

CURRICULUM VITAE

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EDUCATION

University of Oregon	Bachelor of Science	1981
Purdue University	Master of Science	1985
University of Wisconsin-Madison	Doctor of Philosophy	1989

POSITIONS

2001-present	Professor, Department of Exercise Science, University of Georgia
1994-2000	Associate Professor, Department of Exercise Science, University of Georgia
1992-94	Assistant Professor, Department of Exercise Science, University of Georgia
1990	Visiting Assistant Professor (Summer), Department of Physical Education, University of Wisconsin-Madison
1989-92	Assistant Professor, Department of Exercise Science, Arizona State University

EXTRAMURAL GRANTS AND CONTRACTS

2007-08	"Influence of dietary spices on inflammation and pain induced by eccentric exercise", <i>McCormick Science Institute</i> , contract, (Pat O'Connor, University of Georgia, PI), \$103,920.
2006	"Influence of breakfast and caffeine on cognitive performance and mood dimensions of mental energy: An examination of the sensitivity of selected measures of mood and cognition", <i>International Life Sciences Institute</i> , contract, (Pat O'Connor, University of Georgia, PI), \$91,968.
2004-07	"Effects of exercise on back pain in pregnant women", <i>National Institutes of Health</i> , National Institute of Nursing Research, (Pat O'Connor, University of Georgia, PI), \$691,762.
2004-05	"Functional magnetic resonance imaging correlates of fatigue symptoms in patients with chronic fatigue syndrome and normal controls" <i>International Life Sciences Institute</i> , 1 year contract, (Dane Cook, University of Wisconsin, PI) \$24,500.
2002	"Literature review of mood measures of energy and fatigue", <i>International Life Sciences Institute</i> , contract, (Pat O'Connor, University of Georgia, PI), \$15,000.
2001-04	"Psychobiological studies of analgesia induced by athletic competition", <i>National Institutes of Health</i> , National Institute of Neurological Disorders and Stroke, (Wendy Sternberg, Haverford College, PI), Subcontract to University of Georgia, \$35,372.
1998-03	"Determinants of bone health in young female gymnasts", <i>National Institutes of Health</i> , Child Health and Human Development, (Richard Lewis, University of Georgia, PI), \$1,192,296.
1997-98	"Determinants of bone health in young female gymnasts", <i>National Institutes of Health</i> , Office of Research on Women's Health, (Richard Lewis, University of Georgia, PI), \$98,280.
1996	"Effects of exercise on age-related changes in circadian rhythms", <i>American College of Sports Medicine Foundation</i> - Cybex Research Grant on Exercise and Aging, (Pat O'Connor, University of Georgia, PI) \$15,000.
1995	"Efficacy of exercise in the treatment of panic disorder", <i>National Institute of Mental Health</i> , Clinical Treatment Research Branch, (Pat O'Connor, University of Georgia, PI), \$33,881.
1993	"Dietary patterns, eating behavior and bone health in female college gymnasts," <i>National Collegiate Athletic Association</i> , (Richard Lewis, University of Georgia, PI), \$17,000.

PUBLICATIONS

- O'Connor PJ, Herring MP (In Press). Physical activity, fatigue and vigor. **Encyclopedia of Lifestyle Medicine and Health**.
- O'Connor PJ, Herring MP (In Press). Mental health benefits of strength training. **American Journal of Lifestyle Medicine**.
- Herring MP, O'Connor PJ (2009). The effect of acute resistance exercise on feelings of energy and fatigue. **Journal of Sports Sciences**, 27(6):1-8.
- Maridakis V, O'Connor PJ, Tomporowski P. (2009). Sensitivity to change in cognitive performance and mood measures of energy and fatigue in response to morning caffeine alone or in combination with carbohydrate. **International Journal of Neuroscience**, 119 (8):1239-1258.
- Maridakis V, Herring M, O'Connor PJ (2009). Sensitivity to change in cognitive performance and mood measures of energy and fatigue in response to differing doses of caffeine or in breakfast. **International Journal of Neuroscience**, 119 (7):975-994.
- Dishman RK, O'Connor PJ (2009). Lessons in exercise neurobiology: The case of endorphins. **Mental Health and Physical Activity**, DOI:10.1016/j.mhpa.2009.01.002, 1-6.
- Black CD, O'Connor PJ (2008). Acute effects of dietary ginger on muscle pain during moderate intensity cycling exercise. **International Journal of Sport Nutrition & Exercise Metabolism**, 18(6):653-664.
- Jenkins NT, Trilk JL, Singhal A, O'Connor PJ, Cureton KJ (2008). Ergogenic effects of low doses of caffeine on cycling performance. **International Journal of Sport Nutrition & Exercise Metabolism**, 18(3):328-42.
- Snook, EM, Gliottoni RC, Motl RW, Cook DB, O'Connor PJ (2008). Pain and physical activity in women with MS: Differential pattern of relationships with objective and self-report measures of physical activity. **Exercise and Women's Health**, (Laura A. Charlington, Ed.), Nova Science Publishers, Hauppaug, NY, pp. 99-112.
- Pasley, J.D. & O'Connor, J.P. (2008). High day-to-day reliability of leg volume measured by water displacement: potential application in studies of eccentric exercise. **European Journal of Applied Physiology**, 103:393-398.
- Puetz TW, Flowers SS, O'Connor PJ (2008). A randomized controlled trial of the effect of aerobic exercise training on feelings of energy and fatigue in sedentary young adults with persistent fatigue. **Psychotherapy and Psychosomatics**, 11:167-74.
- Blair SN, Kohrt WM, O'Connor PJ, Regensteiner JG, Goodyear, LJ, Dishman RK, Morrow JR (2007). Physical activity, health promotion and chronic disease prevention. In: Sutor CW & VI Krqaak (Editors), **Adequacy of evidence for physical activity guidelines development: Workshop summary**. Institute of Medicine, The National Academies Press, Washington, D.C., pp. 17-58.
- Cook DB, O'Connor PJ, Lange G, Steffener J. (2007). Functional neuroimaging correlates of mental fatigue induced by cognition in chronic fatigue syndrome patients and controls. **Neuroimage**, 36(1):108-22.
- O'Connor PJ (2007). Monitoring and titrating symptoms: A science-based approach to using your brain to optimize marathon running performance. **Sports Medicine**, 37(4-5):408-11.
- Maridakis V, O'Connor PJ, Dudley GA, McCully KK (2007). Caffeine attenuates delayed onset muscle pain and force loss following eccentric exercise. **Journal of Pain**, 8(3):234-43.
- Puetz TW, Beasman KM, O'Connor PJ (2006). The effect of cardiac rehabilitation exercise programs on feelings of energy and fatigue: A meta-analysis of research from 1945 to 2005. **European Journal of Cardiovascular Prevention & Rehabilitation**, 13(6):886-893.
- Puetz TW, O'Connor PJ, Dishman RK (2006). The effect of chronic exercise on feelings of energy and fatigue: A quantitative synthesis. **Psychological Bulletin**, 132(6):866-76.
- O'Connor PJ (2006). Mental Energy: Developing a model for examining nutrition-related claims. **Nutrition Reviews**, 64, 7(Part II): S2-S6.

- O'Connor PJ (2006). Mental Energy: Assessing the mood dimension (of mental energy). **Nutrition Reviews**, 64, 7 (7): S7-S9.
- Pollock N, Modlesky CM, Laing EM, Wilson AR, O'Connor PJ & Lewis RD (2006). Former college artistic gymnasts maintain higher BMD: A nine year follow up. **Osteoporosis International**, 17(11):1691-7.
- Motl RW, O'Connor PJ, Tubandt L, Puetz T, Ely MR (2006). Effect of caffeine on leg muscle pain during cycling exercise among females. **Medicine and Science in Sports and Exercise**, 38(3):598-604.
- Poudevigne MS, O'Connor PJ (2006). A review of physical activity patterns in pregnant women and their relationship to psychological health. **Sports Medicine**, 36(1):19-38.
- O'Connor PJ (2006). Sleep, mood and chronic pain problems. In (LW Poon, WJ Chodzko-Zajko & PD Tomporowski, Eds.) **Active Living, Cognitive Functioning and Aging**. Human Kinetics, Champaign, IL, pp. 133-144.
- O'Connor PJ (2005). State anxiety is reduced after maximal and submaximal exercise among people with panic disorder. **International Journal of Sport and Exercise Psychology**, 4: 501-508.
- Dishman RK & O'Connor PJ (2005). Five decades of sport and exercise psychology: A festschrift for William P. Morgan. **International Journal of Sport and Exercise Psychology**, 4: 399-409.
- Pasley J, O'Connor PJ (2005). The nociception flexion (R-III) reflex: A potentially useful tool in exercise and pain studies. **International Journal of Sport and Exercise Psychology**, 3(3): 338-351.
- Poudevigne MS, O'Connor PJ (2005). Physical activity and mood during pregnancy. **Medicine and Science in Sports and Exercise**, 37(8):1374-80.
- O'Connor PJ, Puetz TW (2005). Chronic physical activity and feelings of energy and fatigue. **Medicine and Science in Sports and Exercise**, 37(2):299-305.
- Black CD, O'Connor PJ, McCully KK (2005). Increased daily physical activity and fatigue symptoms in chronic fatigue syndrome. **Dynamic Medicine**, 4(3): 1-9.
- Laing EM, Wilson AR, Modlesky CM, O'Connor PJ, Hall DB, Lewis RD (2005). Initial years of recreational artistic gymnastics training improves lumbar spine bone mineral accrual in 4 to 8 year old females. **Journal of Bone and Mineral Research**, 20(3): 509-19.
- O'Connor PJ, Youngstedt SD, Buxton OM, Breus MD (2004). Air travel and performance in sports. **Position stand of the International Federation of Sports Medicine** (FIMS, pp. 1-12). Available at <http://www.fims.org>
- Motl RW, O'Connor PJ, Knowles BD (2004). No effect of skin anesthesia on pain intensity ratings associated with elicitation of the H-reflex in the soleus muscle. **International Journal of Neuroscience**, 114(12): 1549-60.
- O'Connor PJ. (2004). Evaluation of four highly cited energy and fatigue mood measures. **Journal of Psychosomatic Research**, 57(5): 435-441.
- O'Connor PJ, Motl RW, Broglio SP, Ely MR (2004). Dose-dependent effect of caffeine on reducing leg muscle pain during cycling exercise is unrelated to systolic blood pressure. **Pain**, 109: 291-298.
- Cook DB, Jackson EM, O'Connor PJ, Dishman RK (2004). Muscle pain during exercise in normotensive African American women: Effect of parental hypertension history. **Journal of Pain**, 5(2): 111-118.
- Motl, RW, O'Connor PJ, Dishman RK (2004). Effects of cycling exercise on the soleus H-reflex and state anxiety among men with low or high trait anxiety. **Psychophysiology**, 40: 96-105.
- Morgan WP, Raglin JS, O'Connor PJ (2004). Trait anxiety predicts panic behavior in beginning scuba students. **International Journal of Sports Medicine**, 25(4): 314-22.
- Motl RW, O'Connor PJ, Dishman RK (2003). Effect of caffeine on perceptions of leg muscle pain during moderate intensity cycling exercise. **Journal of Pain**, 4(6):316-21.
- Motl RW, Knowles BD, O'Connor PJ (2003). Examination of pain ratings associated with elicitation of the maximal H-wave and maximal M-wave in the soleus and flexor carpi radialis muscles. **International Journal of Neuroscience**, (11):1477-1486.

- Poudevigne MS, O'Connor PJ, Laing EM, R Wilson AM, Modlesky CM, Lewis RD (2003). Body images of 4-8-year-old girls at the outset of their first artistic gymnastics class. **International Journal of Eating Disorders**, 34(2):244-50.
- Smith JC, O'Connor PJ. (2003) Physical activity does not disturb the measurement of startle and corrugator responses during affective picture viewing. **Biological Psychology**, 63(3):293-310.
- Poudevigne, M.S., P.J. O'Connor, E.M. Laing, A.M.R. Wilson, C.M. Modlesky & R.D. Lewis (2003). Body images of 4-8 year old girls at the outset of their first artistic gymnastics class. **International Journal of Eating Disorders**, 34(2):244-50.
- Smith JC, O'Connor PJ, Crabbe JB, Dishman RK. Emotional responsiveness after low- and moderate-intensity exercise and seated rest (2002). **Medicine and Science in Sports and Exercise**, 34(7):1158-67.
- Poudevigne, M.S., P.J. O'Connor & J.D. Pasley (2002). Lack of both sex differences and influence of resting blood pressure on muscle pain intensity. **Clinical Journal of Pain**, 18(6):386-93.
- Motl, R.W., P.J. O'Connor, C.M. Boyd & R.K. Dishman (2002). Low intensity pain reported during elicitation of the H-reflex: No effects of trait anxiety and acute exercise. **Experimental Brain Research**, 951: 53-58.
- Smith, J.C., P.J. O'Connor, J.B. Crabbe & R.K. Dishman (2002). Emotional responsiveness after low- and moderate-intensity exercise and seated rest. **Medicine and Science in Sports and Exercise**, 34(7): 1158-67.
- O'Connor P.J., M.S. Poudevigne, & J.D. Pasley (2002). Perceived exertion responses to unaccustomed elbow flexor eccentric actions in women and men. **Medicine and Science in Sports and Exercise**, 34(5): 862-68.
- Laing EM, Massoni JA, Nickols-Richardson SM, Modlesky CM, O'Connor PJ, Lewis RD (2002). A prospective study of bone mass and body composition in female adolescent gymnasts. **J Pediatr.**, 41(2):211-6.
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- O'Connor P.J. & D.B. Cook (2001). Moderate intensity quadriceps muscle pain can be produced and sustained during cycle ergometry. **Medicine and Science in Sports and Exercise**, 33 (6): 1046-51.
- Cook, D.B., P.J. O'Connor, & C.A. Ray (2000). Muscle pain perception and sympathetic nerve activity to exercise during opioid modulation. **American Journal of Physiology: Regulatory, Integrative and Comparative Physiology**, 279: R1565-1573.
- O'Connor, P.J., J.C. Smith & W.P. Morgan (2000). Physical activity does not provoke anxiety attacks in patients with panic disorder: A review of the evidence. **Anxiety, Stress, & Coping**, 13: 333-353.
- O'Connor, P.J., J.S. Raglin & E.W. Martinsen (2000). Physical activity, anxiety and anxiety disorders. **International Journal of Sport Psychology**, 31: 136-55.
- O'Connor, P.J., R.M. Murphy, R.W. Courson & M.S. Ferrara (2000). Pain assessment in *Journal of Athletic Training* articles (1992-1998): Implications for improving research and practice. **Journal of Athletic Training**, 35(2): 151-154.
- Youngstedt, S.D., P.J. O'Connor, J.B. Crabbe & R.K. Dishman (2000). The influence of acute exercise on sleep following caffeine intake. **Physiology and Behavior**, 68(4): 563-57.
- Breus, M.J., P.J. O'Connor & S.T. Ragan (2000). Muscle pain induced by novel eccentric exercise does not disturb the sleep of normal young men. **Journal of Pain**, 1(1): 67-76.
- O'Brien, P.M. & P.J. O'Connor (2000). The effect of bright light on cycling performance. **Medicine and Science in Sports and Exercise**, 32(2):439-447.
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- O'Connor, P. J. (1999). Using mood to optimize endurance training and prevent staleness. **Vlaams tijdschrift voor Sportgeneeskunde & Sportwetenschappen** (the Official Journal of the Flemish Society of Sports Medicine), 80 (3): 14-19.
- O'Connor, P.J., & J.C. Smith (1999). Physical activity and eating disorders. **Lifestyle Medicine**. J. Rippe (Ed.). Blackwell Scientific, Cambridge, MA, pp. 1005-15.
- Youngstedt, S.D. & P.J. O'Connor (1999). The influence of air travel on athletic performance: An update. **Sports Medicine**, 28(3): 197-207.
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- O'Connor, P.J. & D.B. Cook (1999). Exercise and pain: The neurobiology, measurement, and laboratory study of pain in relation to exercise in humans. **Exercise and Sport Sciences Reviews**. J.O. Holloszy & D.R. Seals (Eds.), Vol. 27, Williams & Wilkins, 119-166.
- Cook, D.B., P.J. O'Connor, S.E. Oliver, & Y. Lee (1998). Sex differences in naturally occurring muscle pain and exertion during maximal cycle ergometry. **International Journal of Neuroscience**, 95(3-4): 183-202.
- Breus, M.J. & P.J. O'Connor (1998). Exercise-induced anxiolysis: A test of the "time out" hypothesis in high anxious females. **Medicine and Science in Sports and Exercise**, 30(7):1107-1112.
- O'Connor, P.J., M.A. Breus & S.D. Youngstedt (1998). Exercise-induced increase in core temperature does not disrupt a behavioral measure of sleep. **Physiology and Behavior**, 64(2): 111-115.
- O'Connor, P.J., D.B. Cook (1998). Anxiety and systolic blood pressure reductions following acute exercise are not mediated by muscle contraction type. **International Journal of Sports Medicine**, 19:188-192.
- Youngstedt, S.D., P.J. O'Connor, J.B. Crabbe & R.K. Dishman (1998). Acute exercise reduces caffeine-induced angiogenesis. **Medicine and Science in Sports and Exercise**. 30(5): 740-45.
- Cook, D.B., P.J. O'Connor, S.A. Eubanks, J.C. Smith & M. Lee. (1997). Naturally occurring muscle pain during exercise: assessment and experimental evidence. **Medicine and Science in Sports and Exercise**, 29(8), 999-1012.
- O'Connor, P.J. & S.D. Youngstedt (1997). Sleep quality in older adults: effects of exercise training and influence of sunlight exposure. Letter-to-the-editor. **JAMA**. 277(13): 1034-1035.
- Youngstedt, S.D., P.J. O'Connor & R.K. Dishman (1997). The effects of acute exercise on sleep: A quantitative synthesis. **Sleep**. 20(3): 203-214.
- O'Connor, P.J. (1997). Overtraining and staleness. **Physical Activity and Mental Health**. W.P. Morgan (Ed.). Taylor & Francis Washington, D.C., pp. 145-160.
- O'Connor, P.J. & R.D. Lewis (1996). Emotional and physical health problems in elite female gymnasts. Letter-to-the-editor. **New England Journal of Medicine**. 330(16): 1156-1157.
- O'Connor, P.J., R.D. Lewis, E.M. Kirchner & D.B. Cook (1996). Eating-disorder symptoms in female college gymnasts: relations with body composition. **American Journal of Clinical Nutrition**, 64:840-3.
- Raglin J.S., P.J. O'Connor, N. Carlson & W.P. Morgan (1996). Perceptual and physiological responses of high and low trait anxious scuba divers to underwater leg ergometry. **Undersea and Hyperbaric Medicine**, 23(2): 77-82.
- O'Connor, P.J., J.S. Raglin & W.P. Morgan (1996). Psychometric correlates of perception during arm ergometry in males and females. **International Journal of Sports Medicine**, 17(6): 462-466.
- O'Connor, P.J., R.D. Lewis & A. Boyd (1996). Health concerns of artistic women gymnasts. **Sports Medicine**, 21(5): 321-325.
- Kirchner, E.M., R.D. Lewis & P.J. O'Connor (1996). The effect of past gymnastics participation on adult bone mass: A cross sectional study. **Journal of Applied Physiology**, 80(1): 226-232.

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- Imlay, G.J., R.D. Carda, M.E. Stanbrough, A.M. Dreiling & P.J. O'Connor (1995). Anxiety and athletic performance: A test of zone of optimal function theory. **International Journal of Sport Psychology**. 26: 295-306.
- O'Connor, P.J., S.J. Petruzzello, K.A. Kubitz & T.L. Robinson (1995). Anxiety responses to maximal exercise testing. **British Journal of Sports Medicine**. 29: 97-102.
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- O'Connor, P.J., R.D. Lewis & E.M. Kirchner (1995). Eating disorders symptoms in female college gymnasts. **Medicine and Science in Sports and Exercise**. 27: 550-555.
- O'Connor, P.J., & S.D. Youngstedt (1995). Influence of exercise on human sleep. **Exercise and Sport Sciences Reviews**. J.O. Holloszy (Ed.), Vol. 23, Williams & Wilkins, 105-134.
- Koltyn, K.F., J.S. Raglin, P.J. O'Connor & W.P. Morgan (1995). Influence of weight training on anxiety, body awareness, and blood pressure. **International Journal of Sports Medicine**. 16: 266-269.
- O'Connor, P.J. (1994). Circadian aspects in the triggering of acute myocardial infarction by exercise. Letter-To-The-Editor. **New England Journal of Medicine**. 330(16): 1156-1157.
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- O'Connor, P.J., M.A. Crowley, A.W. Gardner & J.S. Skinner (1993). Influence of training on sleeping heart rate following daytime exercise. **European Journal of Applied Physiology**. 67: 39-42.
- O'Connor, P.J., L.E. Aenchenbacher & R.K. Dishman (1993). Physical activity and depression in the elderly. **Journal of Aging and Physical Activity**. 1: 34-58.
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- O'Connor, P.J. & S.J. Petruzzello (1992). Spontaneous eyeblinks and state anxiety following exercise. **International Journal of Neuroscience**. 62: 57-63.
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- O'Connor, P.J., R.D. Carda & B.K. Graf (1991). Anxiety and intense running exercise in the presence and absence of interpersonal competition. **International Journal of Sports Medicine**. 12: 423-426.
- O'Connor, P.J., W.P. Morgan, K.F. Koltyn, J.S. Raglin, J.G. Turner & N.H. Kalin (1991). Air travel across four time zones in college swimmers. **Journal of Applied Physiology**. 70: 756-763.
- O'Connor, P.J., W.P. Morgan & J.S. Raglin (1991). Psychobiologic effects of three days of increased training in female and male swimmers. **Medicine and Science in Sports and Exercise**. 23: 1055-1061.
- Koltyn, K.F., P.J. O'Connor & W.P. Morgan (1991). Perception of effort in female and male college swimmers. **International Journal of Sports Medicine**. 12: 427-429.

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- O'Connor, P.J. & W.P. Morgan (1990). Athletic performance following rapid traversal of multiple time zones: A review. **Sports Medicine**. 10: 20-30.
- Morgan, W.P., P.J. O'Connor & K.F. Koltyn (1990). Psychological benefits of physical activity through the life span: Methodological issues. R. Telama et al. (Eds.) **Physical Education and Life-Long Physical Activity**. Reports of Physical Culture and Health, University of Jyväskylä Press, 73: pp. 65-72.
- O'Connor, P.J., W.P. Morgan, J.S. Raglin, C.M. Barksdale & N.H. Kalin (1989). Mood state and salivary cortisol levels following overtraining in female swimmers. **Psychoneuroendocrinology**. 14: 303-310.
- Morgan, W.P. & P.J. O'Connor (1989). Psychological effects of exercise and sports. In: A.J. Ryan & F.L. Allman, Jr. (Eds.) **Sports Medicine**, Second Edition, Academic Press, pp. 671-689.
- Morgan, W.P., E.H. Lanphier, J.S. Raglin & P.J. O'Connor (1989). Psychological considerations in the use of breathing apparatus. C.E.G. Lundgren & D.E. Warkander (Eds.). **Physiological and Human Engineering Aspects of Underwater Breathing Apparatus**. Undersea and Hyperbaric Medical Society, Bethesda, UHMS Publication Number 76, pp. 111-120.
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- Morgan, W.P., D.L. Costill, M.G. Flynn, J.S. Raglin & P.J. O'Connor (1988). Mood disturbance following increased training in swimmers. **Medicine and Science in Sports and Exercise**. 20: 408-414.
- O'Connor, P.J. & D.L. Corrigan (1987). Influence of short-term cycling on salivary cortisol levels. **Medicine and Science in Sports and Exercise**. 19: 224-228.
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- Morgan, W.P. & P.J. O'Connor (1987). Exercise and mental health. R.K. Dishman, (Ed.) **Exercise Adherence and Public Health**. Human Kinetics Publishers, pp. 91-121.
- Morgan, W.P., P.J. O'Connor, P.B. Sparling, & R.R. Pate (1987). Psychological characterization of the elite female distance runner. **International Journal of Sports Medicine**. Supplement 2: 124-131.
- Chodzko-Zajko, W.J. & P.J. O'Connor (1986). Plasma cortisol, the dexamethasone suppression test and depression in normal adult males. **Journal of Psychosomatic Research**. 30: 313-320.

MAJOR PRESENTATIONS

- 2009 (June) - "Nutraceuticals, exercise, health and performance: Curcumin, Ginger and Quercetin", *Annual Meeting of the American College of Sports Medicine*, Seattle, WA.
- 2008 (June) - "Pain experiences during and after a 26.2 mile run". *Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.
- 2007 (November) - "Effect of dietary ginger on arm inflammation, pain and disability induced by eccentric exercise", *McCormick Science Institute*, Hunt Valley, MD.
- 2007 (July) – "Exercise, nutrition and mental energy". *The Hershey Company*, Hershey, PA.
- 2007 (June) – "Assessing symptoms of energy and fatigue", *Annual Meeting of the American College of Sports Medicine*, New Orleans, LA.
- 2007 (June) – "Effects of exercise training on feelings of energy and fatigue", *Annual Meeting of the American College of Sports Medicine*, New Orleans, LA.
- 2007 (April) – "Exercise, nutrition and mental energy". *Annual Meeting of Sports, Cardiovascular and Wellness Nutritionists*, Austin, TX.

- 2006 (October) – “Physical activity and mental and neurological health”, *Institute of Medicine (IOM) Workshop on the Adequacy of Evidence for Physical Activity Guidelines Development*, Washington, DC.
- 2006 (October) – “Monitoring and titrating symptoms: A science-based approach to using your brain to improve marathon performance”. *The LaSalle Bank Chicago Marathon 2006 World Congress: Science and Medicine of the Marathon*, Chicago, IL.
- 2006 (June) - “Does increased physical activity really improve feelings of fatigue?”. *Annual Meeting of the American College of Sports Medicine*, Denver, CO.
- 2006 (February) – “Is there a physiological basis for euphoria associated with exercise and what role do endorphins play in this phenomenon?”, *Annual Meeting of the Southeast Regional Chapter of the American College of Sports Medicine*, Charlotte, North Carolina.
- 2004 (July) – “Does chronic physical activity increase feelings of energy?”, *Annual Meeting of the Alaska Regional Chapter of American College of Sports Medicine*, Sitka, Alaska.
- 2004 (April) – “A preliminary model for examining mental energy claims”. *ILSI North America Technical Committee on Energy Workshop on “Mental Energy: Defining the Science”*, Washington, DC.
- 2003 (October) - “Symptom management of mental health problems: Influence of physical activity on symptoms of fatigue and sleep disturbance. National Institute of Mental Health and Cooper Clinic sponsored conference titled “*Physical activity and mental health: A multidisciplinary approach*”, Dallas, TX.
- 2003 (June) - Organized mini-symposium titled "The psychology of physical activity and energy: affective, cognitive, nutritional and psychopharmacological perspectives" (with JM Davis, HR Lieberman & SM Stahl) at the *Annual Meeting of the American College of Sports Medicine*, San Francisco, CA.
- 2002 (June) - Organized mini-symposium titled "Are their sex differences in perceived exertion?" (with RJ Robertson, DB Cook and KF Koltyn.) at the *Annual Meeting of the American College of Sports Medicine*, St. Louis, MO.
- 2001 (June) - Organized mini-symposium titled "Are their sex differences in exercise-related pain?" (with P. Clarkson, A. Gardner, & K. Koltyn) at the *Annual Meeting of the American College of Sports Medicine*, Baltimore, Maryland.
- 1999 (June) - Organized and chaired symposium titled "Pain During and Following Acute Exercise" (with CR Chapman, JN Myers, DB Cook & KF Koltyn) at the *Annual Meeting of the American College of Sports Medicine*, Seattle, Washington.
- 1999 (June) - "Symptoms of disordered eating: Healthy dedication or the road to an eating disorder", lecture at a symposium on Female Artistic Gymnastics held at the *Annual Meeting of the American College of Sports Medicine*, Seattle, Washington.
- 1999 (March) - "Monitoring mood to prevent staleness and optimize endurance performance", keynote lecture at a symposium on Underperformance and Overtraining - The Limits and Beyond, Free University Medical Campus (Jette), Brussels, Belgium.
- 1998 (June) - "Exercise and panic disorder", tutorial lecture at the *Annual Meeting of the American College of Sports Medicine*, Orlando, Florida.
- 1997 (June) - "Exercise behavior and circadian timekeeping", tutorial lecture at the *Annual Meeting of the American College of Sports Medicine*, Denver, Colorado.
- 1996 (June) - Organized and chaired symposium titled "Athletics, Physical Activity and Eating Disorders: Psychobiological Perspectives" (with J Sudgot-Borgen, R. Lewis, C. Davis, & M. Johnson) at the *Annual Meeting of the American College of Sports Medicine*, Cincinnati, Ohio.
- 1995 (August) - "Psychoendocrine effects of excessive physical training", lecture at the *4th Annual Ashland Endocrine Conference*, Ashland, Oregon.
- 1995 (April) - "Examining the effects of exercise on sleep, shift work, and jet lag by monitoring physiological rhythms", lecture at a symposium on The Power of Ambulatory Monitoring (with D. Osgood, D. Smith, & J. Moon). *Annual Meeting, Federation of the American Society of Experimental Biology*, Atlanta, Georgia.

- 1995 (February) - Organized and chaired symposium titled "Scientific aspects of performance in female athletes" (with K.J. Cureton, R.D. Lewis, J.S. Raglin & J. White-Welkley). *Annual Meeting, American Association for the Advancement of Science, Atlanta, GA.*
- 1990 (December) - Organized and chaired symposium titled "Theoretical and measurement aspects of perceived exertion" (with R.K. Dishman). *Annual Meeting, Southwest Chapter of the American College of Sports Medicine. San Diego, California.*
- 1990 (August) - "Physiologic effects of overtraining", lecture at a symposium on overtraining (with W.P. Morgan, K.B. Burnett & J.S. Raglin). *Annual Meeting, American Psychological Association, Boston, Massachusetts, August, 1990.*

PRESENTATIONS OF ORIGINAL RESEARCH

80. "Ginger Supplementation Attenuates Muscle Pain and Dysfunction Following Eccentric Exercise" (with C Black, M Herring, D Hurley). *Annual Meeting American College of Sports Medicine, Seattle, WA, June 2009.*
79. "Steamed Ginger Supplementation Reduces Pain Following Eccentric Exercise-Induced Injury" (with M Herring, C Black, L Magee). *Annual Meeting American College of Sports Medicine, Seattle, WA, June 2009.*
78. "Acute Effects of Cycling on Mood and EEG in Sedentary Young Adults with Persistent Fatigue" (with N Thom, B Clementz, R Dishman). *Annual Meeting American College of Sports Medicine, Seattle, WA, June 2009.*
77. "Influence of an acute bout of resistance exercise on energy and fatigue" (with M. Herring). *Annual Meeting American College of Sports Medicine, Indianapolis, IN, June 2008.*
76. "Safety and efficacy of a supervised moderate intensity resistance training program adopted during pregnancy" (with M Poudevigne, R Motl, E Cress, J Clapp). *Annual Meeting American College of Sports Medicine, Indianapolis, IN, June 2008.*
75. "Effects of lower leg eccentric exercise on physical activity, mood and anxiety" (with JD Pasley). *Annual Meeting, American Pain Society, Tampa, FL, May 2008*
74. "Pain experiences during a 26.2 mile marathon run" (with J Dyke). *Annual Meeting, American Pain Society, Tampa, FL, May 2008*
73. "Short term effects of 2-grams of dietary ginger on muscle pain, inflammation and disability induced by eccentric exercise" (with CD Black). *Annual Meeting, American Pain Society, Tampa, FL, May 2008*
72. "High day-to-day reliability in lower leg volume measured by water displacement" (with JD Pasley) *Annual Meeting, American College of Sports Medicine, New Orleans, LA, June 2007*
71. "Ergogenic, metabolic and perceptual effects of low doses of caffeine" (with NT Jenkins, JL Trilk, A Singahl & KJ Cureton) *Annual Meeting, American College of Sports Medicine, New Orleans, LA, June 2007*
70. "Joint pain, muscular weakness, and loss of physical function in older women with osteoarthritis" (with DM Hayes, G Williamson & ME Cress). *Annual Meeting, Southeastern American College of Sports Medicine, February, 2007.*
69. "Spatiotemporal reliability of evoked potentials in an auditory oddball task across repeated measurements" (with Gilmore CS, Puetz TW, Dishman RK. & Clementz BA) *46th Annual Meeting of the Society for Psychophysiological Research, Vancouver, BC, Canada, planned for October 2006.*
68. "Caffeine Attenuates Delayed Onset Muscle Pain and Force Loss Following Eccentric Exercise" (with V Maridakis, GA Dudley & K McCully). *Annual Meeting, American College of Sports Medicine, Denver, CO, June, 2006.*

67. Physical activity during pregnancy: Comparing a 7-day recall to an accelerometer (with MS Poudevigne), *Annual Meeting, American College of Sports Medicine*, Nashville, TN, June, 2005.
66. "Effect of caffeine on thigh muscle pain during cycling exercise among women" (with RW Motl, L. Tubandt, TW Puetz & MR Ely). *Annual Meeting, American College of Sports Medicine*, Nashville, TN, June, 2005.
65. "Dose-dependent effect of caffeine on reducing leg muscle pain during cycling" (with RW Motl, & SP Broglio). *Annual Meeting, American College of Sports Medicine*, Indianapolis, IN, June, 2004.
64. "Physical activity during pregnancy: Comparing a 7-day recall to a 7-day diary" (with M Poudevigne). *Annual Meeting, American College of Sports Medicine*, Indianapolis, IN, June, 2004.
63. "Two years of recreational artistic gymnastics improves lumbar spine bone mineral density in young girls" (with EM Laing, AR Wilson, CM Modlesky & RD Lewis). *Annual Meeting, American College of Sports Medicine*, San Francisco, CA, June, 2003.
62. "Physical activity performed at work by pregnant women is not inversely related to symptoms of depression" (with MS Poudevigne, S Hoffman, B-T Ji, XO Shu & MC Hatch). *Annual Meeting, American College of Sports Medicine*, San Francisco, CA, June, 2003.
61. "Effects of cycling exercise on mood and brain EEG activity after sleep deprivation (with J.B. Crabbe & R.K. Dishman). *Annual Meeting, American College of Sports Medicine*, St. Louis, MO, June, 2002.
60. "Do prepubescent girls who enroll in artistic gymnastics have higher bone mass than nongymnasts?" (with CM Modlesky, AM Wilson, EM Laing & RD Lewis). *Annual Meeting, American College of Sports Medicine*, St. Louis, MO, June, 2002.
59. "Effects of exercise on anxiety and the H-reflex among low and high trait anxious males" (with RW Motl & RK Dishman). *Annual Meeting, American College of Sports Medicine*, St. Louis, MO, June, 2002.
58. "Effects of a two year gymnastics intervention on bone mass and body composition" (with EM Laing, AR Wilson, CM Modlesky & RD Lewis). *Annual Meeting, American College of Sports Medicine*, St. Louis, MO, June, 2002.
57. "Exercise after sleep deprivation: Heart rate, heart rate variability, feelings of sleepiness, and their interrelationships (with J.B. Crabbe, P.J. O'Connor, & R.K. Dishman). *Annual Meeting, Association of Professional Sleep Specialists*, Seattle, WA, June, 2002.
56. "Exercise and emotion: Startle and corrugator responses during exercise and seated rest" (with J. C. Smith). *Society for Psychophysiological Research*, Montreal, Canada, October, 2001.
55. "Total and central body fatness are related to physical activity and fat intake in young girls" (with CM Modlesky, EM Laing, AR Wilson & RD Lewis). *Annual Meeting, American College of Sports Medicine*, Baltimore, MD, June, 2001.
54. "Body images of 4-8 year old girls enrolled in gymnastics do not differ from non-gymnast controls matched on percent fat and age" (with M Poudevigne, EM Laing, CM Modlesky & RD Lewis). *Annual Meeting, American College of Sports Medicine*, Baltimore, MD, June, 2001.
53. "Quadriceps muscle pain responses to max and submax cycle ergometry in normotensive, black women with or without a parental history of hypertension" (with EM Jackson, DB Cook, & RK Dishman). *Annual Meeting, American College of Sports Medicine*, Baltimore, MD, June, 2001.
52. A prospective study of body image in female pre-pubertal artistic gymnasts and BMI-matched controls. Kelly Cordray, Pat O'Connor & Richard Lewis. *Annual Meeting, Sports and Cardiovascular Applied Nutritionists (SCAN)*. Washington, D.C., April, 2001.
51. "Pain responses to novel eccentric exercise are unrelated to systolic blood pressure" (with Poudevigne, M, Gjerde, P, Pappas, C, Pasley, J, Richwine, B, Schultz, D, & Tranum, T). *Annual Meeting, American Pain Society*, Atlanta, GA, November, 2000.
50. "Females and males exhibit a dose-response relationship between the relative intensity of unaccustomed eccentric exercise and delayed-onset muscle pain intensity when the total work performed is controlled" (with Poudevigne, M, Gjerde, P, Pappas, C, Pasley, J., Richwine, B., Schultz, D., & Tranum, T). *Annual Meeting, American Pain Society*, Atlanta, GA, November, 2000.

49. "Exercise and emotion: Corrugator supercilii EMG activity at baseline and in response to emotion-eliciting slides after exercise and seated rest" (with JC Smith and RK Dishman). *Society for Psychophysiological Research*, San Diego, California, October, 2000.
48. "Exercise and emotion: Corrugator supercilii EMG activity at baseline and in response to emotion eliciting slides after exercise and quiet rest" (with JC Smith & RK Dishman). *Annual Meeting, American College of Sports Medicine*, Indianapolis, IN, June, 2000.
47. "The production of sustained, moderate intensity quadriceps muscle pain during cycle ergometry (with DB Cook). *Annual Meeting, American College of Sports Medicine*, Indianapolis, IN, June, 2000.
46. "The effects of an opioid agonist and antagonist on muscle pain and sympathetic nerve activity during and after forearm exercise. (with DB Cook & CA Ray). *Annual Meeting, American College of Sports Medicine*, Indianapolis, IN, June, 2000.
45. "Physical activity, calcium intake, body composition and bone in 4-8 year old girls" (with AM Reinhart Wilson, CM Modlesky & RD Lewis). *Annual Meeting, Federation of the American Society of Experimental Biology*, San Diego, California, April, 2000.
44. "The assessment of pain in original research articles published in the *Journal of Athletic Training: Implications for improving research and practice*". *Annual Meeting, National Athletic Trainers Association*, St. Louis, Missouri, June, 1999.
43. "Exercise and emotion: Acoustic startle eyeblink response amplitude is attenuated after low and moderate intensity exercise and quiet rest" (with JC Smith, JB Crabbe & RK Dishman). *Annual Meeting, American College of Sports Medicine*, Seattle, Washington, June, 1999.
42. "Pain associated with sleep problems and negative mood states in individuals undergoing diagnostic polysomnography" (with MJ Breus, J Rains, H Roffwarg). *Annual Meeting, Association of Professional Sleep Specialists*, New Orleans, LA, June, 1998.
41. "Circadian rhythms in highly physically active and fit elderly men compared to normal elderly controls" (with D.B. Cook, J.C. Smith & S.K. Agrawal). *Annual Meeting, Society for Research on Biological Rhythms*, Amelia Island, FL, May, 1998.
40. "Naturally occurring leg muscle pain during cycling intense cycling exercise: Gender differences" (with DB Cook, BT McAuley, LT Wiggins, S Oliver, Y Lee). *Annual Meeting, American Pain Society*, New Orleans, LA, October, 1997.
39. "Body composition, energy intake and expenditure, and body weight dissatisfaction in female child gymnasts and controls" (with SM Nickols-Richardson, RD Lewis, & AM Boyd). *Annual Meeting, American Dietetic Association*, Boston, MA, October, 1997.
38. "Circadian pacemaker evoked changes in blood pressure and heart rate in fit men" (with JC Smith, DB Cook, SK Agrawal). *Annual Meeting, American College of Sports Medicine*, Denver, Colorado, June, 1997.
37. "Confirmatory factor analysis of a body image questionnaire on adult female water aerobics instructors using structural equation modeling" (with DA Rowe & EM Evans). *Annual Meeting, American College of Sports Medicine*, Cincinnati, Ohio, June, 1996.
36. "Effects of acetylsalicylic acid on leg muscle pain during and after ramped cycle ergometry" (with DB Cook & SA Eubanks). *Annual Meeting, American College of Sports Medicine*, Cincinnati, Ohio, June, 1996.
35. "Pain, perceived exertion, and personality during brief, maximal forearm contractions in women" (with JC Smith & DB Cook). *Annual Meeting, American College of Sports Medicine*, Cincinnati, Ohio, June, 1996.
34. "Relationships between pain, personality and performance during maximal cycle ergometry" (with D.B. Cook & J.C. Smith). *Annual Meeting, American Psychological Association*, New York, New York, August, 1995.
33. "Influence of strenuous nocturnal exercise on sleep" (with M.J. Breus, J.C. Smith & J.B. Crabbe). *Annual Meeting, American Psychological Association*, New York, New York, August, 1995.
32. "Influence of exercise on caffeine-induced insomnia" (with S.D. Youngstedt, R.K. Dishman, J.B. Crabbe & K.I. Shiver). *Annual Meeting, Association of Professional Sleep Specialists*, Nashville, Tennessee, June, 1995.

31. "The effect of college gymnastics participation on adult bone mass: A cross sectional study (with R.D. Lewis & E.M. Kirchner). *Annual Meeting, American College of Sports Medicine*, Minneapolis, Minnesota, June, 1995.
30. "Eating disorders symptoms in former college gymnasts" (with R.D. Lewis, E.M. Kirchner & D.B. Cook). *Annual Meeting, American College of Sports Medicine*, Minneapolis, Minnesota, June, 1995.
29. "Body image of water aerobics instructors" (with E.M. Evans). *Annual Meeting, American College of Sports Medicine*, Minneapolis, Minnesota, June, 1995.
28. "Perception of leg muscle pain during ramped cycle ergometry" (with D.B. Cook & J.C. Smith). *Annual Meeting, American College of Sports Medicine*, Minneapolis, Minnesota, June, 1995.
27. "Influence of exercise on caffeine-induced angiogenesis" (with S.D. Youngstedt, R.K. Dishman, J.B. Crabbe & D.B. Cook). *Annual Meeting, American College of Sports Medicine*, Minneapolis, Minnesota, June, 1995.
26. "The effect of high and low trait anxiety on resting metabolic rate in college males" (with W.D. Schmidt, J.B. Cochrane, & M.E. Cantwell). *Annual Meeting, American College of Sports Medicine*, Minneapolis, Minnesota, June, 1995.
25. "Eating disorders symptoms, menstrual history, diet and bone density in college gymnasts" (with R.D. Lewis). *Annual Meeting, American College of Sports Medicine*, Indianapolis, Indiana, June, 1994.
24. "Resting metabolic rate in college aged males characterized by high and low trait anxiety" (with W.D. Schmidt, J.B. Cochrane, & M.E. Cantwell). *Annual Meeting, American College of Sports Medicine*, Indianapolis, Indiana, June, 1994.
23. "Bone mineral density, dietary intake and menstrual history of female college gymnasts" (with E.M. Kirchner & R.D. Lewis). *Annual Meeting, American College of Sports Medicine*, Indianapolis, Indiana, June, 1994.
22. "Anxiety reductions following exercise are not mediated by muscle contraction type" (with D.B. Cook). *Annual Meeting, American College of Sports Medicine*. Seattle, Washington, June, 1993.
21. "Anxiety reductions following intense exercise in individuals with panic attacks" (with J.C. Davis). *Annual Meeting, American Psychological Association*, Washington, DC, August, 1992.
20. "Anxiety and ambulatory blood pressure responses to three submaximal resistance exercise protocols in adult females" (with C. X. Bryant & J. P. Veltri). *Annual Meeting of the American College of Sports Medicine*, Dallas, Texas, June, 1992.
19. "Mood improvements following exercise in women diagnosed with bulimia nervosa" (with A.R. Glazer). *Annual Meeting of the American College of Sports Medicine*. Dallas, Texas, June, 1992.
18. "Anxiety and athletic performance: A test of optimal function theory" (with G.J. Imlay, R. D. Carda, M. E. Stanbrough, & A. M. Dreiling). *Annual Meeting of the American College of Sports Medicine*. Dallas, Texas, June, 1992.
17. "Anger and anxiety responses to running are independent of the time of day exercise is performed" (with J.C. Davis). *Annual Meeting, American Psychosomatic Society*. New York, New York, April, 1992.
16. "Anxiety and arousal in competitive and non-competitive exercise settings" (with R. D. Carda & B. K. Graf). *Annual Meeting, American Psychological Association*. Boston, August, 1991.
15. "Psychobiologic effects of three day of increased training in female and male college swimmers" (with W. P. Morgan & J. S. Raglin). *Annual Meeting, American College of Sports Medicine*. Orlando, Florida, June, 1991.
14. "Psychological responses to maximal exercise testing" (with S.J. Petruzzello). *Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity*. Monterey, California, May, 1991.
13. "Psychobiologic consequences of air travel across four time zones in college swimmers" (with W. P. Morgan, K. F. Koltyn, J. S. Raglin, J.G. Turner N. H. Kalin). *Annual Meeting, American College of Sports Medicine*. Salt Lake City, Utah, June, 1990.
12. "Fat distribution, body composition and menstrual cycle status in highly-trained distance runners" (with P.B. Sparling, R. R. Pate, M. L. Pollock, J. E. Graves, & M. Millard- Stafford). *First IOC World Congress on Sport Sciences*, Colorado Springs, Colorado, October, 1989.

11. "Psychophysiology of underwater exercise in divers differing in trait anxiety" (with J.S. Raglin, W.P. Morgan & E.H. Lanphier). *Annual Meeting, American Psychological Association*. New Orleans, Louisiana, August, 1989.
10. "Selected psychoendocrine responses to overtraining" (with W. P. Morgan, J. S. Raglin, C. M. Barksdale & N. H. Kalin). *Annual Meeting, American College of Sports Medicine*, Baltimore, Maryland, June, 1989.
9. "Psychophysiological responses to experimentally induced pain following hypnotic analgesia" (with W.P. Morgan, K. F. Koltyn, J. S. Raglin & Y.Wang). *Annual Meeting, American College of Sports Medicine*, Baltimore, Maryland, June, 1989.
8. "Perception of effort in male and female competitive swimmers" (with K.F. Koltyn & W. P. Morgan). *Annual Meeting, American College of Sports Medicine*, Baltimore, Maryland, June, 1989.
7. "Psychometric correlates of perception during progressive arm ergometry" (with J.S. Raglin, W.P. Morgan & E.H. Lanphier). *Annual Meeting, American Psychological Association*, Atlanta, Georgia, August, 1988.
6. "Influence of increased training and diet on mood states" (with W.P. Morgan, D. L. Costill, J. P. Kirwan, & J. S. Raglin). *Annual Meeting, American College of Sports Medicine*, Dallas, Texas, June, 1988.
5. "Influence of weight training on state anxiety, body awareness, and blood pressure" (with K.F. Koltyn, J. S. Raglin, & W. P. Morgan). *Annual Meeting, American College of Sports Medicine*, Dallas, Texas, June, 1988.
4. "Selected perceptual and physiological responses to exercise in high and low anxious males" (with J.S. Raglin, W. P. Morgan & E. H. Lanphier). *Annual Meeting, American College of Sports Medicine*, Dallas, Texas, June, 1988.
3. "Pre-competition arousal in elite distance runners" (with W. P. Morgan & K. A. Ellickson). *Annual Meeting, American College of Sports Medicine*. Las Vegas, Nevada, June, 1987.
2. "Salivary cortisol response to submaximal exercise" (with D.L. Corrigan). *Annual Meeting, American Alliance for Health, Physical Education, Recreation and Dance*, Cincinnati, Ohio, April, 1986.
1. "CHD risk reduction and personality characteristics" (with W.J. Chodzko-Zajko). *Annual Meeting, American College of Sports Medicine*, Nashville, Tennessee, June, 1985.

PROFESSIONAL AFFILIATIONS

American Academy of Kinesiology and Physical Education (Fellow)
 American College of Sports Medicine (Fellow)
 American Pain Society
 International Life Sciences Institute (Scientific Advisor)

PROFESSIONAL SERVICE ACTIVITIES

1989-09	Peer reviewer of 5 to 15 manuscripts per year in various exercise and psychology journals
1990	Ad Hoc Reviewer, National Institutes of Mental Health
1991	Program Chair, American Psychological Association (Div. 47) Annual Meeting
1992-00	Associate Editor, <i>Medicine and Science in Sports and Exercise</i>
1994-03	Co-Chair, Psychobiology & Health Interest Group, ACSM
1997	External Grant Reviewer, Social Science Research Council of Canada
2000-2008	Editorial Board Member, <i>Medicine and Science in Sports and Exercise</i>
2001	Reviewer, ACSM/CEP Resource Manual
2007-2008	Consultant, US Department of Health and Human Services, Physical Activity Guidelines Advisory Committee
2007-2009	Ad Hoc Reviewer, National Institutes of Health, Nursing Science: Children and Family Study Section