

## VITA

10/2019

Phillip D. Tomporowski, Ph.D.  
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**Citizenship:** United States of America

Present rank: Professor of Kinesiology, University of Georgia, USA

Date of appointment: 11/20/2001

Tenure status: Tenured (2007)

Administrative Titles: 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

**Fellow American College of Sports Medicine**, 2009

**Sarah Moss Fellowship**, 2010, University of Georgia

**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

**Service-Learning Fellowship**, 2013-2014, University of Georgia

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

### Awards

**Public Service and Outreach Engaged Scholar Award** 2016, University of Georgia

**Career Center Award** 2015, University of Georgia

### Non-University Teaching Activities

Martial Arts Instructor, 1980-present

Black belt ranks: Judo (3<sup>rd</sup> dan), Jujutsu (2<sup>nd</sup> dan), Hapkido (2<sup>nd</sup> dan), Tang Soo Do Karate (1st dan)

## University Service

### Editorship or editorial board membership of journals or other learned publications

- Associate Editor: *Translational Research of the American College of Sports Medicine* (2015- )
- Guest Editor: *Mental Health and Physical Activity* – Special Issue: Physical Activity & Cognitive Functioning (2012-2013)
- Editorial Board: *Journal of Aging and Physical Activity* (1993-1998)
- Consulting Editor: *American Journal of Mental Deficiency* (1993-1996)

### Contributor to National and International Health Organizations

- Norwegian Research Council- Scientific Advisor Council - ACTNOW research project (2019-2024).
- Organisation for Economic Co-operation and Development. Paris France. (2016-17)  
Contributor: *Preliminary reflections and research on knowledge, skills, attitudes and values necessary for 2030*. Position paper presented at the Future of education and skills: Education 2030, Beijing, China. [www.oecd.org/education/2030/E2030%20Position%20Paper%20\(05.04.2018\).pdf](http://www.oecd.org/education/2030/E2030%20Position%20Paper%20(05.04.2018).pdf)
- Polish-U.S. Fulbright Commission. Grant reviewer: Movement memory representation and movement execution in constant and variable practice conditions.(2017)
- Austrian Science Fund (FWF). Grant Reviewer: Special Research Programme. “*Brain Fitness- Physical Activity, Cognition & Mental Health*” (2017)
- Netherlands Initiative for Educational Research (Dutch acronym NRO) and the Brain Foundation and the Dutch Ministry of Education, Culture and Science (2016). Grants Review Chairperson: Amsterdam, NL. July 7
- Netherlands -University Medical Center I EMGO Institute for Health and Care Research. Panel expert: “Future research directions to elucidate the causal effects of PA on cognitive and academic performance in children: A survey of experts”. (2016)
- American College of Sports Medicine. Policy position paper: Exercise and Children’s Cognition and Academic Achievement. 2013-2014.
- National Institutes of Health (NIH) (2008). Mentored Research Development Award Contributor: *U. S. Department of Health and Human Services’ Physical Activity Guidelines Advisory Committee*. (2007-2008)
- American College of Sports Medicine . Contributor: ACSM discussion group/ *Physical Activity Guidelines for Americans* (PAG). May 27<sup>th</sup>, 2014
- Centers for Disease Control and Prevention (Grants of Injury Control Research Centers), February 21-22, 2012, Atlanta Georgia

- University of Maryland Claude D. Pepper Older Americans Independence Center (UM-OAIC) Maryland Exercise and Robotics Center of Excellence (MERCE), MRI Outcomes of Brain Function After an Exercise Intervention in Older Adults at Increased Risk for Cognitive Decline

#### **Contributor to International University Committees**

- Canada Research Chair nomination reviewer. The University of Western Ontario Tier 2 Canada Research Chair in The Science of Learning.

- Norwegian School of Sport Science. Oslo, Norway External Dissertation Reviewer Committee Member 2017- 2018). Katrine Nyvoll Aadland, "Indices of physical activity, executive functions and academic performance among 10-year old school children: Cross-sectional, prospective and intervention findings from The Active Smarter Kids (ASK) school-based cluster- randomized controlled trial."

- Edith Cowan University, School of Arts and Humanities, Joondalup, Australia. Doctoral Dissertation Review (2017). Beron Wei Zhong Tan. "The relationship between physical exercise and cognition in children with typical development and neurodevelopmental disorders."

- American University of Beirut (AUB). Review for tenure.

- Netherlands Organisation for Scientific Research. (2014) *The muscular will: How physical effort enhances cognitive control*. Veni Grant- Innovational Research

#### **Contributor to North American University Committees**

- Michigan State University, East Lansing MI. Department of Kinesiology (2017) Tenure and Promotion evaluation

- Northeastern University, Boston MA, Department of Psychology (2017) Tenure evaluation.

- Union College, Schenectady, NY (2011). Tenure evaluation

- University of North Carolina - Greensboro. Department of Kinesiology. Application for Full Professor (2009)

- University of Maryland, Department of Kinesiology, School of Public Health, College Park, Maryland. Application for Full Professor (2013)

#### **Contributor to the University of Georgia**

##### **University level**

- Office of Research Member - Institutional Review Board (2018-)

- University Appeals Committee 2009-2012

##### **College level**

- Awards Committee 2015-16

- Tenure and Promotion Committee 2008-2010

- COE Faculty Senate 2009-2012

### **Departmental level**

- Departmental Planning committee - Service evaluation (2015-16)
- Area Coordinator - Exercise Science 2010 - 2014

### **Public service performed: Extension, local community service and relations.**

- 21<sup>st</sup> Century Community Learning Centers, Georgia Department of Education/Clarke County School System: (PI) Physical activity and learning. (2014-2019)
- Scholarship of Engagement Grant – Clarke County School System (2011)  
Addressing the physical and cognitive development of children in After-School programs.

### **Invited Addresses**

**Tomporowski, P. D. (2019)** National Rehabilitation Center - Rancho Los Amigos. *Integrated Cognitive and Motor Learning*. Los Angeles, CA. July 11, 2019

**Tomporowski, P. D. (2018)** Physical activity and cognition - What do we know? Western Norway University of Applied Science. Sogndol, Norway - March 12, 2018.

**Tomporowski, P. D. (2018)** Physical activity and cognition: a phenomenon in need of theory. Norwegian School of Sport Science, Oslo, Norway. March 8, 2018

**Tomporowski, P. D. (2017)** International Council of Sport Science and Physical Education (ICSSPE/CIEPSS). The first 10 years: Physical Activity and the Brain. Berlin Germany November 14-17

**Tomporowski, P. D. (2016)** Panel expert: Graduate Training Summer Program: "Improving Cognition, Learning, and Memory in Healthy and Clinical Samples." Weggis, Switzerland. June 20 – June 24, 2016.

**Tomporowski, P. D. (2016)** Using Exercise to enhance cognitive performance and learning. Harvard University, School Of Public Health Department of Nutrition, March 29.

**Tomporowski, P. D. (2015)** Research on human-animal interaction in educational settings. Physical Activity and Children's Learning: Transfer and Generalization Issues. Washington, DC, May 26-27.

**Tomporowski, P. D. (2014).** Physical Activity and Learning. *International Council of Sport Science and Physical Education*. Berlin, Germany

**Tomporowski, P. D. (2012).** Physical activity and children's cognitive development. Invited keynote address to the 2012 *International Conference of Exercise for 3Q - Health Quotient, Emotion Quotient, and Intelligence Quotient*. Taipei, Taiwan. October 5-6.

**Tomporowski, P. D. (2011)** Exercise and cognition across the life span. *Sport performance - A Lifetime Challenge (SPALC)*, Rome, Italy. May 9-13. (Invited address)

**Tomporowski, P. D. (2011)** Exercise and children's cognitive development. *Maison des Science de Homme et de la Sciences (MSHS)*. Poitiers, France. June 9

**Tomporowski, P. D.** (2011). Physical Activity and Overweight Children's Cognitive Function. *University of Glasgow*. Glasgow, Scotland. June 12, 2011.

**Tomporowski, P. D.** (2010). Physical activity and cognitive function: An overview. Pre-Conference: *12<sup>th</sup> Annual Obesity Conference*. Overland Park, KS. September 8-11. Invited presentation

**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.** (2009) Invited Featured Science Symposium. Keynote: Just exercise- is that all it takes? *American College of Sports Medicine Meeting*. Seattle, WA May 27-30

## **Scholarly activities**

### **a) Grants/Contracts : Awarded**

#### **Research Council of Norway**

- *Active Learning Norwegian Preschool(er)s (ACTNOW) project*

PI: Dr. Eivind Aadland

Funded (~\$1,000,000)

Funded dates: 2019-2010

#### **General Administration of Sport of China. Beijing, China.**

- *Advancing coaching effectiveness through the 'Elite Coach Training' program.*

PI: Principal Investigator: Dr. James J. Zhang, University of Georgia, Department of Kinesiology.

Role: Co-Investigator

Funded: \$143,208 (Direct Cost - \$119,340 and Indirect Cost - \$23,868)

Funded dates: 2018-2019

#### **Georgia Department of Education -21<sup>st</sup> Century Community Learning Centers**

*Physical Activity and Learning*

PI: Phillip D. Tomporowski, Department of Kinesiology, UGA

Co-PI: Bryan McCullick, Department of Kinesiology, UGA

Co-PI: Jennifer Gay, Department of Health Promotion, UGA

Co-PI: Paula Schwanenflugel, Department of Educational Psychology

Co-PI: Marty Carr, Department of Educational Psychology

Funded: \$666,193

Funded Dates: 2014-2019

#### **Waterloo Foundation - (Wales, UK)**

- *Physical Activity in Children with ADHD and Reading Difficulties*

PI: Josephine N. Booth, School of Psychology, University of Dundee

Professor John J. Reilly, University of Strathclyde

Professor James M. E. Boyle, University of Strathclyde

Professor Phillip D. Tomporowski, University of Georgia

Professor Bryan A. McCullick, University of Georgia

Funded: £48,672 (\$79,462)

Funded Dates; 2014-2017

**Bertec Industries**

- *Dual-Task Assessment for Concussion*  
Funded Graduate Assistantship: 2013  
Funding: \$18,158

**University of Georgia - Obesity Initiative**

- *Physical Activity and Overweight Children's Academic Achievement*  
PI: Phillip D. Tomporowski  
Co-PI: Bryan McCullick  
Co-PI: Michael Horvat  
Funded: 2012  
Funding: \$25,000

**University of Georgia**

- Provost Summer Research Grant  
University of Georgia  
Funded: 2012  
Funding: \$5,000

**Republic of France**

- Region Poitou-Charentes  
*Walking performance during dual-task conditions*  
Visiting researcher - University of Poitiers, Poitiers France  
Funded: 2011  
Funding: 7,600 Euros (~11,400\$)

**National Institutes of Health**

- *Effects of exercise on brain function: an fMRI imaging study*  
National Institute of Diabetes and Digestive and Kidney Diseases  
Grant Number: 1 RO1 DK070922-01 – Supplement 2010-2011  
PI: Dr. Jennifer McDowell  
Co-PI: Phillip D. Tomporowski  
Funding: \$165,457

**Scholarship of Engagement Grant**

- *Addressing the physical and cognitive development of children in After-School programs.*  
University of Georgia - Clarke County School System – Chase elementary school  
Funded: 2011  
Funding: \$6,845

**Board of Regent - University of Georgia**

- *A model exercise intervention for overweight children*  
Funded: 2010  
Funding: \$24,207

**BUPA Foundation**

- *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*  
BUPA House, 15-19 Bloomsbury Way

London, WC1A 2BA  
PI: Josephine Booth  
Funding: \$115,000

**National Institutes of Health**

- *Exercise & Overweight Children's Cognition*  
National Institute of Diabetes and Digestive and Kidney Diseases  
PI: Catherine Davis, Georgia Regents University  
Funded: 2008-2013  
Total project - \$3,624,488  
Subcontract - Direct \$672,351

**Coca-Cola Beverage Institute for Health & Wellness**

- Effect of Dietary Quercetin Supplementation on Exercise Performance and Cognition  
PI: Kirk Cureton, Department of Kinesiology, UGA  
Funded: 2008  
Funding: \$273,720

**University of Georgia**

- College of Education - Faculty Grant Development Award  
Exercise and its relation to the academic success of children in Clarke County elementary schools.  
Primary Investigator  
Funded: 2007  
Funding: \$4,969

**International Life Sciences Institute**

- *Influence of a simple versus a complex carbohydrate breakfast on cognitive performance and mood dimensions of mental energy*  
PI: Patrick O'Connor, Department of Kinesiology, UGA  
Funded: \$71,974  
Funded dates: 01/2006-12/2007

**National Institutes of Health**

- *Exercise & Overweight Children's Cognition & Achievement*  
National Institute of Diabetes and Digestive and Kidney Diseases  
Grant Number: 1 RO1 DK070922-01  
PI: Catherine Davis, Georgia Regents University  
Co-Principal Investigator  
Funded: 2005-2007  
Funding: \$514,722

**Chief Scientist Office: Great Britain**

- *Effect of exercise on cognitive function in children: a pilot study*  
Co-Investigator  
PI: Amy Fisher, Glasgow University, Scotland  
Funded: 2005-2006  
Funding: £14,764 (\$24,105)

**Medical College of Georgia**

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

Georgia Center on Obesity and Related Disorders

Co-PI

Funded 2003

Funding \$24,900

**University of Georgia (2003) Office of the Vice President for Research**

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

Co-PI

Funded 2003

Funding \$10,000

**University of Georgia****College of Education - Faculty Grant Development Program.**

- *Effects of acute exercise on cognitive function.*

Principal Investigator

Funded 2003

Funding: \$3,980

**Applied Instructional Technologies Grant Program. (2003)**

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

Principal Investigator

Funding: \$15,980

**Georgia Gerontology Consortium**

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

Principal Investigator

Funded: 2002

Funding: \$4,180

**Alabama Department of Mental Health**

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

Co-investigator

Funded: 1981-1984

Funding: \$375,000

**b. Publications****Books authored:**

**Tomporowski, P. D., McCullick, B. A., & Pesce, C.** (2016). *Enhancing children's cognition with physical activity games (Online CE Course)*. Champaign, IL: Human Kinetics.

**Tomporowski, P. D., McCullick, B. A., & Pesce, C.** (2015). *Enhancing Children's Cognition with Physical Activity Games*. Champaign, IL: Human Kinetics.

Buckworth, J., Dishman, R. K., O'Connor, P. J., & **Tomporowski, P. D.** (2013). *Exercise*



*Psychology* (2nd ed.). Champaign, IL: Human Kinetics

**Tomporowski, P. D.**, McCullick, B. A., & Horvat, M. (2010). *The role of contextual interference and mental engagement on learning*. Hauppauge, NY: Nova Science Publishers.

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

**Books edited:**

**Books edited: In progress:**

Bailey, R., Agans, J., Cote, J., Daly-Smith, A., & **Tomporowski, P. D.** (Eds.). (2019). *Sport and physical activity: the first ten years*: Routledge.

**Books edited:**

Meeusen, R., Schaefer, S., **Tomporowski, P. D.**, & Bailey, R. (Eds.). (2017). *Physical Activity and Educational Achievement: Insights from exercise neuroscience*: Routledge.

Schwanenflugel, P. J., & **Tomporowski, P. D.** (Eds.). (2018). *Physical activity and learning after school*. New York: Guilford.

McMorris, T., **Tomporowski, P. D.**, & Audiffren, M. (Eds.) (2009). *Exercise and Cognition*. John Wiley & Sons.

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.

**Chapters in books**

**In press**

**Chapters in books**

Pesce, C., Marchetti, R., Motta, R. W., Marzocchi, F., Leone, L., & **Tomporowski, P. D.** (2018). Redesigning Physical Education in Italy. In H. A. Lawson (Ed.), *Redesigning physical education: An equity agenda in which every child matters* (pp.210-225). New York: Routledge.

Moreau, D., & **Tomporowski, P. D.** (2018). Complex motor activities to enhance cognition. In M. L. Cappuccio (Ed.), *Handbook of embodied cognition and sport psychology* (pp. 273-302). London, England: The MIT Press.

Pesce, C., Masci, I., Marchetti, R., Vazou, S., Saakslanti, A., & **Tomporowski, P. D.** (2017). Deliberate play and preparation jointly benefit motor and cognitive development: Mediated and moderated effects. In K. Libertus & P. Hauf (Eds.), *Motor skills and their foundational role for perceptual, social, and cognitive development* (pp. 249-266): *Frontiers Media*.  
doi: 10.3389/978-2-88945-159-3

Pesce, C., Faigenbaum, A., & **Tomporowski, P. D.** (2017) Coupling our plow of thoughtful moving to the star of children's right to play: from neuroscience to multi-sectoral promotion. In Meeusen, R., Schaefer, S., Tomporowski, P. D., & Bailey, R. (Eds.). *Physical Activity and Educational Achievement: Insights from exercise neuroscience*: Routledge

- Tomporowski, P. D., Pendleton, D. M., & McCullick, B. A.** (2017) Varieties of learning and developmental theories of memory: neurophysiological evidence and its relevance for researchers and educators. In Meeusen, R., Schaefer, S., R. (Eds.). *Physical Activity and Educational Achievement: Insights from exercise neuroscience*: Routledge
- McCullick, B. A., & **Tomporowski, P. D.** (2017). The Physical Activity and Learning (PAL) program. In P. J. Schwanenflugel & P. D. Tomporowski (Eds.), *Physical Activity and Learning After School*. New York, NY: Guilford.
- Tomporowski, P. D., & McCullick, B. A.** (2017). The development of physical activity games: Theory and research overview. In P. J. Schwanenflugel & P. D. Tomporowski (Eds.), *Physical Activity and Learning After School*. New York, NY: Guilford.
- Lawson, H. A., **Tomporowski, P. D., & Pendleton, D. M.** (2014). New institutional designs to achieve better results for children. In R. Todaro (Ed.), *Physical education: Role of School Programs, Children's attitudes, and Health Implications* (pp. 51-73). Hauppauge, NY: Nova Science Publishers
- Tomporowski, P. D., Naglieri, J. A., Lambourne, K.** (2012). Exercise psychology and children's intelligence. In E. O. Acevedo (Ed.). *Oxford Handbook of Exercise Psychology* (pp. 409-429). New York: Oxford University Press.
- Tomporowski, P.D., Moore, R. D., & Davis, C. L.** (2011). Neurocognitive development in children and the role of sport participation. In F. M. Webbe (Ed.), *The handbook of sport neuropsychology* (pp. 357-382). New York: Springer Publishing.
- Tomporowski, P. D., McCullick, B. A., & Horvat, M.** (2010). The role of contextual interference and mental engagement on learning. In F. Edvardsen & H. Kulle (Eds.), *Educational games: Design, Learning, and Applications* (pp. 127-155). 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. Chodzko-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. Chodzko-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:**

##### **Under review/revision**

Booth, J. N., Mitchell, I. A., **Tomporowski, P. D.**, Boyle, J. M. E., & Reilly, J. J. (2019). Evaluation of a physical activity intervention for children with ADHD and reading difficulties. *Translational Journal of the American College of Sports Medicine*.

Weber Rawlins, M. L., Welch Bacon, C. E., **Tomporowski, P. D.**, Gay, J. L., Bierema, L., & Schmidt, J. D. (2019). Using the health belief model to predict concussion reporting intentions and behavior. *Annals of Behavioral Medicine*, In review.

Weber Rawlins, M. L., Welch Bacon, C. E., **Tomporowski, P. D.**, Gay, J. L., Bierema, L., & Schmidt, J. D. (2019). A qualitative analysis of concussion reporting behavior. *Journal of Athletic Training*. In review

##### **Journal articles: Accepted with revision**

Tomporowski, P. D., & Pendleton, D. M. (2019). Effects of two types of acute exercise on young adults' declarative memory. *Psychology of Sport and Exercise*.

##### **Journal articles: Accepted**

**Tomporowski, P. D.**, & McCullick, B. (2017). Physical activity, academic, and cognitive performance. *Elevate Health*. (Invited paper - Journal temporarily deactivated by the Trump administration)

Hofmeister, E., McCullick, B., **Tomporowski, P. D.**, & Schempp, P. (2019). Relationship between rank and instructor teaching technique in adult martial arts setting. *Martial Arts Studies*.

##### **Journal articles: Published - 2019**

**Tomporowski, P. D.**, & Pesce, C. (2019). Exercise, sports, and performance arts benefit

cognition via a common process. *Psychological Bulletin*, 145(9), 929-951. doi: 10.1037/bul0000200

#### **Journal articles: Published - 2018**

Daly-Smith, A., Zwolinsky, S., McKenna, J. J., **Tomporowski, P. D.**, Defeyter, M. A., & Manley, A. (2018). A systematic review of acute physically active learning and classroom movement breaks on children's physical activity, cognition, academic performance and classroom behavior; understanding critical design features. *British Journal of Sports Medicine*.

Saliasi, E., Van den Berg, V., Uijtdewilligen, L., De Groot, R. H. M., Jolles, J., Andersen, J. N., . . . Singh, A. S. (2018). Effects of physical activity interventions on cognitive and academic performance in children: A novel combination of a systematic review and recommendations from an expert panel. *British Journal of Sports Medicine*:10.1136/bjsports-2017-098136

**Tomporowski, P. D.**, & Pendleton, D. M. (2018). Effects of the timing of acute exercise and movement complexity on young adults' psychomotor learning *Journal of Sport & Exercise Psychology*, 40, 240-248. doi: 10.1123/jsep.2017-0289

#### **Journal articles: Published - 2017**

Cooper, S. L., & **Tomporowski, P. D.** (2017). Acute effects of exercise on attentional bias in normal and high anxious young adults. *Mental Health and Physical Activity*, 12, 62-72. doi: 10.1016/j.mhpa.2017.02.002

**Tomporowski, P. D.** (2017). Exercise and cognition - 2016. *Pediatric Exercise Science*, 29, 31-34. doi: 10.1123/pes.2017-0016 (Invited paper)

#### **Published -2016**

**Tomporowski, P. D.** (2016). Exercise and cognition. *Pediatric Exercise Science*, 28, 23-27.

Schmidt, J. D., Hoffman, N. L., Ranchet, M., Miller, S. L., **Tomporowski, P. D.**, Akinwuntan, A., & Devos, H. (2016). Driving after concussion: Is it safe to drive after symptoms resolve? *Journal of Neurotrauma*.

Martin, A., Booth, J. L., Young, D., Revie, M., Boyter, A. C., Johnston, B., . . . Reilly, J. J. (2016). Associations between obesity and cognition in the pre-school years. *Obesity*. 24(1), 207-214. DOI: 10.1002/oby.21329

**Tomporowski, P. D.**, Albrecht, C., & Pendleton, D. M. (2016). Effects of acute isometric exercise on explicit memory. *Research Quarterly for Exercise and Sport*, 10.1080/02701367.2016.1264567.

Pendleton, D. M., Sakalik, M. L., Moore, M. L., & **Tomporowski, P. D.** (2016). Mental engagement during cognitive and psychomotor tests: Effects of task type, processing demands, and practice *International Journal of Psychophysiology*. doi: 10.1016/j.ijpsycho.2016.08.012

Pesce, C., Croce, R., Ben-Soussan, T. D., Vazou, S., McCullick, B., **Tomporowski, P. D.**, & Horvat, M. (2016). Variability of practice as an interface between motor and cognitive development promotion. *International Journal of Sport and Exercise*

*Psychology*. doi: 10.1080/1612197X.2016.1223421

Donnelly, J. E., Hillman, C. H., Castelli, D., Etnier, J. L., Lee, S., **Tomporowski, P. D.**, . . . Szabo-Reed, N. (2016). Physical activity, cognitive function and academic achievement in children: American College of Sports Medicine Position Stand. *Medicine & Science in Sports & Exercise*, 48(6), 1197-1222.

Pesce, C., Leone, L., Motta, R. W., Marchetti, R., & **Tomporowski, P. D.** (2016). From efficacy to effectiveness of a 'whole child' initiative of physical activity promotion. *Translational Journal of the American College of Sports Medicine*. 1, 18-29.

Caciula, M. C., Horvat, M., **Tomporowski, P. D.**, & Nocera, J. R. (2016). The effects of exercise frequency on executive function in individuals with Parkinson's disease. *Mental Health and Physical Activity*, 10, 18-24.

Pesce, C., Masci, I., Marchetti, R., Vazou, S., Saakslahki, A., & **Tomporowski, P. D.** (2016). Deliberate play jointly benefits motor and cognitive development: direct and indirect effects of cognitive stimulation by movement. *Frontiers in Psychology*, 7(March), 349. doi: 10.3389/fpsyg.2016.00349

#### **Published -2015**

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#### **Convention/Conference**

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- Tomporowski, P. D.** (1989). Sustained attention and intelligence. *American Psychological Society convention*. Arlington, VA.
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- 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.
- Tomporowski, P. D.** (1988). Sustained attention in mentally retarded persons. *The International Association for the Scientific Study of Mental Deficiency*. Dublin, Ireland.
- Tomporowski, P. D.** (1986). Vigilance behavior research and its application to the United States Air Force. USAF Human Resource Laboratory, Brooks AFB, TX.
- 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.
- 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.

**Tomporowski, P. D.**, Buhre, T., & Traweek, J. (1982). Attitudes of American and Swedish Youth swimmers toward competitive sport. *Southeastern Psychological Association*. New Orleans, LA.

**Tomporowski, P. D.**, EVELSIZER, 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.

Watson, L. S., & **Tomporowski, P. D.** (1978). Effectiveness of two generalization procedures across three adaptive behavior levels. *Midwestern Association of Behavior Analysis*. Chicago, IL.

**Tomporowski, P. D.** (1978). Primary morphine reinforcement in the albino rat: A dose-effect Relationship. *Southeastern Psychological Association*. Atlanta, GA.

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### **Chapter reviews**

Etnier, J. L. (2016). Physical Activity, Physical Fitness, and Cognition. Oxford Research. Encyclopedia of Psychology.

### **Book reviews**

Henning Budde and Mirko Wegner, (Eds), *The Exercise Effect on Mental Health: Neurobiological Mechanisms*. Routledge

Lox, C. T., Martin, K., & Petruzzello, S. *The Psychology of Exercise*. (2005) Holcomb Hathaway, Publishers *An introduction to the human machine and movement performance*. (2005)

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### **Any other**

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

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## **Creative contributions other than formal publications**

Audio/Film

Great Courses (December,2011). *Exercise and the brain* (Audio). Chantilly, VA: Teachco.

**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.

## **Supervision of student research**

### **Dissertations**

#### **University of Georgia**

- **Ahmed Qazi, Ph. D.** (2019-) Chair
- **Carly Wender** (2019- ) Committee member (O'Conner, Chair)
- **Mika Manninen, Ph.D.** (2019) Doctoral committee member (S. Yli-Piipari, Chair)
- **Charles Lafe** (2019) Doctoral committee member (K. Newell, Chair)
- **Michelle Weber** (2019) Understanding factors that influence sport-related concussion reporting behavior Doctoral committee member (J. Schmidt, Chair)
- **Daniel Pendleton, Ph.D** - (2016-19). Effects of acute exercise on memory encoding
- **Stephanie Cooper, Ph.D.** (2014). Effects of Acute Exercise on Attentional Bias, Memory, and Affect (Committee Chair)
- **Manuela Barna, Ph.D.** (2014). The Effects of Exercise on the Cognitive and Physical Functions in Individuals with Idiopathic Parkinson's Disease (Committee Member)
- **Joel Seedman, Ph.D.** (2014) Comparison of Resistance Training Protocols and their Transient Effects on Muscle Function and Performance. (Committee Member)
- **Kathleen Carter, Ph.D.** (2013). The Effect of Taekwondo Training on Strength and Balance of young Adults with Down Syndrome. (Committee Member)
- **James Best, Ph.D.** (2011). The effects of acute forms of activity on children's attention. (Department of Psychology – UGA – Committee member)
- **Kate Lambourne, Ph.D., 2010.** The effects of acute exercise and caffeine on temporal generalization. (Committee Chair)
- **John Best, 2008**, The Relationship between Strategy Use on the CAS and Chronic Exercise, Department of Psychology, (Committee Member)
- **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**

- **Catlin Olive, 2019.** Masters committee member (B. McCullick, Chair)

- Thomas Novak, 2016.** The Role of Physiological Tremor in Isometric Force Control (Committee member)
- **Robert Davis Moore, 2010.** Effects of exercise-induced fatigue on cognitive function. (Committee Chair)
- Bryson May, 2008,** Balance demands and cognitive function. (Director)
- **Josh Rucci, 2008,** Effects of three types of kinematic feedback on the execution of the hang power clean. (Director)
- **James, Zagrodnik 2007,** Fundamental motor skill proficiency in normal weight and overweight children. (Director)
- Kathryn Beasman, 2005,** Effects of an acute bout of physical activity on specific cognitive processes. (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. (Director)
- **Lisa Hager, 1990,** The Effects of a Complex Task on the Sustained Attention of ADHD Children. (Director)
- **Alys Hayden, 1988,** The Effects of a Shift in Background Rate on the Vigilance Performance of the Mentally Retarded (Director)

### **Examination Committees**

Stephanie Cooper, 2013 Doctoral Examination Committee  
 Michelle Okumura, 2013 Doctoral Examination Committee  
 Joel Seedman, 2013 Doctoral Examination Committee  
 Manuela Barna, 2012 Doctoral Examination Committee  
 Kathleen Carter 2012 Doctoral Examination Committee  
 Rachel Zgrabik, 2010 Masters Comprehensive Examination Committee  
 Lucy Walsh, 2010 Masters Comprehensive Examination Committee  
 Kathryn McInvale, 2010 Masters Comprehensive Examination Committee  
 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**

Amy Cotton (2013-2014)  
 Megan Clark (2006-2007)

Chelesa Albrecht (2004-2005)  
Elizabeth Siwy (2005)  
Mike Wentzel (2005)