

VITA

8/2009

Phillip D. Tomporowski, Ph.D.
University of Georgia
Athens, GA 30602
(706) 542-4183
e-mail: ptomporo@uga.edu

Citizenship: United States of America

Present rank: Professor of Kinesiology
Faculty of Gerontology
Adjunct Department of Psychology
Adjunct Associate Professor Department of Pediatrics Medical College
of Georgia - Medical College of Georgia

Date of appointment: 11/20/2001

Tenure status: Tenured (2007)

Administrative Title: Director of the Cognition and Skill Acquisition Laboratory

Graduate Faculty status: Full, 2008

Highest degree: Ph.D., University of Mississippi, 1977

List of academic positions in chronological order:

Associate Professor in Residence, 1999-2001, Department of Kinesiology, University of Connecticut

Visiting Associate Professor, 1993-1999, Department of Psychology, University of Florida

Associate Professor (Tenured), 1990-1993, Department of Psychology, University of Alabama

Assistant Professor, 1984-1990, Department of Psychology, University of Alabama

Research Associate Professor, 1981-1983, Department of Psychology, University of Alabama

Instructor of Psychology, 1979-1980, University of Maryland (Far East Division)

Other professional employment:

Psychologist, 1976-1979, Alabama Department of Mental Health

Post-graduate awards:

Research Fellowships

Research Scientist, 1986 (Summer), United States Air Force, Summer Faculty Research Program, Brooks AFB, Texas

Research Scientist, 1989 (Summer) United States Air Force, Summer Faculty Research Program, Williams AFB, Arizona

Teaching Fellowships

Lilly Teaching Fellow, 1989-1990, Lilly Endowment Teaching Fellows Program, University of Alabama

Scholarly activities

a. Publications

Book authored:

Tomporowski, P. D. (2003). *Psychology of Skill: A Life-Span Approach*. Westport, CT: Greenwood. (305 pages)

Books edited:

- Poon, L., Chodzo-Zajko, W., & **Tomporowski, P. D.** (Eds.) (2006). *Aging, exercise and cognition: Volume I. The impact of exercise/activities on cognitive function and everyday functioning of older adults*. Champaign, IL: Human Kinetics.
- McMorris, T., **Tomporowski, P. D.**, & Audiffren, M. (2009). *Exercise and Cognition*. John Wiley & Sons.

Chapters in books:

- Tomporowski, P. D.**, McCullick, B. A., & Horvat, M. (in press). The role of contextual interference and mental engagement on learning. In F. Columbus (Ed.), *Educational games: Design, Learning, and Applications*. Hauppauge, NY: Nova Science Publishers.
- Tomporowski, P. D.** (2009). Methodological Issues: Research Approaches, Research Design, and Task Selection. In T. McMorris, P. D. Tomporowski, & M. Audiffren (Eds.). *Exercise and Cognition* (pp. 91-113). John Wiley and Sons
- McMorris, T., **Tomporowski, P. D.**, & Audiffren, M. (2009). Summary and directions for future research. In T. McMorris, P. D. Tomporowski, & M. Audiffren (Eds.). *Exercise and Cognition* (309-317). John Wiley & Sons
- Tomporowski, P. D.** (2006). Physical activity and cognition: A review of reviews. In L. Poon, W. Chodzo-Zajko., & P. D. Tomporowski (Eds.), *Aging, exercise and cognition: Volume I. The impact of exercise/activities on cognitive function and everyday functioning of older adults* (pp. 15-32). Champaign, IL: Human Kinetics.
- Tomporowski, P. D.** (2007). Cognitive energetics and aging. In W. W. Spirduso, L. W. Poon, & W. Chodzo-Zajko (Eds.). *Aging, exercise, and cognition: Volume II. Exercise effects on mediators of cognition in older adults* (pp. 85-109). Human Kinetics.
- Tomporowski, P. D.**, & Beasman, K. (2005). Physical activity and cognitive function. In R. L. Swan, (Ed.), *Trends in exercise and health research* (pp. 1-21), Hauppauge, NY: Nova Science Publishers.
- Dulaney, C. L., & **Tomporowski, P. D.** (2000). Attention and cognitive skill acquisition in individuals with mental retardation. In D. J. Weeks, R. Chua, & D. Elliot (Eds.), *Perceptual-motor behavior in Down Syndrome* (pp. 175-197). Champaign, IL: Human Kinetics.
- Tomporowski, P. D.**, & Tinsley, V. (1997). Attention in mentally retarded persons. In W. E. Maclean, Jr., (Ed.), *Handbook of mental deficiency, psychological theory, and research* (3rd ed.) (pp. 219-244). Hillsdale, NJ: Erlbaum.
- Tomporowski, P. D.**, & Hager, L. D. (1992). Sustained attention in mentally retarded persons. In N. R. Bray (Ed.), *International review of research in mental retardation* (Vol.18, pp. 111-136). New York: Academic Press.
- Tomporowski, P. D.** (1990). Sustained attention in mentally retarded persons. In W. I. Frazer (Ed.), *Key issues in mental retardation research* (pp. 262-269). London: Rutledge.
- Tomporowski, P. D.**, & Hayden, A. (1989). Employment of individuals with developmental disabilities. In G. Reid (Ed.), *Problems in movement control* (pp. 1-25). New York: North Holland.

Journal articles:

- Maridakis, V., O'Connor, P. J. & **Tomporowski, P. D.** (2009) Sensitivity to change in cognitive performance and mood measures of energy and fatigue in response to differing doses of caffeine or breakfast. *International Journal of Neuroscience*. DOI: 0.1080/00207450802333987
- Audiffren, M., **Tomporowski, P. D.**, & Zagrodnik, J. (2009), Acute aerobic exercise and information processing: Modulation of executive control in a Random Number Generation task. *Acta Psychologica*. DOI:10.1016/j.actpsy.2009.06.08
- May, B. E., **Tomporowski, P. D.**, & Ferrara, M. (in press) Effects of Backpack Load on Balance and Decisional Processes. *Military Medicine*

- Davis, C. L., **Tomporowski, P. D.**, McDowell, J. E., Austin, B. P., Yanasak, N. E., Allison, J. D., Naglieri, J. A., & Miller, P. H. (2009). Physical training improves executive and neural function in overweight children. *Health Psychology* (Accepted)
- Audiffren, M., **Tomporowski, P. D.**, & Zagrodnik, J. (2008). Acute aerobic exercise and information processing: Energizing motor processes during a choice-reaction time task. *Acta Psychologica*, 129, 410-419.
- Tomporowski, P. D.**, Davis, C. L., Lambourne, K., Gregoski, M., & Tkacz, J. (2008). Task-switching in overweight children: Effects of acute exercise and age. *Journal of Sport and Exercise Psychology*, 30 (5), 497-511.
- Coles, K., & **Tomporowski, P. D.** (2008). Bouts of exercise influence select executive function and memory processes. *Journal of Sport Sciences*. 26(3), 333-344.
- Tomporowski, P. D.**, Davis, C. L., Miller, P. H., & Naglieri, J. A. (2008) Exercise and children's intelligence, cognition, and academic achievement. *Educational Psychology Review*, 20(2), 111-131.
- Davis, C., **Tomporowski, P. D.**, Miller, P., & Naglieri, J. A. (2007). Effects of aerobic exercise on overweight children's cognitive functioning: A randomized controlled trial. *Research Quarterly for Exercise and Sport*. 78(5), 510-519.
- Tomporowski, P. D.**, Beasman, K., Ganio, M., & Cureton (2007). Effects of exercise-induced dehydration on men's cognitive function. *International Journal of Sports Medicine*, 28, 891-896.
- Albinet, C., **Tomporowski, P. D.**, & Beasman, K. (2006). Aging and Concurrent Task Performance: Cognitive Demand and Motor Control. *Educational Gerontology*. 32, 1-18.
- Tomporowski, P. D.**, & Ganio, M. S. (2006). Short-term effects of aerobic exercise on executive processing, memory, and emotion. *International Journal of Sport and Exercise Psychology*, 4, 57-72.
- Tomporowski, P. D.** & Hatfield, B. D. (2005). Effects of exercise on neurocognitive functions. *International Journal of Sport and Exercise Psychology*, 3, 363-379.
- Broglio, S. P., **Tomporowski, P. D.**, & Ferrara, M. S. (2005) Balance with a cognitive task: A dual-task paradigm. *Medicine & Science in Sports & Exercise*, 37, 689-695.
- Tomporowski, P. D.**, Cureton, K., Armstrong, L. E., Kane, G. M., Sparling, P. B., & Millard-Stafford, M. (2005) Short-term effects of aerobic exercise on executive processes and emotional reactivity. *International Journal of Sport and Exercise Psychology*, 3, 131-146.
- Tomporowski, P. D.** (2003). Effects of acute bouts of exercise on cognition. *Acta Psychologica*, 112, 297-324.
- Tomporowski, P. D.** (2003). Performance and perceptions of workload among young and older adults: effects of practice during cognitively demanding tasks. *Educational Gerontology*, 29, 447-466.
- Tomporowski, P. D.** (2003). Cognitive and behavioral responses to acute exercise in youth: a review. *Pediatric Exercise Science*, 15, 348-359.
- Tomporowski, P. D.** (2001). Men's and women's perceptions of effort during progressive-resistance strength training. *Perceptual and Motor Skills* 92, 368-372.
- Tomporowski, P. D.** (1997) The effects of physical and mental training on the mental abilities of older adults. *Journal of Aging and Physical Activity*, 5, 9-26.
- Tomporowski, P. D.**, & Tinsley, V. F. (1996). Effects of memory demand and motivation on the sustained attention in young and older adults. *American Journal of Psychology*, 109, 187-204.
- Tomporowski, P. D.**, Tinsley, V., & Hager, L. D. (1994). Visuospatial attentional shifts and choice responses of adults and ADHD and nonADHD children. *Perceptual and Motor Skills*, 79, 1479-1490.

- Tomporowski, P. D.**, & Tinsley, V. (1994). Effects of target probability and memory demands on the vigilance of adults with and without mental retardation. *American Journal on Mental Retardation*, 98, 688-703.
- Tomporowski, P. D.**, Simpson, R. G., & Hager, L. (1993). Method of recruiting subjects and performance on cognitive tests. *American Journal of Psychology*, 106, 499-521.
- Schuler, P., Chodzko-Zajko, W. J., & **Tomporowski, P.** (1993). Relationship between physical fitness, age, and attentional capacity. *Sports Medicine, Training and Rehabilitation*, 4, 189-194.
- Tomporowski, P. D.**, & Simpson, R. G. (1990). Sustained attention and intelligence. *Intelligence*, 14, 27-38.
- Tomporowski, P. D.**, Hayden, A., & Applegate, B. (1990). Vigilance in the mentally retarded: The effects of shifts in event rate. *American Journal of Mental Retardation*, 4 499-508.
- Tomporowski, P. D.**, & Allison, P. (1988). Sustained attention in mentally retarded adults. *Journal of Mental Retardation*, 92, 525-530.
- Tomporowski, P. D.**, Ellis, N. R., & Stephens, R. (1987). The immediate effects of strenuous exercise on free recall memory. *Ergonomics*, 30, 121-129.
- Tomporowski, P. D.**, Ellis, N. R. (1986) The effects of exercise on cognitive processes: A review. *Psychological Bulletin*, 99, 338-346.
- Tomporowski, P. D.**, & Ellis, N. R. (1985). The effects of exercise training on the health, intelligence, and adaptive behavior of institutionalized mentally retarded adults: A systematic replication. *Applied Research in Mental Retardation*, 6, 456-473.
- Tomporowski, P. D.**, & Jameson, L. D. (1985). Effects of a physical fitness training program on the exercise behavior of institutionalized mentally retarded adults. *Adapted Physical Activity Quarterly*, 2, 197-205.
- Tomporowski, P. D.**, & Ellis, N. R. (1984). Effects of exercise on the physical fitness, intelligence and adaptive behavior of institutionalized mentally retarded adults. *Applied Research in Mental Retardation*, 5, 329- 337.
- Tomporowski, P. D.**, & Ellis, N. R. (1984). Preparing severely and profoundly mentally retarded adults for tests of motor fitness. *Adapted Physical Activity Quarterly*, 1, 158-163.
- Ellis, N. R., & **Tomporowski, P. D.** (1983). Vitamin/mineral supplements and intelligence in institutionalized mentally retarded adults. *American Journal of Mental Deficiency*, 88, 211-214.
- Tomporowski, P. D.** (1983). Training an autistic client: The effect of brief restraint on disruptive behavior. *Journal of Behavior Therapy and Experimental Psychiatry*, 14, 269-274.
- Maples, E. G., **Tomporowski, P. D.**, & Haraway, M. M. (1975). Contiguous approach conditioning: A model for negative reinforcement. *Psychological Reports*, 37, 851-856.

Bulletins or reports

- Tomporowski, P. D.** (1989). Evaluation of air-intercept performance: observer reliability issues (Report No. F49620 -88-C-0053). Dayton OH: Air Force Office of Scientific Research – Universal Energy Systems, Inc.
- Tomporowski, P. D.** (1986). Vigilance behavior of military personnel: A study of individual differences (Report No. F49620-85-0013). Dayton OH: Air Force Office of Scientific Research - Universal Energy Systems, Inc.
- Ellis, N. R., & **Tomporowski, P. D.** (1983). The combined effects of exercise on health, intelligence, and adaptive behavior of institutionalized mentally retarded adults. Montgomery AL: Alabama Department of Mental Health.
- Ellis, N. R., & **Tomporowski, P. D.** (1982). The effects of physical fitness training, vitamin/mineral supplements, and cognitive training upon mental development and maladaptive behaviors. Montgomery AL: Alabama Department of Mental Health.

Abstracts

- Lambourne, K., **Tomporowski, P. D.**, Audiffren, M., & Lyall, J. (2008). The Immediate and Delayed Effects of Acute Exercise on Low- and High-level Processing Tasks. *American College of Sports Medicine Conference*. Indianapolis, IN. May 28-31.

- Fisher, A., Reilly, J. J., Paton, J. Y., Boyle, J. E., McColl, J., **Tomporowski, P.** Pearson, C. (2007). Effect of acute exercise on attention in young children. *Medicine & Science in Sports & Exercise*, 39(5), S164.
- Zagrodnik, J., Clark, M., Alderman, D., Stovall, S., **Tomporowski, P.**, & Audiffren, M. (2007). Facilitating effect of acute exercise on choice reaction time. *Medicine & Science in Sports & Exercise*, 39(5), S329.
- Tomporowski, P. D.**, Davis, C. L., & Gregoski, M. (2006). Effects of aerobic exercise on overweight children's cognitive functioning: A randomized controlled trial. *Medicine & Science in Sports & Exercise*, 38, S28.
- Tomporowski, P. D.**, Albinet, C., & Beasman, K. (2005) Aging and concurrent task performance: cognitive demand and motor control. *Medicine and Science in Sport and Exercise*, 37, 109S
- Tomporowski, P. D.** & Stueck, M. (2004). Short-term effects of aerobic exercise on executive processing, memory, and emotion. *Medicine and Science in Sport and Exercise*, 36, 273-274S.
- Poon, L. W., **Tomporowski, P. D.**, Spirduso, W., & Chodzo-Zajko, W. (2003). Can exercise and activities maintain and improve cognition? *The Gerontologist*, 43, S 577.
- Tomporowski, P. D.**, Cureton, K. J., & Stueck, M. (2003). Effects of fluid intake during prolonged exercise on cognitive performance. *Medicine and Science in Sport and Exercise*, 26S.
- Yiannakis, A., **Tomporowski, P. D.**, & Fumioka, K. (2001). The effects of martial arts training on mood: A study of judo and jujutsu. *10th World Congress of Sport Psychology*. Skiathos, Greece. Vol. 1, 129-130
- Tomporowski, P. D.**, Armstrong, L. E., & Kane, G. M. (2001). Effects of acute exercise and a psychoactive drug on men's attention. *10th World Congress of Sport Psychology*. Skiathos, Greece. Vol. 1, 192-193.
- Tomporowski, P. D.**, & Wosczyzna, M. (2001). Changes in workload ratings as a function of skill development. *Journal of Sport & Exercise Psychology*, 23 (Supplement), p. S52.
- Tomporowski, P.D.**, deHoyos, D., & Pollock, M. (1998). Adults' perceptions of effort, challenge, and stress during resistance training. *Journal of Sport & Exercise Psychology*, 20 (Supplement), p. S101.
- Tinsley, V., & **Tomporowski, P. D.** (1993). Visual-spatial attention shifts in adults, ADHD, and non-ADHD children(Summary). *Proceedings of the 26th Annual Gatlinburg Conference on Research in Mental Retardation and Developmental Disabilities*, 59.
- Tomporowski, P. D.**, & Tinsley, V. (1992). Effects of target density on the vigilance of mentally retarded and nonretarded adults (Summary). *Proceedings of the 25th Annual Gatlinburg Conference on Research in Mental Retardation and Developmental Disabilities*, 89.
- Simpson, R. G., & **Tomporowski, P. D.** (1989). Sustained attention and intelligence (Summary). *Proceedings of the 22nd Annual Gatlinburg Conference on Research in Mental Retardation and Developmental Disabilities*, 66.
- Tomporowski, P. D.**, Allison, P. & Mizerany, D. (1987). Sustained attention in mentally retarded adults (Summary). *Proceedings of the 20th Annual Gatlinburg Conference in Research in Mental Retardation and Developmental Disabilities*, 16.
- Jameson, L. D., Konarski, E., **Tomporowski, P. D.**, & Ellis, N. R. (1984). The effect of a physical fitness program on the maladaptive behavior of institutionalized mentally retarded persons (Summary). *Proceedings of the 16th Annual Gatlinburg Conference on Research in Mental Retardation and Developmental Disabilities*, 21.
- McCarver, R., Stewart, D. J., & **Tomporowski, P. D.** (1980). Self-help training with severely and profoundly retarded: Lack of success stories (Summary). *Proceedings of the 12th Annual Gatlinburg Conference on Research in Mental Retardation and Developmental Disabilities*, 12.

Book reviews

Review: Lox, C. T., Martin, K., & Petruzzello, S. *The Psychology of Exercise*. (2005) Holcomb Hathaway, Publishers

Review: *An introduction to the human machine and movement performance*. (2005) Wadsworth Publishers

Review: *Managing Performance Stress*. (2004) Sage Publishers

Works submitted but not yet accepted

Rucci, J. A., & **Tomporowski, P. D.** (2009). Three Types of Kinematic Feedback and the Execution of the Hang Power Clean. *Journal of Strength and Conditioning Research*

Cureton, K., **Tomporowski, P.**, Singhal, A., Pasley, J., Bigelman, K., Lambourne, K., Trilk, J., McCully, K., & Zhao, Q. (2009). Dietary quercetin supplementation is not ergogenic in untrained men. *Journal of Applied Physiology*

Any other

Tomporowski, P. D. (2007). Cognitive Function: Discussant. Wrigley Science Institute Advisory Panel Meeting. Chicago, IL: August 20-21.

Tomporowski, P. D. (2004) Cognitive methods for assessing mental energy: Commentary. International Life Sciences Institute. Washington DC, November 8-9.

Creative contributions other than formal publications

Film

Tomporowski, P. D., Ellis, N. R. (Directors), Jones, P. R.(Producer). (1984). Physical fitness training as a model rehabilitation program for mentally retarded individuals (Video). Alabama Department of Mental Health, AL.

Grants/Contracts

Awarded:

BUPA Foundation

BUPA House, 15-19 Bloomsbury Way
London, WC1A 2BA

Paradigm shift in use of physical activity in disease treatment and prevention: associations between objectively measured physical activity and cognition in 11-13 year olds in ALSPAC
\$115,000

National Institutes of Health

PA 07-046 *Research on Mind-Body Interactions and Health*
Psychosocial Risk and Disease Prevention Study Section
Exercise & Overweight Children's Cognition
2008-2013 Total project - \$3,624,488

Coca-Cola Beverage Institute for Health & Wellness (2008)

Effect of Dietary Quercetin Supplementation on Exercise Performance and Cognition
\$273,720 (CoPI - Cureton)

University of Georgia

College of Education - Faculty Grant Development Award (Summer 2007)
Exercise and its relation to the academic success of children in Clarke County elementary schools.
\$4,969

International Life Sciences Institute

Influence of a simple versus a complex carbohydrate breakfast on cognitive performance and mood dimensions of mental energy

Co-Principal Investigator

Funded: \$71,974

Funded dates: 01/2006-12/2007

National Institutes of Health

National Institute of Diabetes and Digestive and Kidney Diseases

Grant Number: 1 RO1 DK070922-01

Exercise & Overweight Children's Cognition & Achievement

Co-Principal Investigator

Funded: \$514,722

Funded dates: 04/2005 - 03/2007

Chief Scientist Office: Great Britain

Effect of exercise on cognitive function in children: a pilot study

Co-Investigator

Funded 11/05 - £14,764

Funded dates: 11/2005-11/2006

Medical College of Georgia (2003)

Georgia Center on Obesity and Related Disorders

"Effects of a Four-month Aerobic Exercise Program on Children at Risk for Chronic Disease: Impact on Cognition and Behavior."

Co-investigator

\$24,900

University of Georgia (2003)

Office of the Vice President for Research

Supplement: "Effects of a Four-month Aerobic Exercise Program on Children at Risk for Chronic Disease: Impact on Cognition and Behavior."

\$10,000

University of Georgia

College of Education - Faculty Grant Development Program. (2003)

Effects of acute exercise on cognitive function.

Primary Investigator

\$3,980

Applied Instructional Technologies Grant Program. (2003)

A centralized, interdisciplinary computer-based teaching laboratory in the School of Health and Performance.

Primary Investigator

\$15,980

Georgia Gerontology Consortium (2002)

Effects of Practice on young and older adults' performance and perceptions of workload during cognitively demanding tasks.

Primary Investigator

Georgia Gerontology Consortium

\$4,180

University of Connecticut

Men's and Women's Perceptions of Mental Workload during Cognitive- and Motor-Skill Acquisition.

Primary Investigator

Research Advisory Council (2002)

\$1,000

University of Connecticut

Men's and Women's Perceptions of Mental Workload during Cognitive- and Motor-Skill Acquisition.

Primary Investigator

Research Advisory Council (2001)

\$1,000

Alabama Department of Mental Health

The Effects of Physical Fitness Training, Vitamin/Mineral Supplements, and Cognitive Training Upon Mental Development and Maladaptive Behaviors. (1981-1984)

Co-investigator

\$375,000

Recognitions and outstanding achievements

Appointment - Fellow of the Academy of Sport Medicine (2009)

Team Sport Psychologist. University of Alabama, Swimming & Diving (1982)

Areas in which research is done

The effects of chronic exercise training on children's cognition, academic achievement, and behavior.

The effects of acute bouts of physical activity on cognition: Lifespan emphasis -- children, young adults, and older adults.

Age-related differences in motor control and learning: Effects of concurrent information processing.

The impact of fatigue and arousal on young adults' cognitive performance and emotion.

Supervision of student research

Dissertations

International Doctoral Committee

Mr. Christopher Hodgson, MPhil (in progress) The Effects of Acute Cold Exposure on Human Psychomotor Performance. University of Chichester, UK. (External Scrutineer)

University of Georgia

Jason Davidow, Ph.D. 2007. Department of Communication Science and Disorders, A systematic study of modified vocalization during metronome stimulation in stutterers and nonstutterers. (Committee member)

Tim Putez, Ph.D. 2006. The effects of chronic exercise on feeling of energy and fatigue (Committee member)

Hyuk Chung, 2005, Calibration and validation of the body self-image questionnaire using the Rasch analysis. (Committee member)

University of Alabama

Lisa Hager, Ph.D., 1991, Memory Deficits in Children with Attention Deficit-Hyperactivity Disorder: A Problem of Encoding or Retrieval? University of Alabama. (Director)

Royce P. Simpson, 1993. Response Criterion Changes of Retarded and Nonretarded Individuals during Tests of Sustained Attention. University of Alabama (Director)

Theses

University of Georgia

John Best, 2008, The Relationship between Strategy Use on the CAS and Chronic Exercise, University of Georgia, Department of Psychology, (Committee Member)

Bryson May, 2008, Balance demands and cognitive function. University of Georgia (Director)

Josh Rucci, 2008, Effects of three types of kinematic feedback on the execution of the hang power clean. University of Georgia (Director)

James, Zagrodnik 2007, Fundamental motor skill proficiency in normal weight and overweight children. University of Georgia (Director)

Kathryn Beasman, 2005, Effects of an acute bout of physical activity on specific cognitive processes. University of Georgia (Director)

Matthew Ganio, 2004, Fluid ingestion attenuates the decline in VO_{2max} associated with cardiovascular drift (Committee member)

University of Alabama

Veronica Tinsley, 1992, The Effects of Target Density on the Vigilance of Retarded and Nonretarded Adults. University of Alabama (Director)

Lisa Hager, 1990, The Effects of a Complex Task on the Sustained Attention of ADHD Children. University of Alabama (Director)

Alys Hayden, 1988, The Effects of a Shift in Background Rate on the Vigilance Performance of the Mentally Retarded, University of Alabama (Director)

Examination Committees

Nick Estep, 2009, Masters Comprehensive Examination Committee

Genevieve Miller, 2008, Masters Comprehensive Examination Committee

Brian Williams, 2008, Masters Comprehensive Examination Committee

Sabrina Fordham, 2008, Masters Comprehensive Examination Committee

Lindsey Dame, 2008, Masters Comprehensive Examination Committee

Kyla Watson, 2008, Masters Comprehensive Examination Committee

Mat Gregorski, 2007, Doctoral Examination Committee

Jason Verbe, 2006, Masters Comprehensive Examination Committee

Alexis Murphy, 2006, Masters Comprehensive Examination Committee

Courtney Fauguet, 2006, Masters Comprehensive Examination Committee

Stephen King, 2006, Masters Comprehensive Examination Committee

Christopher Cail, 2006, Masters Comprehensive Examination Committee

Zebulon Rogers, 2006, Masters Comprehensive Examination Committee

Jason Davidow; 2005, Ph.D. Comprehensive Examination Committee

Anthony Pirchio, 2005, Masters Comprehensive Examination Committee

Manabu Noguchi, 2003, Masters Comprehensive Examination Committee

Nicolas Grist, 2003, Masters Comprehensive Examination Committee

Undergraduate Honor's Research

Megan Clark (2006-2007)

Chelesa Albrecht (2004-2005)

Elizabeth Siwy (2005)

Mike Wentzel (2005)

Editorship or editorial board membership of journals or other learned publications

Editorial Board: *Journal of Aging and Physical Activity* (1993-1998)

Consulting Editor: *American Journal of Mental Deficiency* (1993-1996)

Symposium & Convention papers

Symposium

- Davis, C. L. & **Tomporowski, P. D.** (2009). Fitness, fatness, cognition and academic achievement among overweight children. Symposium: Physical activity Interventions: Antecedents, mechanisms, and out comes. *Society of Behavioral Medicine*, Montreal. April 24.
- Tomporowski, P. D.** (2009) Invited Featured Science Symposium. Exercise Effects on Brain and Cognition: A life-span Perspective. Session Chair and Keynote Presentation. *American College of Sports Medicine Meeting*. Seattle, WA May 27-30.
- Tomporowski, P. D.** (2008). Physical activity and cognition: Executive Function Theory. Symposium: Physical activity and children's cognition: Convergent multidisciplinary experimental evidence. *American Psychological Association conference*. Boston, MA, August 14-16.
- Tomporowski, P. D.** (2008). Exercise and children's cognitive function. Symposium - *Association for Psychological Science*. Chicago, IL. May 22-25.
- Tomporowski, P. D., & Davis, C. L.** (2008). Exercise and children's cognition. Tutorial Symposium - *American College of Sports Medicine Conference*. Indianapolis, IN. May 28-31.
- Tomporowski, P. D.** (2007) Effects of exercise-induced dehydration on executive function and memory in highly trained young men. Symposium: Interactions among movement, physical exertion, and cognitive performance. U.S. Army Natick Soldier RD&E Center. U.S. Army Research institute of Environmental Medicine. Sponsored by the Deputy Director of Research and Engineering, Office of the Secretary of Defense. Natick MA: June 4-5.
- Tomporowski, P. D.** (2005) Effects of Exercise on Cognition (Symposium Convener). International Society of Sport Psychology World Congress of Sport Psychology. Sydney, Australia, August 14-18.
- Tomporowski, P. D.** (2005) Executive processing: A promising beginning. International Society of Sport Psychology World Congress of Sport Psychology. Sydney, Australia, August 14-18, 2005
- Tomporowski, P. D.** (2004), Cognitive methods for assessing mental energy: Commentary. International Life Sciences Institute. Washington DC, November 8-9.
- Tomporowski, P. D.** (2003). Cognitive energetics and aging. *Advanced Research Workshop in Gerontology II*. Austin, TX.
- Tomporowski, P. D.** (2002). Older adults' cognitive performance: The impact of non-cognitive factors. *Advanced Research Workshop in Gerontology I*. Sea Palms, GA.
- Tomporowski, P. D.** (2002). Physical activity and cognition: A review of reviews. *Advanced Research Workshop in Gerontology I*. Sea Palms, GA.
- Tomporowski, P. D.** (1996) Retaining and increasing competence in later life: The role of Physical, Mental, and Social Activity. Fourth International Congress Physical Activity, Aging and Sport. Heidelberg, Germany. August
- Tomporowski, P. D.** (1991) Physical fitness, cognition, and aging. American Psychological Association meeting. San Francisco, CA. August
- Tomporowski, P. D.** (1990). Organizer: Attentional capacity and cognitive performance in mental retardation and aging. Gatlinburg Conference on Research in Mental Retardation and Developmental Disabilities. Brainard, MN. March
- Tomporowski, P. D.** (1986) Physical fitness: Mental development and adaptive behavior. In G. Tymeson (Chair), Research Consortium: Physical fitness assessment and programming research for moderately and severely mentally retarded adults. AAHPERD. Cincinnati, OH.

Convention

- Davis, C. A., Tkacz, J., & **Tomporowski, P. D.** (2008). Influence of physical activity and weight status on children's cognitive functioning. *The Obesity Society meeting*. Phoenix, AZ. October 3-7.

- Lambourne, K., **Tomporowski, P. D.**, Audiffren, M., & Lyall, J. (2008). The Immediate and Delayed Effects of Acute Exercise on Low- and High-level Processing Tasks. *American College of Sports Medicine Conference*. Indianapolis, IN. May 28-31.
- Tomporowski, P. D.**, Davis, C. L., & McCullick, B. (2008). Routine aerobic exercise improves overweight children's executive function: an embodied action-cognition explanation. *International Association for Physical Education in Higher Education*. Sapporo, Japan. January 21-24.
- Austin, B. P., McDowell, J. E., Allison, J., Yanasak, N. E., Camchong, J., **Tomporowski, P. D.**, Creech, C., Tkacz, J., Miller, P. H., Davis, C. L. (2007). Exercise-induced changes in circuitries supporting antisaccade performance in overweight children: an fMRI study. *Society for Neuroscience conference*. San Diego, CA. November 3-7. (Poster Presentation)
- Miller, P. H., Jones, L. L., Davis, C. L., **Tomporowski, P. D.**, Naglieri, J. A., Tkacz, J. P. & Gregoski, M. J. (2007). A vigorous exercise intervention affects overweight children's executive functioning. *American Psychological Association Conference*, San Francisco, CA. August.(Poster Presentation)
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- Davis, C. L., Tkacz, J., Gregoski, M. Boyle, C., Creech, B. A., & **Tomporowski, P.** Aerobic exercise training improves overweight children's behavior in the classroom. *International Society for Behavioral Nutrition and Physical Activity*. Boston, July 13-16, 2006.(poster presentation)
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- Tomporowski, P. D.**, Gregoski, M., & Davis, C. L. (2006). Effects of an exercise program on obese children's cognitive function. *International Congress on Physical Activity and Public Health*. Atlanta, GA, April 18-20.(poster presentation)
- Tomporowski, P. D.**, Beasman, K., Ganio, M. S., & Cureton, K. (2005) Cognitive performance following bouts of cycling to voluntary exhaustion. *International Society of Sport Psychology World Congress of Sport Psychology*. Sydney, Australia, August 14-18
- Broglio S.P., **Tomporowski, P.D.** & Ferrara, M. S. (2005). Dual-tasking: A new approach to concussion assessment. *World Federation of Athletic Training World Congress*, Edinburgh, Scotland, November 11-12 (poster presentation).
- Gegoski, M., Davis, C. L., & **Tomporowski, P. D.** (2005) Aerobic exercise improves executive functioning in obese children. *Society of Behavioral Medicine*. Boston, MA, April 13-16, 2005. (poster presentation)
- Davis, C. L., Gregoski, M., & **Tomporowski, P.** (2005) Exercise improves cognition in obese children: A randomized controlled trial. *Pediatric Academic Society Meeting*. Washington, DC, May 14-17. (poster presentation)
- Albinet, C., **Tomporowski, P. D.**, & Beasman, K. (2005). Aging and concurrent-task performance: Cognitive demand and motor control. *European Workshop on Movement Science*. Vienna, Austria, June 2-4. (poster presentation)

- Tomporowski, P. D.**, Albinet, C., & Beasman, K. (2005). Aging and concurrent task performance: cognitive demand and motor control. *American College of Sport Medicine*. Nashville, TN, June 1-4. (poster presentation)
- Tomporowski, P. D.**, Beasman, K., Ganio, M. S., & Cureton, K. (2005). Cognitive performance following exercise-induced dehydration. *Third Annual Meeting of the Human Performance in Extreme Environments conference*. Orlando, FL. September, 24-25. (Oral presentation)
- Broglio S. P., **Tomporowski P.**, Ferrara M. S. (2004). Computer based dual-tasking for concussion assessment. *National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Baltimore, MD, June (oral presentation).
- Yiannakis, A., Kane, G., & **Tomporowski, P. D.** (2004). Comparative study of the effects of martial arts training on mood. *National Association for Physical Education in Higher Education*. Clearwater, FL. January (oral presentation)
- Broglio S. P., **Tomporowski P.**, Ferrara M. S. (2004) Computer based dual-tasking for concussion assessment. *National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Baltimore, MD, June (poster presentation)
- Poon, L. W., **Tomporowski, P.** Spirduso, W., & Chodzo-Zajko, W. (2003) Can exercise and activities maintain and improve cognition? *The Gerontological Society of America*. San Diego, CA (oral presentation)
- Yiannakis, A., Kane, G., & **Tomporowski, P. D.** (2003). A comparative study of the effects of martial arts training on mood. *International Conference on Education*. Athens, Greece. (oral presentation)
- Tomporowski, P. D.** (2003). Effects of practice on young and older adults' performance and perceptions of workload during cognitively demanding tasks. *Southern Society for Philosophy and Psychology*. Atlanta, GA. (oral presentation)
- Tomporowski, P. D.**, & Armstrong, L. E. (2001). Cognitive task performance and NASA-TLX ratings: Association during learning and dissociation following exercise and cold medication ingestion. *Southern Society for Philosophy and Psychology*. New Orleans, LA. (oral presentation)
- Tomporowski, P.D.**, Kicklighter, A., Farrelly, S., Loupis, J. & Nudelman, C. (1996). Effects of stimulus- presentation rates on young and older adults' target detection. *Cognitive Aging Conference*. Atlanta, GA. (poster presentation)
- Tomporowski, P. D.**, Farrelly, S., Loupis, J., Nudelman, C., & Kicklighter, A. (1996). Effects of stimulus duration and interstimulus interval on young and older adults' target detection. *The Southern Society for Philosophy and Psychology*, Nashville, TN. (oral presentation)
- Tomporowski, P. D.** (1994). Sustained attention in young and older adults during cognitive and sensory vigilance tests. *Cognitive Aging Conference*. Atlanta, GA. (poster presentation)
- Tomporowski, P. D.**, & Tinsley, V. (1992). Effects of target density, event rate, and level of intelligence on vigilance. *American Psychological Society convention*. San Diego, CA. (oral presentation)
- Tomporowski, P. D.** (1990). Sustained attention of elderly and young observers. *Gerontological Society of America convention*, Boston, MA. (poster presentation)
- Tomporowski, P. D.**, Simpson, R. G., Osten, C., & Kern, L. (1990). Student recruitment methods and cognitive test performance. *American Psychological Society convention*. Dallas, TX. (poster presentation)
- Tomporowski, P. D.** (1989). Sustained attention and intelligence. *American Psychological Society convention*. Arlington, VA. (poster presentation)
- Hager, L., **Tomporowski, P. D.**, & Lyman, R. (1989) The effects of task complexity on the sustained attention of ADHD children. *Southeastern Psychological Association convention*. Washington, D.C. (oral presentation)
- Hayden, A. M., & **Tomporowski, P. D.** (1988). The effects of a shift in background event rate on the vigilance performance of the mentally retarded. *Mid-South Educational Research Association meeting*. Louisville, KY. (oral presentation)

- Tomporowski, P. D.** (1988). Sustained attention in mentally retarded persons. *The International Association for the Scientific Study of Mental Deficiency*. Dublin, Ireland. (oral presentation)
- Tomporowski, P. D.** (1986). Vigilance behavior research and its application to the United States Air Force. USAF Human Resource Laboratory, Brooks AFB, TX. (oral presentation)
- Tomporowski, P. D., & Ellis, N. R.** (1986). Immediate effects of strenuous exercise on free-recall memory. *North American Society for Psychology of Sport and Physical Activity*. Scottsdale, AZ. (poster presentation)
- Tomporowski, P. D., & Ellis, N. R.** (1984). The combined effects of exercise and vitamin/mineral supplements on physical fitness, intelligence, and adaptive behavior of institutionalized mentally retarded adults. *Southern DAAPERD*. Biloxi, MS. (oral presentation)
- Tomporowski, P. D., McGuire, B., & Vogt, D.** (1984). Improving the motor fitness performance of mentally retarded adults, *Association of Behavior Analysis*. Nashville, TN. (oral presentation)
- Tomporowski, P. D., Buhre, T., & Traweek, J.** (1982). Attitudes of American and Swedish youth swimmers toward competitive sport. *Southeastern Psychological Association*. New Orleans, LA. (oral presentation)
- Tomporowski, P. D., Evsizer, Z., Polhman, C., & Beckworth, R.** (1979). Skill training profoundly retarded individuals: The effects of concurrent decelerator and graduated guidance procedures. *Southeastern Psychological Association*. New Orleans, LA. (oral presentation)
- Watson, L. S., & **Tomporowski, P. D.** (1978). Effectiveness of two generalization procedures across three adaptive behavior levels. *Midwestern Association of Behavior Analysis*. Chicago, IL. (poster presentation)
- Tomporowski, P. D.** (1978). Primary morphine reinforcement in the albino rat: A dose-effect Relationship. *Southeastern Psychological Association*. Atlanta, GA. (oral presentation)
- Tomporowski, P. D.** (1978). Heroin reinforced T-maze learning under continuous and intermittent schedules of reinforcement. *Southwestern Psychological Association*. New Orleans, LA. (oral presentation)
- Tomporowski, P. D.** (1978). Heroin and morphine reinforced T-maze learning. *Midwestern Association of Behavior Analysis*. Chicago, IL. (Poster presentation)
- Crowder, W. F., & **Tomporowski, P. D.** (1975). Intravenous heroin and morphine reinforcement in the albino rat. *International Study Group Investigating Drugs as Reinforcers* (International Committee on Problems of Drug Abuse). Washington, D.C. (oral presentation)
- Tomporowski, P. D., Maples, E. G., & Haraway, M. M.** (1974). Classically conditioned approach responses to a stimulus paired with shock offset. *Southeastern Psychological Association*. Hollywood, FL. (Oral presentation)

Public service performed: Extension, international programs, local community service and elations, and to governmental and non governmental agencies.

The Parkinson's Disease Society of the United Kingdom

Title: Are there beneficial effects of a 6-month intervention of cardiovascular exercise on cognition and brain function in individuals with mild-to-moderate Parkinson's disease?

Medical Research Council: United Kingdom

Scientific Committee for the National Prevention Research Initiative Phase 2.

Title: Facilitating obesity prevention via physical activity promotion in school: secondary analysis of associations between objectively measured physical activity and executive function in 11-13 year olds in the Avon Longitudinal Study of Parents and Children (ALSPAC)

U. S. Department of Health and Human Services' Physical Activity Guidelines Advisory Committee. (2007-2008)

National Institutes of Health

NIH-Review Committee ZRG1 F12A-H 20 L, Cognition, Perception and Language Fellowships Meeting dates March 13-14, 2006, Washington, DC

International Life Sciences Institute - European Branch, Brussels, Belgium

Consultant: Expert Group on Mood and Cognitive Functions
August 22, 2005

International Life Sciences Institute. Washington DC

Tomporowski, P. D. (2004). Cognitive methods for assessing mental energy: Commentary. International Life Sciences Institute. Washington DC, November 8-9

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Aerobic Fitness, Acute Exercise, and Action Monitoring. Center for Scientific Review Special Emphasis Panel (ZRG1 F12A(20) - Cognition, perception and language fellowships - July 11, 2005

National Institute of Child Health and Human Development. Grant Reviewer, 1994

National Institute of Child Health and Human Development. Program Project Evaluator, 1992

The Wellcome Trust, London, England

Cognitive responses to physical activity in preschool children - and exploratory clinical trial (2004)

The Leverhulme Trust, London, England

Exercise, catecholamines and cognition (2004)