protected Bike Lane." Oral presentation at the *8th Annual Engaged Scholarship Symposium* at the University of Louisville; March 2023.
- 2020 Duong, A., Carnes, A., & **Wójcicki, T. R.** "The Effects of Unilateral Resistance Training on Muscular Strength, Power, and Measures of Core Stability in Resistance Trained Individuals." Poster presented at the annual meeting of the *American College of Sports Medicine*, Virtual Experience, June 2020.
- Alexander, M., **Wójcicki, T. R.**, & Blandford, J. "Correlates of Physical Activity Participation among Physical Therapy Patients: A Social Cognitive Examination." Poster presented at the annual meeting of the *Kentucky Honors Roundtable*, University of Louisville, Louisville, KY, February 2020.
- 2019 Mahoney, S. E., **Wójcicki, T. R.**, Carnes, A. J., & Ouslan, N. "Sources of Nutrition Information and Knowledge in Ultra-Runners." Thematic poster presented at the annual meeting of the *American College of Sports Medicine*, Orlando, FL, June 2019.

- 2018 Sweetland, A., **Wójcicki, T. R.**, & Blandford, J. "Playground Accessibility & Physical Activity in Young Americans: The *PAPAYA* Study." Invited presentation for the annual meeting of the *Kentucky Honors Roundtable*, Morehead State University, Morehead, KY, February 2018.
- 2017 Mahoney, S. E., **Wójcicki, T. R.**, Fitzgerald, K., & Zalmonoff. "Sources of Nutrition Information and Knowledge in Ultra-Runners (SNIKR Study): A Qualitative Analysis." Poster presented at the annual meeting of the *American College of Sports Medicine*, Denver, CO, May 2017.
- Goldstein, N., & **Wójcicki, T. R.** "A Social Media Approach to Influence Lifestyle Physical Activity in Navy Reservists: The Active Reserves (AcRe) Trial." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Diego, CA, March 2017.
- 2016 Hubbard, E. A., Learmonth, Y. C., Kinnett-Hopkins, D. L., **Wójcicki, T. R.**, Roberts, S., Fanning, J., McAuley, E., & Motl, R. W. "A Qualitative Study of a Home-Based DVD Exercise Intervention in Older Adults with Multiple Sclerosis." Poster presented as part of the "Rehabilitation Interventions Platform" at the annual meeting of the *Consortium of Multiple Sclerosis Centers*, National Harbor, MD, June 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 presented 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.
- 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.
- 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.
- 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.
- 2014 Awick, E. A., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Chung, H. D., Mackenzie, M. J., Zuniga, K. E., Motl, R. W., & McAuley, E. "Does a Home-Based DVD-Delivered Physical Activity Program Increase Self-Esteem in Older Adults: An RCT." Abstract in review for the annual meeting of the *Society of Behavioral Medicine*, Philadelphia, PA, April 2014.

Chung, H. D., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Awick, E. A., Mackenzie, M. J., Zuniga, K. E., Motl, R. W., & McAuley, E. "Effects of a 6-Month DVD-Delivered Exercise Intervention on Functional Limitation in Older Adults." Abstract in review for the annual meeting of the *Society of Behavioral Medicine*, Philadelphia, PA, April 2014.

Gothe, N., **Wójcicki, T. R.**, Olson, E. A., Fanning, J. T., Awick, E. A., Motl, R. W., & McAuley, E. "Physical Activity Levels and Patterns in Older Adults: The Influence of a DVD-Delivered Exercise Program." Abstract in review for the annual meeting of the *Society of Behavioral Medicine*, Philadelphia, PA, April 2014.

**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.

2013 Gothe, N., **Wójcicki, T. R.**, Fanning, J. T., Olson, E. A., Kramer, A. F., & McAuley, E. "Executive Function Processes Predict Mobility in Older Adults." Abstract in review for the annual meeting of the *Gerontological Society of America*, New Orleans, LA, November 2013.

Burzynska, A. Z., Chaddock-Heyman, L., Wong, C. N., Voss, M. W., Lewis, A., **Wójcicki, T. R.**, Gothe, N., Olson, E. A., Fanning, J. T., Chung, H. D., Awick, E., McAuley, E., & Kramer, A. F. "Positive Effects of Physical Exercise and Aerobic Capacity on White Matter in Old Age." Poster presented at the annual meeting of the *Organization for Human Brain Mapping*, Seattle, WA, June 2013.

**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.

Awick, E., **Wójcicki, T. R.**, Gothe, N., Olson, E. A., Fanning, J. T., Kramer, A. F., & McAuley, E. "Exercise Training Interventions Improve Health-Related Quality of Life but Not Global Quality of Life." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Francisco, CA, March 2013.

Fanning, J. T., **Wójcicki, T. R.**, Gothe, N., Olson, E. A., Motl, R. W., & McAuley, E. "Trajectories of Change in Exercise Self-Efficacy in a Home-Based Physical Activity Trial." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, San Francisco, CA, March 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.

Burzynska, A. Z., Chaddock-Heyman, L., Wong, C. N., Voss, M. W., Olson, E. A., Gothe, N., Lewis, A., **Wójcicki, T. R.**, Fanning, J., Chung, H. D., Awick, E., McAuley, E., & Kramer, A. F. "Positive Effects of Physical Exercise and Aerobic Activity on White Matter in Old Age." Poster presented at the *Annual Brain Plasticity and Neurorehabilitation Conference*, Toronto, Canada, March, 2013.

2012 Monti, J. M., Voss, M. W., Wong, C. N., Szabo, A. N., Cooke, G., Chaddock, L., Baniqued, P. L., **Wójcicki, T. R.**, Gothe, N. P., Olson, E. A., Fanning, J., McAuley, E., Cohen, N. J., & Kramer, A. F. "Physical Activity and Aerobic Fitness are Associated with Greater Relational Memory and Hippocampal Function in Older

Adults." Poster presented at the annual meeting of the *Society for Neuroscience*, New Orleans, LA, October 2012.

Weinstein, A. M., Verstynen, T. D., Prakash, R. S., Voss, M. W., Chaddock, L., Szabo, A., **Wójcicki, T. R.**, Gothe, N. P., Olson, E. A., Fanning, J., McAuley, E., Kramer, A. F., & Erickson, K. I. "Gray Matter Volume, Cardiorespiratory Fitness, and Cognitive Function: A Whole Brain, Voxel-Based Mediation Analysis." Poster presented at the annual meeting of the *Society for Neuroscience*, New Orleans, LA, October 2012.

Wong, C. N., Voss, M. W., Chaddock, L., Baniqued, P. L., Cooke, G., Monti, J. M., Szabo, A. N., **Wójcicki, T. R.**, Gothe, N. P., Olson, E. A., Fanning, J., McAuley, E., & Kramer, A. F. "Age-Related Shifts in Cognitive Control Strategies." Poster presented at the annual meeting of the *Society for Neuroscience*, New Orleans, LA, October 2012.

Wong, C. N., Voss, M. W., Chaddock, L., Baniqued, P. L., Cooke, G., Monti, J. M., Szabo, A. N., **Wójcicki, T. R.**, Gothe, N. P., Olson, E. A., Fanning, J., McAuley, E., & Kramer, A. F. "Cognitive Control Related Brain Function is Altered by Aerobic Fitness Level in Older Adults." Poster presented at the annual meeting of the *Society for Neuroscience*, New Orleans, LA, October 2012.

Mullen, S. P., **Wójcicki, T. R.**, Mailey, E. L., Szabo, A. N., Gothe, N. P., Olson, E. A., Fanning, J., Kramer, A. F. & McAuley, E. "A Profile for Predicting Attrition from Exercise in Older Adults." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, New Orleans, LA, April 2012.

Olson, E. A., **Wójcicki, T. R.**, Szabo, A. N., Mailey, E. L., Mullen, S. P., Gothe, N., Fanning, J. T., & McAuley, E. "Advanced Lower Extremity Function in Older Adults: Intervention Effects." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, New Orleans, LA, April 2012.

**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.

2011 Wong, C., Voss, M. W., Basak, C., Prakash, R., Erickson, K. I., Chaddock, L., Kim, J., Phillips, S., **Wójcicki, T. R.**, Mailey, E., Szabo, A., Gothe, N., Olson, E., McAuley, E., & Kramer, A. F. "A Profile of Brain Activation as a Function of Aerobic Fitness in the Dual-Task." Poster presented at the annual meeting of the *Society for Neuroscience*, Washington, D.C., November 2011.

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. "Physical Activity, Function, and Quality of Life: Design and Methods of the *FlexToBa™* Trial." Poster presented at the symposium for the *Center of Health, Aging, and Disability*, Champaign, IL, October 2011.

Goth, N. P., Mullen, S. P., **Wójcicki, T. R.**, Mailey, E. L., White, S. M., Olson, E. A., Szabo, A. N., Kramer, A. F., & McAuley, E. "Trajectories of Change in Self-Esteem in Older Adults: Exercise Intervention Effects." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, April 2011.

Mullen, S. P., Mailey, E. L., White, S. M., **Wójcicki, T. R.**, Szabo, A. N., Gothe, N. P., Olson, E. A., Kramer, A. F., & McAuley, E. "Physical Activity, Self-Efficacy, and Functional Limitations in Older Adults: A Randomized Controlled Trial." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, April 2011.

Szabo, A. N., Mullen, S. P., White, S. M., **Wójcicki, T. R.**, Kramer, A. F., & McAuley, E. "Executive Function, Self-Regulation, and Self-Efficacy Effects on Exercise Adherence in Older Adults." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, April 2011.

**Wójcicki, T. R.**, McAuley, E., Pontifex, M. B., & Hillman, C. H. "Predicting Changes in Health-Related Quality of Life in Children: Influences of Physical Self-Worth, Self-Efficacy, Fitness, and Body Mass Index." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, April 2011.

Voss, M. W., Erickson, K. I., Prakash, R. S., Basak, C., Chaddock, L., Kim J. S., Alves, H., Heo, S., Szabo, A. N., White, 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. "Neurobiological Markers of Plasticity of Brain Networks in a Randomized Intervention Trial of Exercise Training in Older Adults." Poster presented at the *Health: Attitudes, Biology, Information, Technology, Society (HABITS) Initiative* at the University of Illinois Beckman Institute, Urbana, IL, April 2011.

2010 Szabo, A. N., Mailey, E. L., White, S. M., **Wójcicki, T. R.**, Erickson, K. I., Voss, M., Kramer, A. F., & McAuley, E. "Validating a Non-Exercise Measure of Cardiorespiratory Fitness: Associations with Brain Structure and Function." Poster presented at the annual meeting of the *Gerontological Society of America*, New Orleans, LA, November 2010.

White, S. M., **Wójcicki, T. R.**, & McAuley, E. "The Application of Social Cognitive Theory for Understanding Physical Activity Behavior in Older Adults." Poster presented at the annual meeting of the *Gerontological Society of America*, New Orleans, LA, November 2010.

Voss, M. W., Erickson, K. I., Prakash, R. S., Basak, C., Chaddock, L., Kim, J. S., Alves, H., Heo, S., Szabo, A. N., White, 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. M., & Kramer, A. F. "Neurobiological Markers on Plasticity of Brain Networks in a Randomized Intervention Trial of Exercise Training in Older Adults." Presented at the *2nd Biennial International Conference on Resting-State Connectivity*, Milwaukee, WI, September 2010.

Mailey, E. L., Szabo, A. N., **Wójcicki, T. R.**, Gothe, N., White, S. M., Olson, E. A., Kramer, A. F., McAuley, E. "Physical Activity and Social Support in Older Adults." Poster presented at the *International Congress on Physical Activity and Public Health*, Toronto, ON, May 2010.

White, S. M., Mailey, E. L., **Wójcicki, T. R.**, Szabo, A. N., Gothe, N., Olson, E. A., Kramer, A. F., & McAuley, E. "Physical Activity and Physical Function in Older Adults." Poster presented at the *International Congress on Physical Activity and Public Health*, Toronto, ON, May 2010.

**Wójcicki, T. R.**, McAuley, E., Pontifex, M. B., & Hillman, C. H. "Health-Related Quality of Life Indicators in Children: Influences of Esteem, Self-Efficacy, and Fitness." Poster presented at the *International Congress on Physical Activity and Public Health*, Toronto, ON, May 2010.

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. "Plasticity of Brain Networks in a Randomized Intervention Trial of Exercise Training in Older Adults." Poster presented at the *Cognitive Aging Conference*, Atlanta, GA, May 2010.

Dlugonski, D., **Wójcicki, T. R.**, McAuley, E., & Motl, R. W. "Social Cognitive Correlates of Physical Activity in Adults with Multiple Sclerosis." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Seattle, WA, April 2010.

Gothe, N. P., Klamm, E. L., **Wójcicki, T. R.**, White, S. M., Szabo, A. N., & McAuley, E. "Physical Activity, Self-Efficacy and Self-Esteem: Hierarchical and Longitudinal Relationships as a Function of an Exercise Intervention." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Seattle, WA, April 2010.

Mailey, E. L., **Wójcicki, T. R.**, Hu, L., McAuley, E., & Motl, R. W. "Internet-Based Physical Activity Program for Students with Mental Health Disorders: A Randomized Pilot Trial." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, Seattle, WA, April 2010.

Szabo, A. N., Basak, C., Voss, M., White, S. M., **Wójcicki, T. R.**, Mailey, E., Kramer, A. F., & McAuley, E. "Physical Activity as an Influence of Change in Self-Efficacy and Cognitive Performance in Older Adults." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Seattle, WA, April 2010.

**Wójcicki, T. R.**, White, S. M., & McAuley, E. "Importance, Outcome Expectations, and Physical Activity in Community-Dwelling Older Adults." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Seattle, WA, April 2010.

2009 Gothe, N. P., Szabo, A. N., Klamm, E. L., **Wójcicki, T. R.**, White, S. M., & McAuley, E. "Independent Effects of Environment, Self-Efficacy and Self-Regulation on Physical Activity in Older Women." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Montréal, QC, April 2009.

Klamm, E. L., **Wójcicki, T. R.**, White, S. M., Szabo, A. N., Kramer, A. F., & McAuley, E. "Differential Effects of Physical Activity Intervention on Self-Efficacy in Older Adults." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, Montréal, QC, April 2009.

Voss, M.W., Prakash, R.S., Erickson, K.I., Malkowski, E., Alves, H., Kim, J.S., Morris, K.S., White, S.M., **Wójcicki, T.R.**, Hu, L., Szabo, A., Klam, E., McAuley, A. & Kramer, A. "Exercise Effects on Functional Brain Connectivity and Cognition in Elderly Adults. Poster presented at the *15th Annual Meeting of the Organization for Human Brain Mapping* (NeuroImage, 47(1) supplement), San Francisco, CA, June 2009.

White, S. M., **Wójcicki, T. R.**, & McAuley, E. "Physical Activity and Satisfaction with Life in Older Adults." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, Montréal, QC, April 2009.

**Wójcicki, T. R.**, Hu, L., Szabo, A. N., White, S. W., Klamm, E. L., Kramer, A. F., & McAuley, E. "Is the Importance of Physical Activity Associated with Function and Quality of Life in Older Adults?" Paper presented at the annual meeting of the *Society of Behavioral Medicine*, Montréal, QC, April 2009.

**Wójcicki, T. R.**, & McAuley, E. "Outcome Expectations for Exercise and Physical Activity in Older Adults: Scale and Development and Validation." Poster presented at the annual *University of Illinois Student Interdisciplinary Conference*, Urbana, IL, January 2009.

2008 Klamm, E. L., White, S. M., Morris, K. S., **Wójcicki, T. R.**, & McAuley, E. "Predicting Cardiorespiratory Fitness without Maximal Exercise Testing in Older Adults." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Diego, CA, March 2008.

**Wójcicki, T. R.**, Szabo, A. N., Hu, L., & McAuley, E. "Perceptions of Importance of Physical Activity in Older Adults: Implications for Perceived Benefits and Enjoyment." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Diego, CA, March 2008.

**Wójcicki, T. R.,** White, S. M., & McAuley, E. "Outcome Expectations in Physical Activity Research: Development and Validation of the Exercise and Physical Activity Beliefs Scale." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Diego, CA, March 2008.

2007 Morris, K. S., McAuley, E., Motl, R. W., Hu, L., **Wójcicki, T.,** White, S. M., & Doerksen, S. E. "Examining the Trajectory of Physical Activity Declines in Older Women over a Two-Year Period: Efficacy and Functional Limitation Influences." Paper presented at the annual meeting of the *Gerontological Society of America*, San Francisco, CA, November 2007.

Morris, K. S., McAuley, E., Motl, R. W., Doerksen, S. E., **Wójcicki, T.,** White, S., & Hu, L. "Physical Activity, Self-Efficacy, and Functional Limitations in Older Women: A Panel Model." Paper presented at the annual meeting of the *Society of Behavioral Medicine*, Washington, DC, March 2007.

White, S. M., **Wójcicki, T.,** & McAuley, E. "Cross-Validation of a Non-Exercise Test Model to Predict Cardiorespiratory Fitness in Older Adults." Poster presented at the *Society of Behavioral Medicine*, Washington, DC, March 2007.

2006 Morris, K. S., McAuley, E., Hess, J. J., **Wójcicki, T.,** & White, S. "Gait, Self-Efficacy, Age, and Ethnicity: A Latent Growth Curve Analysis." Poster presented at the annual meeting of the *Gerontological Society of America*, Dallas, TX, November 2006.

McAuley, E., Konopack, J. F., Doerksen, S. E., Morris, K. S., **Wójcicki, T.,** & White, S. "Functional Limitations and Physical Activity in Older Women: Efficacy, Age, and Ethnicity Effects." Poster presented at the annual meeting of the *Society of Behavioral Medicine*, San Francisco, CA, March 2006.

#### **PRESENTATIONS – INVITED**

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2025 **Wójcicki, T. R.** "A Realistic Plan for All Ages: Incorporating Movement into Everyday Life." Invited presentation for the *Louisville Collegiate School Wellness Fair: A Vision of Health for Educators and Administrators*, Louisville Collegiate School, Louisville, KY, November 2025.

**Wójcicki, T. R.** "Community-Engaged Scholarship in Support of Active Living." Invited lecture for PT 605, *Research in Physical Therapy II*, Bellarmine University, Louisville, KY, May 2025.

2024 **Wójcicki, T. R.,** Kelley, M., Funk, M., & Lawrence, M. "Programmatic Blitz: Dynamic Lightning Talks from Distinguished Schools." Panel presentation for the *Exercise is Medicine On Campus Webinar Series* via the American College of Sports Medicine; September 2024.

2023 **Wójcicki, T. R.** "A Surefire Way to Engage the Community: Propose a Bike Lane." Panel presentation for the *Community of Practice on Community Engagement* at Bellarmine University; January 2023.

2022 Glasser, C., **Wójcicki, T. R.,** & Cobb, J. "A Protected 2-Way Bike + Scooter Lane along Norris/Douglass: Proposal and Community Discussion." Public meeting presentation, in partnership with *Streets for People*, at Bardstown Road Presbyterian Church; May 2022.

**Wójcicki, T. R.** "A Mobility Lane in Our Backyard: Proposed Re-Development of Norris/Douglass;" invited presentation for the *Student Government Association* at Bellarmine University; April 2022.

**Wójcicki, T. R.** "Community-Engaged Advocacy for a Walkable Louisville;" invited presentation for the *Exercise Science Association* at Bellarmine University; April 2022

- 2021 **Wójcicki, T. R.** & Tripure, A. "Walk the Talk: A Neighborhood Scavenger Hunt." Invited presentation for the Carinal Sections-Honors Alumni Program during the *Alumni Weekend & Reunion Celebration*, Bellarmine University, Louisville, KY, September 2021.
- Wójcicki, T. R.** "In Search of Walkability: A Youth-Based Evaluation of the Crescent Hill Neighborhood." Invited presentation for the annual *United Learning Summer Camp*, United Crescent Hill Ministries, Louisville, KY, June 2021.
- 2020 **Wójcicki, T. R.** "Community-Based Projects for 2020: Assessment of Intersections and the Walk [Your City] Campaign." Invited presentation for the *Bardstown Road Improvement Group*, Louisville, KY, January 2020.
- 2019 **Wójcicki, T. R.** "Physical Activity for the Commonwealth: Current Trends, Challenges, and Opportunities." Invited presentation for *TEDx* event at Bellarmine University, Louisville, KY, March 2019.
- Wójcicki, T. R.** "Active Transportation in Louisville: Importance and Needs." Invited presentation for the inaugural *Donor College* at Bellarmine University, Louisville, KY, February 2019.
- 2018 Duong, A., **Wójcicki, T. R.**, & Carnes, A. "A Unilateral Resistance Training Program for Trained Individuals: Study Protocol." Invited presentation for the annual *Celebration of Undergraduate Research & Creativity* at Bellarmine University, Louisville, KY, April 2018.
- Wójcicki, T. R.** "Louisville Doesn't Care for Walking and Neither Do You: Lessons Learned from the National Walking Summit." Invited presentation for the annual *President's Celebration of Faculty Achievement* at Bellarmine University, Louisville, KY, April 2018.
- Wójcicki, T. R.** "Bellarmine Goes to Perth: Sharing Cross-Cultural Experiences Online." Invited presentation for the annual *President's Celebration of Faculty Achievement* at Bellarmine University, Louisville, KY, April 2018.
- 2016 Goldstein, N., & **Wójcicki, T. R.** "Protocol for the Active Reserves (AcRe) Trial: A Social Media Approach to Influence Lifestyle Physical Activity in Navy Reservists." Invited presentation for the annual *Celebration of Undergraduate Research & Creativity* at Bellarmine University, Louisville, KY, April 2016.
- Wójcicki, T. R.** "Introduction to Physical Activity and Cognitive Function across the Lifespan." Invited lecture for PT 575, *Human Performance & Health Promotion*; Doctor of Physical Therapy Program, Bellarmine University, Louisville, KY, April 2016.
- 2015 **Wójcicki, T. R.** "Blogging for Student Wellness and Success: Active Learning in the 21<sup>st</sup> Century." Invited presentation for the first annual *Student Success Conference* (Coordinator: Anne Bucalos, EdD) at Bellarmine University, Louisville, KY, October 2015.
- Crush, E., & **Wójcicki, T. R.** "Protocol for the Average Daily Activity and Personality Traits (ADAPT) Study." Invited presentation for the 15<sup>th</sup> *Annual Celebration of Undergraduate Research & Creativity*, Bellarmine University, Louisville, KY, April 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.
- 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      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.**, & 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.
- 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.
- 2009      **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.

#### **RESEARCH MENTORSHIP**

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- 2025 – 26      **Senior Honors Thesis Reader**, Honors Senior Research and Thesis (HONR 450 & 451), *Bellarmino University*; Lydia Reichley, Exercise Science student; "Examining Moderators in the Relationship Between Injury/Injury Anxiety and Eating Disturbances in College Women Athletes."
- 2024 – present      **DPT Scholars Advisor**, Doctor of Physical Therapy Scholars Program, *Bellarmino University*; Lindsay Johnson, DPT student; \$2000 scholarship, renewable for a total of six consecutive semesters, to assist and contribute to scholarly endeavors in the Department of Exercise Science.
- 2021 – 22      **Senior Honors Thesis Reader**, Honors Senior Research and Thesis (HONR 450 & 451), *Bellarmino University*; Brianna Bragg, Communication student; "The Narratives of Black Women with Diet-Related Chronic Disease."
- 2020 – 21      **Senior Honors Thesis Reader**, Honors Senior Research and Thesis (HONR 450 & 451), *Bellarmino University*; Tyler Satterfield, Exercise Science student; "Physical Activity & Mental Health of College Females during COVID-19"
- 2019 – 20      **Senior Honors Thesis Advisor**, Honors Senior Research and Thesis (HONR 450 & 451), *Bellarmino University*; Marley Alexander, Exercise Science student; "Correlates of Physical Activity Participation among Physical Therapy Patients: A Social Cognitive Examination."
- 2018 – 19      **Research Advisor**, Exercise Science Student Research Award, *Bellarmino University*; Anthony Duong, Exercise Science student; "Effects of Unilateral Resistance Training on Muscular Strength, Power, and Core Stability in Trained Individuals."
- 2017 – 18      **Senior Honors Thesis Advisor**, Honors Senior Research and Thesis (HONR 450 & 451), *Bellarmino University*; Audrey Sweetland, Exercise Science student; "Park Accessibility and Physical Activity in Young Americans: the PAPAYA Study."

- 2016 **Master's Thesis Reader and Committee Member**, School of Communication, *Bellarmino University*; Chasiti Gaines, 2016 Master's in Communication; "Let's Tweet!: A Content Analysis of Health Campaigns' Usage of Twitter."
- 2015 – 17 **Research Advisor**, Special Topics and Internship (EXSC 346 & 444), *Bellarmino University*; H2M Neil Goldstein, Exercise Science student; "Active Reserves (AcRe) Trial: Social Media Based Approach to Influence Lifestyle Physical Activity in Navy Reservists."
- 2015 – 16 **Senior Honors Thesis Reader**, Honors Senior Research and Thesis (HONR 450 & 451), *Bellarmino University*; Zachary Rightmire, Exercise Science student; "The Effect of Chocolate Milk Consumption on Muscular Recovery and Delayed Onset Muscle Soreness (DOMS) After Damaging Exercise in Resistance Trained Female Athletes."
- 2014 – 15 **DPT Capstone Reader**, Doctor of Physical Therapy Capstone Project (PT 740), *Bellarmino University*; Kristin Hamrick & Laura Stigler, Physical Therapy students; "Dancing for Health and Wellness: A Community-Based Approach to Promoting Physical Activity Among Underprivileged Adolescent Girls."
- Research Advisor**, Special Topics and Internship (EXSC 346 & 444), *Bellarmino University*; Elizabeth Crush, Exercise Science student; "Objectively Assessed Physical Activity and Personality Factors in College-Aged Students."

## SERVICE

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### PROFESSIONAL

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- 2021 **Grant Application Review**; "Multi-Level Intervention to Reduce Sedentary Behavior Among Older Adults in Assisted Living;" Discovery and Innovation Grant, *University of Wisconsin-Milwaukee*.
- 2020 **Walking College Fellow Promotional Video**; "The America Walks Walking College: Become an Advocate for Walkable Communities;" *America Walks*.
- 2015 **Grant Application Review**; "Perceptions of People with Primary and Secondary Progressive Multiple Sclerosis towards Exercise;" 2015 Grant Round, *Multiple Sclerosis Society*.
- 2012 – present **Manuscript Reviews**; ad hoc peer reviewer for manuscripts submitted to:
- Annals of Behavioral Medicine* (20 reviews); *Journal of Behavioral Medicine* (14); *American Journal of Preventative Medicine* (6); *Health Psychology* (6); *Disability and Rehabilitation* (5); *BMC Geriatrics* (3); *Health & Social Care in the Community* (3); *Journal of Physical Activity & Health* (3); *Physiotherapy Theory and Practice* (3); *International Review of Sport and Exercise Psychology* (2); *JMIR Formative Research* (2); *JMIR Research Protocols* (2); *Journal of Aging and Physical Activity* (2); *Neural Plasticity* (2); *Journal of Aging and Health* (1); *Psychology of Sport and Exercise* (1); *Revue Europeene de Psychologie Appliquee* (1); and *Scientific Reports* (1).
- 2009 – 11 **Abstract Reviews**; multiple abstract submissions in the Measurement and Methods Track for presentation at the *Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*.

### INSTITUTIONAL

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- 2026 **Civil Rights Walking Tour, Event Planner and Guide**, *Bellarmino University*; institutional programming organized by the Center for Community Engagement, the Dr. Patricia Carver Center, and the Student Government Association in support of the annual "Martin Luther King Week of Social Responsibility;"

planned and led a walking tour through downtown Louisville to explore its history and place within the Civil Rights Movement.

2025 – present **Graduate Student Research Grant Review Committee, Reviewer**, *Bellarmino University*; review and score applications submitted for the receipt of funds from the Graduate Student Research Grant Program to support student research.

**Exercise Science Association, Faculty Advisor**, *Bellarmino University*; registered student organization for exercise science majors and minors; dedicated to providing peer-based educational guidance and support within program of study, as well as opportunities for career development and community-engaged service.

**Faculty Standing Committee on Community Engagement, Member**, *Bellarmino University*; responsibilities include reviewing community-engaged course syllabi, selecting the “Community Partner of the Year” recipient, planning for the annual Community Engagement Course Design and Scholarship Retreat for Bellarmine faculty, and supporting the university’s broader community engagement goals.

2025 **Faculty Search Committee, Member**, School of Movement & Rehabilitation Sciences, *Bellarmino University*; search and evaluation of applicants for a joint faculty position in the Exercise Science and Sports Administration programs.

**Fall Convocation Series, Panelist**, *Bellarmino University*; developed in tandem with the weekly topics for Knight 101; served on a faculty panel for students enrolled in KNGT 101; topic: “Embracing Diverse Perspectives: A Liberal Arts and Sciences Education.”

**Second Biennial Program for Leadership and Character, Faculty Representative**, Wake Forest University; participated in programming and development activities hosted by the Educating Character Institute.

2024 – present **Faculty Affairs Subcommittee, School of Movement & Rehabilitation Sciences Faculty Representative**, *Bellarmino University*; address faculty related issues as directed by the Coordinating Committee of Faculty Council.

**General Education Core Curriculum Committee, School of Movement & Rehabilitation Sciences Faculty Representative**, *Bellarmino University*; work with faculty across campus to evaluate, update, and implement core curriculum requirements, which fall in line with the university’s strategic plan; member of the *Community Engagement* sub-committee.

**Undergraduate Educational Affairs Committee, Member**, *Bellarmino University*; as directed by the Coordinating Committee of the Faculty Council, this committee addresses issues of broad undergraduate academic and educational concern that have the potential to affect more than one school or the General Education curriculum.

2024 **Annual Lessons & Carols, Participant**, Department of Music and Office of Campus Ministry, *Bellarmino University*; invited by Fr. John Pozhathuparambil, OFM Conv., Director of Campus Ministry, to share an opening reflection for this seventh annual holiday event held at Our Lady of the Woods Chapel.

2023 – 25 **Academic Affairs Subcommittee, Board of Trustees Faculty Representative**, *Bellarmino University*; responsible for the review of any recommendations for major changes in university academic goals, introduction or elimination of major educational programs, and major change in educational policy; concerned with all matters of policy relating to the recruitment, promotion and tenure of faculty, and all other matters falling broadly under academic affairs including student retention.

- AAUP Executive Committee, Member of the Board At-Large**, *Bellarmino University Chapter* of the American Association of University Professors; work with faculty across campus to: advance academic freedom and shared governance; define fundamental professional values and standards; promote the economic security of all those engaged in teaching and research; help the higher education community organize to make our goals a reality; and ensure higher education's contribution to the common good.
- 2023, 2025 **HOSA Regional Conference**, *Bellarmino University*; annual health occupations conference for the North Central Kentucky Region of HOSA; served as faculty representative for the Department of Exercise Science; engaged with high school students to discuss the importance, value, and need for professionals in exercise science-related careers.
- 2022 **Be Kind to Your Mind Campaign**, Campus Wellness, *Bellarmino University*; social media campaign focused on teaching students the importance of self-care; created in response mental health concerns on campus, as informed by the university's participation in the Healthy Minds Study; created and shared a video message regarding the importance and value of walking for healthy minds.
- 2021 **Search Committee**, Center for Community Engagement, *Bellarmino University*; evaluated and nominated applicants for the new Associate Director of Community Engagement position.
- Faculty Institute on Community Engagement**, Indiana Campus Compact at *Bellarmino University*; prepared and presented opening remarks to attendees and participants of this extensive 3-day training institute.
- 2020 – 22 **Public Health Taskforce**, College of Health Professions, *Bellarmino University*; charged with creating a new Bachelor of Public Health degree; BS in Public Health and Corresponding minor approved by the Kentucky Council on Postsecondary Education, January 2022.
- 2019 – 21 **President's Taskforce for Community Engagement**, *Bellarmino University*; forging a pathway to enhanced community and civic engagement work across the university (in accordance with Strategic Priorities 4 & 5), with goal of obtaining the Carnegie Foundation Classification for Community Engagement; served as Team Leader for the *Faculty Engagement Workgroup*.
- 2019 – present **Supervisor/Advisor, Exercise Is Medicine – On Campus**, *Bellarmino University*; assembled a campus leadership team and registered Bellarmine University as an EIM-On Campus institution; work with entities across campus to promote a culture of physical activity and improved health; achieved (in 2020) and maintained (through 2025) "Gold-level" recognition for efforts at Bellarmine University by the *American College of Sports Medicine*.
- 2019 **Kentucky Honors Roundtable**, *Bellarmino University*; a consortium of honors programs from institutions of higher education in Kentucky; served on the planning committee for Spring 2019 offering of the bi-annual KHR conference hosted at Bellarmine University.
- 2018 **Annual Faculty Performance Guidelines Taskforce**, College of Health Professions, *Bellarmino University*; charged to review College guidelines for faculty evaluations and provide recommendations to improve and standardize the annual performance reviews for teaching, scholarship, and service; member of the Scholarship working group.
- 2017 – 19 **Honors Council**, *Bellarmino University*; representative of the School of Movement & Rehabilitation Sciences; work with faculty across the university to support the Honors Program; member of the Intercultural Awareness sub-committee, created to re-conceptualize the Intercultural Enrichment requirement of the

Honors Program; heavily involved in the yearly Honors Scholarship Competition for invited, high-performing, soon-to-be graduating high school seniors.

- 2017 – 20 **Assess-Match-Motivate Faculty Liaison**, School of Movement & Rehabilitation Sciences, *Bellarmino University*; serve as liaison between School and the Office for Study Abroad and International Learning; provide assistance with mapping school-specific bicultural learning opportunities and guidance to students seeking educational experiences abroad.
- 2017 **Exercise Science Search Committees**, Exercise Science Department, *Bellarmino University*; chaired and served on committees to conduct searches for a 9-month faculty appointment in Exercise Science Department.
- 2016 – 18 **Faculty Council**, *Bellarmino University*; elected representative of the School of Movement & Rehabilitation Sciences; responsible for advising the President and Trustees of the University and to initiate recommendations in all areas of the university; conduct work to create a closer liaison between the members of the faculty and the administrative officers and to develop greater cooperation and closer cultural and educational exchange among the faculties of the schools of the university.
- 2015 – 16 **Knight's Dream Team, Faculty Advisor**, *Bellarmino University*; registered student organization created to provide student athletes an opportunity to become involved in recreational service projects.
- 2015 – 22 **Honors and Awards Committee**, *Bellarmino University*; representative of the School of Movement & Rehabilitation 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.
- 2014 – 15 **Master's of Health Science Committee**, Donna and Allan Lansing School of Nursing and Health Sciences, *Bellarmino University*; re-development of the *Master of Health Science* program in a distance-learning environment; the program of study based on core curriculum in health sciences, with specialization in Health Care Leadership or Health Promotion and Social Change.
- 2014 – present **Academic Advisor**, Department of Exercise Science, *Bellarmino University*; provide students with guidance and support to progress through and successfully complete the Exercise Science curriculum, meet university requirements for graduation, and discuss academic and professional goals.
- 2008 – 10 **Kinesiology Graduate Student Association**, *University of Illinois*; co-founder and -chair; mission to promote networking among the graduate students within the College of Applied Health Sciences' Kinesiology Program.
- 2008 – 09 **Culture of Wellness Committee**, *University of Illinois*; student representative for an initiative focused on the development of the six dimensions of wellness for Illinois students, faculty, and staff.
- Tuition Policy Advisory Committee**, *University of Illinois*; provided a student voice in the process of formulating tuition policy.

## COMMUNITY

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- 2026 – 2029 **Board of Directors**, *Kentucky Hands & Voices*; a parent-driven, non-profit organization dedicated to supporting families with children who are deaf or hard of hearing without a bias towards communication modes or methodology; elected to serve a three-year term by acting members of the board.

- 2025 **Wellness Wednesday Series Host**, *Louisville Collegiate School*; student wellness-related programming offered on the first Wednesday of the month throughout the school year; serve as an invited host and facilitator for October's "Walking for Wellness" session.
- 2024, '25 **National Coalition for Week Without Driving**, *America Walks* and the *Disability Mobility Initiative*; Campaign Host for the Commonwealth of Kentucky; a national campaign to get decision-makers and individuals to experience a week of no driving in their communities; work to coordinate efforts at the local level.
- 2022 – present **Affiliate**, *Streets for People*; community-engaged advocacy aimed at transforming Louisville's streets and neighborhoods into vibrant, active, inviting places; formerly served as project manager (2022-23), in partnership with various entities and stakeholders, to calm traffic and improve walkability along Douglass Blvd. and Norris Pl., between the Belknap and Deer Park neighborhoods by work with city leaders and planners.
- 2021 – 2022 **Vision Zero Louisville Task Force**, *Louisville Metro Public Works*; serve as a representative of Bellarmine University on the advisory team for Vision Zero Louisville; work with various agencies and concerned citizens to develop, implement, and evaluate strategies aimed at reducing roadway fatalities throughout Louisville Metro/Jefferson County.
- 2019 – 20 **Bardstown Road Improvement Group (BIG)**; served on the steering committee for *BIG*, a local advocacy group committed to improving Bardstown Road through action and advocacy, with the goal of helping Louisville's Bardstown Road flourish as a vibrant, safe and unique neighborhood and business corridor.
- Road to Zero Coalition Member**, *Louisville Metro Public Works*; review roadway fatalities, innovative strategies and technologies to reduce fatalities, and funding opportunities; work to determine next steps in helping Louisville reach the ultimate goal of zero roadway fatalities.
- 2019 **Center for Neighborhoods Ambassador**, *Center for Neighborhoods*; served on behalf of the local non-profit organization for the annual "Give for Good Louisville" campaign hosted by the Community Foundation of Louisville; created and disseminated a fundraising page for community support, contributed to the development of promotional materials, and provided a video testimonial regarding experience as a recent (Spring 2019) graduate of the Neighborhood Institute.
- State Liaison**, *National Physical Activity Plan Alliance*; work to enhance the impact of the "National Physical Activity Plan" at the state level; track and share legislative actions related to physical activity and public health, which have been considered and/or filed in the Kentucky General Assembly.
- 2018 – 19 **Environmental Equity Working Group Member**, *Louisville Metro Department of Public Health and Wellness*; worked with planning group to contribute to the development of a community health improvement plan (i.e., "Healthy Louisville 2025).

## HONORS & AWARDS

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- 2025 **Sigma Xi, The Scientific Research Society**; duly elected *full member* to the world's largest general research honor society; membership by nomination only; full membership conferred upon those who have demonstrated noteworthy achievements in research.

- 2021 **Faculty Spotlight**, *Kentucky Campus Compact*; KyCC strives to advance the public purposes of colleges and universities by deepening their ability to improve community life and to educate students for civic and social responsibility.
- 2020 **Doris A. Tegart Teaching Excellence Award**, *Bellarmino University*; three-time nominee (2020, '24, '25) and inaugural recipient of this university-wide award in recognition of full-time teaching faculty who embody the dedication, creativity, and student engagement as valued by former provost and interim president, Dr. Doris Tegart.
- 2017 **Certificate of Excellence in Reviewing**, *American Journal of Preventive Medicine*; an Elsevier Reviewer Recognition for outstanding contributions to the peer-review process.
- Faculty Development Fellowship**, *Bellarmino University*; \$3000 award for research proposal, "Physical Activity Needs Assessment of Louisville: A Pilot Study;" recommended for funding by the Faculty Development Committee.
- Faculty International Development Award**, *Bellarmino University*; \$3000 stipend, awarded by the Office of Academic Affairs, to assist with faculty-led travel expenses for IDC 401 experience at Curtin University in Perth, Western Australia.
- McGowan Medal**, *Bellarmino University*; award presented by graduating students in appreciation and recognition of the support and mentorship received by faculty and staff; presented by Shelby Smith, BA in Exercise Science, 2017.
- 2016, '17 **Presidential Merit Award**, *Bellarmino University*; the President's Faculty Merit Award is given to faculty members identified as overall "meritorious," based upon their achievements in the three areas of teaching, scholarship, and service; two-time recipient.
- 2016 **Kentucky Colonel**, *Commonwealth of Kentucky*; commissioned as a Kentucky Colonel for professional work in and advocacy for the promotion of physical activity; the commission of Kentucky Colonel is the highest title of honor bestowed by the Governor of Kentucky in recognition of noteworthy accomplishments and outstanding service to community, state, and nation.
- Sentinels of Science Award**, *Publons*; honoring experts who have shown an outstanding commitment to ensuring the quality and integrity of science and research through their expert peer review contributions; recognized within the top ten percent of contributors in the field of Social Sciences.
- 2015, '16, '17 **Phi Mu Annual Teacher Appreciation Dinner**, *Bellarmino University*; invited to attend annual event (hosted by Phi Mu, Rho Zeta Chapter) celebrating faculty contributions to students and the Bellarmine community; three-time nominee.
- 2013 **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.
- List of Teachers Ranked as Excellent by Their Students**, Health Behavior Theory (CHLH/KIN 540), *University of Illinois*; results based on Instructor and Course Evaluation questionnaire forms maintained by Measurement and Evaluation, Center for Teaching Excellence.

**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."

2009, '10      **List of Teachers Ranked as Excellent by Their Students**, Introduction to Sport Psychology (KIN 247), *University of Illinois*; results based on Instructor and Course Evaluation questionnaire forms maintained by Measurement and Evaluation, Center for Teaching Excellence.

2009      **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?"

## MEMBERSHIPS & AFFILIATIONS

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### PROFESSIONAL ORGANIZATIONS

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American Association of University Professors; Member since 2022  
American College of Sports Medicine; Member since 2019  
Association for Institutional Research; Member since 2025  
Kentucky Academy of Science; Member since 2023  
National Association of Chronic Disease Directors; Associate Member since 2025  
National Association for Kinesiology in Higher Education; Professional Member since 2026  
Physical Activity Alliance; General Member since 2020  
Physical Activity Policy Research and Evaluation Network; General Member since 2020  
Sigma Xi, The Scientific Research Society; Full Member since 2025  
Society of Behavioral Medicine, Member since 2007

### NONPROFITS & ADVOCACY GROUPS

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America Walks; Member since 2019  
Friends of Bardstown Road; Affiliate and Supporter since 2023  
Honorable Order of Kentucky Colonels; Member since 2016  
Olmsted Parks Conservancy; Member since 2023, "Perennial Protector" since 2025  
Rails-to-Trails Conservancy; Member since 2017  
Streets for People; Affiliate and Supporter since 2022  
Vision Zero Louisville; Affiliate since 2021

## PROFESSIONAL REFERENCES

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**Joseph A. "Tony" Brosky, Jr., PT, DHS**  
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