

CURRICULUM VITAE

Rod K. Dishman

Date of Birth: February 4, 1951
Place of Birth: Springfield, Missouri, USA

Ramsey Student Center
330 River Road
Athens, Georgia 30602-6554
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EDUCATION

B.S., Southwest Missouri State University, Health & Physical Education, Springfield, Missouri, 1973

M.S., University of Wisconsin, Physical Education, Madison, Wisconsin, 1975

Ph.D., University of Wisconsin, Physical Education, Madison, Wisconsin, 1978
thesis title, "*Adherence to habitual physical activity*"

POSITIONS

- 1991-Present Professor of Exercise Science and Director, Exercise Psychology Laboratory, Department of Kinesiology; Adjunct Professor of Psychology; Member, Biomedical Health Sciences Institute, Neuroscience Division; Graduate Faculty; The University of Georgia, Athens, Georgia; Adjunct Professor of Exercise Science, Norman J. Arnold School of Public Health, The University of South Carolina, Columbia
- 1985-1990 Associate Professor and Director, Behavioral Fitness Laboratory, Department of Physical Education; Member, Graduate Faculty; The University of Georgia, Athens, Georgia
- 1983-1985 Assistant Research Psychologist and Adjunct Lecturer, Department of Physical Education; Associate Director, Adult Fitness and Cardiopulmonary Rehabilitation Exercise Programs, University of California, Davis, California
- 1978-1983 Assistant Professor of Health and Physical Education, Southwest Missouri State University, Springfield, Missouri
- 1978 Visiting Lecturer, Division of Physical Education, North Texas State University, Denton, Texas
- 1976 Research Assistant, Sport Psychology Laboratory, Department of Physical Education, University of Wisconsin, Madison, Wisconsin
- 1973-1978 Graduate Teaching Assistant, Department of Physical Education, University of Wisconsin, Madison, Wisconsin

AREAS OF TEACHING EXPERIENCE

Sport and Exercise Psychology (undergraduate and graduate)
Exercise Epidemiology (undergraduate and graduate)
Exercise Physiology (undergraduate)
Perceptual Motor Control and Learning (undergraduate)

PROFESSIONAL AFFILIATIONS

American Academy of Kinesiology and Physical Education (1989 to present)
American Association for the Advancement of Science (1982 to 1986)
American Alliance for Health, Physical Education, Recreation and Dance (Fellow) (1979 to 1993)
American College of Sports Medicine (Fellow) (1978 to present)
American Psychological Association (Divisions of General Psychology (Fellow), Health Psychology, and Exercise and Sport Psychology) (Fellow) (1982 to 1990)
American Psychological Society (Fellow) (1991 to 1993)
International Society of Sport Psychology (1985 to 1992)
New York Academy of Sciences (1996 to 1999)
Society of Behavioral Medicine (1981 to 1988)

PROFESSIONAL ACTIVITIES

Associate Editor: Medicine and Science in Sports and Exercise (1985 to 1994)

Section Editor: Psychology, Research Quarterly for Exercise and Sport (1981 to 1988; 1990 to 1993)
Exercise and Health: Biological aspects of behavior,
International Journal of Sport and Exercise Psychology (1996 to 2006)

Editorial Board: ACSM's Health & Fitness Journal (1998 to present)
Exercise and Sport Sciences Reviews (1989 to 1999)
Health Psychology (2004 to 2006)
International Journal of Applied Sport Sciences (Korea) (2000 to present)
Journal of Sport and Exercise Psychology (1983 to 1989)
The Physician and Sportsmedicine (1987 to 2002)
The Journal of Occupational Rehabilitation (1991 to present)
The Journal of Orthopaedic and Sports Physical Therapy (1987 to 1992)
Human Performance (1987 to 1997)
Current Issues in Exercise Science (1989 to 1996)
Journal of Sport Sciences (Great Britain) (1998 to 2004)
Medicine and Science in Sports and Exercise (1994 to 2006)
Mental Health and Physical Activity (2008 to present)
Revista Brasileira de Ciencia & Movimento (Brazil) (2000 to present)

Guest Reviewer:

Acta Physiologica Scandinavica (1996)
American Journal of Diseases of Children (1989)
American Journal of Health Promotion (1989 to 1997)
American Journal of Human Biology (2001)
American Journal of Preventive Medicine (1998, 1999, 2001, 2002, 2008)
Annals of Behavioral Medicine (2001, 2009)
Annals of Epidemiology (1996)
Anxiety, Stress & Coping (2008)
Basic and Applied Social Psychology (1986)
Behavior Therapy (1999)
Biological Psychology (2005)
Brain Research (1998, 2001, 2008)
Diabetes Care (1996)
Ergonomics (1998)
Exercise and Sport Sciences Reviews (1986)
Health Psychology (1983 to 1993, 2002, 2003, 2008)
International Journal of Biological Sciences (2009)
International Journal of Obesity (1997)
International Journal of Psychophysiology (2008)
International Journal of Sports Medicine (1986, 1992, 2000)
JAMA (2006)
Journal of Adolescence (2007)
Journal of Aging and Physical Activity (1994)
Journal of Applied Biobehavioral Research (1998, 1999)
Journal of Applied Physiology (1991 to present)
Journal of Applied Social Psychology (1986 to 1992, 1994, 1996)
Journal of Applied Sport Psychology (1989 & 1993, 1995)
Journal of Behavioral Medicine (1982 to 1993)
Journal of Cardiopulmonary Rehabilitation (1983 to 1992; 1996; 1997)
Journal of Consulting and Clinical Psychology (1984, 1990, 1996)
Journal of General Psychology (1989, 2002)
Journal of Gerontology: Psychological Sciences (1996)
Journal of Health Psychology (2000)
Journal of Pediatric Psychology (2008)
Journal of Personality and Social Psychology (1979, 1985, 1990)
Journal of Physical Activity and Health (2006, 2007, 2009)
Journal of Sport and Exercise Psychology (2008)
Journal of Sport Sciences (Great Britain) (1985, 1998-2000)
Life Sciences (2008)
Neuroscience (1998)
Pediatric Exercise Science (1992, 2002)
Perceptual and Motor Skills (1990, 1994, 1995; 1997)
Physiology and Behavior (1995 to present)
Preventive Medicine (2008)

Prevention Science (2003)
Psychological Bulletin (1984)
Psychological Reports (2002)
Psychophysiology (2002, 2004, 2005)
Psychosomatic Medicine (2001)
Public Health Nutrition (2009)
Public Health Reports (1985, 1986, 1991, 1992, 1993, 2003)
Public Library of Science (PloS ONE) (2008)
Research Quarterly for Exercise and Sport (1979-81, 1988-1990, 1994-97)
Review of Education Research (1986)
Scandinavian Journal of Medicine and Science in Sport (2008)
Sports Medicine (1995)
Trends in Cognitive Sciences (2007)

Editorial Consultant: University of Texas Press, Science Division, 1979.
Wm. C. Brown Publishers, Physical Education Division, 1981.
Sports Fitness Magazine (August, 1984 through June, 1986).
Time-Life Books, 1988.
American Council on Exercise, 1991.
Aerobics and Fitness Association of America, 1994.
Human Kinetics Publishers, 1995.
Time Life Medical, 1996.

Consultant: Institute for Aerobics Research, Dallas, TX 1978-1981 (Larry R. Gettman, Executive Director); Hope-Kellogg Health Program, Holland, MI, 1979 (Richard Peterson, Director); Extramural grant reviewer, Health Sciences, City University of New York, 1981; Centers for Disease Control, Behavioral Epidemiology and Evaluation Branch, Atlanta, GA, 1984 (Ken Powell, Chief); NIMH, Washington, D.C., 1984 (Steven Goldston, Project Officer); Army Physical Fitness Research Institute, U.S. Army War College, Carlisle Barracks, PA, 1985 (Col. Fred Drews, Director); Northern Illinois University, Social Science Research Institute, Health Promotion Research Program 1985-1987 (Nola J. Pender, Director); Research Council of Canada, Social Sciences and Humanities, 1986; Canadian Heart Foundation, 1988; NIH, Epidemiology and Chronic Disease Study Section, 1990 (Mac Stiles, Executive Secretary); NIH, NHLBI, 1991 (Claude Lenfant, Director); NHLBI, 1995-1996 (Denise Simons-Morton, Project Director); NIMH, 1995 (Lawrence Chaitkin, Scientific Review Administrator). NSF, 1996 (John Cross, Program Director, Biological Instrumentation and Resources); Nutrition and Diet for Healthy Lifestyles in Europe. The European Commission Directorate General for Health & Consumer Protection 2000 (Michael Sjostrom, Chair of Working Group 3, Foods and People). AHA, Behavioral Science, Epidemiology and Prevention Affiliate Study Group 2000 (Sue Hageman, Administrator) NIH, Center for Scientific Research Epidemiology and Disease Control 2000 (Nancy V. Hicks, Scientific Review Administrator). Dutch Council for Medical and Health Research, 2000 (E.P. Beem, Deputy Director). NIH, Center for Scientific Research,

Biobehavioral and Biobehavioral Processes 1, 2001 (Julian L. Azorlosa, Scientific Review Administrator); NIH, Division of Nutrition and Research Coordination 2002 (Pamela Starke-Reed, Project Officer); NIH, Agency for Healthcare Research and Quality, 2003 (Jon Kerner, Project Officer). Institute of Medicine, National Academies, 2006 (Linda Meyers, Project Officer). Centers for Disease Control & Prevention, Healthy Brain Initiative 2006 (Lynda Anderson, co-chair). U.S. Department of Health & Human Services, Physical Activity Guidelines for Americans 2007-2008 (Penelope Royall, Deputy Assistant Secretary for Health). NIH, National Cancer Institute 2007 (Tanya Agurs-Collins, Project Officer). NIH, National Institute on Drug Abuse 2008 (Augie Diana & Alita Meyer, Project Officers). CDC, Division of Adolescent and School Health, 2010 Youth Risk Behavior Survey: Physical Activity and Nutrition Study 2008.

Offices/Responsibilities:

Chairman, Psychology and Psychiatry, Scientific Program, American College of Sports Medicine, 1980, 1987, and 1989

Chairman, Research Division, Missouri Association of Health, Physical Education & Recreation, 1980-1981

Member, AAHPERD Sport Psychology Academy Ad Hoc Committee for the development of undergraduate curriculum competencies in sport psychology, 1981

Member, Research Awards Committee, American College of Sports Medicine, 1981-1985

Member, Position Stands Sub-committee on the Medical, Physiological, and Psychological Effects of Exercise, American College of Sports Medicine, 1982

Review Board, Psychology and Psychiatry, Scientific Program, American College of Sports Medicine, 1979, 1980, 1984, 1986, and 1988

Review Board, Psychology, Sociology, and Exercise Physiology, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance, 1983-1985

Program Co-Director, Sport and Exercise Psychology Interest Group, American Psychological Association, 1984

Faculty, American College of Sports Medicine Preventive/Rehabilitation Exercise Test Technologist Workshop, University of California, Davis, CA June 18-27, 1984

Faculty, American College of Sports Medicine Fitness Instructor Workshop, University of South Carolina, Columbia, SC, June 9-14, 1985; June 8-14, 1986; June 7-13, 1987; June 12-15, 1988; June 13, 1989

Board of Directors, Adult Fitness Center, The University of Georgia, Athens, 1985 to 1990

Steering Committee, Exercise and Sport Psychology Interest Group, American Psychological Association, 1982 to 1986

Member, Writing Committee, Opinion Statement on Physical Fitness and Exercise in Children, American College of Sports Medicine, 1986-1987

Member-at-large, Executive Committee, Division of Exercise and Sport Psychology, American Psychological Association, 1986-1989

Member, Ad Hoc Bylaws Committee, Division 47, American Psychological Association, 1987

Member, Education and Training Committee, Division of Exercise and Sport Psychology,

American Psychological Association, 1987-1990
 Program Chair, Division 47, Annual Meeting, American Psychological Association, 1988
 Scientific Advisory Committee, Sports Medicine Council, United States Olympic Committee, 1986-1988; 1990
 Member, Board of Trustees, Education and Allied Health, American College of Sports Medicine, 1987-1990
 Member, Continuing Medical Education Committee, American College of Sports Medicine, 1988-1990
 Board Liaison, Student Affairs Committee, Board of Trustees, American College of Sports Medicine, 1988-1990
 Member, Research Review Committee, American College of Sports Medicine Foundation, 1989-1991
 Member, Writing Committee, Position Statement on the Recommended Quality and Quantity of Physical Activity for Maintaining Fitness in Healthy Adults, American College of Sports Medicine, 1989-1990.
 Member, International Editorial Council, *Handbook on Research in Sport Psychology*, International Society of Sport Psychology, 1989-1992.
 Board Liaison, Neuroscience Interest Group, American College of Sports Medicine, 1993-97.
 Member, Life Fitness Academy Scientific Advisory Board, 1995 to present.
 Member, Writing Committee, Position Statement on the Recommended Quality and Quantity of Physical Activity for Maintaining Fitness in Healthy Adults, American College of Sports Medicine, 1996 to 1998.
 Member, Selection Committee, Medical Commission, International Olympic Committee, The Olympic Prize, \$500,000 awarded bi-annually for excellence in the science and medicine of sport. 1995-2004.
 Contributing Author, *Physical Activity and Health: A report of the Surgeon General*, U.S. Department of Health and Human Services, 1996.
 Member, Research Grant Program Committee, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance, 1998
 Member, American College of Sports Medicine, Strategic Health Initiative, Behavioral Strategies Committee, 1998-2006.
 Editor, Special Issue Exercise Psychology, *International Journal of Sport Psychology*, 2000
 Co-Chair, Program of the annual meeting of the *American Academy of Kinesiology & Physical Education*, Lake Geneva, Wisconsin, October 5-7, 2000.
 Co-Editor, Exercise Adherence. *Quest: The Academy Papers*, 53, 2001.
 Member, American College of Sports Medicine, Research Advisory Committee, 2002-2005.
 Member, American College of Sports Medicine, Task Force on Youth Sports and Health, 2005.
 Member, Institute of Medicine, Planning Committee on the Adequacy of Evidence for Physical Activity Guideline Development, 2006-2007.
 Member, Advisory Panel, Physical Activity Guidelines for Americans, U.S. Department of Health and Human Services, 2007-2008.

HONORS

Who's Who Among Students in American Universities and Colleges, 1972
 A. J. McDonald Award for outstanding athletic and academic achievement in physical education, Southwest Missouri State University, 1973
 Research Writing Award - American Alliance for Health, Physical Education, Recreation, and Dance, 1982

Appreciation Certificate, Public Health Service, Centers for Disease Control, 1984
 Who's Who in Frontier Science and Technology, 1984-1985; 1985-1986
 Distinguished Achievement Award, National Association of Sport & Physical Education, 1986
 Elected Fellow, American Academy of Physical Education (#328), 1989
 Creative Research Medal, University of Georgia Research Foundation, 1989
 Distinguished Service Award, Division 47, American Psychological Association, 1993
 Elected Founding Member, IOC Olympic Academy of Science, Medical Commission,
 International Olympic Committee, 1999
 Outstanding Alumnus Award, College of Education, The University of Wisconsin, 2000
 Who's Who in America, 2002, 2003, 2004, 2005; Who's Who in American Education, 2003
 Henry J. Montoye Scholar Award, Southeast Chapter of the American College of Sports
 Medicine, 2004
 Presidential Lecturer, American College of Sports Medicine, Annual Meeting, 2005

UNIVERSITY GOVERNANCE

Clinical and Health Sciences Area Review Committee, Appointments and Reappointments,
 Graduate School, The University of Georgia, 1985-1988; 1993-1996, CHAIR, 1993-
 1994.
 Appeals Review Committee, Appointments and Reappointments to the Graduate Faculty,
 College of Education, The University of Georgia, 1991 and 1994.
 Promotion and Tenure Committee, College of Education, The University of Georgia, 1992 &
 1994.
 Chair, Graduate Faculty, School of Health and Human Performance, The University of
 Georgia, 1992-1993.
 Chair, Graduate Faculty, Department of Exercise Science, The University of Georgia, 1997-
 1998.
 Special Professorships Selection Committee, College of Education, The University of Georgia,
 1993-1994.
 Faculty Awards Committee, College of Education, The University of Georgia, 1996-1998.
 University Promotion and Tenure Review Committee, Clinical and Health Sciences, The
 University of Georgia, 1996-99.
 Faculty Senate, College of Education, The University of Georgia, 1997-2000.
 Millennium Commission, College of Education, The University of Georgia, 1998-2000.
 Dean Search Committee, College of Education, The University of Georgia, 1998-1999.
 Post-tenure review, School of Health & Human Performance, 1999, 2001, 2003.
 Promotion & Tenure Committee, College of Education, The University of Georgia, 2000-2002.
 University Promotion and Tenure Review Committee, Clinical and Health Sciences, The
 University of Georgia, 2003.
 Promotion and Tenure Committee, College of Public Health, The University of Georgia, 2005.

GRANTS

National Institute of Child Health and Human Develop- ment (Co-Investigator; PI, Alan Rogol, M.D., University	Reproductive Function in Endurance Training Women	01/01/86 12/31/90	\$804,279
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of Virginia Medical School)

United States Olympic Committee (PI)	Psychometric Monitoring of Stress Among Elite Cyclists on the Tour de France	11/01/86 10/30/87	\$19,800
Goudeau Foundation Dallas, Texas (Co-investigator; PI, Allen Jackson, University of North Texas)	Effects of exercise training on men seropositive for the human immunodeficiency virus-1	1/01/88 12/30/88	\$28,000
Nutri/System, Inc. (PI)	Feasibility Study for Predicting Physical Activity	10/01/88 06/31/89	\$5,600
Nutri/System, Inc. (PI)	Psychometric Predictors of Weight Loss in Middle-Age Women	10/01/89 06/30/90	\$36,200
Rockport Walking Institute (PI; Co-PI Janet L. Hangartner)	Effect of Acute Walking on Anxiety Reduction in Individuals Aged 65-75	06/01/89 05/31/90	\$2,500
United States Olympic Committee (Co-Investigator; PI, Russell Pate, School of Public Health, University of South Carolina)	The Effects of Increased and Decreased Training on Potential Markers of Overtraining in Competitive Runners	07/01/90 06/30/91	\$25,000
American Heart Association (PI; Co-Investigators, Chester Ray, Harry Duval)	Cardiorespiratory Fitness, Blood Pressure, Anxiety, and Autonomic Responses in African-Americans with Mild Hypertension	07/01/94 6/30/96	\$63,140
LifeFitness Institute (Co-investigator; PI, Shawn Youngstedt, co-investigator, Patrick O'Connor)	The effects of acute exercise on caffeine-induced insomnia	07/01/94 06/30/95	\$5,000
National Heart, Lung, and Blood Institute (Co-investigator; PI, Russell Pate, University of South Carolina)	RO1 HL 57775 Lifestyle Education for Activity Project	08/01/97 07/31/01	\$2,300,000

National Heart, Lung, and Blood Institute (Co-investigator; PI, Russell Pate, University of South Carolina)	UO1 HL 66852 Trial of Activity for Adolescent Girls	09/29/00 09/28/06	\$4,075,656
National Heart, Lung, and Blood Institute (Co-investigator; PI, Russell Pate, University of South Carolina)- Continuation	RO1 HL 57775 Lifestyle Education for Activity Project	10/01/01 09/30/04	\$1,865,000
National Cancer Institute (Co-investigator; PI, Claudio Nigg University of Hawaii-Manoa)	RO1 CA109941 Testing the Transtheoretical Model of Behavior Change	12/1/04 6/30/09	\$806,000
Centers for Disease Control and Prevention (PI; Co-PIs, David DeJoy and Mark Wilson, University of Georgia)	RO1 DP000111 WAGES: Workplace Activity by Employee Goal Setting	10/1/04 9/30/08	\$1,303,565
National Heart, Lung, and Blood Institute (Co-investigator; PI, Russell Pate, University of South Carolina)	RO1 HL 091002-01A1 Physical Activity During the transition from elementary school to middle school	4/15/09 2/28/14	\$3,318,000

PUBLICATIONS

Books:

- Falls, H.B., Baylor, A., & DISHMAN, R.K. (1980). Essentials of Fitness. Philadelphia, Saunders.
- DISHMAN, R.K. (1988). Exercise Adherence: Its Impact on Public Health (Ed.). Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. (1994). Advances in Exercise Adherence (Ed.) Champaign, IL: Human Kinetics Publishers.
- Jackson, A., Morrow, J., Hill, D., & DISHMAN, R.K. (1999). Physical Activity for Health and Fitness Champaign, IL: Human Kinetics Publishers. 2nd Ed. 2004, in press.
- Buckworth, J. & DISHMAN, R.K. (2002). Exercise Psychology Champaign, IL: Human Kinetics Publishers.
- Jackson, A., Morrow, J., Hill, D., & DISHMAN, R.K. (2004). Physical Activity for Health and Fitness Updated Edition Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K., Washburn, R.A., & Heath, G.W. (2004). Physical Activity Epidemiology Champaign, IL: Human Kinetics Publishers

Book Chapters:

- DISHMAN, R.K. (1981). Prediction of adherence to habitual physical activity. In F. J. Nagle and H. J. Montoye (Eds.), Exercise in Health and Disease, Springfield, IL: Charles C. Thomas.
- DISHMAN, R.K. (1982). The psychology of habitual exercise. In T. Orlick, J. Partington, and J. Salmela (Eds.) Sport in perspective. Ottawa, Canada: Coaching Association of Canada.
- DISHMAN, R.K. (1983). Stress management procedures. In M. Williams (Ed.), Ergogenic Aids in Sport. Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. (1984). Motivation and exercise adherence. In J. Silva & R. Weinberg (Eds.) Psychological foundations of sport and exercise, Champaign, IL: Human Kinetics. Translated in French and reprinted in Lagarde, F. (Ed.) Sante' et activite' physique, Centre Sportif du College Edouard-Montpetit, Langueuil, Quebec, Canada.
- DISHMAN, R.K. (1986). Mental health. In V. Seefeldt (Ed.) Physical activity and well being (pp. 303-341). Reston, VA, American Alliance for Health, Physical Education, Recreation and Dance.
- DISHMAN, R.K. (1987). Exercise adherence. In W. P. Morgan and S. E. Goldston (Eds.) Exercise and Mental Health (pp. 57-83), Washington, D.C.: Hemisphere Publishing.
- DISHMAN, R.K. (1987). Psychological aids in sport. In R. Strauss (Eds.) Drugs and performance in sport (pp. 121-146). Philadelphia: Saunders Publishing.
- DISHMAN, R.K. & Dunn, A.L. (1988). Exercise adherence in children and youth: Implications for adulthood. In R.K. DISHMAN (Ed.). Exercise adherence: Its impact on public health (pp. 145-189). Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. (1988). Behavioral barriers to health-related physical fitness. In L.K. Hall and C. Meyer (Eds.). Epidemiology, behavior change, and intervention in chronic disease. Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. (1988). Prescription for exercise adherence. In L.K. Hall and C. Meyer (Eds.). Epidemiology, behavior change, and intervention in chronic disease. Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. & Landy, F. (1988). Psychological factors and prolonged exercise. In D.A. Lamb and R. Murray (Eds.) Exercise Science and Sports Medicine: Vol. 1, Prolonged Exercise. Indianapolis: Benchmark Press.
- DISHMAN, R.K. (1988). Exercise psychology: Research at the University of Georgia. In Sports Council of Great Britain, Sport, health, psychology and exercise symposium. London: The Sports Council.
- DISHMAN, R.K. (1989). Exercise and sport psychology in youth 6-18 years of age. In D.A. Lamb and C. Gisolfi (Eds.) Exercise Science and Sports Medicine: Vol. 2, Youth, Exercise, and Sport (pp 47-95). Indianapolis: Benchmark Press.
- DISHMAN, R.K. (1989). Physical activity: the way to psychological wellbeing. In C.K. Giam, K.K. Chook, & K.C. Teh (Eds.) Sport Psychology and Human Performance: Proceedings of the 7th World Congress in Sport Psychology (pp. 77-83). Singapore: Singapore Sports Council.
- DISHMAN, R.K. (1989). Psychology of sports competition. In A.J. Ryan and F. Allman (Eds.). Sports Medicine, 2nd Edition. New York: Academic Press.
- DISHMAN, R.K. & Dunn, A.L. (1989). Pediatric sports psychology. In D.B. Nudel (Ed.) Pediatric Sports Medicine. (pp 233-255). Costa Mesa, CA: P.M.A. Publishing.
- DISHMAN, R.K. (1990). Promoting physical activity in medical care. In J. Torg, P. Welsh, & R.J. Shephard (Eds.) Current Therapy in Sports Medicine. Philadelphia: Brian Decker

- Publishers.
- DISHMAN, R.K. (1990). Determinants of participation in physical activity. In C. Bouchard (Ed.) Exercise, Fitness, and Health. Champaign: Human Kinetics Publishers.
- DISHMAN, R.K. (1990). Exercise adherence: its impact on public health. In G.P.H. Hermans and W.L. Mosterd (Eds.) Sports, Medicine, and Health. Amsterdam, Excerpta Medical, Elsevier Science Publishing.
- DISHMAN, R.K. (1992). Physiological and psychological effects of overtraining. In K. Brownell, J. Rodin, & J. Wilmore (Eds.) Eating, body weight, and performance in athletes: Disorders of modern society (pp. 248-272). Philadelphia, Lea & Febiger.
- DISHMAN, R.K. (1992). Psychological effects of exercise for disease prevention and health promotion. In M. Eisinger & R.W. Watson (Eds.) Exercise and Disease (pp. 179-207). Boca Raton, FL: CRC Press.
- DISHMAN, R.K. (1993). Exercise adherence. In R.N. Singer, K. Tennant, & M. Murphey (Eds.) Handbook on Research in Sport Psychology, New York: Macmillan.
- DISHMAN, R.K. (1994). Consensus, problems, and prospects. In R.K. DISHMAN (Ed.) Advances in Exercise Adherence (pp. 1-22). Champaign, IL: Human Kinetics.
- DISHMAN, R.K. (1994). Predicting and changing exercise and physical activity: what's practical and what's not. In A. Quinney, L. Gauvin, & A.E. Wall (Eds.) Toward Active Living (pp. 97-106). Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. & Sallis, J.F. (1994). Determinants and interventions for physical activity and exercise. In C. Bouchard, R.J. Shephard, & T. Stephens (Eds.) Physical activity, fitness and health: international proceedings and consensus statement. (pp. 214-238). Champaign, IL: Human Kinetics Publishers.
- DISHMAN, R.K. & Buckworth, J. (1997). Adherence to physical activity. In W.P. Morgan (Ed.) Physical Activity and Mental Health, Washington, D.C.: Taylor & Francis Publishers.
- DISHMAN, R.K. (1997). The norepinephrine hypothesis. In W.P. Morgan (Ed.) Physical Activity and Mental Health, Washington, D.C.: Taylor & Francis Publishers.
- DISHMAN, R.K. (1997). Exercise Psychology. In, Proceedings, The '97 Seoul International Sport Science Congress, Better Quality of Sport and Physical Education for All, Korean Alliance for Health, Physical Education, Recreation, & Dance.
- DISHMAN, R.K. & Janet Buckworth (1998). Exercise Psychology. In J.M. Williams (Ed.) Applied Sport Psychology, 3rd Ed. pp. 445-464. Mountain View, CA: Mayfield Publishing.
- DISHMAN, R.K. (1998). Physical activity and mental health. In H.S. Friedman (Ed.) Encyclopedia of Mental Health, Vol. 3, pp. 171-188. San Diego, CA: Academic Press.
- Buckworth, J. & DISHMAN, R.K. (1999). Determinants of physical activity: research to application. In J. Rippe (Eds.) Lifestyle Medicine. (pp. 1016-1027). Malden, MA: Blackwell Science, Inc.
- DISHMAN, R.K. (1999). Exercise Psychology. In F. Guillén García (Ed.) La Psicología del Deporte en España al Final del Milenio (pp.43-69) Las Palmas, Gran Canaria: Universidad de Las Palmas de Gran Canaria.
- DISHMAN, R.K. & Janet Buckworth (2001). Exercise Psychology. In J.M. Williams (Ed.) Applied Sport Psychology, 4th Ed. pp. 497-518. Mountain View, CA: Mayfield.
- DISHMAN, R.K. (2001). Biological markers of exercise adherence. In J. Dunbar-Jacobs (Ed.). Methodological Issues in Studies of Adherence. Center for Research in Chronic Disorders, National Institutes of Health, University of Pittsburgh.

- DISHMAN, R.K. & J. Buckworth (2005). Exercise Psychology. In J.M. Williams (Ed.) Applied Sport Psychology, 5th Ed. pp. 497-518. Mountain View, CA: Mayfield
- DISHMAN, R.K. (2006). Does cardiorespiratory fitness moderate stress responses and recovery? In D. Hackfort & G. Tenenbaum (Eds). Essential Processes for Attaining Peak Performance. pp.110-136. Oxford: Meyer & Meyer Sport.
- DISHMAN, R.K. (2006). Measurement of physical activity. In L.W. Poon, W. Chodzko-Zajko, P.D. Tomporowski (Eds.) Active Living, Cognitive Functioning and Aging. pp. 91-112. Champaign, IL: Human Kinetics.
- Buckworth J & DISHMAN, RK (2006). Exercise Adherence. In G.Tenenbaum & R Eklund (Eds). Handbook of Research in Sport Psychology 3rd Ed. New York: MacMillan
- Washburn R.A., DISHMAN, RK, & Heath, G. (2006). Epidemiology and physical activity. In T. Wood & W. Zhu (Eds.) Measurement Theory and Practice in Kinesiology. Champaign, IL: Human Kinetics.
- DISHMAN, RK, & Chambliss HO. (2009). Exercise psychology. In J.M. Williams (Ed.) Applied Sport Psychology, 6th Ed. pp. 497-518. Mountain View, CA: Mayfield

Refereed Journal Articles: (* indicates research conducted by graduate or post-doctoral students under my direction)

- DISHMAN, R.K. (1978). Aerobic power, estimation of physical ability, and attraction to physical activity. Research Quarterly for Exercise and Sport, 49, 285-295.
- DISHMAN, R.K. (1980). Influence of response distortion in assessing self-perceptions of physical ability and attitude toward physical activity. Research Quarterly for Exercise and Sport, 51, 286-298.
- DISHMAN, R.K., Ickes, W., & Morgan, W.P. (1980). Self-motivation and adherence to habitual physical activity. Journal of Applied Social Psychology, 10, 115-132.
- DISHMAN, R.K. & Gettman, L.R. (1980). Psychobiologic influences on exercise adherence. Journal of Sport Psychology, 1980, 2, 295-310.
- Jackson, A., DISHMAN, R.K., La Croix, S., Patton, R., & Weinberg, R. (1981). The heart rate, perceived exertion, and pace of the 1.5 mile run. Medicine and Science in Sports and Exercise, 13, 224-228.
- DISHMAN, R.K., & Ickes, W. (1981). Self-motivation and adherence to therapeutic exercise. Journal of Behavioral Medicine, 4, 421-438.
- DISHMAN, R.K. (1981). Biologic influences on exercise adherence. Research Quarterly for Exercise and Sport, 52, 143-159.
- DISHMAN, R.K. (1982). Health psychology and exercise adherence. Quest, 33, 166-180.
- DISHMAN, R.K. (1982). Compliance/adherence in health-related exercise. Health Psychology, 1, 237-267.
- DISHMAN, R.K. (1982). Contemporary sport psychology. Exercise and Sport Sciences Reviews, 10, 120-159.
- DISHMAN, R.K. (1983). Identity crises in North American sport psychology: Academics in professional issues. Journal of Sport Psychology, 5, 123-134.
- Safrit, M., Wood, T., & DISHMAN, R.K. (1985). The factorial validity of the physical estimation and attraction scales for adults. Journal of Sport Psychology, 7, 166-190.
- DISHMAN, R.K. (1985). Medical psychology in exercise and sport. Medical Clinics of North America, 69, 129-143.
- DISHMAN, R.K., Sallis, J., & Orenstein, D. (1985). Determinants of physical activity and

- exercise. Public Health Reports, 100, 158-171.
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- DISHMAN RK, Dunn AL, Sallis JA, Vandenberg RJ, Pratt, CA. (2009). Social-Cognitive Correlates of Physical Activity in a Multi-Ethnic Cohort of Middle-School Girls: two-year prospective study. *Journal of Pediatric Psychology*.35(4) in press.
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- DISHMAN, R.K., Jackson, A., Patton, R., & Weinberg, R. (1980). Psychophysical and physiological characteristics of field-tested endurance performance. Medicine and Science in Sports and Exercise, 12, 115 (abstract).

- DISHMAN, R.K. & Gettman, L. (1981). Psychological vigor and self-perceptions of increased strength. Medicine and Science in Sports and Exercise, 13, 84 (abstract).
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- Jackson, E.M., & DISHMAN, R.K. (2003). Cardiovascular fitness and 24-hr ambulatory blood pressure in African-American women with parental hypertension. Medicine and Science in Sports and Exercise, 35, (5), Supple. S26, 132.
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- Dowda, M., Pate RR, Pfeiffer, KA, DISHMAN, RK, Saunders, R., Ward, D, Felton, G. (2005). Relationship between perceived family support and physical activity of girls from 8th to 12th grades. Medicine and Science in Sports and Exercise, 37, (5), Supple. S291, 1535.
- Dowda, M., Pfeiffer, KA, DISHMAN, RK, & Pate, RR. (2006). Effect of employment on physical activity and other health indicators in 12th grade girls. Medicine and Science in Sports and Exercise, 38, (5), Supple. S22, 0672.
- Thom, NJ, DISHMAN, RK, Holmes, PV, Reiss, J, Eisenstain, S. (2006). The effects of activity-wheel running after beta-adrenoreceptor blockade on copulatory behavior and galanin mRNA in the medial preoptic area and locus coeruleus in male rats. Medicine and Science in Sports and Exercise, 38, (5), Supple. S523, 2723.
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- Wilson, M, Basta, TB, DeJoy, DM, Walsh, SD, Vandenberg, RJ, DISHMAN, RK. Development and implementation of Move to Improve: An intervention designed to increase physical activity in a large organization. Abstracts, Annual Meeting American Public Health Association, no.132206.

Tutorials:

- Teamwork, Curriculum Design: Purposes and Processes in Physical Education Teaching-Learning, A.E. Jewett and M.R. Mullan (Eds.), Washington, D.C.: AAHPER, 1977.
- Application of measurement and evaluation theory to physical education instruction (with A.W. Jackson (senior author), and A.S. Jackson) Texas Association for Health, Physical Education, and Recreation Journal, 1979, 47, 8.
- Overview of ergogenic properties of hypnosis. Journal of Physical Education and Recreation, February, 1980, 53-54.
- Exercise psychology and the research contortium. Research Consortium Newsletter, American Alliance for Health, Physical Education, Recreation, and Dance (Guest Editorial), 11 (1), 1988.
- Exercise adherence research: Future directions. American Journal of Health Promotion (Guest Editorial), 3 (1), 52-56, 1988.

Book Reviews:

- Sport psychology: An analysis of athletic behavior, W.F. Straub (Ed.) (Book Review), Sports Medicine Bulletin, 1979, 14, 11.
- Sports, games & play: Social and psychological viewpoints, J.H. Goldstein (Ed.), (Book Review), Medicine and Science in Sports and Exercise, 1980, 12, 221.
- Psychology of running, M. Sacks & M. Sachs (Eds.) (Book Review), Journal of Sport Psychology, 1982, 4, 301-302.
- Ethics and practice of applied sport psychology, R.M. Nideffer (Book Review), Sports

Medicine Bulletin, 1982, 4, 301-302.

PRESENTATIONS (presenter, unless noted otherwise)

1979

Symposium Director, Psychological Assessment in Sport: Confusion and Controversy, AAHPER Meeting, 1979, New Orleans.

Symposium Chairman, Adherence to Habitual Physical Activity, Annual Meeting and Pan Pacific Conference of The American College of Sports Medicine, 1979, Honolulu.

Colloquium Chairman, Facilitation of Adherence to Physical Activity Programs, Annual Meeting and Pan Pacific Conference to The American College of Sports Medicine, 1979, Honolulu.

Psychological assessment in sport: Psychometric characteristics of self-motivation, Paper presented before the AAHPER Research Consortium, 1979, New Orleans.

Use of a self-motivation scale in predicting adherence to physical activity. Invited paper, Annual Meeting and Pan Pacific Conference of The American College of Sports Medicine, 1979, Honolulu.

Biological and behavioral influences on exercise adherence. Paper presented at the Annual Meeting and Pan Pacific Conference of The American College of Sports Medicine, 1979, Honolulu.

Prediction of adherence to habitual physical activity. Invited paper, Exercise in Health and Disease -- Balke Symposium, 1979, Madison, Wisconsin.

Psychology of Sport: Considerations for undergraduate preparation. Invited paper presented to the College Physical Education Division, MAAHPER meeting, 1979, Jefferson, City, Missouri.

Adherence to Corporate Programs, Invited address to the American Association of Fitness Directors in Business and Industry, 1979, Colorado Springs, Colorado.

1980

Colloquium Chairman, Perceptual Response During Exercise: Measurement and Clinical Application, Annual meeting of The American College of Sports Medicine, 1980, Las Vegas.

Symposium Director and Moderator, Overstress Syndromes in Sport and Exercise, Annual meeting of The American College of Sports Medicine, 1980, Las Vegas.

Psychophysical and physiological characteristics of field tested endurance performance, Paper presented at the annual meeting of The American College of Sports Medicine, 1980, Las Vegas.

Health Psychology: The problem of adherence/compliance. Invited Colloquium, Departments of Psychology and Physical Education, The University of Missouri, Saint Louis, 1980.

Running for fitness: Mental and physical well-being. Invited presentation, Running for Fitness, Training for Competition Workshop, Ozark Mountain Ridge Runners, Springfield, Missouri, 1980.

Limiting factors in athletic performance: The psychobiology of muscular endurance. Invited

paper jointly presented with H. Falls to the Research Division, Annual meeting of the Missouri Association for Health, Physical Education, Recreation & Dance, 1980, Kansas City, Missouri.

Pace structure of the 1.5 mile run. (With A. Jackson (presenter), R. Patton, and R. Weinberg, paper presented to the Research Consortium, AAHPERD annual meeting, Detroit, Michigan, 1980.

1981

Psychometric monitoring of training stress during high intensity intermittent exercise. Invited paper presented at the Pan American Sports Medicine Congress (Congreso Pan Americano) Miami, Florida, May 26, 1981.

Psychological vigor and self-perceptions of increased strength. (With L. Gettman). Paper presented at the annual meeting of the American College of Sports Medicine, Miami, Florida, May 31, 1981.

Psychology of habitual exercise. Invited paper presented at the 5th World Sport Psychology Congress, Ottawa, Ontario, CA, August 31, 1981.

Colloquium Moderator, Research Can Make a Difference, Annual meeting of the Missouri Association for Health, Physical Education, Recreation, & Dance, St. Louis, Missouri, November 7, 1981.

Psychological monitoring of training stress. Invited paper presented at the annual meeting of the Central States Chapter, American College of Sports Medicine, Lawrence, Kansas, November 13, 1981.

1982

Participant and Co-Moderator (with William P. Morgan (organizer) and David Brown), Exercise and Sport Psychology Interest Group (organizational meeting). Annual meeting of the American Psychological Association, Washington, D.C., August 25, 1982.

Symposium Chairman, Psychological Aspects of Distance Running, Annual meeting of the Central States Chapter, American College of Sports Medicine, Columbia, Missouri, October 8, 1982.

Strategies for promoting exercise behavior. Invited paper presented at the annual meeting of Missouri Association for Health, Physical Education, Recreation & Dance, Kansas City, Missouri, November 5, 1982.

1983

Psychology in Sport. Invited public forum sponsored by the University of Wyoming, Laramie, Wyoming, June 14, 1983.

Issues in applied sport psychology. Invited Colloquium presented to the graduate departments of Psychology and Physical Education, The University of Wyoming, Laramie, Wyoming, June 15, 1983.

Symposium Director and Moderator, A Role for Exercise Science in Health Psychology, Annual meeting of the American Psychological Association, August 28, 1983, Anaheim, CA.

Consulting in sport psychology: Scientific boundaries in professional ethics, Invited paper

presented at the annual meeting of the American Psychological Association, August 28, 1983, Anaheim, CA.

1984

Invited participant, workshop on Coping with Mental Stress: The Potential and Limits of Exercise Intervention, National Institute of Mental Health, National Institutes of Health, Rockville, Maryland, April 26, 1984.

History and overview of perceived exertion in prescribing exercise. Invited symposium paper presented in E.J. Burke (Chair) Applied Use of Perceived Exertion in Exercise Training, Annual Meeting American Alliance for Health, Physical Education, Recreation & Dance, April 2, 1984, Anaheim, CA.

Chairman, Research Section, Exercise testing or training: Psychological Factors. Annual meeting of the American College of Sports Medicine, San Diego, California, May 23-26, 1984.

Exercise adherence modeling theory and its practical application. Invited symposium paper presented in W.B. Baun (Chair) Exercise Adherence: An Update and Critique, Annual meeting of the American College of Sports Medicine, San Diego, California, May 23-26, 1984.

Co-Chairperson (with Daniel M. Landers), Elite Performers session: Prediction and selection of top level coaches and athletes. Olympic Scientific Congress, Eugene, Oregon, July 19, 1984.

Exercise adherence. Invited paper presented at Health Psychology symposium, Daniel M. Landers, Chair, Sport Psychology session, Olympic Scientific Congress, Eugene, Oregon, July 21, 1984.

Chairperson, Elite Performers session: Overtraining in endurance sport. Olympic Scientific Congress, Eugene, Oregon, July 25, 1984.

Participant, writers meeting on Contributions of Physical Activity to Human Well Being, National Association of Sport and Physical Education, AAHPERD, Kansas City, MO, September 14-16, 1984.

Invited participant, workshop on the Epidemiological and Public Health Aspects of Physical Activity and Exercise, Centers for Disease Control, Public Health Service, Atlanta, Georgia, September 24-25, 1984.

Psychological evaluation for sports injury. Invited lecture in sports medicine presented to upper division medical students in the Department of Physical Medicine and Rehabilitation, School of Medicine, The University of California, Davis, October 3, 1984.

Psychological Screening. Invited presentation in Sports Medicine for the Primary Physician; La Crosse Health and Sports Science Symposium, LaCrosse, Wisconsin, October 17, 1984.

Compliance factors and motivational tools for adherence to exercise programs. Presymposium Workshop; La Crosse Health and Sports Science Symposium, La Crosse, Wisconsin, October 17, 1984.

Prescription for exercise adherence. Invited presentation in Cardiac Rehabilitation, Exercise Testing and Prescription; La Crosse Health and Sports Science Symposium, La Crosse, Wisconsin, October 19, 1984.

Behavioral health in chronic disease: psychological barriers. Invited presentation in Orthopaedic and Sports Injuries, La Crosse Health and Sports Science Symposium, La Crosse, Wisconsin, October 19, 1984.

1985

- Behavioral barriers to physical fitness. Invited presentation at the annual meeting of the Southeast Chapter of the American College of Sports Medicine. Boone, North Carolina, February 1, 1985.
- Invited participant, Conference on Health and Physical Fitness, Army Physical Fitness Research Institute, United States Army War College, Carlisle Barracks, PA, February 5-6, 1985.
- Symposium Organizer and Moderator, Ethics in Sport Psychology, Annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance. Atlanta, GA, April, 19, 1985.
- The scientist/practitioner model and ethics in sport psychology. Symposium paper presented before the Research Consortium, annual meeting of the American Alliance for Health, Physical Education, Recreation and Dance, Atlanta, GA, April, 19, 1985.
- Psychological and behavioral barriers to health fitness. Invited workshop presentation, Tennessee Department of Health and Environment, Health Promotion Conference, Nashville, TN, April 22, 1985.
- Adherence and motivation for health behaviors. Invited paper presented at the Second Annual Conference and Workshops on Wellness in the Community. American Heart Association, Georgia Affiliate, Athens, GA, May 23, 1985.
- Psychometric, perceptual, and metabolic predictors of self-limited submaximal and maximal treadmill performance. Free communication paper presented at the annual meeting of the American College of Sports Medicine, Nashville, TN, May 26, 1985.
- Influence of youth sport on adult physical activity patterns in the United States, Invited Symposium presentation, VI World Congress in Sport Psychology, Copenhagen, Denmark, June 24, 1985.
- Self-motivation: an inventory and its applications. Invited symposium presentation, VI World Congress in Sport Psychology, Copenhagen, Denmark, June, 24, 1985.
- Therapeutic benefits of exercise. Invited Keynote address, VI World Congress in Sport Psychology, Copenhagen, Denmark, June 25, 1985.
- Psychological benefits and barriers in health-related exercise. Visiting Scholar Lecture Series, Division of Physical Education, Graduate Program, North Texas State University, Denton, TX, November 6, 1985.
- Psychological benefits and barriers in exercise. Invited general session address, Texas Chapter, American College of Sports Medicine, Tenneco Health and Fitness Center. Houston, TX, November 7-8, 1985.

1986

- Psychological outcomes and determinants of health-related exercise. Seminar presented to faculty consortium, Institute for Behavioral Research, Behavioral Health Series, University of Georgia, February 4, 1986.
- The influence of sports on social behavior. Invited Keynote address, Sixth Annual Sports Power Seminar, Ministry of Labour, Youth, Sports, and Community Affairs, Nassau, Bahamas, March 6, 1986.
- Physical recreation and mental health. Invited lecture, Sixth Annual Sports Power Seminar,

- Ministry of Labour, Youth, Sports, and Community Affairs, Nassau, Bahamas, March 7, 1986.
- Sport for all: programming for participation. Invited lecture, Sixth Annual Sports Power Seminar, Ministry of Labour, Youth, Sports, and Community Affairs, Nassau, Bahamas, March 8, 1986.
- Change in rate pressure product after training is predicted by psychometric and metabolic measures. (with R. Kinningham (presenter), R. Holly, E. Sassenrath, and J. Polidora). Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, May, 1986.
- Eating disorders and exercise commitment among athletes and habitual runners. Invited symposium paper presented in E.T. Peteroy (chair), Research in Sport Psychology, Annual meeting of the American Psychological Association, Washington, D.C., August 24, 1986.
- Adherence to exercise programs: a theoretical perspective. Invited Keynote address, Canadian Association of Sport Sciences, Annual Meeting, Ottawa, Canada, October 23, 1986.
- Personal factors and exercise adherence: prediction models. Invited symposium paper in L.M. Wankel (Chair) Adherence to exercise programs. Canadian Society for Psychomotor Learning and Sport Psychology, Annual Meeting, Ottawa, Canada, October 24, 1986.
- Psychological and physiological correlates of preferred exertion. Seminar presented to faculty consortium, Institute for Behavioral Research, Behavioral Health Series, University of Georgia, November 6, 1986.
- A better understanding of exercise compliance. Invited presentation, Second Annual Advisory Conference, Reebok International, LTD. Puerto Vallarta, Mexico, December 8, 1986.

1987

- Exercise compliance: problems and strategies. Invited general address, Cardiopulmonary Symposium: Status '87. University of Florida, School of Medicine, Orlando, FL, Feb. 13, 1987.
- Exercise and Mental Health. Invited Keynote Address. First Annual Southeast Exercise Psychology Symposium. University of Virginia, Charlottesville, VA, March 6, 1987.
- Psychological effects of acute exertion. Seminar presented to graduate faculty and students, School of Pharmacy, University of Georgia, April 10, 1987.
- Contracting for behavior change. Invited workshop. Behavior Change Symposium, Christ Hospital, Cincinnati, OH, April 24, 1987.
- Identifying the potential dropout. Invited General Session Address, Behavior Change Symposium, Christ Hospital, Cincinnati, OH, April 25, 1987.
- Motivation and exercise compliance. Invited General Session Address, Behavior Change Symposium, Christ Hospital, Cincinnati, OH, April 25, 1987.
- Facilitating exercise compliance: a biobehavioral model. Invited Tutorial Lecture, Annual Meeting, American College of Sports Medicine, Las Vegas, May 29, 1987.
- Anger and blood pressure during graded walking. (with R. Holly and J.G. Tieman). Free communication paper presented at the Annual Meeting, American College of Sports Medicine, Las Vegas, May 30, 1987.
- Invited expert panel member, Perspectives in Sport Psychology, Pre-conference symposium, North American Society for the Psychology of Sport and Physical Activity, Vancouver, British Columbia, June 4, 1987.
- Exercise adherence and compliance. Invited general session address, International Dance-

Exercise Association Annual Convention, Anaheim, California, June 13, 1987.
 Invited participant, Writers meeting, Workshop on Prolonged Exercise, Sponsored by the American College of Sports Medicine and the Quaker Oats Company, Warwick, Bermuda, June 25-29, 1987.
 Sport and mental health among non-athletes. Invited symposium paper, Pan American Games Scientific Congress, Bloomington, IN, August 6, 1987.
 A biobehavioral stage model for understanding exercise behavior. Invited symposium paper, American Psychological Association Annual Meeting, New York City, August 30, 1987.
 Chair, Exercise and Sport Psychology Research Section, American Psychological Association Annual Meeting, New York City, August 28, 1987.
 Selected topics in behavioral fitness. Visiting Scholar Series, colloquium to Physical Education graduate program, University of North Carolina-Greensboro, Greensboro, NC, October 9, 1987.
 Psychometric monitoring of stress in elite athletes. Invited paper, National Conference on Sport Psychology, United States Olympic Committee, Arlington, VA, October, 1987.

1988

Recent advances in the understanding of compliance and adherence to exercise programs. Invited lecture to graduate faculty and students in Departments of Physical Education and Public Health, Fitness Research Center, The University of Michigan, Ann Arbor, February 12, 1988.
 Exercise and behaviors that affect health: Myths and truths; Behavioral Health Issues for selected populations; Future research needs and directions in exercise psychology and wellness. Three invited lectures to Departments of Physical Education, Psychology, and Nursing, and community members, Visiting Scholar Forum, Trenton State College, Trenton, New Jersey, March 3 and 4, 1988.
 Determinants of physical activity and exercise in adults aged 65 years and older. Invited address, American Academy of Physical Education Annual Meeting, Kansas City, MO, April 6, 1988.
 Exercise adherence. Invited address, Annual Meeting of the Arizona Department of Public Health, Scottsdale, AZ, May 19, 1988.
 Chair, Psychology Free Communications Session, Annual Meeting, American College of Sports Medicine, Dallas, TX, May 28, 1988.
 Determinants of participation in physical activity. Invited address to the International Conference on Health, Fitness, and Exercise, Toronto, Ontario, May 30, 1988.
 Psychological barriers to adherence. Invited address, Cardiopulmonary Rehabilitation: Update on Exercise Testing, Training, and Interventions. Emory University School of Medicine and Georgia Affiliate American Heart Association, Atlanta, GA, June 16, 1988.
 Exercise and sport psychology for youth 6 to 18 years of age. Invited paper, Bermuda Conference on Youth, Exercise, and Sport. Sponsored by Quaker Oats and Gatorade. Southampton, Bermuda, June 23-26, 1988.
 Research techniques and principles for sport psychology (co-presenter, J.T. Kearney, U.S. Olympic Training Center). Workshop presented at the annual meeting, American Psychological Association, Atlanta, GA, August 12, 1988.
 Behavioral aspects of exercise prescription. Invited symposium paper in M.L. Pollock Chair, Research Update: Exercise Prescription. Annual meeting, Association of Fitness in

Business, Buffalo, NY, September 17, 1988.

Effects of exercise training on eating disorder signs and pre-menstrual tension in previously sedentary women. Invited paper presented at Psychological Aspects of Sport and Exercise, Sponsored by the Sports Council and Health Education Authority of Great Britain, Bisham Abbey National Sports Centre, Marlow, Buckinghamshire, England, October 27, 1988.

Psychopathology model in rats and associated treadmill performance. Invited paper presented at Psychological Aspects of Sport and Exercise, Sponsored by the Sports Council and Health Education Authority of Great Britain, Bisham Abbey National Sports Centre, Marlow, Buckinghamshire, England, October 27, 1988.

Chairperson and Overview on compliance to exercise. Invited address presented at Psychological Aspects of Sport and Exercise, Sponsored by the Sports Council and Health Education Authority of Great Britain, Bisham Abbey National Sports Centre, Marlow, Buckinghamshire, England, October 27, 1988.

1989

Exercise adherence: Its impact on public health. Invited 15th Annual Carlos Wear Lecture, Division of Health and Physical Education, The University of Nebraska, Lincoln, Nebraska, January 26, 1989.

Psychological aspects of overtraining. Invited Lecture, Rocky Mountain Chapter, American College of Sports Medicine, Ann Meeting, Copper Mountain, CO, January 29, 1989.

Looking toward the future: The importance of adherence and compliance in health and fitness behaviors. Invited Keynote Address, Association for Fitness in Business, Region One annual conference, Springfield, Massachusetts, March 16, 1989.

Strategies to enhance adherence and compliance to health and fitness behaviors. Invited Workshop, Association for Fitness in Business, Region One annual conference, Springfield, Massachusetts, March 16, 1989.

Exercise and sport psychology: Current research. Invited seminar presented to graduate students, Counseling Psychology Training Program, the University of Georgia, March 14, 1989.

Psychological benefits and risks of physical activity for women. Invited paper, Southern Oregon Quarterly Review of Medicine, "Medical issues in the active and athletic woman", Rogue Valley Medical Center, Medford, Oregon, April 7, 1989.

Behavioral barriers to exercise training. Invited paper, Southern Oregon Quarterly Review of Medicine, "Medical issues in the active and athletic woman", Rogue Valley Medical Center, Medford, Oregon, April 7, 1989.

Contemporary research in sport psychology. Invited seminar presented to Graduate Faculty and Students, Department of Physical Education, University of Kentucky, Lexington, Kentucky, April 24, 1989.

Exercise and the obese patient: The problem of exercise adherence. Invited presentation, 1989 OPTIFAST Post Graduate Seminar, Sandoz Nutrition, San Antonio, Texas, May 3, 1989.

Exercise adherence and motivation. Invited presentation, Johnson & Johnson Live for Life Annual Administrator's Meeting, Great Gorge, New Jersey, May 10, 1989.

Behavioral factors and goal setting. Invited presentation, Fitness Curriculum Conference, The University of Georgia, Athens, Georgia, June 20, 1989.

Exercise adherence: Problems and prospects for health promotion professionals. Invited

- workshop, State of Maine Department of Health, Augusta, Maine, June 27, 1989.
- Physical activity: The way to psychological well-being. Invited keynote lecture, 7th World Congress in Sport Psychology, Singapore, August 9, 1989.
- Organizer and Moderator, The determinants of physical activity: Theory and measurement. Invited symposium, 7th World Congress in Sport Psychology, Singapore, August 9, 1989.
- Reducing errors of measurement and applying theory in research on the determinants of physical activity. Invited symposium paper, 7th World Congress in Sport Psychology, Singapore, August 9, 1989.
- Factors of non-compliance. Invited presentation, Annual meeting, Missouri Association for Cardiovascular and Pulmonary Rehabilitation, Lake of the Ozarks, Missouri, September 16, 1989.
- Techniques for promotion of permanent behavior change. Invited presentation, Annual meeting Missouri Association for Cardiovascular and Pulmonary Rehabilitation, Lake of the Ozarks, Missouri, September 16, 1989.

1990

- The determinants of participation in physical activity. Invited lecture, Dayani Human Performance Center, Vanderbilt University Medical Center, Nashville, TN, January 10, 1990.
- The relationship of physical activity with mental health. Invited lecture, Dayani Human Performance Center, Vanderbilt University Medical Center, Nashville, TN, January 11, 1990.
- Exercise psychology and physical fitness. Invited 12th Annual Physical Fitness Lecture, Applied Physiology Research Laboratory, Kent State University, Kent, Ohio, April 19, 1990.
- Neurobiologic questions in exercise psychology. Invited lecture to Graduate Program, Kent State University, Kent, Ohio, April 20, 1990.
- The failure of sport psychology in the exercise and sport sciences. Invited paper, Annual Meeting American Academy of Physical Education, New Orleans, Louisiana, March 26, 1990.
- Compliance/adherence to physical activity. Invited Colloquium, Annual Meeting, American College of Sports Medicine, Salt Lake City, Utah, May 23, 1990.
- Psychometric monitoring of stress and performance on the 1987 Tour de France. Invited symposium presentation, Special Event: The Tour de France. Annual Meeting, American College of Sports Medicine, May 25, 1990.
- Exercise adherence and its impact on public health. Invited Keynote Lecture, XXIV Federation Internationale de Medicin Sport, World Congress of Sports Medicine, Amsterdam, The Netherlands, May 28, 1990.
- Sport for all and mental well-being. Invited plenary address, World Congress on Sport for All, Tampere, Finland, June 4, 1990.
- Problems of exercise compliance. Invited plenary address, Georgia Heart Association Meeting, Jekyll Island, Georgia, June 21, 1990.
- Exercise adherence. Invited plenary address, Senior Sports Symposium, U.S. National Senior Sports Organization, Syracuse, New York, August 11, 1990.
- The determinants of physical activity: past problems and new directions. Invited symposium paper, The Transtheoretical Model: Applications to Exercise, Division of Exercise and

- Sport Psychology, American Psychological Association, Annual Meeting, Boston, Massachusetts, August 12, 1990.
- The problem of measuring physical activity in exercise psychology research. Invited address, Division of Exercise and Sport Psychology, American Psychological Association Annual Meeting, Boston, Massachusetts, August 13, 1990.
- Using perceived exertion to prescribe and monitor exercise training. Invited symposium address, Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, San Diego, California, December 1, 1990.

1991

- Exercise and mental health. Invited keynote address, The 18th Australian Council for Health, Physical Education and Recreation National/International Conference, Perth, Western Australia, January 14, 1991.
- Building healthy futures: Promoting physical activity. Invited keynote address, The 18th Australian Council for Health, Physical Education and Recreation National/International Conference, Perth, Western Australia, January 18, 1991.
- Sport, exercise and self-worth in children. Invited plenary address. Fifth Annual Conference on Exercise Sciences at the Alberque Olimpico, University of Puerto Rico Medical Sciences Campus and Tufts University School of Medicine, San Juan, Puerto Rico, March 8, 1991.
- How sport psychology can help the child athlete. Invited plenary address. Fifth Annual Conference on Exercise Sciences at the Alberque Olimpico, University of Puerto Rico Medical Sciences Campus and Tufts University School of Medicine, San Juan, Puerto Rico, March 8, 1991.
- Does anxiety and mood state affect performance? Invited paper presented at The Competitive Edge Conference sponsored by California City Sports and American Athletics Magazines, San Francisco, CA, June 28-30, 1991.
- Candid look at overtraining - physiologically, psychologically, and nutritionally. Invited participant in panel discussion. The Competitive Edge conference sponsored by California City Sports & American Athletics Magazines, San Francisco, June 28, 1991.
- Determinants of physical activity and interventions in adults. Invited participant, National Heart, Lung and Blood Institute, National Institutes of Health, Workshop on Physical Activity and Cardiovascular Health - Special Emphasis on Women and Youth, Bethesda, Maryland, August 28-29, 1991.
- Active living: current behavioral issues. Invited symposium paper. Annual meeting, Canadian Association of Sport Sciences, Kingston, Ontario, October 24, 1991.

1992

- Weight maintenance strategies for women. Invited symposium paper. Women and Obesity the Risks, the Reasons, Resolutions for Empowerment. Weight Watchers International, New York City, February 4, 1992.
- Counseling for physical activity. Invited plenary presentation. Continuing Medical Education Conference, Carolina Marathon, Columbia, South Carolina, February 7, 1992.
- The problem of measuring free-living physical activity in health behavior studies. Invited seminar presentation, Institute for Behavioral Research, The University of Georgia, Athens, February 27, 1992.

Determinants and interventions for increasing physical activity and exercise. Invited presentation to working consensus group, International Conference on Physical Activity, Fitness and Health, Toronto, Ontario, May 10-13, 1992

Increasing and maintaining physical activity: what's practical and what's not. Invited plenary address, Active Living Conference, Ontario Ministry of Health, Toronto, Ontario, May 14, 1992

Using perceived exertion and symptoms to prescribe exercise intensity. Invited symposium paper, American College of Sports Medicine Meeting, Dallas, TX, May 26, 1992.

Effects of treadmill training on locus coeruleus monoamines following running and immobilization. Free communication, American College of Sports Medicine Annual Meeting, Dallas, TX, May 27, 1992.

Determinants of physical activity in older persons. Invited symposium presentation, Conference on Exercise and Aging: Prescription for Wellness. Department of Veterans Affairs, Medical Center, Gainesville, FL, September 24, 1992.

Neurobiological approaches to exercise psychology. Invited opening address, Central States Chapter, American College of Sports Medicine annual meeting, Stillwater, OK, October 29, 1992.

Theory and method problems in exercise adherence research. Invited closing address, Central States Chapter, American College of Sports Medicine annual meeting, Stillwater, OK, October 30, 1992.

1993

Strategies for enhancing exercise adherence. Invited workshop, American Journal of Health Promotion, 4th Annual Conference, The Art and Science of Health Promotion, Hilton Head Island, South Carolina, February 24, 1993.

Research Findings and Method Challenges in Adherence to Exercise Programs. Invited address, American Journal of Health Promotion, 4th Annual Conference, The Art and Science of Health Promotion, Hilton Head Island, South Carolina, February 24, 1993.

Biological Psychology, Exercise and Stress. Invited presentation, American Academy of Kinesiology & Physical Education, Annual Meeting, Washington, D.C, March 23, 1993.

Roadblocks to Fitness. Invited presentation, Symposium on Communication with Consumers: What's the Diet and Exercise Message? Sponsored by the American Society for Clinical Nutrition. Federation of American Societies for Experimental Biology annual meeting. New Orleans, Louisiana, March 29, 1993.

Exercise Adherence. Invited presentation, 4th Annual Science of Personal Training Conference. PlusOne Fitness Clinic. New York City, April 24, 1993.

Prescribing Intensities. Invited presentation, 4th Annual Science of Personal Training Conference. PlusOne Fitness Clinic. New York City, April 24, 1993.

Physical activity and depression in the elderly. Invited seminar, Graduate Program in Gerontology, The University of Georgia, Athens, May 10, 1993.

Current exercise issues in psychoneuroendocrine immunology and evoked potentials. Invited seminar, Graduate Program in Sport Science, Life College, Atlanta, GA, May 19, 1993.

Spontaneous physical activity moderates escape latency and brain monoamines after uncontrollable footshock. Free communication, Annual meeting, American College of Sports Medicine, Seattle, WA, June 4, 1993.

Organizer and Moderator, Symposium, Exercise Adherence and Behavior Change: Prospects, problems and Future Directions, Annual Meeting, American College of Sports Medicine, Seattle, Washington, June 6, 1993.

The measurement conundrum in exercise adherence research. Symposium paper, Exercise Adherence and Behavior Change: Prospects, problems and Future Directions, Annual Meeting, American College of Sports Medicine, Seattle, Washington, June 6, 1993.

Exercise Adherence: psychological considerations. Invited Keynote Address, Annual meeting, Association for the Advancement of Applied Sport Psychology, Montreal, Canada, October 15, 1993.

1994

Invited participant. Science Writers Forum. American Heart Association, Clearwater Beach, Florida, January 16-19, 1994.

Helping people succeed when exercise programs fail. Invited plenary presentation, 11th Annual Sports, Cardiovascular and Wellness Nutritionists (SCAN) Symposium, American Dietetics Association, Atlanta, GA, April 23, 1994.

Barriers to behavior change. Invited paper presented in Symposium titled, Physical Activity, Nutrition and Health. Sponsored by the International Life Sciences Institute (ILSI). Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 1, 1994.

Exercise and mental Health. Invited symposium paper. Annual Meeting of the American Academy of Kinesiology and Physical Education, Tucson, AZ, October 1, 1994.

Effects of walking on anxiety, blood pressure and brain electrocortical activity in older adults. Annual meeting of the American College of Sports Medicine, Indianapolis, IN, June 2, 1994.

Activity wheel running attenuates suppression of Natural Killer cell activity after footshock. - Annual meeting of the American College of Sports Medicine, Indianapolis, IN, June 2, 1994.

Exercise and mental health. Invited presentation. Department of Exercise Science, the University of South Carolina, Columbia, November, 14, 1994.

1995

Public health implications of paradigm. Invited plenary presentation, Nutrition and Physical Activity to Optimize Performance and Well-being. International Life Sciences Institute, Atlanta, GA, April 5-7, 1995.

Exercise, brain, and behavior. Symposium organizer and moderator. Annual meeting of the American College of Sports Medicine. Minneapolis, MN, May 31, 1995.

Brain monoamines after behavioral stress: Effects of exercise treadmill training and wheel running. Invited symposium paper, Annual meeting of the American College of Sports Medicine. Minneapolis, MN, May 31, 1995.

How lifestyle physical activity will change the way we think about exercise adherence. Invited symposium paper, Annual meeting of the American College of Sports Medicine. Minneapolis, MN, May 31, 1995.

Influence of exercise on caffeine-induced angiogenesis (presenter, S.D. Youngstedt), Annual meeting of the American College of Sports Medicine. Minneapolis, MN, June 1, 1995. Annual meeting of the American College of Sports Medicine. Minneapolis, MN, June 1, 1995.

Exercise vs imipramine in the treatment of clomipramine-induced depression in male rats (H. Yoo presenter), Annual meeting of the American College of Sports Medicine.

Minneapolis, MN, June 1, 1995.

Influence of exercise on caffeine-induced insomnia (presenter, S.D. Youngstedt). Annual meeting American Sleep Disorders Society, Nashville, TN, June 3, 1995.

Influence of acute exercise on sleep: a meta-analysis (presenter, S.D. Youngstedt), World Federation of Sleep Research Societies, Nassau, Bahamas, September, 1995.

Why people don't exercise: psychological barriers. Invited keynote address. Conference on The Northern Ireland Physical Activity Strategy 1996-2002. Belfast, Northern Ireland, September 4, 1995.

Exercise and mental health. Invited keynote address. Annual meeting British Association of Sport and Exercise Sciences. Belfast, Northern Ireland, September 5, 1995.

1996

Helping people succeed when exercise programs fail. Invited plenary address. Annual meeting The New England Chapter of the American College of Sports Medicine, The University of Massachusetts, Amherst, March 28, 1996.

Helping people succeed when exercise programs fail. Invited plenary address. 12th Annual Cardiac Symposium: The continuum of cardiac care. St. Mary's Regional Heart Center, Duluth, Minnesota, April 19, 1996.

Lifeway physical activity: changing the way we change exercise habits. Invited plenary address. 12th Annual Cardiac Symposium: The continuum of cardiac care. St. Mary's Regional Heart Center, Duluth, Minnesota, April 19, 1996.

Psychophysiological probes in human exercise studies. Invited symposium paper in "Affective and cognitive concomitants of physical activity: windows into brain function through psychophysiology", annual meeting American College of Sports Medicine, Cincinnati, Ohio, May 29, 1996.

Brain -adrenergic responses to wheel running in rats. Free communication (Hosang Yoo, presenter). Annual meeting American College of Sports Medicine, Cincinnati, Ohio, May 29, 1996.

Discussant: Mind games - the psychology of sport (William P. Morgan, presenter). 10th Annual Gatorade Scientific Conference, "Recent Advances in the Science and Medicine of Sport" Gatorade Sports Science Institute. Vancouver, British Columbia, June 20-24, 1996.

Exercise Adherence. Invited symposium paper, Annual meeting American Association of Cardiovascular and Pulmonary Rehabilitation, Baltimore, Maryland, September 19, 1996.

Increasing and maintaining physical activity. Invited keynote address. Annual meeting Northland Chapter of the American College of Sports Medicine. Duluth, Minnesota, October 4, 1996.

Physical Activity Interventions: Effects and Errors. Invited plenary presentation, annual meeting North American Association for the Study of Obesity. Breckenridge, Colorado, October 13, 1996.

Exercise, Brain, and Behavior. Invited colloquium, University of Texas, Austin, Texas, Texas Fall Lecture Tour, Sponsored by the Texas Chapter of the American College of Sports Medicine, November 4, 1996.

Exercise, Brain, and Behavior. Invited colloquium, Texas A&M University, College Station, Texas, Texas Fall Lecture Tour, Sponsored by the Texas Chapter of the American College of Sports Medicine, November 5, 1996.

Fighting Sloth. Invited colloquium, University of Texas, Arlington, Texas, Texas Fall Lecture Tour, Sponsored by the Texas Chapter of the American College of Sports Medicine, November 6, 1996.

Fighting Sloth. Invited colloquium, University of North Texas, Denton, Texas, Texas Fall Lecture Tour, Sponsored by the Texas Chapter of the American College of Sports Medicine, November 7, 1996.

Fighting Sloth. Invited colloquium, University of Texas, Tyler, Texas, Texas Fall Lecture Tour, Sponsored by the Texas Chapter of the American College of Sports Medicine, November 8, 1996.

1997

Fighting Sloth. Invited workshop, VI Congreso Nacional Psicología del Deporte. Las Palmas de Gran Canaria, Spain, March 19, 1997.

Exercise, Brain, and Behavior. Invited Keynote address, VI Congreso Nacional Psicología del Deporte. Las Palmas de Gran Canaria, Spain, March 20, 1997.

Emotions and performance on the Tour de France and Tour de Feminin. Invited Keynote address. VI Congreso Nacional Psicología del Deporte. Las Palmas de Gran Canaria, Spain, March 21, 1997.

Adherence factors. Symposium presentation, "Revision of Recommended Quality and Quantity of Exercise for Increasing and Maintaining Fitness". Annual Meeting, American College of Sports Medicine. Denver, CO, June 1, 1997.

Animal models. Symposium presentation, "Exercise and Depression". Annual Meeting, American College of Sports Medicine. Denver, CO, May 29, 1997.

Tantillo, M., C. Kesick, & DISHMAN, R.K. Effects of acute exercise on children with attention-deficit disorder. Annual Meeting, American College of Sports Medicine. Denver, CO, May 29, 1997.

Soares, J., S.D. Youngstedt, H.S. Yoo, B.N. Bunnell, E.H. Mougey, J.L. Meyerhoff & DISHMAN, R.K. Activity wheel running blunts increased plasma ACTH after footshock. Annual Meeting, American College of Sports Medicine. Denver, CO, May 29, 1997.

- Hong, S., J.M. Warren, S.d. Youngstedt, H.S. Yoo, B.N. Bunnell, E.H. Mougey, J.L. Meyerhoff, L. Jaso-Friedmann, D.L. Evans, & DISHMAN, R.K. Exercise training blunts suppression of splenic natural killer cell cytotoxicity after footshock. Annual Meeting, American College of Sports Medicine. Denver, CO, May 29, 1997.
- Buckworth, J., K.J. Cureton, V.A. Convertino, K. Jacobs & DISHMAN, R.K. Orthostatic responses in women with parental hypertension: fitness and carotid baroreflex function. Annual Meeting, American College of Sports Medicine. Denver, CO, May 31, 1997.
- Jackson, A.W., & DISHMAN, R.K. (1996). Perceived submaximal force production. Annual Meeting, American College of Sports Medicine. Denver, CO, May 31, 1997.
- Exercise Psychology. Invited Keynote Address, Korean Society for Sport Psychology. The '97 Seoul International Sport Science Congress, Better Quality of Sport and Physical Education for All, Korean Alliance for Health, Physical Education, Recreation, & Dance, Seoul, Korea, August 26, 1997.
- Biological Psychology and Exercise. Invited presentation. Seoul National University. Department of Physical Education, Seoul, Korea, August 27, 1997.
- Biological Psychology and Exercise. Invited presentation. Yeungnam University. Departments of Physical Education and Medicine, Taegu City, Korea, August 28, 1997.
- DISHMAN, R.K., B. Oldenburg, H.A. O'Neal, & R.J. Shephard. Worksite Physical Activity Interventions. Invited presentation, Physical Activity Interventions, An American College of Sports Medicine Specialty Conference, The Cooper Institute Conference Series, The Cooper Institute for Aerobics Research, Dallas, TX, October 18-21, 1997.

1998

- Exercise psychology: animal models. Invited presentation. Graduate Faculty, Department of Sport and Exercise Science. Arizona State University, Tempe, Arizona, March 28, 1998.
- Why exercise? Invited Keynote address. Buena Vista University, Storm Lake, Iowa, April 4, 1998.
- Helping people succeed when exercise programs fail. Invited Keynote address. Buena Vista University, Storm Lake, Iowa, April 4, 1998.
- Fighting sloth. Invited plenary address. American College of Sports Medicine Health & Fitness Summit and Exposition. Austin, Texas, April 30 & May 1, 1998.
- Anxiolytic effects of exercise: psychophysiological and psychopharmacological probes. Invited Symposium paper, "Anxiety management with exercise". Annual Meeting, American College of Sports Medicine, Orlando, FL, June 3, 1998.
- Brain noradrenergic responses to physical activity. Invited Symposium paper, "Exercise and Neurotransmission, Neuromodulation". Annual Meeting, American College of Sports Medicine, Orlando, FL, June 3, 1998.
- Psychological impact of physical activity. Invited keynote address. Third Annual Conference of the European Academy of Sport Science. Manchester, England, July 16, 1998.
- Exercise adherence: determinants and interventions. Invited keynote address. *Agita Sao Paulo* Workshop, Sponsored by the State Secretary of Health and CELAFISCS (Center for the Experimental Laboratory Study of Physical Activity and Fitness), Sao Paulo, Brazil, August 19, 1998.
- Fighting sloth. Invited special address, New England Chapter of the American College of Sports Medicine, Providence, Rhode Island, October 2, 1998.
- Physical activity. Invited address. NIH Workshop on Quality of Life. University of

Pittsburgh, Pittsburgh, PA, October 28, 1998.

Soares, J., Holmes, PV., Renner, KJ, Edwards, GL, Bunnell, BN, & DISHMAN, RK. Brain noradrenergic responses to footshock after chronic wheel running. Annual meeting, Society for Neuroscience, Los Angeles, CA, November 7-12, 1998.

1999

Retaining special populations through motivational programming. Invited address, national meeting, International Health, Racquet & Sportsclub Association, San Diego, CA, March 26, 1999.

Helping people succeed when exercise programs fail. Invited lecture. Health Psychology Institute, University of Southern Maine, Portland, ME, July 16, 1999.

Physical activity and mental health. Invited dinner address. Physical Activity and Public Health: Postgraduate Course on Research Directions and Strategies. University of South Carolina Prevention Research Center & Centers for Disease Control and Prevention. Hilton Head, SC, September 23, 1999.

Meta-Analysis. Invited tutorial. Physical Activity and Public Health: Postgraduate Course on Research Directions and Strategies. University of South Carolina Prevention Research Center & Centers for Disease Control and Prevention. Hilton Head, SC, September 26, 1999.

Fighting sloth among adults in countries with free-market economies. Invited symposium, Motivating Physical Activity Across the Lifespan. Fifth IOC World Congress on Sport Sciences. International Olympic Committee, Sydney, Australia, November 4, 1999.

2000

Fighting sloth in Market Economies: Problems of theory, methods and results. Invited colloquium, Center for Research in Chronic Disorders, School of Nursing, University of Pittsburgh, Pittsburgh, PA, March 6, 2000

Meta-Analysis: A consumer's guide to analyzing other people's data. Invited Tutorial, Annual meeting of the American College of Sports Medicine, Indianapolis, IN, June 1, 2000.

Recruiting and retaining older & overweight members. Invited presentation, Annual meeting of the International Health, Raquet & Sportsclub Association, San Francisco, CA, March 23, 2000.

Promoting exercise adherence: fighting sloth in nations with market economies. Invited Keynote address, Annual meeting of the American Academy of Kinesiology & Physical Education, Lake Geneva, WI, Oct 5, 2000.

Biological Markers of Exercise Adherence. Invited Workshop, Center for Research in Chronic Disorders, School of Nursing, University of Pittsburgh, Pittsburgh, PA, October, 18, 2000.

Ward, D.S., DISHMAN, RK, Dowda, M., Felton, G.M., Pate, RR., Saunders, R., Shuler, L., Trost, S., & Williams, E. Promoting physical activity in high school girls. Free communication, American Public Health Association Meeting, Boston, November 12-16, 2000.

2001

- The problem of exercise compliance. Invited presentation. Kronos Longevity Research Institute, Phoenix, Arizona, January 17, 2001.
- Exercise adherence: how to reverse age-related trends. Invited presentation, Pre-Conference Event, "Healthy Lifestyle Changes for Aging Baby Boomers: Applying Research to Fight Sloth, Improve Health. American College of Sports Medicine, Health & Fitness Summit & Exposition, Las Vegas, April 17, 2001.
- Helping people succeed when exercise programs fail. Invited presentation, American College of Sports Medicine, Health & Fitness Summit & Exposition, Las Vegas, April 18, 2001.
- In Situ hybridization histochemistry: What do we learn from it? Invited Symposium presentation, 2001 - A brain Odyssey - Methods of Neuroscience Research in Exercise Science. Annual Meeting, American College of Sports Medicine, Baltimore, June 1, 2001.
- Neuroscience and Exercise. Invited presentation, Hot Health and Science Topics. Annual Meeting, American College of Sports Medicine, Baltimore, June 1, 2001.
- Helping people succeed when exercise programs fail. Invited lecture. Health Psychology Institute, University of Southern Maine, Portland, ME, July 19, 2001.
- Physical Activity and Health. Invited Psychology Keynote presentation. British Association of Sport Sciences, Newport, South Wales, Great Britain, September 6, 2001.
- Van Hoomissen, JD, Holmes, PV, and DISHMAN, RK. The effects of exercise on masculine sexual behavior and BDNF mRNA after olfactory bulbectomy in rat. Poster presentation, Society for Neuroscience 31st annual meeting, San Diego, CA, November 10-15, 2001.

2002

- Ward, DS., Saunders, RS, Dowda, M, Felton, G., DISHMAN, RK, & Pate RR. Determinants of physical activity in overweight black and white high school girls. Free-communication, International Society for Behavior, Nutrition, and Physical Activity, first annual meeting, Seattle, WA, July 12, 2002.
- Van Hoomissen, JD, Holmes, PV., & DISHMAN, RK. The effects of activity wheel running and b-adrenoreceptor blockade on contextual fear conditioning: BDNF mRNA and corticosterone responses. Poster presentation, Society for Neuroscience 32nd annual meeting, Orlando, FL, November 4, 2002.
- DISHMAN, RK. Brain biology of physical activity. Invited plenary presentation, The Interaction of Physical Activity and Nutrition: Biological Remodeling and Plasticity, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Washington, D.C., December 8, 2002.

2003

- DISHMAN, RK. Biological plausibility. Invited symposium presentation, Exercise and Reduction in Anxiety/Depression: Does the Evidence Meet the Criteria for Causation. Annual meeting, American College of Sports Medicine, San Francisco, May 29, 2003.
- DISHMAN, RK. Exercise Neuroscience. Organizer and Moderator of symposium presented at the 7th IOC World Congress on Sport Sciences, Athens, Greece, October 9, 2003.
- A.L. Dunn, R.K. DISHMAN, RK., R.W. Motl, J. Sallis, A. Birnbaum, C. Voorhees, J. Jobe.

Do Change Processes Mediate the Influence of Self-Efficacy on Adolescent Girls' Physical Activity? Free communication presented at the Annual Meeting of the North American Association for the Study of Obesity. Fort Lauderdale, FL, October 11-15, 2003

DISHMAN, RK. Putative models for explaining anti-depressant and anti-anxiety effects of physical activity. Invited plenary presentation, Physical Activity & Mental Health: A Multidisciplinary Approach. Cooper Institute Conf. Series. Dallas, TX, Oct 24, 2003.

2004

DISHMAN, RK. Mental Health Outcomes. Invited presentation, Expert Panel on Physical Activity and Youth, Centers for Disease Control and Prevention, Atlanta, Ga, Jan 22-23, 2004.

DISHMAN, RK. The War on Idleness: Helping people succeed when exercise programs fail. Henry J. Montoye Scholar Award Lecture, Southeast Chapter, American College of Sports Medicine, Atlanta, Ga, Jan 31, 2004.

DISHMAN, RK. The Brain Biology of Exercise. Presidential Lecture, American College of Sports Medicine, Annual Meeting, Indianapolis, IN, June 2, 2004.

Pfeiffer, KA, Dowda, M., Sirard, J., DISHMAN, RK, & Pate, RR. Factors affecting naturally occurring change in cardiorespiratory fitness in adolescent females over four years. Annual meeting, American College of Sports Medicine, Indianapolis, IN, June 2, 2004

DISHMAN, RK. The Late Arrival of the Neurobiology of Exercise. Keynote Lecture, 2004 Pennington Biomedical Research Center Scientific Symposium: The Neurobiology of Exercise. The Pennington Biomedical Research Center, Baton Rouge, LA, Dec 6, 2004.

2005

DISHMAN, RK Antidepressant Effects of Exercise: Putative Mechanisms. Invited Plenary Address, Sport, Symposium Physical Activity and Psychological Well-being, National Olympic and Sports Association of Iceland, Ministry of Education, Directorate for Health, and the Public Health Institute of Iceland, Reykjavik, Iceland, April 7, 2005.

Dowda, M., Pate RR, Pfeiffer, KA, DISHMAN, RK, Saunders, R., Ward, D, Felton, G. Relationship between perceived family support and physical activity of girls from 8th to 12th grades. Annual meeting American College of Sports Medicine, Nashville, TN, June 3, 2005.

DISHMAN, RK. Physical activity interventions. Invited presentation, College of Education, University of North Texas, Denton, Texas, September 28, 2005.

DISHMAN, RK. Using neuroscience to understand physical activity motivation. Invited Plenary Address, Childhood Obesity: Updates and Innovations. The Cooper Institute Conference Series, Dallas, Texas, October 28, 2005.

2006

DISHMAN, RK. Motivation to move: understanding exercise adherence. Invited symposium presentation, Role of Diet and Exercise in Obesity, The University of Houston, Department of Health & Human Performance, Houston, Texas, April 3, 2006.

DISHMAN, RK. Anxiety and depression. Invited symposium presentation, Advances in Physical activity and Mental Health, International Congress on Physical Activity and

- Public Health, Centers for Disease Control and World Health Organization, Atlanta, Georgia, April 18, 2006.
- DISHMAN, RK. Exercise and health: the role of psychology and medicine. Invited keynote address, Exercise, Sport and Health: Synergies with Psychology and Medicine, The University of Lusofona, Lisbon, Portugal, May 4, 2006.
- DISHMAN, RK. Exercise and mental health. Invited lecture, Departments of Sport Science and Psychology, The University of Madeira, Madeira, Portugal, May 6, 2006.
- Dowda, M., Pfeiffer, KA, DISHMAN, RK, & Pate, RR. Effect of employment on physical activity and other health indicators in 12th grade girls. Annual meeting, American College of Sports Medicine, Denver, Colorado, May 31, 2006.
- Thom, NJ, DISHMAN, RK, Holmes, PV, Reiss, J, Eisenstein, S. The effects of activity-wheel running after beta-adrenoreceptor blockade on copulatory behavior and galanin mRNA in the medial preoptic area and locus coeruleus in male rats. Annual meeting, American College of Sports Medicine, Denver, Colorado, June 2, 2006.
- DISHMAN, RK The new algebra of behavior, presenter and symposium organizer, Exercise adherence: Culture to Genes. Annual meeting American College of Sports Medicine, Denver, Colorado, June 1, 2006.
- DISHMAN, RK. Exercise and the brain: From genes to behavior. Invited symposium presentation, Mind/Body interactions with Exercise: A tribute to Bill Morgan, Annual meeting American College of Sports Medicine, Denver, Colorado, June 1, 2006.
- Grelle, DM, DISHMAN, RK, Vandenberg, R. The measurement of exercise attitude change after a short-term intervention using combinations of IRT and LGM. Annual meeting of the Psychometric Society. Montreal, Quebec, June 15, 2006.
- Wilson, M, Basta, TB, DeJoy, DM, Walsh, SD, Vandenberg, RJ, DISHMAN, RK. Development and implementation of Move to Improve: An intervention designed to increase physical activity in a large organization. Annual Meeting, American Public Health Association, Boston, MA, November 6, 2006.

2007

- DISHMAN, R.K. What are the determinants of physical activity in children and youth? Invited plenary keynote presentation. International Conference on Physical Activity and Obesity in Children. Canadian Fitness & Lifestyle Research Institute. Toronto, Ontario, June 25, 2007.
- DISHMAN, R.K. Discussant: Behavioral Factors. Invited participant. National Institutes of Health Workshop, "Gene-Nutrition and Gene-Physical Activity Interactions in the Etiology of Obesity". Bethesda, MD, September 24, 2007.

2008

- Wilson M, DISHMAN RK. DeJoy DM, Vandenberg RJ, Walsh, S., Grelle, D., & Basta, T. Move to Improve: Effectiveness of a multi-level worksite physical activity intervention. 2nd International Congress on Physical Activity and Public Health. Free communication. Amsterdam, The Netherlands, April 14, 2008.
- DISHMAN RK. The Problem of Declining Physical Activity in American Girls. Distinguished Lecture Series. The ADVANCE Program for Institutional Reform. Kansas State

University. Manhattan, KS, May 8, 2008.

DISHMAN RK. The Neurobiology of exercise. Invited workshop presentation: Can physical activity and exercise prevent drug abuse? Promoting a full range of science to inform prevention. National Institute on Drug Abuse. National Institutes of Health, Washington, D.C., June 6, 2008.

DeJoy, D.M., Wilson, M.G., Vandenberg, R.J., & DISHMAN, R.K. Evaluating multi-level physical activity interventions in work settings. Invited symposium paper. International Congress of Psychology, Berlin, Germany, July, 2008.

Vandenberg RJ, DISHMAN RK. Latent transition analysis. Symposium presentation: Current Issues with latent variables and organizational research. *Latent Variables Issues*. Academy of Management Annual Meeting. Anaheim, California, August 11, 2008.

2009

DISHMAN, RK. Physical activity and mental health. Invited plenary address. Advancing the Future of Physical Activity Measurement and Guidelines. Canadian Society for Exercise Physiology. Kananaskis Village, Alberta, Canada, January 14-15, 2009.

DISHMAN, RK. Exercise Adherence. Invited presentation. ACSM Health and Fitness Summit, American College of Sports Medicine, Atlanta, Georgia, March 26, 2009.