

Ro Di Brezzo

**Vice Provost for Faculty Development and Enhancement
Office of the Provost and Vice Chancellor for Academic Affairs
University of Arkansas
Fayetteville, AR 72701
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Education

- Ph.D. Texas Woman's University, Denton
Exercise Science, Biomechanics
- M.S. Indiana University, Bloomington
Adapted Physical Education
- B.S. Brooklyn College, C.U.N.Y.
Physical Education, Minor Health

Administrative Experience

- 2013-Present Vice Provost for Faculty Development and Enhancement
- 2012- 2013 Vice Provost of Academic Affairs
2011-2012 Interim Vice Provost of Academic Affairs
Responsibilities:
Associate Deans Group
Teaching and Faculty Support Center
Coordination with ADHE
Implementation of academic honesty policy
Faculty development
Coordination of University Perspectives (mandatory freshman class)
- 2000-2001 Interim Department Head (HKRD)
Responsibilities:
Faculty hiring and evaluations
Budget and development
Oversight of all curriculum revisions
- 1999-Present Co Director for Office for Studies on Aging
Responsibilities:
Set research agenda
Coordinated development efforts
Developed (with others) Certificate in Gerontology
- 1998- 2012 Director, Human Performance Lab
Responsibilities:
Administer the usage of laboratory facilities
Budget and supervision of personnel
Oversee all research protocols
Collaborate with area agencies, hospitals, corporations and allied affiliates
Pursue funding opportunities for the lab and faculty personnel
Coordinate the preparation of the lab strategic plan
- 1989- 1992 Program Coordinator, Kinesiology

Responsibilities:

Schedule classes
Facilitate curriculum changes and reviews
Budget and development
Articulate the vision and goals of faculty

Academic Experience

2013- Present	Vice Provost for Faculty Development and Enhancement- University of Arkansas, Fayetteville
2012- 2013	Vice Provost of Academic Affairs – University of Arkansas, Fayetteville
2012	Fellow in the American College of Sports Medicine
2011 - 2012	Interim Vice Provost of Academic Affairs
2006 – Present	University Professor, Kinesiology – University of Arkansas, Fayetteville
2000 – 2001	Interim Department Head – Health Science, Kinesiology, Recreation and Dance – University of Arkansas, Fayetteville
1999 – Present	Co Director, Office for Studies on Aging – University of Arkansas, Fayetteville
1998 – 2012	Director, Human Performance Laboratory – University of Arkansas, Fayetteville
1993 – 2006	Professor, Kinesiology – University of Arkansas, Fayetteville
1992 – 1998	Co-Founder & Co-Director, Teaching and Faculty Support Center – University of Arkansas, Fayetteville
1991	Chancellor's Lecturer - University of Arkansas, Fayetteville
1988 – 1993	Associate Professor, Kinesiology - University of Arkansas, Fayetteville
1989 – 1991	Program Chair, Kinesiology - University of Arkansas, Fayetteville
1983 – 1988	Assistant Professor, Physical Education – University of Arkansas, Fayetteville

Previous experiences available upon request

Professional Memberships

American College of Sport Medicine
American Alliance for Health, Physical Education, Recreation and Dance
Arkansas Association for Health, Physical Education, Recreation and Dance
AAHPERD Research Consortium
International Society of Biomechanics in Sports
Sigma Xi Research Fraternity
National Strength and Conditioning Association

Southern Academy for Women in Physical Activity, Sport, and Health (SAWPASH)
Research Council of Southern District, AAHPERD
Melpomene Institute

Honors and Awards

- 2011 Outstanding Mentor Award- University of Arkansas Office of Nationally Competitive Awards
- 2008 Academic Excellence Award- Athletics Department, University of Arkansas
- 2004 Faculty Teacher Appreciation Award – Associated Student Government and Alumni Board, University of Arkansas
- 2002 Outstanding Service Award – College of Education and Health Professions, University of Arkansas
- 2002 Outstanding Research Award – Southern Academy for Women in Physical Activity, Sport and Health
- 1999 Baum Faculty Outstanding Teaching Award – University of Arkansas
- 1998 Outstanding Teaching Award – College of Education and Health Professions, University of Arkansas
- 1998 Outstanding Teaching Award – Department of Health Science, Kinesiology, Recreation and Dance
- 1997 Outstanding Research Award – Southern Academy for Women in Physical Activity, Sport and Health
- 1993 Award of Excellence, Member – University of Arkansas Teaching Academy
- 1990 Outstanding Research Award – College of Education, University of Arkansas
- 1988 Research Award – Southern Association of Physical Education for College Women
- 1988 Outstanding Service Award – College of Education, University of Arkansas
- 1985 Outstanding Teacher Award – College of Education, University of Arkansas
- 1982 Outstanding Young Women of America
- 1976 Indiana High School Athletic Association Award
- 1975 Fort Wayne Sport Hall of Fame

Publications

- Kaume, L., Gur, E., Di Brezzo, R., Howard, L., Devareddy, L. (2014). Antioxidant-rich berries exert modest bone protective effects in postmenopausal smokers without biomarkers of bone metabolism. *Journal of Functional Foods*, (9), 202-210.
- Glave, A. P., Di Brezzo, R., Applegate, D. K., & Olson, J. M. (2014). The effects of obesity classification method on select kinematic gait variables in adult females. *Journal of Sports Medicine and Physical Fitness. Journal of Physical Education and Sport*, 54(2), 197-202.
- Binns, A., Gray, M., Di Brezzo, R. (2014). Thermic effects of food, exercise, and total energy expenditure in active females. *Journal of Science and Medicine in Sport*, doi:10.1016/j.jsams.2014.01.008
- Glave, A. P., Di Brezzo, R., Applegate, D. K., & Olson, J.M. (2013). The effects of weight and activity on select kinematic gait variables in adult females. *Journal of Physical Education and Sport*, 13(4), 471-478. doi: 10.7752/jpes.2013.04075
- Gray, M., Di Brezzo, R., & Fort, I.L. (2013). The effects of power and resistance training among premenopausal women. *Journal of Sports Medicine and Physical Fitness*. 53(4),428-436.
- Glenn, J, Cook, I., Di Brezzo, R., Gray, M. (2013). Comparison of the Shake Weight modality exercises when compared to traditional dumbbells. *Journal of Sports and Science and Medicine*, 11,703-708.
- Gray, M., Powers, M., DiBrezzo, R., Shadden, B.B., Fort, I., Henry, J., & Ferguson, A. (2013). Selected parameters of health and stress among informal caregivers. *The Gerontologist*, 53 (S1), 478.
- Di Brezzo, R., Glave, A.P., Gray, M., & Lirgg, C.D. (2012). Comparison of a PE4LIFE curriculum to a traditional physical education curriculum. *Journal of Physical Education & Sport*, 12(3), 245-252.
- Glave, A. P., Olson, J., Applegate, D., & DiBrezzo, R. (2012). The Effects of 2 Different Arm Positions and Weight Status on Select Kinematic Variables During the Bodyweight Squat. *The Journal of Strength & Conditioning Research*, 26(11),3148-3154.doi: 10.1519/JSC.1510b1013e318243fefb
- Gray, M., Shadden, B.B., Powers, M., & Di Brezzo, R. (2012). Collaborating with exercise science: Helping older adults maintain cognition and communication. In Goldfarb, R.M. (Ed.), *Translational SLP and Audiology* (pp. 121-127). San Diego, CA: Plural Publishing.
- Glave, A.P., Applegate, D.K., Olson, J.M., & Di Brezzo, R. (2011). The effects of activity level and weight status on walking velocity in college-aged females: A pilot study. *Arkansas Journal of Health and Physical Education*, 46 (1), 35-42.
- Baghurst, T., Di Brezzo, R., Fort, I. (2011). Training for peak performance and reduced injury in female athletes: Appropriate use of weight training and plyometirrcs. *Arkansas Journal of Health Physical Education and recreation*, (14)1-6.
- Lirgg, C.D., Di Brezzo, R., Gray, M., & Esslinger, T. (2011). The effect of climbing wall use on the grip strength of fourth-grade students. *Research Quarterly for Exercise and Sport*, 82(2), 350-354.

- Di Brezzo, R., Glave, A., Fort, I. (2009). Men play women work. *The Journal of Physical Education, Recreation and Dance* 80(9): 11-21.
- Leszczak, T., Di Brezzo, R. (2009) Balance measures using the Biodex Balance System in physically active and non-active women. *Arkansas Journal of Health and Physical Education* 44, (1)25-29.
- Turner, L., Hunt, S., Di Brezzo, R., Jones, C. (2009). Design and Implementation of an Osteoporosis Prevention Program Using the Health Belief Model. In: *Introduction to Health Behavior Theory*. Sudbury, MA: Jones and Bartlett Publishers.
- Oliver, G., Di Brezzo, R. (2009). Functional balance training in collegiate women athletes. *Journal of Strength and Conditioning Research* 23(7): 2124-2129.
- Powers, M., Gray, M., Shadden, B.B., & Di Brezzo, R. (2007). Mood and memory changes following exercise in older adults. *The Gerontologist*, 47 (Special Issue II), 615.
- Di Brezzo, R., & Fort, I. (2006). Biomechanics. In: *Berkshire Encyclopedia of World Sport*. Great Barrington, MA: Berkshire Publishing Group.
- Di Brezzo, R., Fort, I., Gray, M. (2006). Effects of varying exercise programs on bone mineral density and muscular strength for untrained older women. *Research Quarterly for Exercise and Sport*, 77(1), A-92 Supplement.
- Di Brezzo, R., Gray, M., & Powers, M. (2005). Healthy knees for active women. In: Ransdell, L., & Petlichkoff L. (Eds), *Ensuring the health of active and athletic girls and women*. Reston, VA: AAHPERD Publications.
- Fort, I., & Di Brezzo, R. (2005). Who wants to be a millionaire? A tool for review (and fun). In: Rhiner, M., Turner, L. W., & Hedley, M., *Instructors manual for Whitney and Rolfes's Understanding Nutrition (10th ed.)*. Belmont, CA: Thompson Wadsworth.
- Shadden, B., Powers, M., & Di Brezzo, R. (2005). Working caregivers: Defining the burden of resource utilization. *College and University Personnel Association for Higher Education Journal*. 55(2), 21-29.
- Di Brezzo, R., Shadden, B., Raybon, B., & Powers, M. (2005). Exercise intervention designed to improve strength and dynamic balance among community-dwelling older adults. *Journal of Physical Activity and Aging*, 13, 198-209.
- Shadden, B., Di Brezzo, R., & Fort, I. (2004). Impact of caregiving on employee health: Gender and work classification as factors. *The Southwest Journal on Aging*, 19, 13-23.
- Di Brezzo, R., & Brunen, K. (2004). Relationship between quadriceps/hamstring strength ratio and explosive power in collegiate female gymnasts. *Arkansas Journal*, 39(1), 11-16.
- Turner, L., Di Brezzo, R., Hunt, S., & Jones, C. (2004). Design and implementation of an osteoporosis prevention program using the health belief model. *American Journal of Health Studies*, 19(3), 115-121.
- Di Brezzo, R. (2003). Using humor in the classroom. *Arkansas Journal*, 38(1), 16-18.
- Balkin, R., & Di Brezzo, R. (2003). Self efficacy: Gender differences in sport. *Arkansas Journal*, 38(1), 38-42.

- Bass, M., Enochs, W., & Di Brezzo, R. (2002). Comparison of two exercise programs on general well-being of college students. *Psychological Reports, 91*, 1193-1201.
- Di Brezzo, R., Fort, I. L., & Hoyt, G. L., III. (2002). Frequency of training on strength development in women, 40-65 years of age. *Women in Sport and Physical Activity Journal, 11*(1) 49-63.
- Di Brezzo, R., & Fort, I. L. (2001). Biomechanics. *International Encyclopedia of Women and Sport, 1*, 135-139.
- Di Brezzo, R., Fort, I. L., Swearingin, B. L., & Ferguson, R. (2001). A comparison of concentric and eccentric resistive strength exercises on women 30 to 50 years of age. *Arkansas Journal, 36*(1), 35-40.
- Ford, A., Turner, L., Di Brezzo., R., & Hong-Kwan, C. (2001). Bone densitometry in assessment of bone mineral density. *Journal of The Arkansas Medical Society, 98*(3), 86-88.
- Di Brezzo, R., & Oliver, G. (2000). ACL injuries in active girls and women. *Journal of Physical Education, Recreation and Dance, 71*(6), 24-28.
- Turner, L. W., Fitch-Hilgenberg, M., Di Brezzo, R., & Bleeker, J. (2000). Enhancing the quality of later years: Nutrition and aging. *The Health Education Monograph Series 2000, 18*(2), 44-50.
- Di Brezzo, R., Fort, I. L., & Hogan, B. (2000). Q-angle as a predictor of performance in Division I college football players. *Arkansas Journal, 35*(1), 40-45.
- Di Brezzo, R., & Fort, I. L. (2000). To lift or not to lift: Resistive exercise for mature women. *Proceedings of the Southern Academy of Women in Physical Activity, Sport, and Health, 64*, 40-43.
- Turner, L. W., Perry, B., Fort, I. L., & Di Brezzo, R. (1999). Arkansas women and osteoporosis: Informed but still at risk. *The Journal of the Arkansas Medical Society, 95*(11), 493-494.
- Fort, I., & Di Brezzo, R. (1999). Menstrual cycle alterations with aging. *Journal of Health Studies: Women's Health Special Issue, 15*(1), 41-46.
- Ang, S., Di Brezzo, R., Thomas, S., & Brazil, S. (1998). *Nutrition/exercise: A simple approach to health and exercise*. Fayetteville, AR: SVT Publishing.
- Turner, L., Leaver-Dunn, D., Di Brezzo, R., & Fort, I. (1998). Physical activity and osteoporotic fracture among older women. *Journal of Athletic Training, 33*(3), 207-210.
- Di Brezzo, R., Fort, I. L., & Hall, K. (1996). Q-angle: The relationship with selected dynamic performance variables in women. *Clinical Kinesiology, 50*(3), 65-71.
- Di Brezzo, R., & Fort, I. L. (1996). The race for promotion and tenure: Sprint or marathon? *Proceedings of the Southern Association for Physical Education of College Women, 60*, 33-40.
- Fort, I. L., & Di Brezzo, R. (1996). The influence of state and trait anxiety on perceived exertion of a 30-minute treadmill run. In: J. H. Humphrey (Ed.), *Human Stress: Current Selected Research, Volume 5*. New York: AMS Press, Inc., pp. 135-145.

- Di Brezzo, R., Fort, I. L., Boorman, M., Oglesby, B., & Hall, K. (1994). Dynamic strength and perceived exertion in active and sedentary women throughout the menstrual cycle. *Clinical Kinesiology*, 47(4) 84-89.
- Lirgg, C., Di Brezzo, R., & Smith, A. (1994). Influence of gender of coach on perceptions of basketball and coaching self-efficacy and aspirations of high school female basketball players. *Journal of Women in Sport and Activity*, 3(1), 1-14.
- Fort, I. L., Di Brezzo, R., & Forbess, J. (1993). Activity level and menstrual cycle function. *Melpomene Journal*, 12(2), 18-20.
- Di Brezzo, R., & Fort, I. L. (1993). Principles related to training and performance. In: B. Schultz (Ed.), *The high school female athlete*. Reston, VA: AAHPERD Publications, pp. 23-41.
- Di Brezzo, R. (1993). Being professional . . . how does research fit into the formula? *Journal for Physical Education, Recreation and Dance*, 64(7), 48-49.
- Di Brezzo, R. (Editor). (1992). *Southern Association for Physical Education of College Women Proceedings*.
- Di Brezzo, R. (1992). Women's voices: The perspective of the researchers. *Southern Association for Physical Education of College Women Proceedings*, pp. 92-95.
- Di Brezzo, R., & Fort, I. L. (1991). Survey of physical activity and menstrual function. *Southern Association for Physical Education of College Women Proceedings*, 94-105.
- Shadden, B., Burnette, R., & Di Brezzo, R. (1991). All discourse tasks are not created equal. *Clinical Aphasiology*, 20, 327-342.
- Di Brezzo, R., Fort, I., & Brown, B. (1991). Relationships among strength, endurance, weight and body fat during three phases of the menstrual cycle. *Journal of Sports Medicine and Physical Fitness*, 31(1), 89-94.
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- Woolfolk, K., Brown, B., Stuckey, J., Di Brezzo, R., Gorman, D., Fort, I., & Yalowitz, S. (1990). Changes in explosive power following strength, power, plyometric, and task specific training. *Proceedings, National Strength and Conditioning Association Conference*.
- Di Brezzo, R., & Fort, I. L. (1990). Survey on Women and Physical Activity. *Melpomene Journal*, 9(3), 15.
- Di Brezzo, R., & Fort, I. L. (1990). Dynamic upper body strength in female athletes versus untrained females. *Clinical Kinesiology*, 44(2), 48-52.
- Fort, I. L., & Di Brezzo, R. (1990). Nutritional strategies for women participating in competitive and recreational sports. *ERIC Clearinghouse on Teacher Education*. American Association of Colleges of Teacher Education, ED 316 531, 27 pp.
- Di Brezzo, R., Fort, I., & Ramsdale, S. (1989). A comparative view of body image and eating disorders in college women athletes versus nonathletes. *Arkansas Journal*, 24, 7-10.

- Brown, B. S., Di Brezzo, R., Fort, I., & Gorman, D. (1989). Mojump! *Coaching Women's Basketball*, 2(4), 24-26.
- Brown, B. S., Di Brezzo, R., Fort, I., & Gorman, D. (1989). Mojump! *Coaching Volleyball*, 2(5), 28-29.
- Di Brezzo, R., & Fort, I. (1989). 1988 SAPECW Research Award Recipients' Study: Dynamic strength and work variations during three stages of the menstrual cycle. *Proceedings, Southern Association for Physical Education of College Women*, 53, 7 pp.
- Di Brezzo, R., & Fort, I. (1989). The risks of getting older and the revelation of getting better. *Proceedings, Southern Association for Physical Education of College Women*, 53, 6 pp.
- Di Brezzo, R., Fort, I., & Brown, B. (1988). Dynamic strength and work variations during three stages of the menstrual cycle. *Journal of Orthopaedic and Sports Physical Therapy*, 10(4), 113-116.
- Di Brezzo, R., Fort, I., & Diana, R. (1988). The effects of a modified plyometrics program on jr. high female basketball players. *Journal of Applied Research in Coaching and Athletics*, 3(3), 172-181.
- Di Brezzo, R. (1988). A matter of balance: Muscle stretch vs. muscle strength. *The Reporter: Journal of the New Jersey Association for Health, Physical Education, Recreation and Dance*, 61(2), 11-12.
- Brown, B., Gorman, D., Di Brezzo, R., & Fort, I. (1988). Anaerobic power changes following dynamic, static and functional overload training. *Journal of Applied Sports Science Research*, 2(2), 35-38.
- Di Brezzo, R., & Hughes, H. (1988). The abused and neglected child: Strategies for the teacher. *Journal for Physical Education, Recreation and Dance*, 59(1), 22-24.
- Di Brezzo, R., & Fort, I. (1987). Strength norms for the knee in women 25 years and older. *Journal of Applied Sports Science Research*, 1(3), 45-47.
- Fort, I., & Di Brezzo, R. (1987). A comparison of three weight training programs for women for reduction of body weight, body fat, and girth measurements. *Arkansas Journal*, 22, 16-18.
- Di Brezzo, R., Fort, I., Brown, B., & Gorman, D. (1987). Correlations of body fat, body weight and strength for women 25 and older. *American Corrective Therapy Journal*, 41(3), 69-72.
- Di Brezzo, R., & Hughes, H. (1987). Physical and emotional abuse and motor development: A program for health and physical educators. *Arkansas Journal for Health, Physical Education, Recreation and Dance*, 21, 7-8.
- Di Brezzo, R., Brown, B., Young, M., & Gorman, D. (1986). Evaluation of the perceived importance of the Ph.D. in physical education. *The Physical Educator*, 43(3), 159-161.
- Gorman, D., Brown, B., & Di Brezzo, R. (1985). Necessary competencies for corporate wellness professionals. *Resources in Education*, Fall.
- Brown, B., Gorman, D., & Di Brezzo, R. (1985). The analysis of body composition. *Journal of Clinical Computing*, XIV (1), 1-10.

- Di Brezzo, R. Gench, B., Hinson, M., & King, J. (1985). Peak torque values of the knee extensor and flexor muscles of females. *The Journal of Orthopaedics & Sports Physical Therapy*, 7(2), 65-68.
- Brown, B., Gorman, D., & Di Brezzo, R. (1984). Visual feedback and strength improvement. *National Strength and Conditioning Association Journal*, 24, 71-77.
- Brown, B., Gorman, D., & Di Brezzo, R. (1984). Prolonged maximum voluntary exertion with and without feedback. *Medicine and Science in Sports and Exercise*, 16(2), 145.

Abstracts

- Glenn, J.M., Cook, I., Di Brezzo, R., Gray, M., & Vincenzo, J.L. (2012). Comparison of the Shake Weight modality exercises when compared to traditional dumbbells. Annual Meeting of the Central States Chapter of the American College of Sports Medicine, Columbia, MO.
- Cronan, P., Holland, M., Di Brezzo, R. (2012). Teachable Moments; Using Freshman Attitudes and Perceptions as a Potential Cultural Influence. *International Center for Academic Integrity 20th Anniversary Conference. Conference Proceedings.*
- Gray, M., Powers, M., & Di Brezzo, D. (2012). Predicting muscular power from common assessments of functional fitness among older adults. Aging in Society Conference, Vancouver, BC.
- Olson, J., Binns, A., Bliss, J., Swyden, A., Gray, M., & Di Brezzo, R. (2012). Impact of instructor cues on changes in cycling form during a spin class. *Medicine and Science in Sports and Exercise.*
- Shadden, B., Di Brezzo, R., Fort, I., Henry, J. (2012). How Certified Nursing Assistants in Different LTC Facilities Frame Their Work as Meaningful. The Gerontological Society of America.
- Gray, M., Glave, A.P., Applegate, D.K., Powers, M., & Di Brezzo, R. (2011). Incidence of Sarcopenia among premenopausal women. *Medicine & Science in Sports & Exercise*, 43 (5), S205.
- Leszczak, T.J. & Di Brezzo, R. (2011) Improving measures of function using an inexpensive high velocity training program. *Medicine & Science in Sports & Exercise*, 43 (5), S355.
- Olson, J.M., Applegate, D.K., & Di Brezzo, R. (2011). Predicting perceived mental and physical health from stress and fitness in university administrators: A pilot study. *Medicine & Science in Sports & Exercise*, 43 (5), S433.
- Glave, A.P., Di Brezzo, R., Applegate, D.K., & Olson, J.M. (2011). The effects of weight and activity on select kinematic variables during walking in adult females. *Medicine & Science in Sports & Exercise*, 43 (5), S476.
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- Glave, A.P., Olson, J.M., Applegate, D.K., & DiBrezzo, R. (2010) The Effects of 2 Different Arm Positions on Maximum Trunk Flexion in the Bodyweight Squat, *International Journal of Exercise Science: Conference Abstract Submissions: 4(1), Article 13*.
- Di Brezzo, R., Glave, A. P., Leszczak, T. J., Applegate, D. K., & Olson, J. M. (2010). A longitudinal analysis of postural sway in broiler chickens. *Medicine & Science in Sports & Exercise*, 42(5), S346.
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- Brown, J.L., Buss, B.L., Bushong, J.R., and Di Brezzo, R. (2009). Wholesome HAWGs: A low eight-week weight-loss based work-site employee wellness program. *Proceedings, Central States ACSM*.
- Brown, J.L., and Di Brezzo, R. (2008). RazorSharp nutritional counseling: Providing nutritional education for University of Arkansas athletes. *Proceedings, Central States ACSM*.
- Henry, J., Shadden, B., Di Brezzo, R. (2009). An examination of salivary cortisol sampling protocol for assessing impact of stress on caregivers. *The Gerontological Society of America*.
- Brown, J.L., Di Brezzo, R. (2009). Razorsharp nutritional counseling: Why athletes need nutritional counseling and guidance. *Journal of the American Dietetic Association*, 109 (9), A-96.
- Di Brezzo, R., Shadden, B., Glave, P., Powers, M., & Gray, M. (2009). Caregiving and perceptions of health. *Medicine and Science in Sports and Exercise*. 41 (5), 2767.
- Di Brezzo, R., Fort, I., Glave, A.P., & Acuff, M. (2008). The Effects of a 12-week exercise program on functional strength, fitness, and memory. *ACSM Central States Procedures*, 47.
- Leszczak, T., Di Brezzo, R. (2008). Balance measures using the biodex balance system in physically active and non-active women. *ACSM Central States Procedures*, 31
- Buss, B., Fort, I., Di Brezzo, R., Baghurst, T. (2008). Home and away: Nutrient intake in female collegiate division 1 athletes. *ACSM Central States Procedures*, 19
- Gray, M., Di Brezzo, R., Shadden, B., Fort, I. (2008). Comparison of methods to assess abdominal adiposity. *Research Quarterly for Exercise and Sport: Research Consortium Abstracts Supplement*, 79(1), A-15.
- Gray, M. Di Brezzo, R., Fort, I., Lirgg, C., Riggs, C., Shadden, B. (2008). Effect of power and resistance training on bone mineral density. *Research Quarterly for Exercise and Sport: Research Consortium Abstracts Supplement*, 70 (1), A- 22.
- Gray, M., Di Brezzo, R. (2007). Relationship Between Muscular Power and Bone Mineral Density. *Medicine & Science in Sports & Exercise*. 39(5) Supplement: S66.
- Di Brezzo, R., Mayhew, J., Piper, F., Ball, T. (2007). Comparison of Factors Contributing to anaerobic power in overweight and underweight college men and women. *Medicine and Science in Sports and Exercise*.39 (5) S355.

- Powers, M., Fort, I., Di Brezzo, R., Shadden, B., Turner, R., Calleja, P., Riggs, C. (2007). Body Composition and Fitness Correlates of Bone Mineral Content Among Elderly Women. *Medicine and Science in Sports and Exercise*.39 (5) S41.
- Gray, M., Di Brezzo, R. (2007). Relationship between muscular power and bone mineral density. *Medicine and Science in Sports and Exercise*.39 (5), S66.
- Powers, M., Di Brezzo, R., Shadden, B.B., & Gray, M. (2006). The impact of three modes of exercise on perceived health status, *The Gerontologist*, 46 (Special Issue 1), 446.
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- Di Brezzo, R., Fort, I., & Gray, M. (2006). Effects of varying exercise programs on bone mineral density and muscular strength for untrained older women. AAHPERD National Convention, Salt Lake City, UT.
- Lirgg, C.D., Di Brezzo, R., & Gray, M. (2006). Effects of climbing wall use on grip strength of fourth grade students. AAHPERD National Convention, Salt Lake City, UT
- Powers, M., Gray, M., & Di Brezzo, R. (2005). The impact of caregiving on salivary cortisol levels. *Proceedings, Central States ACSM*.
- Di Brezzo, R., Fort, I., & Gray, M. (2005). The impact of obesity on health-related quality of life among middle-aged women. *Research Council, Southern District AAHPERD*.
- Powers, M., Fort, I., & DiBrezzo, R. (2004). Body composition assessment in aging women. *The Gerontologist*, 44 (1), 413.
- Powers, M., Shadden, B., & Di Brezzo, R. (2004). Service needs and utilization of employed caregivers. *The Gerontologist*, 44 (1), 651-652.
- Di Brezzo, R., Shadden, B., & Powers, M. (2004). Exercise intervention in rural senior centers to improve strength and balance among community-dwelling older adults. *The Gerontologist*, 44 (1), 458-459.
- Shadden, B., & Di Brezzo, R. (2003). Measurement issues in predicting participation and outcomes in senior exercise programs. *The 10th Measurement and Evaluation Symposium: Measurement Issues and Challenges in Aging Research Proceedings*. University of Illinois Urbana-Champaign, IL.
- Cazar, E., Gray, M., Di Brezzo, R., & Fort, I. (2003). The effects of exercise on body composition and bone mineral density among middle-aged women. *Central States ACSM Proceedings*. Kansas City, MO.
- Brown, B., Gorman, D., Di Brezzo, R., Fort, I. & Chow, H. (2003). Variability in explosive power and effects of stature during the aging process. *Proceedings of the American College of Sport Medicine Annual Meeting*.

- Nelson, A., Di Brezzo, R., Fort, I. L., & Morgan, T. (2000). The impact of resistance exercise programs on self-efficacy in adult women. *Research Quarterly for Exercise and Sport*, 71(1), Supplement, A-31.
- Di Brezzo, R., Fort, I., & Hogan, B. (1998). Q-angle as a predictor of performance in Division I college football players. *Research Council Proceedings, Southern District AAHPERD Convention; Convention Abstracts*, p. 40.
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- Di Brezzo, R., & Fort, I. (1995). The race for promotion and tenure: Sprint or marathon? *Southern Association for Physical Education of College Women Proceedings*.
- Fort, I. L., Di Brezzo, R., Hall, K., & Flocks, C. J. (1994). Exercise patterns and activity/fitness satisfaction in women, ages 30-52. *Research Council Proceedings, Southern District AAHPERD Convention: Conference Abstracts*, p. 31.
- Fort, I. L., Di Brezzo, R., & Boorman, M. L. (1993). Cardiovascular response and perceived exertion in active and sedentary women during the menstrual cycle. *Southern Association for Physical Education of College Women Proceedings*.
- Fort, I., & Di Brezzo, R. (1992). A profile of women participating in a quarter-, half-, and full marathon. *Southern Association for Physical Education of College Women Proceedings*, 116.
- Di Brezzo, R., Fort, I. L., Boorman, M., & Oglesby, B. (1991). Dynamic strength and perceived exertion in active and sedentary women throughout the menstrual cycle. *Abstracts: Research Papers 1991 AAHPERD Convention*. Reston, VA: AAHPERD, p. 272.
- Fort, I. L., & Di Brezzo, R. (1990). Nutritional strategies for women participating in competitive and recreational sports. *Resources in Education*, SP 032 086, July.
- Fort, I. L., & Di Brezzo, R. (1989). The influence of state and trait anxiety on perceived exertion of a 30-minute treadmill run. *Abstracts: Research Papers 1989 AAHPERD Convention. American Alliance for Health, Physical Education, Recreation and Dance*, Boston, p. 184.
- Di Brezzo, R., Fort, I. L., & Boorman, M. (1989). A comparison of peak torque values and endurance ratios of the elbow extensors and flexors in trained versus untrained college females. *Research Council Proceedings, Southern District, AAHPERD, Chattanooga*, p. 70.
- Fort, I., & Di Brezzo, R. (1988). Aerobic threshold: Differences in perceived exertion and speed based on activity level. *Research Abstracts. Central States Chapter, American College of Sports Medicine*, Tulsa.
- Riggs, C., Di Brezzo, R., White, M., & Diana, R. (1988). Effects of three weight training regimens on strength development in college females. *Research Council Proceedings, Southern District, AAHPERD, Annual Meeting*, Little Rock, AR.
- Di Brezzo, R., & Fort, I. L. (1988). Variations in work and dynamic strength during the menstrual cycle. *Abstracts: Research Papers 1988 AAHPERD Convention. American Alliance for Health, Physical Education, Recreation and Dance.*, Kansas City, p. 259.

- Gorman, D., Zody, J., Brown, B., & Di Brezzo, R. (1987). Multivariate relationships of IQ with motor performance in children referred to a diagnostic motor development clinic. *Proceedings, Sixth International Symposium on Adapted Physical Activity*. Brisbane, Australia, p. 28.
- Di Brezzo, R. Fort, I., Brown. B., & Gorman, D. (1987). Correlations between percent body fat, body weight and peak torque values of the knee extensors and flexors in women over 25. *Research Council Proceedings, Southern District, AAHPERD*, Birmingham.
- Gorman, D., Brown, B., & Di Brezzo, R. (1986). Necessary competencies for corporate wellness professionals. *Resources in Education*, February.
- Brown, B., Di Brezzo, R., & Gorman, D. (1985). Anaerobic power changes following dynamic, static, and functional overload training. *Proceedings of the 1985 Alaskan Sports Medicine and Recreation Conference*. Anchorage, AK.
- Brown, B., Gorman, D., & Di Brezzo, R. (1984). Hydrostatic assessment of body composition among young female gymnasts and its prediction from generalized skinfold equations. *American College of Sports Medicine Central States Chapter Research Abstract Book*, October.
- Di Brezzo, R. (1984). Peak torque values of the knee extensor and flexor muscles of females. *Research Council Proceedings, Southern District of AAHPERD, Annual Meeting*, Biloxi, MS.

Non-Refereed Publications

- Di Brezzo, R. (2003). Make it a habit: Regular exercise promotes mobility, independence. *AgingWELL*, 1, 12.
- Di Brezzo, R. (2001). 9 tips for actively aging. *Health scene: Journal of Wellness and Good Health Care*, February, 11.
- Di Brezzo, R. (2001). Don't just sit there. You can start exercising at any age (Interview). *Prevention Magazine*, February, 2001.
- Di Brezzo, R. (2000). Active Aging. *Department of Science and Technology Journal*.
- Di Brezzo, R., & Oglesby, B. (1990). Strength training for women. *Dance Exercise*, April.
- Di Brezzo, R. (1990). The right amount of weight. *IDEA Today*, March, 89-90.
- Di Brezzo, R. (1988). Physical gains through plyometric training. *Coaches' Council Newsletter, Affiliated National Coaches Council of NAGWS*, 2(3), 3.
- Di Brezzo, R. (1988). Circuit training and interval training. *Dance Exercise*, July.
- Di Brezzo, R. (1984). Partner power. *Shape Magazine*, 4(4), 36-42, December.

Grants

- Feistner, S., Di Brezzo, R. (2012). Impact of high velocity and eccentric resistance training programs on strength, body composition, and functional measures in community dwelling older adults. Arkansas Department of Higher Education (SURF) \$3,450.
- Cook, I., Di Brezzo, R. (2011). The effects of multiple joint and single joint resistive exercise on athletic performance variables. Arkansas Department of Higher Education (SURF). \$3,080.
- Smith, L., Di Brezzo, R. (2010). Intervention techniques to increase female soccer players speed, leg strength and core stability. Honors College University of Arkansas. \$2,650.
- Di Brezzo, R., Applegate, P. (2009). Longitudinal Force Distribution Analysis of Two Lines of Broilers. Cobb- Vantress, Inc. \$ 51,075.
- Di Brezzo, R., Applegate, P. (2008). Analysis of Force Distribution in Two Breeds of Broilers. Cobb-Vantress, Inc. \$47,570.
- Devareddy, L., Di Brezzo, R. (2008-11). Role of Anti-Oxidants Rich Berries in Prevention of Bone Loss in Postmenopausal Women. Arkansas Bioscience Institute Little Rock AR. \$120,000. (\$45,000 for first year)
- Di Brezzo, R., Shadden, B. (2007) Caregiving; Care for the Giver. Women's Giving Circle, University of Arkansas, Fayetteville, AR. \$10,500.
- Di Brezzo, R. (2006-7). RazorFIT, University of Arkansas Employee Wellness Program, Fayetteville, AR. \$80,435
- Di Brezzo, R., Gray, M. (2006-8). The Evaluation of traditional vs. Alternative Physical Education Programs. PE4LIFE, Kansas City MO. \$64,700
- Di Brezzo, R., Gray, M. (2006). Analysis of Selected Kinematic Variables in Two Breeds of Broilers. Cobb Vantress, Siloam Springs, AR. \$29,724
- Di Brezzo, R., Shadden, B. (2006). Salivary Cortisol as a Biomarker of the Stress of Managing Employment and Caregiving. Arkansas Bioscience Institute, Little Rock AR. \$37,464
- Di Brezzo, R. (2005). The Josephine P. Clark Scholarship. C & C Services, Fayetteville, AR. \$1,500
- Di Brezzo, R., Acuff, M., Applegate, P., & Tubbs, L. (2005). The Effect of a 12-week lifestyle education program on participation in knowledge of and attitudes towards health and physical activity. *Melpomene Institute Research Grant*, Minneapolis, MN. \$7,000
- Di Brezzo, R. (2004). Effects of caregiving on cortisol levels and risk factors for cardiovascular disease. C & C Services, Fayetteville, AR. \$1,500
- Lawson, G., & Di Brezzo, R. (2004) Community assessment screening for peripheral arterial disease: Preventing immobility and limb loss in older adults through strengthening self-care Agency. *Society for Vascular Nursing*. \$5,014
- Di Brezzo, R., Shadden, B., & Fort, I. (2003). Project urging senior health (PUSH). *Community Care Foundation*. \$39,495

- Fort, I.L., Di Brezzo, R., & Powers, M. (2000-2001). Assessing body composition in elderly females: A comparison of two methods. *College of Education and Health Professions Mini-Grant*. \$975
- Di Brezzo, R., & Shadden, B. (1999 - 2001). Office for studies on aging. *College of Education and Health Professions*. \$19,800
- Shadden, B., & Di Brezzo, R. (1999 - 2001). Office for studies on aging. *University of Arkansas Graduate School*. \$20,000
- Shadden, B., & Di Brezzo, R. (2000). Charles and Nadine Baum Teaching Grant. *University of Arkansas Teaching Academy*. \$1,800
- Di Brezzo, R., Fort, I., Morgan, T., & Turner, L. (1997). The impact of resistive exercise programs on health considerations in women over 30 years of age. *College of Education and Health Professions Mini-Grant*. \$1,055.
- Di Brezzo, R., & Fort, I. (1997). Charles and Nadine Baum Teaching Grant. *University of Arkansas Teaching Academy*. \$945
- Turner, L., Di Brezzo, R., & Fort, I. (1997). The effects of physical activity on bone density, osteoporosis and osteoporotic fracture among a national sample of women. *College of Education and Health Professions Mini-Grant*. \$1,500
- Di Brezzo, R., & Gustavson, R. (1996). The effect of selected variables on the trajectory of a soccer ball. *College of Education and Health Professions Mini-Grant*. \$500
- Fort, I., Di Brezzo, R., Buckwalter, J., & Moore, S. (1995). The acute response of secretory immunoglobulin A levels to moderate exercise in women. *College of Education, Mini-Grant*. \$970
- Di Brezzo, R., & Ruble, S. (1995). Physiological responses to ingestion of glycerol, carbohydrate and placebo fluids during a cycle ergomotor endurance exercise trial. *College of Education Mini-Grant*. \$1,167
- Love, P., Kluka, D., & Di Brezzo, R. (1995). The effect of blood glucose levels on contrast sensitivity function in female athletes. *Women's Sports Foundation*. \$5,000
- Di Brezzo, R. & Hall, K. (1994). Teaching Grants Program *University of Arkansas Teaching Academy*. \$2,000
- Di Brezzo, R., Fort, I., & Hall, K. (1993). The relationship between peak torque, pelvic width, and Q angle in women. *College of Education Mini-Grant*. \$1,105
- Flocks, C. J., Di Brezzo, R., & Fort, I. L. (1992). Establishment of upper body strength norms for pre & post employment screening. *Dean's Mini-Grant, College of Education*, \$1,997.50
- Di Brezzo, R., Hall, K., & Fort, I. L. (1992). The relationship of the q-angle with selected dynamic performance variables. *Dean's Mini-Grant, College of Education*. \$1,548
- Di Brezzo, R., & Fort, I. L. (1990). The effects of eating patterns and exercise on menstrual cycle alterations. *Dean's Mini-Grant, College of Education*. \$1,997.50

- Di Brezzo, R., & Fort, I. L. (1989). A survey of the influence of the menstrual cycle on exercise and nutritional habits. *Dean's Mini-Grant, College of Education*. \$1,314
- Di Brezzo, R., & Oglesby, B. (1989). Cinemagraphic analysis of selected motor skills. *Dean's Mini-Grant, College of Education*. \$1,700
- Di Brezzo, R. (1989). Leadership training in physical education for moderately and severely handicapped seminar. *Oregon State University by the U.S. Department of Education*. \$700
- Di Brezzo, R., Fort, I. L., Brown, B., & Riggs, C. (1988). The influence of hormonal changes on dynamic strength, cardiovascular response and perceived exertion during the menstrual cycle. *Dean's Mini-Grant, College of Education*. \$1,637.90
- Shadden, B., & Di Brezzo, R. (1988). Predictive validity of selected physiological and biomechanical measures in determining linguistic and communicative performance in older women. *Dean's Mini-Grant, College of Education*. \$2,000
- Riggs, C., Brown, B., Di Brezzo, R., & Fort, I. (1988). Macintosh Computer & Printer. *Dean's Project for Support of Research, College of Education*.
- Program Assistant, Preparation of special educators: adapted physical education pre-service training project. Grant #G008630207, July, 1986 - June, 1989. *U.S. Department of Education*, \$169,509 (D. Gorman, Director)
- Di Brezzo, R. (1987). An investigation of the motor proficiencies of physically and emotionally abused children, aged 4 to 12 years. *Dean's Mini-Grant, College of Education*. \$500

Grants Submitted

- Brown, B., Di Brezzo, R., Foote, J. (2009). Can Aggressive Intervention Improve Quality of Life Among Cancer Patients? *Arkansas Blue and You* \$150,000. (not funded)
- Shadden, B., Di Brezzo, R., Ganster, D. (2007) Salivary cortisol response to managing dual roles of work and caregiving, *National Institutes on Aging* (R15) \$150,000 (not funded)
- Shadden, B., Di Brezzo, R., & Powers, M. (2005). Salivary cortisol levels of employed female caregivers: Comparison with non-caregivers and relationship with CVD risk. *American Heart Association*. \$143,000 (not funded)
- Di Brezzo, R., Shadden, B., & Powers, M. (2004). Caregiving: A national concern. *Women's Giving Circle*. \$22,000 (not funded)
- Di Brezzo, R., & Powers, M. (2004). The physiological impact of stress on risk factors for cardiovascular disease. *Research Consortium, AAHPERD*. \$15,000 (not funded)
- Di Brezzo, R. (2004). An intervention program for women 40-60 years old for bone and cardiovascular health. *Women's Giving Circle*. \$35,000 (not funded)
- Di Brezzo, R., & Tubbs, L. (2004) The comparison of three different exercise programs on bone density. *Melpomene Institute*. \$7,000 (not funded)

- Mulvenon, S., & Di Brezzo, R. (2004). Development and implementation of a core data lab for women's health issues. *AIRE (Arkansas Institute for Research and Education)*. \$134,000 (not funded)
- Di Brezzo, R., Shadden, B., & Powers, M. (2003). The feasibility and utility of an innovative fall restraint system. *National Science Foundation*. \$24,000 (not funded)
- Di Brezzo, R. (2003). The project for the promotion of women's health and wellness. *Triad Hospitals Inc*. \$10,000 (not funded)
- Di Brezzo, R., Fort, I., Turner, L., & Shadden, B. (2001). The project for the promotion of women's health and wellness. *Blue Cross-Blue Shield*. \$487,600 (not funded)
- Williams, T. J., & Di Brezzo, R. (2001). Repetitive strain injuries and guitarists: The use of joint manipulation to alleviate pain and reduce the risk of developing arthritis. *Arthritis Foundation*. \$20,000 (not funded)
- Di Brezzo, R., & Shadden, B. (2000). Operational and program support: Office for studies on aging. *Community Care Foundation*. \$148,550 (not funded)

Presentations (Since 1990)

- Glenn, J.M., Gray, M., Vincenzo, J., Cannella, C., Smith, K., DiBrezzo, R. (2014). Habitual and Maximum Gait Speeds Among Sedentary, Recreationally Active, and Masters Athlete Older Adults. American College of Sports Medicine National Meeting, Orlando, FL.
- Olson, J., English, M., Mulloy, R., Di Brezzo, R. (2014). Perceived Stress, Aerobic Fitness, And Sleep in University Administrators. American College of Sports Medicine National Meeting, Orlando, FL.
- Di Brezzo, R. (2013). Swiss Army Knife: The Dynamics of Being a Dean. National Conference of Academic Deans, Conway AR.
- Shivers, B., Chancey, V.C., Dorman, D., Bumgardner, B., Gray, M., and Di Brezzo, R. (2012). Acute Effects of Head-Supported Mass and Head Position on Nerve Function. Military Health System Research Symposium, Ft. Lauderdale, FL.
- DiBrezzo, R. (2011). Biomechanics of Exercise: Staying Healthy. Central States Chapter, American College Sports Medicine, Overland Park, KS. October 21, 2011.
- Di Brezzo, R. (2009). Faculty- Life Balance Leadership Excellence for Academic Diversity. LEAD National Workshop for SEM Chairs and Faculty. Fayetteville AR. Sponsored by National Science Foundation
- Di Brezzo, R., Fort, I., Powers, M., & Gray, M. (2009). Women as mentors: The essential connection. National Association of Girls and Women in Sport, American Alliance for Health, Physical Education, Recreation and Dance, National Meeting, Tampa, FL: April 1, 2009.
- Henry, J., Shadden, B, Di Brezzo, R., & Fort, I.L. (2009). An examination of salivary control sampling protocol for assessing impact of stress on caregivers. Gerontological Society of America, National Meeting, Atlanta, GA: November 18-22, 2009.

- Di Brezzo, R., Shadden, B., Glave, P. Powers, M., Gray, M (2009). Caregiving and Perceptions of Health. American College of Sports Medicine National Convention, Seattle, WA.
- Leszczak, T., Di Brezzo, R., Evanson, K., Glave, P. (May 2009). Differences Between Two Exercises Programs on Measuring Fall Risk in Older Adults. American College of Sports Medicine National Meeting, Seattle, WA
- Hornaday, K., Shadden, B., Di Brezzo, R., Powers, M. (November 2008). Influence of Mood, Memory, and Health Status on Cookie Theft Picture Description Performance. ASHA National Convention, Chicago, IL.
- Shadden, B., Di Brezzo, R., Powers, M. (November 2008). Measuring Coping in Caregivers: Methodological Challenges. ASHA National Convention, Chicago, IL
- Gray, M., Di Brezzo, R., Fort, I., Lirgg, C., Riggs, C., & Shadden, B. (April 2008) Effects of power and resistance training on bone mineral density. AAHPERD, Fort Worth, Texas.
- Gray, M., Powers, M., Di Brezzo, R., Shadden, B., & Fort, I. (April 2008). Comparison of methods to assess abdominal adiposity. AAHPERD, Fort Worth, Texas.
- Di Brezzo, R., Zambraskir, E., Franklin, B. (2007). It's all in the delivery: The Keys to presenting yourself well in professional scientific, and interview settings American Sports Medicine Annual Conference, New Orleans, LA.
- Powers, M., Fort, I., Di Brezzo, R., Shadden, B., Turner, R., Calleja, P., Riggs, C. (2007). Body Composition and Fitness Correlates of Bone Mineral Content Among Elderly Women. American Sports Medicine Annual Conference, New Orleans, LA.
- Vardiman, J. P., Riggs, C. Di Brezzo, R., Fort, I., Shadden, B., Turner. R., Touchberry, C., Gallagher, P (2007). Acute and chronic effects of high-intensity short-duration sport training on salivary Immunoglobulin-A in female collegiate athletes. Mid America Athletic trainers Association Annual Meeting, Topeka KS
- Di Brezzo, R., Murphy, C., & Powers, M. (2006). Experiences for exercise scientists: From the classroom to a senior center. Fourth Annual Hawaii International Conferences on Education, Honolulu, HI, January 6, 2006.
- Paulson, S., Di Brezzo, R. (2006). Effects of balance exercises on selected kinematic and kinetic variables of gait and dynamic balance in obese adults with a developmental disability. National Strength and Conditioning Association. Washington D.C.
- Shadden, B., Di Brezzo, R., & Powers, M. (2005). Caregiving health impact: Relationship to care recipient communication problems. 2005 American Speech-Language-Hearing Association Convention, San Diego, CA, November 19, 2005.
- Powers, M., Gray, M., Di Brezzo, R., & Shadden, B. (2005). The impact of caregiving on salivary cortisol levels. Central States Chapter, American College Sports Medicine Annual Meeting, Kansas City, MO, October 21, 2005.
- Di Brezzo, R. (2005). Women's health: Perspectives for a new century. Women's Giving Circle, Fayetteville, AR, April 9, 2005.

- Gray, M., Di Brezzo, R., & Fort, I. (2005). Muscular strength correlates with bone mineral density in peri-menopausal women. *Research Council, Southern District Annual Meeting, American Alliance for Health, Physical Education, Recreation and Dance*. Little Rock, AR, March 3, 2005.
- Di Brezzo, R., & Fort, I. (2005). Peak performance: One size does not fit all. *National Association of Girls and Women in Sports, American Alliance for Health, Physical Education, Recreation and Dance, National Meeting*. Chicago: April 14, 2005.
- Powers, M., Fort, I., & Di Brezzo, R. (2004). Body composition assessment in aging women. *The Gerontological Society of America Annual Meeting*, Washington, D.C.: November 22, 2004.
- Di Brezzo, R., Fort, I., & Shadden, B. Di Brezzo, R., Fort, I., & Shadden, B. (2004). Developing community and campus physical activity programs for older adults: PUSH – Project urging senior health. *AAALF/ Council on Aging and Adult Development, American Alliance for Health, Physical Education, Recreation and Dance, National Meeting*. New Orleans: April 2, 2004.
- Di Brezzo, R., Shadden, B. B., & Powers, M. (2004). Discussion of a model exercise program for senior centers: Project PUSH. *Workshop presented at the 24th Annual Arkansas Aging Conference*. Hot Springs, AR: November 1, 2004.
- Powers, M., Shadden, B. B., & Di Brezzo, R. (2004). Designing an appropriate living environment for seniors. *26th Annual Partnerships for Aging Professional Development Institute and Trade Show*. Kansas City, MO: November 12, 2004.
- Powers, M., Shadden, B. B., & Di Brezzo, R. (2004). Service Needs and Utilization of Employed Caregivers. *57th Annual Scientific Meeting of the Gerontological Society of America*. Washington, D.C.: November 22, 2004.
- Di Brezzo, R., Shadden, B. B., & Powers, M. (2004). Exercise intervention in rural senior centers to improve strength and balance among community dwelling older adults. *57th Annual Scientific Meeting of the Gerontological Society of America*. Washington, D.C.: November 23, 2004.
- Powers, M., Fort, I. & Di Brezzo, R. (2004). Body Composition assessment in aging women. *57th Annual Scientific Meeting of the Gerontological Society of America*. Washington, D.C.: November 23, 2004.
- Shadden, B., & Di Brezzo, R. (2003). Measurement issues in predicting participation and outcomes in senior exercise programs. *The 10th Measurement and Evaluation Symposium: Measurement Issues and Challenges in Aging Research*. University of Illinois Urbana-Champaign, IL: October 16, 2003.
- Di Brezzo, R., & Ferguson, R. (2003). Anaerobic power production of female athletes using modified ascent methods for the Margaria-Kalamen power test. *The 10th Measurement and Evaluation Symposium: Measurement Issues and Challenges in Aging Research*. University Of Illinois Urbana-Champaign, IL. Oct.16, 2003.
- Di Brezzo, R., Shadden, B., & Boone, S. (2003). Challenger of aging with hearing loss: Managing potentially negative interactions between sensory impairment and other age changes. *International American Meeting of SHHH*. Atlanta, GA: June, 2003.

- Turner, L., Hunt, S., & Di Brezzo, R. (2002). Development, implementation, and evaluation of an osteoporosis prevention outreach program for middle-aged women. *American Public Health Association Annual Meeting*. Philadelphia, PA: September, 2002.
- Di Brezzo, R., & Fort, I. L. (2003). The mighty pause and exercise. *American Alliance for Health, Physical Education, Recreation, and Dance, National Convention*. Cincinnati, OH: March 30, 2001.
- Ferguson, R. H., & Di Brezzo, R. (2001). Anaerobic power production on the Margaria-Kalamen power test using a modified ascent method. *Arkansas Association for Health, Physical Education, Recreation and Dance*. Eureka Springs, AR: November 9, 2001.
- Powers, M., Fort, I. L., Di Brezzo, R., & Turner, L. (2000). Assessing body composition in elderly females: A comparison of two methods. *Arkansas APHERD Annual Meeting*. Eureka Springs, AR: November 9, 2001.
- Shadden, B., & Di Brezzo, R. (2000). The experience of employed caregivers: Are there differences within one work setting based on job classification? *The Gerontological Society of America*. Washington, D.C.: November, 2000.
- Di Brezzo, R., Fort, I. L., Morgan, T., & Turner, L. (2000). How you feel, what you think: Exercise and the mature woman. *American Alliance for Health, Physical Education, Recreation and Dance National Convention*. Orlando, FL: March, 2000.
- Di Brezzo, R., Fort, I., Nelson, A., & Morgan, T. (2000). The impact of resistance exercise programs on self-efficacy in adult women. *Research Council, American Alliance for Health, Physical Education, Recreation, and Dance*. Orlando, FL: March, 2000.
- Di Brezzo, R., & Fort, I. (1999). To lift or not to lift: Resistive exercise for mature women. *Southern Academy of Women in Physical Activity, Sport and Health Annual Meeting*. Greenville, SC: October, 1999.
- Di Brezzo, R., Fort, I., Turner, L., & Morgan, T. (1999). A comparison of two resistive exercise programs in older women. *American Alliance for Health, Physical Education, Recreation and Dance National Convention*. Boston, MA: April, 1999.
- Di Brezzo, R., Fort, I., & Hogan, B. (1998). Q-angle as a predictor of performance in Division I college football players. *Research Section, Southern District AAHPERD Annual Meeting*. Biloxi, MS: February 5, 1998.
- DiBrezzo, R., & Fort, I. (1997). Survival strategies for women in Academia: Wishing we didn't know now what we didn't know then. *AAALF and NAGWS Divisions of the American Alliance for Health, Physical Education, Recreation and Dance, National Meeting*. St. Louis, MO: March 23, 1997.
- DiBrezzo, R., Fort, I., & Hall, K. (1997). Q-angle: The relationship with selected dynamic performance variables in women. *Research Award Presentation, Southern Academy for Women in Physical Activity, Sport and Health*. Louisville, KY: October, 25, 1997.
- Di Brezzo, R., Fort, I., & Overdorf, V. (1996). The madness of the environment: Strategies for women in academia. *NAGWS, AAALF of the American Alliance for Health, Physical Education, Recreation, and Dance - National Meeting*. Atlanta, GA: April 17, 1996

- Di Brezzo, R. (1995). Gait analysis for normal and atypical populations. *Workshop for Physical and Occupational Therapists of Arkansas (CEU), Washington Regional Hospital.* Fayetteville, AR: June 9-10, 1995.
- Di Brezzo, R., & Roland, C. B. (1995). Italian-American women in higher education: Self efficacy, job satisfaction, and cultural influence. *National Women's Studies Conference.* Norman, OK: June 22, 1995.
- Di Brezzo, R., & Fort, I. (1995). The race for promotion and tenure: Sprint or marathon? *Southern Association for Physical Education of College Women Annual Meeting.* Gatlinburg, TN: October, 1995.
- Di Brezzo, R., Fort, I., & Hall, K. (1995). Q-angle and performance. *NAGWS Research Session, American Alliance for Health, Physical Education, Recreation and Dance, National Conference.* Portland, OR: March, 1995
- Di Brezzo, R., Hall, K., & Fort, I. (1995). The relationship of Q-angle to dynamic performance variables in women over 30. *Research Council, Southern District of the American Alliance for Health, Physical Education, Recreation and Dance.* Orlando, FL: February, 1995.
- Fort, I., Di Brezzo, R., Hall, K., & Flocks, C. (1994). Exercise patterns and activity/fitness satisfaction in women, ages 30-52. *Research Council, Southern District, American Alliance for Health, Physical Education, Recreation and Dance.* Nashville, TN: January, 1994.
- Di Brezzo, R. (1994). Self esteem and stress of the '57 Chevy. *Women's Conference and Festival.* Fayetteville, AR: April, 1994.
- Di Brezzo, R. (1994). Quadriceps angle: Myths/reality... is it worth measuring? *Southwest Athletic Trainers Association Annual Meeting.* Arlington, TX: July, 1994.
- Di Brezzo, R., & Fort, I. (1993). Relationship of the Q-angle to selected dynamic performance variables. *Central State Chapter, American College of Sport Medicine.* Wichita, KS: October, 1993.
- Fort, I., Di Brezzo, R., & Forbess, J. (1993). Menstrual cycle function as influenced by activity level. *NAGWS Research Session, American Alliance for Health, Physical Education, Recreation and Dance.* Washington, D.C.: March, 1993.
- Di Brezzo, R. (1993). The politics of biomechanics. *Women in Sport Research Symposium, Slippery Rock University.* Slippery Rock, NY: February, 1993.
- Di Brezzo, R., & Fort, I. (1992). Thirty + and suffering: Exercise and eating pattern alterations influenced by menstrual cycle function. *NAGWS, American Alliance for Health, Physical Education, Recreation and Dance, Annual Meeting.* Indianapolis, IN: April, 1992.
- Di Brezzo, R. (1992). Women and athleticism: Issues and problems. *Third Annual Women's Festival and Conference, University of Arkansas.* Fayetteville, AR: March, 1992.
- Di Brezzo, R., Hughes, H., & Fort, I. (1991). Motor proficiencies of children from violent families. *International Adapted Physical Activity Symposium.* Miami, FL: November, 1991.

- Di Brezzo, R., & Fort, I. (1991). A profile of women runners participating in a quarter-, half-, and full-marathon. *Southern Association of Physical Education for College Women*. Nashville, TN: October, 1991.
- Di Brezzo, R., Fort, I., Moorman, M., & Oglesby, B. (1991). Dynamic strength and perceived exertion among active and sedentary women throughout the menstrual cycle. *Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance, National Meeting*. San Francisco, CA: April, 1991.
- Di Brezzo, R. & Fort, I. (1991). Thirtysomething and beyond: Exercise and the menstrual cycle. *Second Annual Women's Festival and Conference: Restructuring the World, University of Arkansas*. Fayetteville, AR: March, 1991.
- Di Brezzo, R., & Fort, I. (1990). Survey of physical activity and menstrual function. *Southern Association for Physical Education of College Women, Annual Meeting*. San Antonio, TX: October, 1990.
- Woolfolk, K., Brown, B., Stuckey, J., Gorman, D., Di Brezzo, R., Fort, I., & Yalowitz, S. (1990). Changes in explosive power following strength, power, plyometric and task-specific training. *National Strength and Conditioning Association, Annual Conference*. San Diego, CA: June, 1990.
- Di Brezzo, R. (1990). Kinetics aside: All women are created equal. *Keynote Speaker, Women's' Research Conference, University of South Dakota*. Vermillion, SD: April, 1990.
- Di Brezzo, R., & Fort, I. (1990). Falling off the roof: Myths and realities regarding performance during stages of the menstrual cycle. *NAGWS, American Alliance for Health, Physical Education, Recreation and Dance, Annual Meeting*. New Orleans, LA: March, 1990.
- Di Brezzo, R. (1990). Concerns and education regarding issues of weight control and female athletes. *Affiliated Coaches Council of NAGWS, AAHPERD*. New Orleans, LA: March, 1990.

Consultations

- Reviewer for *Women in Sport and Physical Activity Journal*, 2005-09.
- Reviewed *Wellness: Choices for Health and Fitness*, by Donatelle, R., Snow, C., & Wilcox, A. for Wadsworth Publishing, 2003.
- Reviewed *Contemporary Women's Health: Issues for Today*, by Colander, C. A., Ballard, D. J., & Chandler, C. M. for WCB/McGraw-Hill, 2002.
- Reviewed *Resistance to Exercise*, by McElroy, M. for Human Kinetics, 2001.
- Reviewed *Biomechanics of Human Movement* by Cooper, J., & Adrain, M. for Brown and Benchmark, October, 1995.
- Saddle Rock Camp for Girls, Mentone, Alabama. Workshop in Staff Training and Motor Development, June, 1990.
- University of Central Arkansas, Conway, AR. Consultation for Biomechanics Lab, 1990.

Wm. C. Brown, Publishers. Review Manuscript for Kinesiology Lab Manual, 1990.

Wm. C. Brown, Publishers. Review Manuscript for Adapted Physical Education Text, 1989.

Wm. C. Brown, Publishers. Review Manuscript for Kinesiology Text, 1988.

International Dance Exercise Association, Inc. Review Biomechanics Component for National Certification Exam, 1988.

Department, College, University & Professional Committees

Department: (since 1990)

Exercise Science Search Committee, Chair. 2005-2007-2010

Exercise Science Program Coordinator: 1998-2003

Kinesiology Program Coordinator: 1996-1998

Search Committee for Athletic Training, 1995, 1998, 2001

Sub Committee Graduate Workload: 1994

Ad Hoc Committee on Mission Statement: 1992

Search Committee for Kinesiology: 1991

HKRD Research Committee, Chair: 1990-1991

Search Committee for HPER Department Head: 1990

College:

Senior Faculty Advisory Committee 2010-2012

Dean's Search Committee: 2008-09

Fifteen for the Future: 2007-08

Promotion Committee (University Professor): 2007-08.

Chair, College Faculty Council: 1998-1999

Faculty Council: 1995-1998; 2001-2003

Excellence in Teaching Committee: Chair, 1995-1997

Dean's Search Committee: 1994 -95

Search Committee for Counselor Education: 1994 -95

Promotion and Tenure Committee, Chair: 1992

Faculty Grants and Awards Committee: 1989-1993

Graduate Curriculum Committee: 1990-1995; Agenda Committee: 1991-1992

Dean's Search Committee: 1988

Burlington Awards Committee, Chair: 1988

Dean's Advisory Committee: 1986-1989; Chair: 1987-1988; Secretary: 1986-1987

Search Committee for Secondary Education: 1987

Newsletter Committee: 1986

Computer Usage Committee: 1985-1988

Masters' Degree Program Committee: 1985-1988

University:

Faculty Senate, Chair: 2010-2011

Campus Faculty, Chair: 2009-2010

Faculty Leadership Committee 2009

Dean's Honors College Advisory Committee: 2005-2007

Faculty Grievance Committee: 2004-2007

Teaching Academy, President: 2003-2004

Financial Advisory Committee: 1985-1988; Vice Chair: 1986-1987; 2003-2006

Athletics Committee: 1999-2002; Chair: 2001-2002
 Chancellor's Advisory Committee, 2000-2005
 Committee on Appointment, Promotion, and Tenure: 1999-2002
 Committee on Committees: 1999-2002
 Faculty Grievance Panel: 1986-1989; 1991-1994; 1999-2002
 Teaching Council Committee: 1998
 Co-Director, Teaching and Faculty Support Center: 1992-1997
 Chancellor's Search Committee: 1996-1997
 Campus Council: 1987-1989; Agenda Committee: 1987-1988; 1991-1997
 Teaching Academy: 1996-Present
 New Faculty Orientation Committee: 1996
 Diversity Committee: 1996
 Calendar Committee: 1996
 Faculty Senate: 1996-1997, 2004-2006, 2006-2008
 University Teaching Task Force for Arkansas Dept. of Higher Education: 1996-1997
 Retention Steering Committee: 1994
 Union Committee: 1994
 Campus Environment Committee: 1993
 Search Committee for Assistant Vice Chancellor for Enrollment Management: 1993
 Committee for In Service Training: 1993-1995
 Graduate Fellowship Committee: 1992
 Freshman Scholar Seminar, Chair: 1991-1994
 Search Committee for Vice-Chancellor of Research and Graduate Studies: 1991
 Women's Intercollegiate Athletic Committee: 1988-1991
 Institutional Review Board for Human Subjects: 1986-1991

Other Professional:

Vice-President for Research, NAGWS, AAHPERD: 2004-2007
 Section Editor, *Journal of Women in Sport and Physical Activity*
 Golden Key National Honor Society
 National Women's Studies Association
 Vice President, Southern Academy for Women in Physical Activity, Sport and Health:
 1997
 Research Council, Chair SAAHPERD: 1994
 Southern District Scholar Committee: 1994
 NAGWS Honors and Recognition Awards Committee: 1990-1994
 Review Panel, Research Consortium, AAHPERD Convention Program: Special
Populations, 1992
 SAPECW Research Committee: 1990-Present; Board Member At-Large: 1991-1993
 Council on Aging and Adult Development, ARAPCS of AAHPERD: 1991-1993
 Board of Trustees, Pilgrim Wellness Center, Russellville, AR - 1988- Present
 AAHPERD Research Consortium: 1987-Present
 NAGWS Membership Committee: 1987-90
 SDAHPERD Research Council: 1986-Present
 Research Committee, NAGWS: 1987-90
 National Strength & Conditioning Association State Board of Directors; Director of
 Physiological Effects of Exercise: 1987-1989
 Arkansas AHPERD Executive Board: 1985-1988
 Arkansas AHPERD Higher Education Section, Chair: 1987-1988
 Arkansas AHPERD Chair of District Coordinators: 1985-1987
 Fayetteville Multiple Handicapped Children's Association, Board of Directors:
 1985-1989
 I'M SPECIAL Network Advisory Board Member, U.S. Office of Special Education:
 1983-1986

