

## JAMES H. RIMMER, Ph.D.

### Current Address:

3848 Village Center Drive  
Hoover, AL 35226

### Business Address:

University of Alabama at Birmingham  
School of Health Professions Bldg, Rm. 331  
1705 University Blvd.  
Birmingham, AL 35294-1212  
(205) 975-9010  
jrimmer@uab.edu

### ACADEMIC AND ADMINISTRATIVE EXPERIENCE

- 2012-present **Lakeshore Foundation Endowed Chair and Professor in Health Promotion and Rehabilitation Sciences**, School of Health Professions, University of Alabama at Birmingham (UAB); Director UAB-Lakeshore Foundation Research Collaborative; Senior Scientist, UAB Center for Exercise Medicine and Center for Aging
- 2001-2011 **Professor**, Department of Disability and Human Development, College of Applied Health Sciences, University of Illinois at Chicago. Adjunct appointment: Professor, Department of Movement Sciences.  
**Adjunct Professor** – Department of Physical Medicine and Rehabilitation, Northwestern University & Rehabilitation Institute of Chicago
- Principal Investigator and Project Director**, Rehabilitation Engineering Research Center, Center on Health Promotion Research for Persons with Disabilities, and National Center on Physical Activity and Disability (NCPAD), Department of Disability and Human Development, University of Illinois at Chicago.  
*The three Centers combined had 13 full-time and 20 part-time staff with a total annual budget of \$3.1M.*
- 1997-2001 **Associate Professor**, Department of Disability and Human Development, College of Applied Health Sciences, University of Illinois at Chicago (Tenured, 1997).
- 1995-1997 **Visiting Associate Professor**, Institute on Disability and Human Development, University of Illinois at Chicago, Chicago, IL
- 1993-1995 **Professor**, Department of Kinesiology and Physical Education, Northern Illinois University, DeKalb, IL
- 1990-1993 **Associate Professor**, Department of Kinesiology and Physical Education, Northern Illinois University, DeKalb, IL
- 1987-1990 **Assistant Professor**, Department of Kinesiology and Physical Education, Northern Illinois University, DeKalb, IL (Tenured, 1990)
- 1987-1995 **Director**, Exercise Gerontology Clinic, Northern Illinois University, DeKalb, IL  
Faculty Associate in the Gerontology Program, Northern Illinois University

- 1981-1987 **Assistant Professor**, Department of Physical Education and Human Performance, Manhattan College, Riverdale, NY (Tenured, 1987)
- 1983-1987 **Consultant**, Miriam de Soyza Learning Center for Preschool Children with Disabilities, Bronx, NY
- 1984-1987 **Project Director**, Direct Service Grant to Develop After-School and Weekend Fitness/Rehabilitation Program for Youth with Disabilities, Manhattan College, NY  
Direct 20 staff members and conduct administrative oversight of project.

## **EDUCATION**

**Doctor of Philosophy in Kinesiology with a Specialization in Adapted Physical Activity/Exercise Physiology**, Texas Woman's University, Denton, TX, August 1982

**Master of Arts in Physical Education with a Specialization in Adapted Physical Activity/Exercise Physiology**, The Ohio State University, Columbus, OH, August 1978

**Bachelor of Science in Physical Education with a Concentration in Exercise Physiology**, Queens College, City University of New York, Flushing, NY, February 1977

## **PROFESSIONAL RECOGNITION**

### **Awards and Recognition**

**Professional Scholarship Achievement Award** – School of Health Professions, University of Alabama at Birmingham, February 2014.

**Association of Academic Physiatrists (AAP) – AAP Excellence in Writing Award, 2013 Best Paper published in the American Journal of Physical Medicine and Rehabilitation**, February 2014.

**International Society of Adapted Physical Activity, G. Lawrence Rarick Research Award**, July 2011.

**American Academy of Kinesiology and Physical Education**, Inducted into Academy, September 2008.

**Allan Meyers Award for research, teaching and advocacy to improve the health and quality of life for people with disabilities**, American Public Health Association, November 2007.

**G. Lawrence Rarick Research Award** - National Consortium on Physical Education and Recreation for Individuals with Disabilities, July 2007.

**Excalibur Award** for Teaching Excellence, College of Applied Health Sciences, May 2007.

**Professor of the Year Award**, College of Applied Health Sciences, University of Illinois at Chicago, October 2006.

**Best Effective Practices Award – Centers for Disease Control and Prevention**, The National Center on Physical Activity and Disability received the award from CDC, July 2004.

**Commencement Speaker**, Texas Woman's University, Denton, Texas, May 2004. Delivered Commencement speech to 4,000 students, parents and relatives.

**Distinguished Alumni Award**, Texas Woman's University, Denton, Texas, May 2003.

**Lois Halverson Award** for research and scholarship in the field of disability and physical activity, National Kinesiotherapy Association, September 1996.

**Mabel Lee Award**, a national award given by the American Alliance for Health, Physical Education, Recreation, and Dance, April 1990.

### **Selected Appointments**

**Member of the Scientific Advisory Board, President's Council on Fitness, Sports and Nutrition**, January 2014 to 2017.

**Invited Panel Member, National Academies Keck Futures Initiative on Aging and Longevity** (One of 15 invited panel members. The Committee's objective is to enhance the climate for conducting interdisciplinary research.) February 2007 - February 2008.

**National Institutes of Health, Future Directions Expert Panel** (One of 10 invited panel members to establish a core set of research objectives for NIH that address community-based exercise and rehabilitation for people with disabilities), March 2007.

**Expert Panel Member, Institute of Medicine, Workshop on the Adequacy of Evidence for Physical Activity Guidelines Development** (one of 30 invited panel members - provided evidence on physical activity research involving people with disabilities), October 2006.

**Advisory Board, CVS Pharmacy, All Kids Can Initiative**, Selected from a national search to serve on the advisory board for CVS Pharmacy's 5-year \$15M initiative to increase physical activity among children with disabilities, 2006-2011.

**Expert Panel Member, Institute of Medicine, Workshop on Disability in America** (one of 25 invited panel members - provided evidence on physical activity and reduction of secondary conditions in people with disabilities), August 2005.

**Delegate** for the Director of the National Institute on Disability and Rehabilitation Research to the Greek Ministry of Health to prepare the Paralympics International Summit on Exercise Physiology for People with Disabilities, November 2003.

### **PARTICIPATION ON FEDERAL EXPERT PANEL/GRANT REVIEW**

Physical Activity Guidelines Advisory Committee, Department of Health and Human Services, 2007-2008.

National Institutes of Health (NIH) – 1999, 2006, 2012

National Institutes of Health (NIH) – National Center for Medical Rehabilitation Research (Musculoskeletal Rehabilitation Sciences Study Section), July 2008

National Institute on Disability and Rehabilitation Research (NIDRR) – 1996-2003 (reviewed annually since 1996), 2013

National Institutes of Health (NIH) – 2012-2014 – NRCS Study Section

### **PROFESSIONAL ACTIVITY** (elected or appointed positions)

#### ***Completed***

Member, Scientific Advisory Board, Eunice Kennedy Shriver National Institute on Child Health and Human Development, National Center for Medical Rehabilitation Research, 2008-2012.

Chair, Disability Section Council, American Public Health Association, 2007-2009.

Health Disparities Subcommittee, Advisory Committee to the Director of CDC, October 2005-September 2012.

Advisory Committee, University of Wisconsin at Milwaukee, Rehabilitation Engineering Research Center on Orthopedic Disabilities in Children, 2010-2015.

Advisory Committee, Rehabilitation Institute of Chicago, Spinal Cord Injury Model Systems Program, 2007-2012.

Advisory Council, Rehabilitation Engineering Research Center on Robotics, Rehabilitation Institute of Chicago, 2003-2012.

Advisory Council, Rehabilitation Engineering Research Center on Wheeled Mobility, Georgia Tech University, 2004-2013.

Member, Board of Scientific Counselors, Coordinating Center on Health Promotion, Centers for Disease Control and Prevention, 2008-2011.

Advisory Council, Rehabilitation Engineering Research Center on Accessible Medical Instrumentation, Marquette University, 2003-2007.

Program Chair, Disability Forum, American Public Health Association, 2004-2006.

Advisory Board, American Association on Disability and Health, March 2003-present.

International Congress on Active Aging (ICAA), March 2003–2005.

Executive Committee, External Partners Group, Centers for Disease Control and Prevention, National Center on Birth Defects and Development Disabilities, September 2003-2006 (Chair of Policy and Programs Committee).

Clinical Exercise Physiology Practice Board of the American College of Sports Medicine, 2001-2004.

Membership Chair, Disability Forum, American Public Health Association, 2000-2004.

Chair, Adapted Physical Activity Council of the American Association of Active Lifestyles and Fitness, 1996-97

Section Chair, Wellness and Personal Fitness Program for the 1991 Symposium of the International Federation of Adaptive Physical Activity, 1989

Chair, Adapted Physical Education Section of the Midwest District for Health, Physical Education, Recreation, and Dance, 1989

President, Special Physical Education Section, New York State Association for Health, Physical Education, Recreation, and Dance, 1986-87

Ad Hoc Committee for State Certification in Adapted Physical Education, New York, 1985-87

Executive Board of the Bronx Mental Retardation Council, New York, NY, 1983-87

## **TEACHING AND CURRICULUM DEVELOPMENT**

### **Graduate Courses Taught (1997-2008)**

Disability and Health Promotion (DHD 537)  
 Disability and Physical Activity (DHD 520)  
 Exercise Technologies for Persons with Disabilities (DHD 530)

### **Graduate Courses Taught (1987-1997)**

Exercise Prescription for Special Populations  
 Exercise Gerontology  
 Clinical Experiences in Exercise Gerontology

**Director and Developer**, Exercise Gerontology Program. Received Northern Illinois University and Board of Higher Education approval for the addition of two new courses – *Exercise Gerontology* and *Clinical Experiences in Exercise Gerontology*, in addition to an internship established with a local retirement home.

### **Undergraduate Courses Taught (1981-1987)**

#### **Department of Physical Education and Human Performance**

- *Physical Activity for the Physically Handicapped and Older Adult*
- *Physical Activity for the Mentally Retarded and Emotionally Disturbed*
- *Therapeutic Recreation for the Elderly*
- *Anaerobic Conditioning*

- *Aerobics*
- *Basic Emergency Techniques*
- *Personal Health*
- *Research Seminar*

*Biology Department*

- *Physiology of Exercise*
- *Kinesiology*
- *Therapeutic Exercise Prescription for Special Populations*
- *Principles of Biology*

**Coordinator**, Physiology of Exercise/Sports Medicine Concentration for Undergraduate Biology and Physical Education Majors; Director of Human Performance Laboratory, Manhattan College, NY (1981-1987)

**Coordinator**, Graduate Specialization in Adapted Physical Education, Special Education Department, Manhattan College, NY (1984-1986)

**Director and Creator**, Exercise Gerontology Program, Manhattan College, NY (1982-1987)

**Director**, Special Olympics Games, Manhattan College, NY

**Post-Doctoral Fellows Supervised**

*Current*

Kerri Vanderbom (2013-) – NIDRR award

*Completed*

Brooks Wingo (2012-2013) – NIH R21 award  
 Christine Pellegrini (2010-2011) – CDC supplemental award  
 Jennifer Gray-Stanley (2007-2009) - CDC Supplemental award  
 Pamela Semanik, Ph.D. (2004-present) – NIH KO1 award  
 Lisa Johnsen-Sanchez, Ph.D. (2003-2008) -- NIH K01 award  
 Janine Jurkowski, Ph.D. (2003-2004)  
 Irene Valerio, M.D. (1999-2003)  
 Brent Williams, Ph.D. (1999-2001)  
 Christopher Draheim, Ph.D. (2000-2002)

**Directed 18 Master’s Theses** and served on an additional 25 theses and one dissertation (1987-present)

**Committee Member (current)** for 15 doctoral candidates: UIC Dept. of Disability and Human Development (4), School of Public Health (6), College of Nursing (2), Mechanical Engineering (3).

**COMMITTEE PARTICIPATION**

2000-2010 Member, UIC Promotion and Tenure Committee, College of Applied Health Sciences

- 1997-2007 Member, UIC Graduate Admissions Committee, Department of Disability and Human Development
- 1999-2002 Vice Chair, University Institutional Review Board, Office for the Protection of Research Subjects (OPRS)
- 2000-2002 Member, Executive Committee, College of Applied Health Sciences

## **PUBLICATIONS**

### **Books**

Rimmer, J. H. (1994). Fitness and rehabilitation programs for special populations. Dubuque, IA: Brown & Benchmark.

### **Monograph**

Rimmer, J. H. (2000). Achieving a beneficial fitness: a program and a philosophy in mental retardation. Washington, DC: American Association on Mental Retardation.

Rimmer, J. H. (2008). Promoting inclusive physical activity communities for people with disabilities. President's Council on Physical Fitness and Sports Research Digest, Series 9, No.2, 1-8.

### **Book Chapters**

1. Rimmer, J. H., Gray-Stanley, J. E. (2011). Physical activity and disability (pp. 1437-1458). In W. Frontera (Ed.), Physical medicine and rehabilitation: principles and practice. Baltimore, MD: Lippincott Williams & Wilkins.
2. Rimmer, J. H., Smith, D. S. (2009). Exercise for persons with Alzheimer's Disease (pp. 368-374). In J. L. Durstine & G. E. Moore (Eds.), Exercise for persons with chronic diseases and disabilities. Champaign, IL: Human Kinetics.
3. Rauworth, A.E. and Rimmer, J.H. (2009). Cerebral Palsy and Exercise. In J.K. Erhman et al. (Eds.), Clinical Exercise Physiology (pp 557-581). Champaign, IL. Human Kinetics.
4. Rimmer, J. H., Nicola, T. N. (2009). Stroke. ACSM's Resources for Clinical Exercise Physiology for Special Populations (pp. 3-15). Baltimore, MD: Lippincott Williams & Wilkins.
5. Rimmer, J. H. Exercise. (2009). In A. Cristian (Ed.), Medical management of adults with neurologic disabilities. (pp. 115-128). New York, NY: Demos Medical.
6. Rimmer, J. H., Rowland, J. L. (2007). Disabilities and health limitations. In C. X. Bryant, D. J. Green, and C. J. Ekeroth (Eds.), ACE group fitness instructor manual: A guide for fitness professionals (pp.246-272). San Diego, CA: American Council on Exercise.
7. Rimmer, J. H., Shenoy S. S. (2006). Impact of exercise on targeted secondary conditions (pp. 205-221). In M. J. Field, A. M. Jette, L. Martin (Eds.), Workshop on Disability in America. A New Look. Washington, DC: The National Academies Press.
8. Rimmer, J. H. (2006). Health promotion and disability (Vol. II, pp. 837-840). In G. A. Albrecht (Ed.), Encyclopedia of Disability. Thousand Oaks, CA: Sage.
9. Rimmer, J. H. (2006). Physical activity and disability (Vol. III, pp. 1241-1245). In G. A. Albrecht (Ed.), Encyclopedia of Disability. Thousand Oaks, CA: Sage.
10. Rimmer, J. H. (2006). Assessment issues related to physical activity and disability. In W. Zhu & W. Chodzko-Zajko (Eds.), Measurement issues in aging and physical activity (pp. 69-80). Champaign, IL: Human Kinetics.

11. Rimmer, J. H. (2005). Common health challenges faced by older adults. (2005). In C. X. Bryant & D. J. Green (Eds.), Exercise for older adults (pp. 69-96). San Diego, CA: American Council on Exercise.
12. Rimmer, J. H. (2005). Exercise programming for older adults with disabilities (pp. 335-350). In J. Jones & D. Rose (Eds.), Exercise and aging. Champaign, IL: Human Kinetics.
13. Rimmer, J. H. (2003). Exercise for persons with Alzheimer's Disease. In J. L. Durstine & G. E. Moore (Eds.), Exercise for persons with chronic diseases and disabilities (pp. 311-315). Champaign, IL: Human Kinetics.
14. Rimmer, J. H., & Nicola, T. Stroke. (2002). ACSM's Resources for Clinical Exercise Physiology for Special Populations (pp. 3-15). Baltimore, MD: Lippincott Williams & Wilkins.
15. Rimmer, J. H., & Damiano, D. (2002). Maintaining or improving fitness in children with physical disabilities. In D. Damiano (Ed.), Guide to physical therapist practice. (4-1 to 4-16). Alexandria, VA: American Physical Therapy Association.
16. Rimmer, J. H. (2001). Resistance training for persons with physical disabilities. In J. E. Graves & B. A. Franklin (Eds.), Resistance training for health and rehabilitation (pp. 321-346). Champaign, IL: Human Kinetics.
17. Rimmer, J. H. (2000). Disabilities and health limitations. In Group fitness instructor manual. ACE's guide for fitness professionals (pp. 226-246). San Diego: American Council on Exercise.
18. Rimmer, J. H. (1999). Mental retardation and physical health. In A. J. Goreczny & M. Hersen (Eds.), Handbook of pediatric and adolescent health psychology. Boston, MA: Allyn & Bacon, 299-399.
19. Rimmer, J. H. (1998). Exercise guidelines for older persons with chronic disorders. In R. Cotton (Ed.), American Council on Exercise (pp. 72-99). Champaign, IL: Human Kinetics.
20. Rimmer, J. H., & Braddock, D. (1997). Physical activity, disability, and cardiovascular health. In A. Leon (Ed.), Physical activity and cardiovascular health. A national consensus (pp. 236-244). Champaign, IL: Human Kinetics.

### **Refereed Journal Articles**

1. Rimmer, J. H., Lai B. (in press). Framing new pathways in transformative exercise for individuals with existing and newly acquired disability. Disability and Rehabilitation.
2. Winberg, C., Flansbjerg, U-B., Carlsson, G., **Rimmer, J. H.**, Lexell, J. (in press). Physical activity and the association with self-reported impairments, walking limitations, fear of falling and incidence of falls in persons with late effects of polio. Journal of Aging and Physical Activity.
3. Winberg, C., Brogardh, C., Flansbjerg, U-B., Carlsson, G., **Rimmer, J. H.**, Lexell, J. (2015). Relationship between physical activity, knee muscle strength and gait performance in persons with late effects of polio. Physical Medicine and Rehabilitation, 7, 236-244.
4. Rimmer, J. H. (2015). The nexus of rehabilitation and exercise: Where and why the two shall meet. Kinesiology Reviews, 4, 85-90.
5. Rimmer, J.H., Vanderbom, K., et al. (2014). GRAIDs: a framework for closing the gap in the availability of health promotion programs and interventions for people with disabilities. Implementation Science, 9, 100-109.
6. Hsieh, K, **Rimmer, J.H.**, Heller, T. (2014). Obesity and associated factors in adults with Intellectual Disability. Journal of Intellectual Disability Research, 58, 851-863.

7. Winberg, C., Flansbjerg, U-B., Carlsson, G., **Rimmer, J. H.**, Lexell, J. (2014). Physical activity in persons with late effects of polio: A descriptive study. *Disability and Health Journal*, *7*, 302-308.
8. Rimmer, J.H., Wang, E., Pellegrini, C.A., Lullo, C., Gerber, B.S. Telehealth weight management intervention for adults with physical disabilities: A randomized controlled trial. *American Journal of Physical Medicine and Rehabilitation*, *92*, 1084-1094.
9. Rimmer, J. H., Henley, K. (2013). Building the crossroad between inpatient/outpatient rehabilitation and lifelong community fitness for people with neurologic disability. *Journal of Neurologic Physical Therapy*, *37*, 72-77.
10. Rimmer, J.H. Getting Beyond the Plateau: Bridging the Gap Between Rehabilitation and Community-Based Exercise. (2012). *Physical Medicine and Rehabilitation*,*4*:857-861.
11. Hsieh, K., **Rimmer, J. H.**, Heller, T. (2012). Prevalence of falls and risk factors in adults with Intellectual Disability. *American Journal on Intellectual and Developmental Disabilities*, *117*, 442–454.
12. Rowland, J.L., **Rimmer, J.H.** (2012). Feasibility of using active video gaming as a means for increasing energy expenditure in three nonambulatory young adults with disabilities. *Physical Medicine and Rehabilitation*, *4*:569-573.
13. Rimmer, J.H., Marques A. (2012). Physical activity for people with disabilities. *Lancet*, pub. Online July 18, 2012.
14. Gray, J. L., Zimmerman J., & **Rimmer, J. H.** (2012). Built environment instruments for walkability, bikeability and recreation: Disability and universal design relevant? *Disability and Health Journal*, *5*:87-101.
15. Rimmer, J. H., Chen, M., Schiller, W. S. (2012). Effects of disability-associated low energy expenditure deconditioning syndrome. *Exercise and Sports Science Reviews*, *40*, 22-29.
16. Rimmer, J. H., Chen, M., Hsieh, K. (2011). A conceptual model for identifying, preventing and treating secondary conditions in people with disabilities. *Physical Therapy*, *91*, 1728-1738.
17. Rimmer, J. H. (2011). Promoting inclusive community-based obesity prevention programs for children and adolescents with disabilities: the why and how. *Childhood Obesity*, *7*, 177-184.
18. Chen, M., **Rimmer, J. H.** (2011). Effects of exercise on quality of life in stroke survivors. *Stroke*, *42*, 832-837.
19. Rimmer, J. H., Yamaki, K., Davis-Lowry, B., Wang, E., Vogel, L. C. (2011). Obesity and overweight prevalence among adolescents with disabilities. *Preventing Chronic Disease*, *8*, 1-6.
20. Rimmer, J. H. (2011). Building a future in disability and public health. *Disability and Health Journal*, *4*, 6-11.
21. Yamaki, K., **Rimmer, J. H.**, Lowry, B.D., Vogel, L. C. (2011). Prevalence of obesity-related chronic health conditions in overweight adolescents with disabilities. *Research in Developmental Disabilities*, *32*, 280-288.
22. Rimmer, J. H., Hsieh, K., Graham, B. C., Gerber, B. S., Gray-Stanley, J. A. (2010). Barrier removal in increasing physical activity levels in obese African American women with disabilities. *Journal of Women's Health*, *19*, 1869-1876.
23. Rimmer, J. H., Yamaki, K., Davis-Lowry, B., Wang, E., Vogel, L. C. (2010). Obesity and obesity-related secondary conditions in adolescents with Intellectual/Developmental disabilities. *Journal of Intellectual Disability Research*, *54*, 787-794.
24. Block, P. M., Vanner, S., Keys, C.B., **Rimmer, J. H.**, Skeels, S. (2010). Project Shake-It-Up!: Using health promotion, capacity building and a disability studies framework to increase self efficacy. *Disability and Rehabilitation*, *32*, 741-754.

25. Rimmer, J. H., Chen, M. D., McCubbin, J. A., Drum, C., Peterson, J. (2010). Exercise intervention research on persons with disabilities. What we know and where we need to go. American Journal of Physical Medicine and Rehabilitation, *89*, 249-263.
26. Drum, C. E., Peterson, J. J., Culley, C., Krahn, G., Heller, T., Kimpton, T., McCubbin, J., **Rimmer, J. H.**, et al. (2009). Guidelines and criteria for the implementation of community-based health promotion programs for individuals with disabilities. American Journal of Health Promotion, *24*, 93-101.
27. Rimmer, J. H., Rauworth, A., Wang, E., Heckerling, P. S., & Gerber, B. S. (2009). A randomized controlled trial to increase physical activity and reduce obesity in a predominantly African American group of women with mobility disabilities and severe obesity. Preventive Medicine, *48*, 473-479.
28. Rimmer, J. H., Rauworth, A. E., Wang, E. C., Nicola, T. L., & Hill, B. (2009). A preliminary study to examine the effects of aerobic and therapeutic (Nonaerobic) exercise on cardiorespiratory fitness and coronary risk reduction in stroke survivors. Archives of Physical Medicine and Rehabilitation, *90*, 407-412.
29. Mojtahedi, M. C., Boblick, P., **Rimmer, J. H.**, Rowland, J. L., Jones, R. A., & Braunschweig, C. L. (2008). Environmental barriers to and availability of healthy foods for people with mobility disabilities living in urban and suburban neighborhoods. Archives of Physical Medicine and Rehabilitation, *89*, 2174-2179.
30. Rimmer, J. H., & Rowland, J. L. (2008). Health promotion for people with disabilities: Implications for empowering the person and promoting disability-friendly environments. American Journal of Lifestyle Medicine, *5*, 409-420.
31. Rimmer, J. H., & Rowland, J. L. (2008). Physical activity for youth with disabilities: A critical need in an underserved population. Developmental Neurorehabilitation, *11*, 141-148.
32. Rimmer, J. H., Wang, E., Smith, D. S. (2008). Barriers to exercise in persons with stroke. Journal of Rehabilitation Research and Development, *45*, 315-322.
33. Riley, B. B., **Rimmer, J. H.**, Wang, E., & Schiller, W. J. (2008). A conceptual framework for improving the accessibility of fitness and recreation facilities for people with disabilities. Journal of Physical Activity and Health, *5*, 158-168.
34. Rimmer, J. H., Wolfe, L. A., Sinclair, L. B., Armour, B. S. (2007). Physical activity among adults with a disability-United States, 2005. Morbidity and Mortality Weekly Report, *56*, 1021-1024.
35. Liang, H., Chen, D, Wang, E., **Rimmer, J. H.**, Braunschweig, C.B. (2007). Different risk factor patterns for metabolic syndrome in men with spinal cord injury compared with able-bodied men, despite similar prevalence rates. Archives of Physical Medicine and Rehabilitation, *88*, 1198-1204.
36. Fowler, E. G., Kolobe, T. H. A., Damiano, D. L., Thorpe, D. L., Morgan, D. L., Brunstrom, J. E., Coster, W. J., Henderson, R. C., Pitetti, K. H., **Rimmer, J. H.**, Rose, J., & Stevenson, R. D. (2007). Promotion of physical fitness and prevention of secondary conditions for children with cerebral palsy: Section on pediatrics research Summit proceedings. Physical Therapy, *87*, 1495-1510.
37. Rimmer, J. H., Rowland, J. L., & Yamaki, K. (2007). Obesity and secondary conditions in adolescents with disabilities: Addressing the needs of an underserved population. Journal of Adolescent Health, *41*, 224-229.
38. Rimmer, J. H. (2006). Building inclusive physical activity communities for people with vision loss. Journal of Visual Impairment and Blindness, *100*, 863-865.
39. Rimmer, J. H. (2006). Use of the ICF in identifying factors that impact participation in physical activity among people with disabilities. Disability & Rehabilitation *28*; 1087-1095.
40. Rimmer, J. H., & Schiller, W. J. (2006). Future Directions in Exercise and Recreation Technology for People with Spinal Cord Injury and Other Disabilities: Perspectives from

- the Rehabilitation Engineering Research Center on Recreational Technologies and Exercise Physiology for People with Disabilities. Topics in Spinal Cord Injury Rehabilitation, 11, 82-93.
41. Rimmer, J. H., & Yamaki, Y. (2006). Obesity and intellectual disability. Mental Retardation and Developmental Disabilities Reviews, 12, 22-27.
  42. Rimmer, J. H., Riley, B., Wang, E., & Rauworth, A. (2005). Accessibility of health clubs for people with mobility disabilities and visual impairments. American Journal of Public Health, 95, 2022-2028.
  43. Hughes, S. L., Prohaska, T. R., **Rimmer, J. H.**, Heller, T. H. (2005). Promoting physical activity among older people. Generations, 29, 54-59.
  44. Rimmer, J. H., & Wang, E. (2005). Prevalence of obesity among a group of Chicago residents with disabilities. Archives of Physical Medicine and Rehabilitation, 86, 1461-1464.
  45. Faulkner, M. S., Quinn, L., **Rimmer, J. H.**, & Rich, B. H. (2005). Cardiovascular endurance and heart rate variability in adolescents with Type 1 or Type 2 diabetes. Biological Research for Nursing, 7, 16-29.
  46. Rimmer, J. H. (2005). The Conspicuous Absence of People with Disabilities in Public Fitness and Recreation Facilities: Lack of Interest or Lack of Access? American Journal of Health Promotion, 19, 327-329.
  47. Rimmer, J. H., & Wang, E. (2005). Dose-Response effects of aerobic exercise training in stroke survivors. Topics in Stroke Rehabilitation, 12, 17-30.
  48. Rimmer, J. H. (2005). Exercise and physical activity in people aging with a disability. Physical Medicine and Rehabilitation Clinics of North America, 16, 41-56.
  49. Block, P. M., Skeels, S. E., Keys, C. B., & **Rimmer, J. H.** (2005). Shake-It-Up: Health promotion and capacity building for people with spinal cord injuries and related neurological disabilities. Disability & Rehabilitation, 27, 185-190.
  50. Cress, M. E., Buchner, D. M., Prohaska, T., **Rimmer, J. H.**, et al. (2004). Physical activity programs and behavior counseling in older adult populations. Medicine and Science in Sports and Exercise, 36, 1997-2003.
  51. Rimmer, J. H., Riley, B., Wang, E., & Rauworth, A. (2004). Development and validation of AIMFREE: Accessibility Instruments Measuring Fitness and Recreation Environments. Disability & Rehabilitation, 26, 1087-1095.
  52. Rimmer, J. H., Riley, B., Wang, E., Rauworth, A., & Jurkowski, J. (2004). Physical activity participation among persons with disabilities: Barriers and facilitators. American Journal of Preventive Medicine, 26, 419-425.
  53. Rimmer, J. H., Heller, T., Wang, E., & Valerio, I. (2004). Improvements in physical fitness in adults with Down syndrome. American Journal of Mental Retardation, 109, 165-174.
  54. Braunschweig, C.L., Gomez, S., Shean, P., Tomey, K.M., **Rimmer, J. H.**, & Heller, T. (2004). High prevalence of obesity and low prevalence of cardiovascular and type 2 diabetes risk factors in urban community dwelling adults with Down syndrome. American Journal on Mental Retardation, 109, 186-193.
  55. Heller, T., Hsieh, K., & **Rimmer, J. H.** (2004). Attitudinal and psychological outcomes of a fitness and health education program on adults with Down syndrome. American Journal on Mental Retardation, 109, 175-185.
  56. Looney, M., & **Rimmer, J. H.** (2003). Aerobic exercise equipment preferences among older adults: A preliminary investigation. Journal of Applied Measurement, 4, 43-58.
  57. Rimmer, J. H. Nicola, T., Riley, B., & Creviston, T. (2002). Exercise training for African Americans with disabilities residing in difficult social environments. American Journal of Preventive Medicine, 23, 290-295.

58. Rimmer, J. H. (2002). Health promotion for individuals with disabilities. The need for a transitional model in service delivery. Disease Management and Health Outcomes, 10, 337-343.
59. Heller, T., Hsieh, K., & **Rimmer, J. H.** (2002). Barriers and supports for exercise participation among adults with Down syndrome. Journal of Gerontological Social Work, 38, 161-178.
60. Rimmer, J. H., Silverman, K., Braunschweig, C., Quinn, L., & Liu, Y. (2002). Feasibility of a health promotion intervention for a predominantly African-American group of women with type 2 diabetes. The Diabetes Educator, 28, 571-580.
61. Heller, T., Marks, B., & **Rimmer, J. H.** (2002). Determinants of exercise in adults with cerebral palsy. Public Health Nursing Journal, 19, 223-231.
62. Rimmer, J. H., & Braddock D. (2002). Health promotion for people with physical, cognitive and sensory disabilities: An emerging national priority. American Journal of Health Promotion, 16, 220-224.
63. Rimmer, J. H., Riley, B. B. , & Rubin, S. S. (2001). A new measure for assessing the physical activity behaviors of persons with disabilities and chronic health conditions: The Physical Activity and Disability Survey. American Journal of Health Promotion, 16, 34-45.
64. Fernhall, B, McCubbin, J. A., Pitetti, K. H., Rintala, P, **Rimmer, J. H.**, Millar, L. A., & De Silva, A. (2001). Prediction of maximal heart rate in individuals with mental retardation. Medicine and Science in Sports and Exercise, 33, 1655-1660.
65. Rimmer, J. H. (2001). Physical fitness levels of persons with cerebral palsy. Developmental Medicine & Child Neurology, 43, 208-212.
66. Rimmer, J. H., Riley, B. B., Creviston, T., Nicola, T. (2000). Exercise training in a predominantly African-American group of stroke survivors. Medicine and Science in Sports and Exercise, 32, 1990-1996.
67. Kunde, K., & **Rimmer, J. H.** (2000). Effects of pacing vs. nonpacing on a one-mile walk test in adults with mental retardation. Adapted Physical Activity Quarterly, 17, 413-420.
68. Rimmer, J. H., Braunschweig, C., Silverman, K., Riley, B., Creviston, T, & Nicola, T. (2000). Effects of a short-term health promotion intervention for a predominantly African-American group of stroke survivors. American Journal of Preventive Medicine, 18, 332-338.
69. Rimmer, J. H., Rubin, S. S., & Braddock, D. (2000). Barriers to exercise in African-American women with physical disabilities. Archives of Physical Medicine in Rehabilitation, 81, 182-188.
70. Hoepfner, S., & **Rimmer, J. H.** (2000). Postural balance and self-reported exercise in older adults. Adapted Physical Activity Quarterly, 17, 69-77.
71. Rimmer, J. H. (1999). Health promotion for persons with disabilities: The emerging paradigm shift from disability prevention to prevention of secondary conditions. Physical Therapy, 79, 495-502.
72. Rimmer, J. H., Rubin, S., Braddock, D., & Hedman, G. H. (1999). Physical activity patterns in African-American women with physical disabilities. Medicine and Science in Sports and Exercise, 31, 613-618.
73. Rimmer, J. H., & Hedman, G. H. (1998). A health promotion program for stroke survivors. Topics in Stroke Rehabilitation, 5, 30-44.
74. Rubin, S. S., **Rimmer, J. H.**, Chicoine, B., Braddock, D., & McGuire, D. (1998). Overweight prevalence in persons with Down syndrome. Mental Retardation, 36, 175-181.
75. Wasner, M. & Rimmer, J.H. (1997). A survey of exercise programs in senior living facilities in the state of Illinois. Journal of Aging and Physical Activity, 5, 262-272.
76. Rimmer, J. H., & Looney, M. A. (1997). Effects of an aerobic activity program on the cholesterol levels of adolescents. Research Quarterly for Exercise and Sport, 68, 74-79.

77. Rimmer, J. H., Connor-Kuntz, F., Winnick, J. P., & Short, F. (1997). Feasibility of the Target Aerobic Movement Test in children with spina bifida. Adapted Physical Activity Quarterly, *14*, 147-155.
78. Rimmer, J.H., Braddock, D., & Pitetti, K.H. (1996). Research on physical activity and disability: An emerging national priority. Medicine and Science in Sports and Exercise, *28*(11), 1366-1372.
79. Rimmer, J. H., Braddock, D., & Marks, B. (1995). Health characteristics and health behaviors of adults with mental retardation residing in three living arrangements. Research in Developmental Disabilities, *16*, 489-499.
80. Frey, B., & Rimmer, J. H. (1995). Comparison of body composition between German and American adults with mental retardation. Medicine and Science in Sports and Exercise, *27*, 1439-1443.
81. Stidwill, H. F., & Rimmer, J. H. (1995). Measurement of physical self-efficacy in an elderly population. Clinical Kinesiology, *49*, 58-63.
82. Rimmer, J. H., Braddock, D., & Fujiura, G. (1994). Congruence of three risk indices for obesity in a population of adults with mental retardation. Adapted Physical Activity Quarterly, *11*, 396-403.
83. Rimmer, J. H., & Looney, M. (1994). A preliminary study of misclassification of blood cholesterol levels in an adolescent population. Research Quarterly for Exercise and Sport, *65*, 382-385.
84. Kleeman, M., & Rimmer, J.H. (1994). Relationship between physical fitness levels and attitudes toward physical education in a visually impaired population. Clinical Kinesiology, *48*, 29-32.
85. Rimmer, J. H., Jay, D., & Plowman, S. (1994). Physiological characteristics of trained dancers and intensity level of ballet class and rehearsal. Impulse, *2*, 97-105.
86. Kittredge, J., Rimmer, J. H., & Looney, M. (1994). Validation of the Rockport Fitness Walking Test in adults with mental retardation. Medicine and Science in Sports and Exercise, *26*, 95-102.
87. Rimmer, J. H., Braddock, D., & Fujiura, G. (1994). Cardiovascular risk factor levels in adults with mental retardation. American Journal of Mental Retardation, *98* (4), 222-228.
88. Rimmer, J. H., Braddock, D., & Fujiura, G. (1993). Prevalence of obesity in adults with mental retardation: Implications for health promotion and disease prevention. Mental Retardation, *31*, 105-110.
89. Pitetti, K. H., Rimmer, J. H., & Fernhall, B. (1993). Physical fitness and adults with mental retardation. An overview of current research and future directions. Sports Medicine, *16*, 23-56.
90. Rimmer, J. H. (1992). Cardiovascular fitness programming for adults with mental retardation: Translating research into practice. Adapted Physical Activity Quarterly, *9*, 237-248.
91. Rimmer, J. H., Braddock, D., & Fujiura, G. (1992). Blood lipid and percent body fat levels in Down syndrome versus non-DS persons with mental retardation. Adapted Physical Activity Quarterly, *9*, 123-129.
92. Rimmer, J. H., & Kelly, L. (1991). Effects of a resistance training program on adults with mental retardation. Adapted Physical Activity Quarterly, *8*, 146-153.
93. Rimmer, J. H. (1990). Total and high density lipoprotein cholesterol in adults with mental retardation. Education and Training in Mental Retardation, *25*, 360-366.
94. Rimmer, J. H. (1990). Exercise training for persons with Chronic Obstructive Pulmonary Disease. Palaestra, *6*, 9-13.
95. Rimmer, J. H. (1990). Flexibility and strength exercises for persons with arthritis. Clinical Kinesiology, *44*, 90-96.
96. Rimmer, J. H. (1990). The role of the kinesiologist in counseling disabled persons on blood cholesterol. Clinical Kinesiology, *44*, 18-21.
97. Rimmer, J. H. (1990). Adapted physical education at the preschool level: Is there a future? New York State Journal of Physical Education, Recreation, and Dance, *40*, 10-12.
98. Rimmer, J. H. (1989). An exercise prescription for persons with arthritis. Clinical Kinesiology, *43*, 20-23.
99. Rimmer, J. H. (1989). A vigorous physical education program for children with exercise-induced asthma. Journal of Physical Education, Recreation, and Dance, *60*, 90-95.
100. Rimmer, J. H. (1989). Confrontation in the gym--A systematic solution for behavior problems. Journal of Physical Education, Recreation, and Dance, *60*, 63-65.

101. Rimmer, J. H., & Kelly, L. E. (1989). Gross motor development in preschool children with learning disabilities. Adapted Physical Activity Quarterly, 6, 268-279.
102. Rimmer, J. H. (1988). Let's move forward quickly. Journal of Physical Education, Recreation, and Dance, 59, 14.
103. Kelly, L., & Rimmer, J. H. (1987). Estimating percent body fat of MR adult males. Adapted Physical Activity Quarterly, 4, 117-125.
104. Rimmer, J. H., & Kelly, L. (1987). College conditioning courses: A lifetime investment. Journal of Physical Education, Recreation, and Dance, 58, 108-111.
105. Rimmer, J. H., Kelly, L., & Rosentswieg, J. (1987). Accuracy of anthropometric equations for estimating body composition in mentally retarded adults. American Journal of Mental Deficiency, 91, 626-632.
106. Kelly, L., Rimmer, J. H., & Ness, R. A. (1986). Obesity levels in 553 institutionalized mentally retarded adults. Adapted Physical Activity Quarterly, 4(1), 167-176.
107. Rimmer, J. H., & Rosentswieg, J. (1982). The physical work capacity of learning disabled males. American Corrective Therapy Journal, 36(1), 36-41.
108. Rimmer, J. H., & Rosentswieg, J. (1982). The maximum oxygen uptake of trained female dance majors. Dance Research Journal, 14(1), 29-31.

### **Invited Non-Refereed Articles**

- Rimmer, J. H. (2004). Exercise Prescription for Seniors. A few guidelines for managing chronic conditions. Maximizing Human Potential, 7(3), 2,8.
- Rimmer, J. H. (2000). Quality of life for people with stroke. Maximizing Human Potential, 7(3), 2,8.
- Rimmer, J. H. (1999). Programming for clients with osteoporosis. IDEA Today, 17, 47-55.
- Rimmer, J. H. (1997). Programming for clients with disabilities. IDEA Today, 15, 26-35.

### **Non-Refereed Monographs**

- Rimmer, J. H. (1988). A preschool curriculum guide in gross motor therapy for children with handicapping conditions. Bronx, NY: MLC Press.
- Barnett, B., Bennett, J. C., & Rimmer, J. H. (1984). Techniques of organization and presentation of research in health, physical education, recreation, education, special education, and sports medicine. Bronx, NY: Manhattan College Press.

### **Published Abstracts and Proceedings**

- Faulkner, M. S., Carley, D. W., Quinn, L., Rimmer, J. H., & Rich, B. H. (2005). Cardiovascular risks in adolescents with Type 1 and Type 2 diabetes. Biological Research for Nursing, 6, 304-305.
- Hill B. C., Rimmer J. H., Nicola T.L., Rauworth A. E. & Wang E. C. (2004). Factors Predicting Optimal Response to Aerobic Capacity for Stroke Survivors. Medicine and Science in Sports and Exercise. 36(Suppl. 5), S162.
- Valerio, I., Rimmer, J. H., Heller, T., & Wang, E. (2003). Improving physical fitness in adults with Down syndrome. Medicine and Science in Sports and Exercise, 35 (Suppl.5), S374.
- Rauworth, A., Rimmer, J. H., Wang, E., & Riley, B. B. (2003). A national study assessing the accessibility of fitness facilities for people with disabilities. Medicine and Science in Sports and Exercise, 35 (Suppl.5), S65.
- Rimmer, J. H. (2003). Physical fitness levels of persons with cerebral palsy. Developmental Medicine and Child Neurology, 94, 46.
- Rimmer, J. H., Riley, B. B., Wang, E., & Rauworth, A. (2002). Perceived barriers and facilitators related to accessing fitness and recreation facilities by people with disabilities. American Public Health Association. Abstract #3347.
- Rimmer, J. H., Riley, B. B., Wang, E., & Rauworth, A. (2002). Interest and usage of various types of fitness and recreation facilities by people with disabilities: A national survey. American Public Health Association. Abstract #38024.

- Rimmer, J. H., Riley, B. B. (2001). A health promotion program for a predominantly African American group of women with multiple disabling conditions. American Public Health Association. Abstract #4026.
- Rimmer, J. H., Riley, B. B. (2001). Validation of the Barriers to Physical Activity and Disability Survey for older individuals with disabilities . American Public Health Association. Abstract #3033.
- Heller, T., Hsieh, K., Rimmer, J. H. (2001). Improving exercise adherence among adults with Down syndrome: Overcoming barriers to exercise. American Public Health Association. Abstract #3034.
- Etkin, C. D., & Rimmer, J. H. (2001). Health promotion programs for disabled older adults: Inconsistencies and suggestions for future research. Rimmer, J. H., Riley, B. B. (2001). American Public Health Association. Abstract #4118.
- Rimmer, J. H., Riley, B.B., Creviston, T. A., & Nicola, T. L. (2001). Effects of exercise training in a predominantly African-American group of women with type 2 diabetes. Medicine and Science in Sports and Exercise, 33, S319.
- Rimmer, J. H., Riley, B. B. (2000). Feasibility of assessing the physical activity patterns of persons with disabilities or chronic health conditions. American Public Health Association, 498.
- Rimmer, J. H. (2000). National Center on Physical Activity and Disability. Disability and Health Conference Proceedings.
- Rimmer, J. H., Creviston, T., Nicola, T. (2000). Exercise training in a predominantly African-American group of stroke survivors. Medicine and Science in Sports and Exercise, 32 (Suppl. 5), S263.
- Creviston, T., Rimmer, J. H., Nicola, T., & Riley, B. (2000). Efficacy and safety of strength training for stroke survivors. Medicine and Science in Sports and Exercise, 32 (Suppl. 5), S233.
- Rimmer, J. H. (1998). Increasing physical activity in disabled populations. Medicine and Science in Sports and Exercise, 30 (Suppl.5), S86.
- Giannopoulou, I., & Rimmer, J. H. (1998). Interaction of exercise and diet on the glucose and lipid metabolism of women with NIDDM. Medicine and Science in Sports and Exercise, 30(Suppl.5), S175.
- Rimmer, J. H., & Looney, M. A. (1998). Aerobic exercise equipment preferences among frail older adults using a newly developed instrument. Medicine and Science in Sports and Exercise, 30(Suppl.5), S139.
- Rimmer, J. H. (1996). Exercise, health, activity patterns and barriers to exercise in persons with a disability. Physical Activity and Health in Persons with Disabilities: A Research Symposium. National Center for Medical Rehabilitation Research, U.S. Dept. of Health and Human Services, 53.
- Rimmer, J. H. (1995). Adding aging content to the curriculum and professional preparation programs in physical education/kinesiology. Journal of Aging and Physical Activity, 3, 432.
- Rimmer, J. H. (1995). A research agenda for adapted physical activity specialists in exercise physiology. First European Conference on Adapted Physical Activity and Sports: a White Paper on Research and Practice, pp. 25-31.
- Rimmer, J. H. (1995). Application of Body Composition Techniques to Persons with Disabilities. First European Conference on Adapted Physical Activity and Sports: a White Paper on Research and Practice, pp. 215-220.
- Rimmer, J. H., & Pitetti, K. H. (1995). Body composition in children and adolescents with mental retardation. Medicine and Science in Sports and Exercise, 27(Suppl.), S83.

- Gagalis, Z., & Rimmer, J. H. (1995). Acute effects of leg exercise and insulin injection sites on blood glucose in persons with insulin-dependent diabetes mellitus. Medicine and Science in Sports and Exercise, 27(Suppl.), S81.
- Rimmer, J. H., & Pitetti, K. H. (1994). A research agenda for Adapted Physical Activity specialists in exercise physiology. North American Federation of Adapted Physical Activity, November 1994, p. 18.
- Rimmer, J. H. (1994). Fitness and rehabilitation programs for special populations. 10th Commonwealth and International Scientific Congress Program and Abstracts, August 1994, p. 167.
- Rimmer, J.H., Jay, D., & Plowman, S. (1994). Physiological characteristics of trained ballet dancers. Research Quarterly for Exercise and Sport, March 1994, Suppl., A-22.
- Jay, D., Rimmer, J.H., & Plowman, S. (1994). Intensity level of ballet class and rehearsal. Research Quarterly for Exercise and Sport, March 1994, Suppl., A-21.
- Rimmer, J.H., & Kittredge, J. (1994). Cross-validation of a prediction equation to estimate cardiorespiratory fitness in adults with mental retardation. Medicine and Science in Sports and Exercise, 26 (Suppl.), S76.
- Fernhall, B., Pitetti, K., Rimmer, J.H., Kittredge, J., Millar, L., & Burkett, L. (1994). Cardiorespiratory differences between individuals with mental retardation with and without Down Syndrome. Medicine and Science in Sports and Exercise, 26 (Suppl.), S76.
- Rimmer, J. H., & Looney, M. (1993). Classification of blood cholesterol levels in a rural adolescent population. Research Quarterly for Exercise and Sport, March 1993, Suppl., A-60.
- Kleeman, M., & Rimmer, J. H. (1993). Relationship between physical fitness levels and attitudes toward physical education in a visually impaired population. Research Quarterly for Exercise and Sport, March 1993, Suppl., A-116.
- Kittredge, J., & Rimmer, J. H. (1993). Validation of the Rockport Fitness Walking Test for adults with mental retardation. Medicine and Science in Sports and Exercise, 25 (Suppl.), S15.
- Rimmer, J. H. (1993). Exercise-induced asthma: The growing epidemic. Achieving a Balance - Adapted Physical Activity National Conference, pp. 83-86.
- Felix, M., Rimmer, J. H., Looney, M., & Tymeson, G. (1992). Cholesterol profiles and their relationship to percent body fat among adults with mental retardation. Research Quarterly for Exercise and Sport, March 1992, Suppl., A-90.
- Rimmer, J. H., Braddock, D., & Fujiura, G. (1992). Lipid-lipoprotein profiles of adults with mental retardation based on living arrangement. Medicine and Science in Sports and Exercise, 24, (Suppl.), S74.
- Rimmer, J. H. (1992). (a) Research in Adapted Physical Activity: Current trends and future directions; and (b) Physical fitness development for persons who are mentally retarded. North American Federation of Adapted Physical Activity, 4 & 6.
- Rimmer, J. H. (1991). Comparison of blood lipid levels between a Down syndrome and Non-Down syndrome mentally retarded population. (from AAHPERD Abstracts of Research Papers, 1991), 220.
- Rimmer, J. H. (1991). Prevalence of obesity in adults with mental retardation. Proceedings of the 8th International Symposium on Adapted Physical Activity, 24.
- Rimmer, J.H. (1990). The changing status of university-based physical education programs: Meeting the needs of older Americans (summary). Proceedings of the 16th Annual Meeting of the Association for Gerontology in Higher Education, 16, 86.
- Rimmer, J.H., & Kelly, L.E. (1990). A weight training program for adults with mental retardation (from AAHPERD Abstracts of Research Papers, 1990), 235.

- Rimmer, J.H. (1989). The ABC's of blood cholesterol. Proceedings of the Eighteenth Annual Physical Activity Conference for Exceptional Individuals, 18.
- Rimmer, J.H., & Kelly, L.E. (1989). Total and high-density lipoprotein fractions in mentally handicapped adults (from AAHPERD Abstracts of Research Papers, 1989), 44.
- Rimmer, J.H. (1989). Status of adapted physical education in preschool special education programs (from AAHPERD Abstracts of Research Papers, 1989), 174.
- Rimmer, J.H. (1989). Training exercise physiologists for community-based health care programs for older adults (Summary). Proceedings of the 15th Annual Meeting of the Association for Gerontology in Higher Education, 15, 10.
- Ball, T., Fox, C., & Rimmer, J.H. (1989). Research update: Reliability of fitness testing in mentally handicapped adults (from Midwest AAHPERD Abstracts of Research Papers, 1989), 18.
- Rimmer, J.H., & Kelly, L.E. (1988). Early intervention programming for preschoolers with disabilities. Proceedings of the Seventeenth Annual Physical Activity Conference for Exceptional Individuals, 17, 109-113.
- Rimmer, J.H. (1988). Sports medicine for special populations--guidelines and implications for the therapist and trainer. Proceedings of the Second Annual Sports Medicine Conference, 2, 74-79.
- Rimmer, J.H., & Rosentswieg, J. (1984). Densitometric analysis of mentally retarded adults: A simplified technique (from AAHPERD Abstracts of Research Papers, 1984), 71.
- Rimmer, J.H., & Rosentswieg, J. (1983). Hydrostatic weighing of mentally handicapped adults (from AAHPERD Abstracts of Research Papers, 1983), 43.
- Rimmer, J.H., & Rosentswieg, J. (1981). The maximum oxygen uptake, pulmonary function, echocardiographic analysis, and body composition of trained female dance majors (from Southern AAHPERD Abstracts of Research Papers, 1981), 81.
- Rimmer, J.H., & Kelly, L.E. (1980). The percentage of body fat in an institutionalized severely and profoundly mentally retarded population. Proceedings of the Ninth Annual Physical Activity Conference for Exceptional Individuals, 9, 21-29.

## **GRANT ACTIVITIES**

### *Active*

#### *Centers for Disease Control and Prevention*

Centers for Disease Control and Prevention, 4/1/15-3/31/16 (PI, \$1.25M for one year). National Center on Health, Physical Activity and Disability (Grant # 3U59DD000906).

#### *National Institute on Disability and Rehabilitation Research*

National Institute on Disability and Rehabilitation Research (NIDRR), 10/1/10-9/30/15 (PI, \$400,000/yr for 5 yr). Disability Rehabilitation Research Project (DRRP) on Obesity in Youth/Young Adults with Disabilities from Culturally Diverse Backgrounds (Grant # H133A100011).

#### *National Institutes of Health*

NIH 1R43DK097972-01, 5/20/13-4/30/16 (Co-PI, \$137k/yr for two years)

National Institute of Diabetes and Digestive and Kidney Diseases

#### *Personalized Telehealth Weight Management System for Overweight Adults with Disability*

The central goal of this project is to develop a personalized telehealth weight management system for overweight adults with spinal cord injury.

## **ADD ACTIVE GRANTS FROM BIOSKETCH**

### *Completed*

Centers for Disease Control and Prevention, 4/1/12-3/31/15 (PI, \$1M/yr for three years). National Center on Health, Physical Activity and Disability (Grant # 1U59DD000906-01).

Agency for Healthcare Research and Quality, 5/19/10-5/18/13 (PI, \$150,000/yr for 2 yr). Improving Health Care Quality through Health IT for Persons with Intellectual Disabilities (Grant# 1R21HS018766).

Centers for Disease Control and Prevention [Supplement], 7/1/10-6/30/11 (PI, \$156,250). National Center on Physical Activity and Disability (Grant #U59DD000437).

Centers for Disease Control and Prevention, 4/1/08-3/31/12 (PI, \$925,000/yr for 4 years). National Center on Physical Activity and Disability (Grant #U59DD000437).

Centers for Disease Control and Prevention [Supplement], 4/1/09-3/31/10 (PI, \$115,000). National Center on Physical Activity and Disability (Grant #U59DD000437).

Centers for Disease Control and Prevention [Supplement], 9/30/07-9/29/08 (PI, \$119,000). Examination of Environmental Instruments Measuring Physical Activity and the Built Environment (Grant # 5U59DD522742-05R).

Centers for Disease Control and Prevention, 9/30/06-9/29/10 (PI, \$336,000/yr for 3 yr, one year no-cost extension). Personalized Physical Activity and Nutrition Intervention for Overweight/Obese Adults with Mobility Disabilities. (Grant #1R01DD000134)

Centers for Disease Control and Prevention, 9/1/11-8/31/13 (PI, \$365,000/yr for two years). Development of a Community Health Inclusion Instrument, (Grant #R200201140306)

Centers for Disease Control and Prevention [Supplement], 2/26/13-9/29/13 (PI, \$62,500). Customization of a self-management health promotion program for people with hemophilia. (Grant # 1U59DD000906-01).

National Institute on Disability and Rehabilitation Research (NIDRR), 10/1/08-9/30/13 (PI on Sub-project in Center, \$95,733/yr for 5 yr). Rehabilitation Research and Training Center on Lifespan in Adults with Intellectual/Developmental Disabilities (Grant#H133B080009, Tamar Heller PI of Center).

National Institute on Disability and Rehabilitation Research (NIDRR), 10/1/08-9/30/11 (Co-PI, J. Rowland PI, \$180,000/yr for 3 yr). Activity Video Gaming for Youth with Disabilities.

National Institute on Disability and Rehabilitation Research (NIDRR), 10/1/07-9/30/12 (PI, \$950,000/yr for 5 yr). Rehabilitation Engineering Research Center on Recreational Technology and Exercise Physiology Benefiting Persons with Disabilities. (Grant # H133E070029).

National Institute on Disability and Rehabilitation Research (NIDRR), 11/1/06-10/31/10 (PI, \$250,000/yr for 3 yr). Obesity and Obesity-Related Secondary Conditions in Youth with Disabilities. (Grant # H133A060066).

National Institutes of Health, National Institute on Child Health and Human Development, (PI, 5 yr @ \$512,000/yr). National Center for Medical Rehabilitation Research, 9/01/05 - 8/31/10 Obesity and the Built Environment: Building Health Empowerment Zones for People with Mobility Disabilities).

Centers for Disease Control and Prevention [Supplement], 4/1/07-3/31/08 (PI, \$119,000/yr for 1 yr). Examination of Environmental Instruments Measuring Physical Activity and the Built Environment (Grant # 5U59DD522742-05R).

National Institutes of Health, National Institute on Child Health and Human Development, National Center for Medical Rehabilitation Research, STTR, 11/01/05-3/31/08 (PI, 2 yr @ \$100,000/yr). Universal Exercise Kits for Manual Wheelchair Users. (Grant #R41 HD049224).

Centers for Disease Control and Prevention, 4/1/03-3/31/08 (PI, \$800,000/yr for 5 yr). National Center on Physical Activity and Disability.

National Institutes of Health, National Center for Medical Rehabilitation Research, 1/01/04-12/31/07 (Co-PI, \$125,000/yr for 3 yr). A Dynamic Disability-Specific Physical Activity Scale. (PI, Barth Riley).

National Institute on Disability and Rehabilitation Research (NIDRR), 11/1/02-10/31/07 (PI, \$900,000/yr for 5 yr). Rehabilitation Engineering Research Center on Recreational Technology and Exercise Physiology Benefiting Persons with Disabilities. (Grant # H133E020715).

Centers for Disease Control and Prevention, 9/30/03-9/29/06 (PI, \$337,000/yr for 3 yr). A Physician Guided Approach to Increasing Awareness and Sustainability of Physical Activity for Overweight Adults with Mobility Limitations (Grant#R04CCR523275).

Centers for Disease Control and Prevention, 4/1/02-12/31/05 (PI, \$140,000/yr for 3 yr). State Infrastructure Development Project for Preventing Secondary Conditions among People with Developmental Disabilities.

Illinois Attorney General's Office, 5/1/02-4/30/05 (PI, \$100,000/yr for 3 yr). Development of the Illinois Information Center on Health Promotion, Nutrition and Disability.

Centers for Disease Control and Prevention, 9/30/00-3/31/04 (PI, \$300,000/yr for 3 yr). Development and Validation of Measurement Instruments to Assess Community Accessibility of Fitness and Recreation Facilities for Persons with Disabilities.

National Institutes of Health, National Center for Medical Rehabilitation Research, 6/30/01-6/30/05 (PI, \$232,950/yr for 3 yr). Dose-Response Effects of Aerobic Exercise in Persons with Stroke. (Grant# HHS5R21HD40988)

National Institutes of Health, 9/1/00-8/31/05 (Co-PI, \$300,000/yr for 5 yr). Early Detection and Correlates of Type 2 Diabetes in Overweight African-American Children. (Melissa Faulkner, PI).

National Institute on Aging - 9/1/98-3/31/04 (Co-PI, \$90,000/yr for 5 yr). Roybal Center on Aging. Health Promotion Intervention for Persons with Down Syndrome (Tamar Heller, PI).

National Institute on Aging, 9/1/98-6/30/03 (PI, \$90,000/yr for 5 yr). Midwest Roybal Center for Health Maintenance. Exercise Adherence Predictors in Older Persons with Physical Disabilities.

National Institute on Child Health and Human Development, 6/30/02-6/20/04 (PI, \$92,000/yr for 2 yr). Disability Supplement for Career Enhancement and Mentoring of Researchers with Disabilities – Edward Wang.

National Institute on Disability and Rehabilitation Research, 9/1/01-12/31/04 (Co-PI, \$150,000/yr for 3 yr). Health Promotion and Capacity Building for Persons with Traumatic Spinal Cord and Brain Injury. (Pamela Block, PI).

National Institute on Disability and Rehabilitation Research, 9/1/01-12/31/04 (Co-PI, \$150,000/yr for 3 yr). Health Promotion and Capacity Building for Persons with Traumatic Spinal Cord and Brain Injury. (Pamela Block, PI).

National Institute on Aging, 9/1/99-6/30/03 (PI, \$102,000/yr for 4 yr). Disability Supplement for Career Enhancement and Mentoring of Researchers with Disabilities – Barth Riley.

Centers for Disease Control and Prevention, 4/1/99-3/31/03 (PI, \$750,000/yr for 4 yr). National Center on Physical Activity and Disability.

National Institute on Disability and Rehabilitation Research, 7/1/99-6/30/02 (Co-PI, \$150,000/yr for 3 yr). Secondary Prevention Trial of Exercise and Diet for Improvement of Physical Fitness, Independence and Overall Health in Adult Paraplegics (Carol Braunschweig, PI).

Centers for Disease Control and Prevention, 8/1/97-4/30/01 (PI, \$285,000/yr for 3 yr). Center on Health Promotion Research for Persons with Disabilities.

Lifepius, Inc., 8/96-5/98 (PI, \$12,000). To study the exercise equipment preferences of older adults.

Faculty Career Enhancement Grant, Northern Illinois University, 6/94 (\$3,440). To investigate the body composition levels of children with mental retardation.

IAHPERD Jump Rope for Heart, 12/91 (PI, \$3,300). A Continued Investigation of the Management of Hypercholesterolemia in High School Students.

Northern Illinois University Summer Research Funding, 6/91 (\$4,700). To investigate the health effects of deinstitutionalization.

IAHPERD Jump Rope for Heart , 9/90 (PI, \$3,600). Early Identification of Hypercholesterolemia Among High School Students.

Northern Illinois University Summer Research Funding, 6/90 (\$4,500). Habitual Physical Activity and High Density Lipoprotein Cholesterol in an Institutionalized Mentally Retarded Population.

Northern Illinois University Summer Research Funding, 6/89 (\$3,800). Distribution of Total and High-Density Lipoprotein Cholesterol in Mentally Handicapped Persons.

New York City Department of Mental Health and Mental Retardation, 9/1/84-8/31/87 (PI, \$107,000/yr for 3 yr). Development of an Adapted Physical Education/Rehabilitation Program for Children with Disabilities.

#### Development Grant

Life Fitness Corporation, 8/02. \$80,000 equipment grant.

### **PRESENTATIONS**

#### **Invited International Presentations**

1. *Obesity Management in Children with Spina Bifida*. Bloorview Hospital for Children, Toronto, Canada, October 10, 2014.
2. *Adapted Physical Activity Guidelines for Promoting Inclusion and Wellness of Czech Youth with Disabilities into Existing Evidence-Based Physical Activity/Obesity Prevention Programs for Non-Disabled Czech Youth*. 7<sup>th</sup> International Conference on Movement Science, Olomouc, Czech Republic, June 4, 2014.
3. *Aging, Secondary Conditions, and Disability: New Pathways for Future Research and Practice*. 5<sup>th</sup> International State-of-the-Art Congress, Groningen, Netherlands, April 25, 2014.
4. *Building the Crossroad between Inpatient/Outpatient Rehabilitation and Lifelong Community-Based Fitness for People with Neurologic Disability*. New Zealand Physiotherapy Neurosymposium, Wellington, New Zealand, May 25 & 26, 2013.
5. *Inclusive Physical Activity*. European Conference on Adapted Physical Activity, Killarney, Ireland, May 8, 2012.
6. *Physical Activity for People with Disabilities*. 8<sup>th</sup> Brazilian Congress on Physical Activity & Health, Gramado, Brazil, November 11, 2011.
7. *Preventing Post-rehab Health Decline (PHD): Building networks from rehabilitation to community fitness*, 2nd Baltic & North Sea Conference on Physical and Rehabilitation Medicine, Vilnius, Lithuania, September 30, 2011.
8. *Adapted Physical Activity Professionals and Public Health*, International Symposia on Adapted Physical Activity, Paris, France, July 7, 2011.
9. *Exercise Intervention Research on Persons with Disabilities: What We Know and Where We Need to Go*, Swedish National Medical Conference, Goteborg, Sweden, December 1, 2010.
10. *An International Perspective on Inclusive Fitness and the Health Determinants for Disabled People*, Inclusive Fitness Conference, London, England, December 12, 2006.

11. *Exercise Technologies for Persons with Cerebral Palsy*, International Congress on Cerebral Palsy, Toronto, Canada, April 2006.
12. *Exercise and Sport Disability in Neurorehabilitation*, World Congress on Neurorehabilitation, Hong Kong, February 15, 2006.
13. *Strength and Cardiorespiratory Training for Paralympic Athletes* (keynote), British Paralympic Association Conference, Loughborough, England, March 1, 2005.
14. *The National Center on Physical Activity and Disability: Uniting the World of Professionals and People with Disabilities Through New and Emerging Technologies, and Assessment Issues in Physical Activity and Disability* (keynote), International Conference on Adapted Physical Activity, Taipei, Taiwan, November 10, 2003.
15. *The National Center on Physical Activity and Disability*, International Symposia on Adapted Physical Activity (keynote), Seoul, Korea, August 2003.
16. *Physical Fitness Levels of Persons with Cerebral Palsy*, International Conference on Cerebral Palsy, Quebec, Canada, May 2003.
17. *Exercise for Persons with Chronic Disabilities*, Chilliwack Community Center, Vancouver, Canada, September 1998.
18. *Fitness for Persons with Disabilities*, National Taiwan Normal University, Taipei, Taiwan, August 1996.
19. *A Research Agenda in Exercise Physiology for the Adapted Physical Activity Specialist; and Application of Body Composition Techniques to Persons with Disabilities*, European Conference on Adapted Physical Activity, Leuven, Belgium, December 1994.
20. *Future Directions in Adapted Physical Activity*, Heidelberg University, Heidelberg, Germany, December 1994.

### **Invited National Presentations**

1. *From Therapist to Trainer: Transforming the Lives of People with Disabilities*. American College of Sports Medicine, San Diego, CA, May 28, 2015.
2. *A Method and Set of Criteria for Developing Physical Activity and Nutrition Guidelines for Children with Disabilities*. White House Summit and Research Forum, Washington, DC, October 6, 2014.
3. *Environmental Approaches for Promoting Physical Activity Adherence in People with Chronic Conditions and Disability*. Arthritis State of the Science Conference, Washington, DC, April 7, 2014.
4. *Health Promotion and Fitness Transition from Clinical Practice to the Community for People with SCI (1) & Affordable Care Act: A Road Map to Transformation in Rehabilitation Policy, Research, and Practice.*(2) American Congress of Rehabilitation Medicine, Orlando, FL, November 13, 2013.
5. *Building New Pathways to Inclusive Health and Fitness in People with Cerebral Palsy*. American Academy of Cerebral Palsy and Developmental Medicine, Milwaukee, WI, October 15, 2013.
6. *Longitudinal Health and Intellectual Disability Study (LHIDS)*. Coleman Institute for Cognitive Disability, Broomfield, CO, October 2, 2013.
7. *Spinal Cord Injury and Secondary Conditions*. American Spinal Injury Association, Chicago, IL, May 5, 2013.
8. *Technology-Supported Health Promotion for Adults with Intellectual Disability: Building an Online System for Frontline Service Providers*. American Network of Community Options and Resources, Washington, DC, April 30, 2013.
9. *Building the Crossroad between Rehabilitation and Community Exercise for People with Stroke*. Rehabilitation Institute of Chicago, Chicago, IL, April 26, 2013.

10. *Obesity and Intellectual Disability*. Obesity Society Meeting, October 15, 2012.
11. *Aging, Disability and Health Disparities*. Institute of Medicine, Washington, DC, October 2, 2012.
12. *Evidence-Based Strategies to Prevent Obesity in Youth and Young Adults with Disabilities*. International Congress on Spina Bifida, Las Vegas, NV, March 12, 2012.
13. *Building Inclusive Play Environments One Community at a Time*, National Play Symposium, February 28, 2012.
14. *The Power of Now. Making Wellness a Priority*. Bancroft, Haddonfield, NJ, June 29, 2011.
15. *ADA and Capacity Building*. American College of Sports Medicine Conference, Denver, CO, June 2, 2011.
16. *Longitudinal Health and Intellectual Disabilities Study (LHIDS)*. Family Medicine Northeast Regional Meeting, Hershey, PA, October 28, 2010.
17. *Tailoring Lifestyle Weight Management and Fitness Programs for Adults with Developmental Disabilities*, Elizabeth Boggs Fall Lecture Series, October 22, 2010, Mt. Laurel, NJ.
18. *Obesity in Youth with Disabilities*. National Institutes of Health, Bethesda, MD, July 15, 2010.
19. *Tailoring Exercise/Physical Activity Programs for Adults Aging with a Physical Disability*. CDC Disability and Health Meeting, Atlanta, GA, May 15, 2010.
20. *Building Healthy Communities for People Living with Diabetes and Disability*, CDC Diabetes Translation Conference, Kansas City, MO, April 14, 2010.
21. *Building Inclusive Play and Physical Activity Environments*, 3<sup>rd</sup> Annual Play Conference, Middle Tennessee State University, April 10, 2010.
22. *Building Inclusive Fitness Communities Across America: What Every Physical Activity Professional Needs to Know*, Charles H. McCloy Research Lecture, American Alliance for Health, Physical Education, Recreation and Dance, Indianapolis, IN, March 18, 2010.
23. *Technology in Promoting Health Among People with Disabilities: 14-week Virtual Training Program*. CDC Disability and Health Conference, New Orleans, LA, April 23, 2009.
24. *Inclusive Fitness: Fitness Professionals Working at the Intersection of Disability and Aging*. American College of Sports Medicine Health and Fitness Summit. Atlanta, GA, March 26<sup>th</sup> & 27<sup>th</sup>, 2009.
25. *Health Promotion, Technology and People with Cognitive Disabilities*. 8<sup>th</sup> Annual Coleman Institute Conference on Cognitive Disability and Technology. Boulder, CO, October 17, 2008.
26. *Barriers and Determinants of Physical Activity in Youth with Cerebral Palsy*. American Academy for Cerebral Palsy and Developmental Medicine. Atlanta, GA, September 17, 2008.
27. *Using Technology to Promote Physical Activity Among Individuals with Disabilities*. American College of Sports Medicine National Conference, Indianapolis, IN, May 29, 2008.
28. *Systematic Literature Review on Health Outcomes Associated with Physical Activity in Adults with Disabilities*. U. S. Department of Health and Human Services, Physical Activity Guidelines Committee, Washington, DC, December 6, 2007.
29. *Disability and Physical Activity*. 11<sup>th</sup> Measurement and Evaluation Council Symposium, The Cooper Institute, Dallas, TX, October 19, 2007.
30. *Consequences of Obesity in Youth with Disabilities*. American Kinesiotherapy Association, Richmond, VA, October 6, 2007.
31. *Building Inclusive Fitness Communities for People with Disabilities*. National Consortium on Physical Education and Recreation for Individuals with Disabilities, Baltimore, MD, July 9, 2007.

32. *Quality and Effective Health Promotion*. RRTC on Aging with Intellectual and Developmental Disabilities State of the Science Conference, Atlanta, GA, May 21, 2007.
33. *Obesity in Children with Developmental Disabilities*. University of Tennessee Health Sciences Center Underserved Needs Conference, Memphis, TN, March 8, 2007.
34. *Barriers Associated with Exercise and Community Access for Individuals with Stroke*. International Stroke Conference, San Francisco, CA, February 7, 2007.
35. *Exercise for People with Spinal Cord Injury*. National Rehabilitation Hospital State of the Science Conference, Bethesda, MD, November 1, 2006.
36. *Evidence-Based Research in Physical Activity and Disability*. Institute of Medicine - Adequacy of Evidence for Physical Activity Guidelines Development, Washington, DC, October 24, 2006.
37. *Exercise and Nutrition Intervention for Overweight Adults with Mobility Disability*. Centers for Disease Control and Prevention Portfolio Review, Atlanta, GA, October 23, 2006.
38. *Building Inclusive Physical Activity Communities Through Participation in Special Olympics*. Special Olympics 2006 USA National Games Symposium, Ames, IA, July 1, 2006.
39. *Exercise for Persons with Disabilities: Meeting the Needs of an Underserved Population*. International Congress on Physical Activity and Public Health, Atlanta, GA, April 12, 2006.
40. *Customizing Physical Activity Programs for Children with Developmental Disabilities*. University of Tennessee Underserved Needs Conference, Memphis, TN, March 8, 2006.
41. *Health Promotion for People with Mobility Disabilities: Why Should Physical Therapists Care? and A New Assessment Tool to Measure Accessibility of Fitness and Recreation Facilities and Programs for People with Mobility Disabilities*. American Physical Therapy Association, San Diego, CA, January 31, 2006.
42. *Re-Engineering Physical Activity Back Into Our Lifestyle: The Need for Technology to Address the Needs of People with Disabilities*. 15<sup>th</sup> Annual Assistive Technology Expo, Raleigh, NC, December 2005.
43. *Impact of Exercise in Preventing Secondary Conditions in Persons with Disabilities*. Institute of Medicine, Washington, DC, August 2005.
44. *Getting Active: Exercise Programs That Work for Those with Developmental Disabilities*. Across the Lifespan: Health and Health Care Conference for Health Professionals, Educators and Caregivers, Asheville, NC, June 2005.
45. *Obesity Reduction in Adults with Developmental Disabilities*. Young Adult Institute Conference on Developmental Disabilities, New York, NY, May 2005.
46. *Tailoring Exercise Programs for Individuals with Developmental Disabilities*. University Centers for Excellence in Developmental Disabilities, Los Angeles, CA, May 2005.
47. *Customizing Physical Activity Programs for People with Disabilities*. North Dakota Association of Community Facilities, Fargo, ND, April 2005.
48. *Aerobic Exercise Training for Stroke Survivors*. Montana Cardiovascular Health Summit, Big Sky, MT, April 2005.
49. *In Search of the Holy Grail: Finding a Satisfying Career by Working with People with Disabilities*. American College of Sports Medicine Summit, Las Vegas, NV, March 2005.
50. *Addressing the Fitness Needs of Children and Adults with Developmental Disabilities*. University of Tennessee Underserved Needs Conference, Memphis, TN, March 2005.
51. *Bringing People with Disabilities to the Forefront of the National Physical Activity Agenda*. Conference on Health and Disability, Albuquerque, NM, September 2004.
52. *Physical Activity and Public Health Interventions to Improve the Health Status of Persons with Intellectual and Developmental Disabilities*, CDC's Second Conference on Birth Defects, Developmental Disabilities, Disability and Health, and Hereditary Blood Disorders, Washington, DC, July 2004.

53. *Using Information Technology to Promote Exercise Participation and Adherence by People with Disabilities*, CDC's Second Conference on Birth Defects, Developmental Disabilities, Disability and Health, and Hereditary Blood Disorders, Washington, DC, July 2004.
54. *Evidence on Dose-Response Effects of Aerobic Exercise Training in Stroke Survivors*, American Physical Therapy Association Annual Conference, Chicago, IL, July 2004.
55. *Physical Activity Access/Disparity Issues Related to People with Disabilities*, National Coalition for the Promotion of Physical Activity, Washington, DC, June 2004.
56. *Health Promotion for Persons with Intellectual and Developmental Disabilities: The State of the Scientific Evidence*, American Association on Mental Retardation 128<sup>th</sup> Annual Meeting, Philadelphia, PA, June 2004.
57. *The Public Health Campaign to Increase Physical Activity in the U.S. Population: Where are People with Disabilities?* 1<sup>st</sup> Conference on Health & Wellness for Adults with Disabilities (keynote), Albany, NY, April 2004.
58. *Assessment Issues in Disability and Physical Activity*, 10<sup>th</sup> Measurement and Evaluation Symposium, Urbana-Champaign, IL, October 2003.
59. *Technology in Health Promotion for Persons with Cognitive Disabilities*, Coleman Conference for Cognitive Disabilities, Boulder, CO, October 2003.
60. *Healthy Lifestyles for Persons with Disabilities*, Arkansas DD Council, Hot Springs, AR, September 2003.
61. *The Prevalence of Obesity among People with Disabilities, and Measurement Issues of Fitness and Recreation Settings for People with Disabilities*, National Institutes of Health Lifespan Planning Conference, Bethesda, MD, July 2003.
62. *Physical Activity Programming for Persons with Limb Loss*, 13<sup>th</sup> Annual Amputee Coalition of America Educational Conference & Exposition, Boston, MA, July 2003.
63. *Accessibility Instruments Measuring Fitness and Recreation Environments – Project AIMFREE*, 9<sup>th</sup> Annual North American Collaborating Center ICF Conference, St. Louis, MO, June 2003.
64. *Health Promotion and Physical Activity for Persons with Developmental Disabilities: Meeting the Surgeon General's Challenge*, The Arc/US National Conference, Princeton, NJ, May 2003.
65. *Exercise and Health Promotion*, National Institutes of Health, National Advisory Board on Medical Rehabilitation Research, Silver Spring, MD, December 2002.
66. *The National Center on Physical Activity and Disability*, Association of University Centers on Disabilities (AUCD), Bethesda, MD, October 2002.
67. *Health Promotion for People with Disabilities: Current Trends and Future Directions*, Oregon Disability and Health Conference, Eugene, OR, October 2002.
68. *Physical Inactivity and Disability: An Emerging and Growing Problem*, North American Federation on Adapted Physical Activity, Corvallis, OR, September 2002.
69. *Update on the Surgeon General's Report on Mental Retardation*, National Center on Birth Defects and Developmental Disabilities, Atlanta, GA, September 2002.
70. *National Center on Physical Activity and Disability*, National Conference for State Directors of Developmental Disabilities Services, Chicago, IL, July 2002.
71. *Health Promotion for People with Developmental Disabilities: The Journey Ahead of Us*, Healthy Living Conference, Columbus, OH, June 2002.
72. *Accessibility Measurements Measuring Fitness and Recreation Environments*, ADA Symposium 2002, Kansas City, MO, May 2002.
73. *Update on The National Center on Physical Activity and Disability*, American Society on Aging, Denver, CO, April 2002.
74. *The Disability Revolution: Are Fitness Centers Up To The Challenge?* International Health, Racquet and Sportsclub Association, Phoenix, AZ, March 2002.

75. *Impact of Fitness and Exercise on People with Mental Retardation*, Special Olympics International, Indianapolis, IN, June 2001.
76. *Be Fit for Life*, New York State Department of Disability and Health Annual Chronic Disease Conference, Buffalo, NY, June 2001.
77. *Exercise: How Much is Enough and How Much is Too Much?*, Rehabilitation Research and Training Center on Aging with a Disability and the Rehabilitation Institute of Chicago, Chicago, IL, April 2001.
78. *Health and Wellness for People with Developmental Disabilities*, Lanterman Regional Center, Burbank, CA, April 2001.
79. *Adherence to Physical Activity in Older Adults with Physical Disabilities*, 47<sup>th</sup> Annual Meeting of the American Society on Aging, New Orleans, LA, March 2001.
80. *Urban and Rural Models of Community-Based Fitness/Wellness Programs for People with Physical Limitations: A Unique Opportunity for Physical Therapists*, American Physical Therapy Association, San Antonio, TX, February 2001.
81. *Findings from a University-Based Health Promotion Program for People with Physical and Cognitive Disabilities*, Centers for Disease Control and Prevention, Atlanta, GA, January 2001.
82. *Research on Physical Activity and Disability*, CDC Prevention Research Center, Park City, UT, September 2000.
83. *Health Promotion for Persons with Developmental Disabilities*, 5<sup>th</sup> National Conference of Qualified Mental Retardation Professionals, New Orleans, LA, August 2000.
84. *Physical Activity and Disability: Future Trends and Directions*, Rehabilitation Institute of Chicago, Chicago, IL, July 2000.
85. *Increasing Physical Activity Among Persons with Disability*, American Kinesiotherapy Conference, Chicago, IL, July 2000.
86. *National Center on Physical Activity and Disability*, Disability and Health Conference, Dearborn, MI, May 2000.
87. *Health Promotion for Persons with Developmental Disabilities*, Secondary Conditions Conference, Columbus, OH, April 2000.
88. *The New Market for Health Clubs and Fitness Facilities in the 21<sup>st</sup> Century: Baby Boomers and People with Disabilities*, International Health, Racquet & Sportsclub Association, San Francisco, CA, March 2000.
89. *Healthy Aging Strategies for the New Longevity: Comparing Models and Evaluating Results*, 46<sup>th</sup> Annual Meeting of the American Society on Aging, San Diego, CA, March 2000.
90. *National Center on Physical Activity and Disability*, Society of Public Health Educators (SOPHE) Annual Meeting, Chicago, IL, November 1999. *Physical Activity and Fitness: It's a 'Do or Die' Situation*, The ARC National Convention, Nashville, TN, October 1999.
91. *Limitations in Physical Activity Levels and Barriers to Exercise Among African American Women with Disabilities*; and *The National Center on Physical Activity and Disability*, Centers for Disease Control and Prevention – Promoting the Health & Wellness of Women with Disabilities Conference, San Antonio, TX, August 1999.
92. *Research Update on Exercise and Aging*, IDEA International Fitness Conference, Las Vegas, NV, July 1999.
93. *Exercise Programming Strategies for Osteoporosis*; and *Exercise Prescription for Seniors*, Aerobic and Personal Trainer Convention, Chicago, IL, June 1999.
94. *Health Promotion for Persons with Disabilities: A New Era for a Neglected Population*, (keynote), 3<sup>rd</sup> Annual Aging and Developmental Disability Conference, Rochester, NY, May 1999.

95. *Fitness Programming for Persons with Disabilities: Preparing for the Next Millennium*, International Health and Racquetball Association, San Diego, CA, April 1999.
96. *Exercise Programming for Persons with Osteoporosis*, IDEA International Personal Training Summit, Baltimore, MD, March 1999.
97. *Building Partnerships for Disability and Health*, National Conference on Disability and Health, Centers for Disease Control and Prevention, Dallas, TX, October 1998.
98. *Exercise in Modern Medicine*, Club Industry National Conference, Chicago, IL, October 1998.
99. *Exercise Programming for Older Frail Seniors*, Rehabilitation Institute of Chicago (keynote), Chicago, IL, September, 1998.
100. *Exercise Programming for Osteoarthritis and Osteoporosis*, IDEA International Fitness Conference, Orlando, FL, July 1998.
101. *Research Update on Exercise and Aging*, IDEA International Personal Training Summit, Anaheim, CA, March 1998.
102. *Medical Concerns in the Elderly*, IDEA International Fitness Conference, Anaheim, CA, July 1997.
103. *Exercise and Aging*, Virginia Commonwealth University, Richmond, VA, May 1997.
104. *Health Promotion for Persons with Developmental Disabilities*, 8th International Roundtable Conference on Aging and Developmental Disability, Chicago, IL, April 1997.
105. *Exercise and Aging Research Forum*, IDEA International Personal Training Conference, New York City, NY, February 1997.
106. *Assessment and Programming Strategies for Seniors*, Rehabilitation Institute of Chicago, Chicago, IL, September 1996.
107. *Exercise Programming for Seniors*, IDEA International Fitness Conference, Orlando, FL, July 1996.
108. *Fitness Programming for Persons with Disabilities*, Sharing Our Best Conference, Beatrice, NE, April 1996.
109. *Exercise Programs for Elderly Individuals with Physical Disabilities*, National Convention for Health, Physical Education, Recreation, and Dance, Atlanta, GA, April 1996.
110. *Safety Concerns when Developing Exercise Programs for the Frail Elderly*, IDEA International Personal Training Summit, Anaheim, CA, March 1996.
111. *Exercise Prescription for the Elderly*, IDEA Personal Trainer's Conference, Indianapolis, IN, November 1995.
112. *Creative Fitness Programs for the Frail Elderly*, Illinois Association of Activity Professionals Annual Conference, Peoria, IL, October 1995.
113. *Rehabilitation and Exercise in the Elderly*, Rehabilitation Institute of Chicago," Chicago, IL, September 1995.
114. *The Role of Kinesiotherapy in the New Health Care System*, and *Therapeutic Exercise in the Elderly*, American Kinesiotherapy Association Annual Conference, Richmond, VA, July 1995 (Keynote address).
115. *Prevalence of Obesity in Adults with Mental Retardation*, Department of Mental Health and Developmental Disabilities 2<sup>nd</sup> Annual Nutrition Conference, Matteson, IL, October 1994.
116. *Exercise for Special Populations*, Fourth Annual Rehabilitation Symposium of the Midwest Chapter of the American Kinesiotherapy Association, Hines Veterans Hospital, Hines, IL, September 1994.
117. *Planning Exercise Programs For the Elderly For the Year 2000*, Rehabilitation Institute of Chicago, Chicago, IL, September 1994 (keynote address).
118. *Exercise Prescription for Older Adults*, Rehabilitation Institute of Chicago, Chicago, IL, September 1993.

119. *Practical Hands-On Lab in Exercise Activities and Equipment*, Rehabilitation Institute of Chicago, Chicago, IL, September 1992.
120. *Exercise and Aging*, Rehabilitation Institute of Chicago, Chicago, IL, September 1992 (Keynote address).
121. *Cancer and Exercise: Developing Your Personalized Exercise Program*, Kishwaukee Community Hospital, DeKalb, IL, February 1992.
122. *Exercise and Aging*, William S. Middleton Memorial Veterans Hospital, Madison, WI, June 1992.
123. *Exercise Prescription for Older Adults*, Rehabilitation Institute of Chicago, Chicago, IL, September 1991.
124. *Exercise Programming in Managing Weight Control*, Kishwaukee Community Hospital, DeKalb, IL, October 1990.
125. *Exercise and Aging*; and *Evaluation and Exercise Prescription in Deconditioning*, Rehabilitation Institute of Chicago, Chicago, IL, September 1990.
126. *Exercise Prescription for the Special Population*, National Conference on Professional Preparation for Fitness and Wellness, Sponsored by the NASPE Exercise Science and Wellness Task Force, Atlanta, GA, November 1989.
127. *Exercise-Induced Asthma*, Chicago Medical Association, Chicago, IL, October 1989.
128. *Behavior Management in the Gymnasium: A Systematic Solution to Avoiding Confrontation*, Plano Independent School District, Plano, TX, August 1989.
129. *Exercise and Weight Control*, Kishwaukee Community Hospital, DeKalb, IL, August 1989.
130. *Designing Physical Fitness Programs for Children and Youth with Disabilities*, Humboldt State University, Arcata, CA, April 1989.
131. *The Scientific Foundation of Sports Programs for the Mentally and Physically Impaired*, Biology Seminar, College of Mount St. Vincent, Bronx, NY, October 1985.
132. *Are Athletes Born or Made?* (Keynote), Sports Psychology Seminar, Manhattan College, Bronx, NY, April 1985.
133. *Improving the Quality of Physical Education for Handicapped Students*, Big Apple III Conference, Kingsborough Community College, Brooklyn, NY, November 1984.
134. *CPR for Faculty and Staff*, Cardiopulmonary Resuscitation Seminar, Manhattan College, Bronx, NY, October 1982.
135. *Adapted Physical Education for Visually Handicapped Children in the Public Schools*, Guest Speaker at the 1980 Southwest Regional Conference sponsored by the American Workers for the Blind, Dallas, TX, April 1980.

#### **Invited University Colloquiums**

1. *Preventing People with Newly Acquired and Existing Disability from Falling Off the Post-Rehab Cliff: a Transformative Exercise Model*. Washington University, St. Louis, MO, October 17, 2014.
2. *Transitioning from Rehab to Wellness*. McMaster University, Hamilton, Ontario, Canada, October 10, 2014.
3. *Beyond Rehabilitation: Transforming Exercise into Meaningful Health Outcomes for People with Disabilities and Chronic Health Conditions*. George Mason University, Fairfax, VA, April 11, 2014.
4. *Transformative Exercise Models from Recovery to Practice*. University of Texas Medical Branch, Galveston, TX. March 25, 2014.
5. *Use of Information and Communication Technology to Promote the Health of Children with Disabilities*. State University of New York, Upstate Medical Center, Syracuse, NY, October 11, 2013.

6. *A Framework for Transitioning Patients from Inpatient Rehabilitation to Community Based Exercise Facilities*. University of Washington 24<sup>th</sup> Annual Justus F. Lehmann Symposium, Seattle, WA, May 7, 2009.
7. *Obesity and Physical Inactivity Among Youth with Disabilities: Antecedents, Consequences and the Need for Evidence-Based Interventions*. Middle Tennessee State University, Murfreesboro, TN, March 19, 2009.
8. *Health Promotion for People with Disabilities*. University of Michigan, Ann Arbor, MI, March 28, 2008.
9. *Antecedents and Consequences of Obesity in Youth with Disabilities*. University of Arizona, Tucson, AZ, January 28, 2008.
10. *Secondary Conditions in Youth with Disabilities*. Ohio State University, Columbus, OH, July 6, 2007.
11. *Effects of Exercise in Reducing Secondary Conditions in Persons with Spinal Cord Injury*. University of Michigan, Ann Arbor, MI, May 17, 2007.
12. *Rehabilitation Engineering Research on Recreational Technologies and Exercise Physiology Benefiting Persons with Disabilities*. University of Pittsburgh, Pittsburgh, PA, November 14, 2006.
13. *Obesity and the Built Environment: Targeting People with Mobility Disabilities*. Temple University, Philadelphia, PA, June 5, 2006.
14. *Physical Activity and Disability: Building a Model of Inclusion and Opportunity*. University of Virginia, Charlottesville, VA, March 16, 2006.
15. *Health Promotion and Rehabilitation: From Emergence to Convergence*, Northwestern University, Chicago, IL, January 20, 2006.
16. *Relationship Between Employment and Physical Activity Among People with Disabilities*, City University of New York (CUNY) Graduate School, July 2005.
17. *Effective Physical Activity Research Programs for People with Disabilities*, Washington University, St. Louis, MO, August 2004.
18. *Physical Activity and Nutrition: Emerging Priorities in Improving Health Among People with Disabilities*, University of Tennessee Health Science Center, Memphis, TN, April 2004.
19. *The New Age of Information Technology: NCPAD's Role in Increasing Physical Activity Participation Among the 54 Million Americans with Disabilities*, University of Florida, Gainesville, FL, December 2003.
20. *Addressing Physical Activity Among Persons with Health Care Needs*, University of Tennessee Health Science Center, Memphis, TN, April 2003.
21. *New Research Directions in Exercise Training for Persons with SCI*, University of Michigan, Ann Arbor, MI, August 2002.
22. *National Center on Physical Activity and Disability*, Michigan State University, East Lansing, MI, May 2001.
19. *The Future of Adapted Physical Activity: Merging Science and Practice*, Texas Woman's University, Denton, TX, February 2001.
20. *Health Promotion for Persons with Disabilities: What Will It Look Like in the Future?* Texas Woman's University, Denton, TX, April 1999.
21. *A Model Health Promotion Program for Persons with Spinal Cord Injury in the Transition from Rehabilitation to the Community*, University of Michigan, February 1999.

#### **Accepted Peer-Reviewed Presentations**

*The State of the Science in Disability Research and Policy*. 2012 Science of Eliminating Health Disparities Summit, Washington, DC, December 17, 2012.

*A New Methodology for Translating Evidence-Based Obesity Prevention Strategies for Youth and Young Adults with Disabilities from Diverse Race/Ethnic Backgrounds.* 2012 Science of Eliminating Health Disparities Summit, Washington, DC, December 17, 2012.

*Advancing Disability in the Nation's Health Disparity Agenda – Addressing Environmental Disparities Associated with Obesity in Youth and Young Adults with Disabilities.* American Public Health Association 139<sup>th</sup> Annual Meeting, Washington, DC, November 1, 2011.

*Longitudinal Health and Intellectual Disability Study (LHIDS).* American Public Health Association 139<sup>th</sup> Annual Meeting, Washington, DC, November 2, 2011.

*Accuracy of Body Mass Index in Adolescents with Physical Disabilities.* American Public Health Association 138<sup>th</sup> Annual Meeting, Denver, CO, October 26, 2010.

*Longitudinal Perspective of Secondary Conditions and Community Accessibility in a Predominantly African American Group of Women with Mobility Limitations.* American Public Health Association 137<sup>th</sup> Annual Meeting, Philadelphia, PA, November 10, 2009.

*Obesity Prevalence and Lifestyles of Youth with Disabilities.* National Association of Rehabilitation Research and Training Centers (NARRTC) Annual Conference, Washington, DC, May 4, 2009/

*Evidence-Based Review of Exercise Trials for Persons with Disabilities.* American Public Health Association 136<sup>th</sup> Annual Meeting, San Diego, CA, October 2008.

*Promoting Healthier, More Physically Active Lifestyles for People with Disabilities,* RESNA 2008 Conference, Crystal City, VA, June 28, 2008.

*Exploring Disability, Physical Activity and the Environment within a Public Health Context (1) Prevalence of Obesity Among Adults with Specific Disabilities; (2) Physical Activity Levels of Older Adults with Chronic Diseases; (3) Post Intervention Effects on Exercise Adherence for Elderly People with Disabilities).* American Public Health Association 132<sup>nd</sup> Annual Meeting, Washington, DC, November 2004.

*The Dose-Response Effect of Aerobic Exercise in Stroke Survivors,* American Congress of Rehabilitation Medicine Annual Conference, Ponte Vedra Beach, FL, September 2004.

*The National Center on Physical Activity and Disability (NCPAD): Providing Web-Based Resources on Physical Activity for People with Disabilities,* American Association on Mental Retardation 128<sup>th</sup> Annual Meeting, Philadelphia, PA, June 2004.

*Accessibility of Fitness Environments for People with Disabilities,* American Public Health Association 131<sup>st</sup> Annual Meeting, San Francisco, CA, November 2003.

*Validation of Instruments Measuring Fitness and Recreation Environments for Persons with Disabilities,* American Public Health Association 131<sup>st</sup> Annual Meeting, San Francisco, CA, November 2003.

*Addressing the National Blueprint: A Toolkit for Practitioners,* American College of Sports Medicine 50<sup>th</sup> Annual Meeting, San Francisco, CA, May 2003.

*Health Promotion Research for People with Disabilities,* National Council on Aging-American Society on Aging, Chicago, IL, March 2003.

*Interest and Usage of Various Types of Fitness and Recreation Facilities by People with Disabilities: A National Survey, and Perceived Barriers and Facilitators Related to Accessing Fitness and Recreation Facilities by People with Disabilities,* 130<sup>th</sup> Annual Meeting of the American Public Health Association, Philadelphia, PA, November 2002.

*The National Center on Physical Activity and Disability and Its Goal to Become the World's Leader in Information Technology on Physical Activity and Disability,* YAI's 23<sup>rd</sup> International Conference on Developmental and Learning Disabilities, New York, NY, April 2002.

*A Health Promotion Program for a Predominantly African American Group of Women with Multiple Disabling Conditions* (1); *Health Promotion Programs for Disabled Older Adults: Inconsistencies and Suggestions for the Future* (2); and *Validation of the Barriers to Physical Activity and Disability Survey for Older Individuals with Disabilities* (3), 129<sup>th</sup> Annual Meeting of the American Public Health Association, Atlanta, GA, October 2001.

*Effects of Exercise Training in a Predominantly African-American Group of Women with Type 2 Diabetes*, American College of Sports Medicine 48<sup>th</sup> Annual Meeting, Baltimore, MD, June 2001.

*Exercise Training in a Predominantly African-American Group of Stroke Survivors with Multiple Comorbidities*, American College of Sports Medicine 47<sup>th</sup> Annual Meeting, Indianapolis, IN, June 2000.

*Development of an Exercise Health Promotion Curriculum Using the Transtheoretical Model of Change*, American Association on Mental Retardation 124<sup>th</sup> Annual Meeting, Washington, DC, May 2000.

*National Center on Physical Activity and Disability, Partnerships for Health in the New Millennium: Launching Healthy People 2010*, Washington, DC, January 2000.

"Health Promotion for Persons with Stroke," American Public Health Association (APHA) Annual Meeting, Chicago, IL, November 1999.

*Physiological Preferences of Exercise Equipment in Older Populations*, American College of Sports Medicine 45<sup>th</sup> Annual Meeting, Orlando, FL, June 1998.

*Therapeutic Recreation Programming*, National Conference of Health, Physical Education, Recreation, and Dance, Atlanta, GA, April 1996.

*Importance of Exercise for Persons with Disabilities* (1); *Assessing the Elderly Based on Functional Level of Mobility*(2). National Conference on Health, Physical Education, Recreation and Dance, Portland, OR, April 1995.

*Fitness and Rehabilitation Programs for Special Populations*, 10th Commonwealth International and Scientific Congress, University of Victoria, British Columbia, Canada, August 1994.

*Cross-validation of a Prediction Equation to Estimate Cardiorespiratory Fitness in Adults with Mental Retardation*, American College of Sports Medicine 40th Annual Meeting, Indianapolis, IN, June 1994.

*Physiological and Metabolic Characteristics of Trained Ballet Dancers*, National Conference on Health, Physical Education, Recreation and Dance, Denver, CO, April 1994.

*Major Causes of Absenteeism in Physical Education*, IAHPERD State Convention, Arlington Hts., IL, November 1993.

*Exercise Physiology for Special Populations*, National Handicapped Sports and Recreation Conference, Columbus, OH, October 1993.

*Exercise-Induced Asthma: The Growing Epidemic*, National Conference on Adapted Physical Activity, Macomb, IL, April 1993.

*Exercise Prescription for Older Adults*, National Conference on Health, Physical Education, Recreation and Dance, Washington, DC, March 1993.

*Classification of Blood Cholesterol Levels in a Rural Adolescent Population*, National Conference on Health, Physical Education, Recreation, and Dance, Washington, DC, March 1993.

*Building Self-Esteem Through Successful Participation in Physical Education: Meeting the Needs of the Clumsy Child*, Illinois State Board of Education Chapter 1/ESEA State Conference, Chicago, IL, March 1993.

*Exercise, The Fountain of Youth-Use it or Lose It*, The Positives of Aging 1993 Outreach Conference, Rockford, IL, January 1993.

*Research in Adapted Physical Activity: Current Trends and Future Directions and Physical Fitness Development for Persons Who Are Mentally Retarded*, North American Federation of Adapted Physical Activity, Montreal, Canada, October 1992.

*Lipid-lipoprotein Profiles of Adults with Mental Retardation Based on Living Arrangement*, American College of Sports Medicine 38th Annual Meeting, Dallas, TX, May 1992.

*Overweight and Obesity Levels Among Adults with Mental Retardation*, 116th Annual Meeting of the American Association on Mental Retardation, New Orleans, LA, May 1992.

*Exercise Prescription for Adults with Mental Retardation*, National Conference on Health, Physical Education, Recreation, and Dance, Indianapolis, IN, April 1992.

*Self-Efficacy in an Older Adult Population*, National Conference on Health, Physical Education, Recreation, and Dance, Indianapolis, IN, April 1992.

*Prevalence of Obesity in Adults with Mental Retardation*, International Conference on Adapted Physical Activity, Miami Beach, FL, November 1991.

*Cardiovascular Risk Factors in Adults with Mental Retardation*, 115th Annual Meeting of the American Association on Mental Retardation, Washington, DC, May 1991.

*Comparison of Blood Lipid Levels Between Down Syndrome and Non-Down Syndrome Mentally Retarded Adults*, National Conference on Health, Physical Education, Recreation, and Dance, San Francisco, CA, March 1991.

*P.L. 99-457: Implications for Adapted Physical Education Specialists*, National Conference on Health, Physical Education, Recreation, and Dance, New Orleans, LA, March 1990.

*A Weight Training Program for Adults with Mental Retardation*, National Conference on Health, Physical Education, Recreation, and Dance, New Orleans, LA, March 1990.

*The Changing Status of University-Based Physical Education Programs: Meeting the Needs of Older Americans*, Association for Gerontology in Higher Education, Kansas City, MO, March 1990.

*Cholesterol: New Approaches to Screening and Management*, Midwest District Convention of American Alliance for Health, Physical Education, Recreation, and Dance, Merrillville, IN, February 1990.

*ABCs of Blood Cholesterol*, Eighteenth National Conference on Physical Activity for the Exceptional Individual, Riverside, CA, November 1989.

*Health-Related Physical Fitness Programming for Adolescents and Adults with Mental Retardation*; and *Managing the Cholesterol Levels of Adults with Mental Retardation*, Second International Conference on Mental Retardation, Davenport, IA, October 1989.

*Exercise Programs for Special Populations and Adapted Physical Education and Physical Fitness Prescriptions for the Handicapped*, YWCA One-Day Seminar, Chicago, IL, May 1989.

*Status of Adapted Physical Education in Preschool Special Education Programs*; and *Total Cholesterol and High Density Lipoprotein Fractions in Mentally Handicapped Adults*, National Conference on Health, Physical Education, Recreation, and Dance, Boston, MA, April 1989.

*Training Exercise Gerontologists to Work with Older Adults*, Association for Gerontology in Higher Education, Tampa, FL, March 1989.

*Research Update: Reliability of Fitness Testing in Mentally Handicapped Adults*, Midwest District Convention of American Alliance for Health, Physical Education, and Recreation, Charleston, WV, February 1989.

*Developing an Exercise Prescription for Persons with Arthritis*; and *Adapted Physical Education Assessment Strategies*, Illinois Association for Health, Physical Education, and Recreation State Conference, November 1988.

*Motor Development Assessment and Programming for Preschool Special Education Students*, Illinois Council for Exceptional Children, State Conference, Arlington Heights, IL, November 1988.

*Blood Cholesterol Profiles and Fitness Levels of Mentally Retarded Adults; and Early Intervention Programming for Preschoolers with Disabilities*, Seventeenth National Physical Activity Conference for Exceptional Individuals, Oakland Hilton, Oakland, CA, October 1988.

*Sports Medicine for Special Populations--Guidelines and Implications for the Therapist and Trainer*, Second Annual Sports Medicine Conference, Gould Center, Rolling Meadows, IL, October 1988.

*Exercise Prescriptions for Special Populations*, Midwest District Convention of American Alliance for Health, Physical Education, and Recreation, Dearborn, MI, February 1988.

*Sports for Athletes with Disabilities: Roles and Responsibilities of the Athletic Trainer*, First Annual Sports Medicine Conference, Northern Illinois University, DeKalb, IL, December 1987.

*Adapted Physical Education Activities and Equipment for Preschool and Elementary Aged Students*, Illinois Council for Exceptional Children, State Conference, Chicago, IL, November 1987.

*Selection and Use of Developmental/Adapted Physical Education Equipment*, Illinois Association for Health, Physical Education, and Recreation State Conference, Rosemont, IL, November 1987.

*Project CHAMP*, New York State Association for Health, Physical Education, and Recreation, Kutsher's Country Club, Monticello, NY, November 1986.

*Preschool Programming in Adapted Physical Education for Children with Down Syndrome and Learning Disabilities*, National Conference on Health, Physical Education, Recreation, and Dance, Cincinnati, OH, April 1986.

*Modular Instruction for Handicapped Students*, New York State Conference for Health, Physical Education, Recreation, and Dance, Rochester, NY, November 1985.

*Densitometric Analysis of Mentally Retarded Adults: A Simplified Technique*, National Conference for Health, Physical Education, Recreation, and Dance, Anaheim, CA, April 1984.

*Perceptual-Motor Programming for the Handicapped and Older Adult*, New York State Conference for Health, Physical Education, Recreation, and Dance, Syracuse, NY, January 1984.

*Quality Physical Education Using I CAN*, New York Association for Health, Physical Education, Recreation, and Dance, Pelham, NY, November 1983.

*Hydrostatic Weighing of Mentally Handicapped Adults*, National Convention for Health, Physical Education, Recreation, and Dance, Minneapolis, MN, April 1983.

*A Practical Approach to Mainstreaming*, New York State Association for Health, Physical Education, and Recreation, Pelham, NY, November 1982.

*A Generalized Regression Equation for Predicting Percent Body Fat in Institutionalized Mentally Retarded Adults*, International Conference on Adapted Physical Activities, New Orleans, LA, November 1981.

*The Maximum Oxygen Uptake, Pulmonary Function, Echocardiographic Analysis, and Body Composition of Trained Female Dance Majors*, American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Boston, MA, April 1981.

*Cardiac Structural Adaptations in Female Dancers*, American Alliance for Health, Physical Education, Recreation, and Dance, Southern District Convention, Orlando, FL, February 1981.

*Body Fat Percentages in Institutionalized Mentally Retarded Adults, Educable to Profound and The Physical Work Capacity of Learning Disabled Males*, Texas Association for Health, Physical Education, and Recreation, San Antonio, TX, December 1980.

*The Percentage of Body Fat in Severely and Profoundly Retarded Institutionalized Adults*, Ninth Annual Conference on Physical Activity for the Exceptional Individual, Los Angeles, CA, October 1980.

### **UIC Presentations**

*Efficacy of a Tailored Communication Protocol for Increasing Physical Activity Levels Among Minority Women with Mobility Disability*, School of Public Health, January 26, 2007.

*Building Inclusive Fitness Communities for People with Disabilities*, Department of Occupational Therapy, February 19, 2007.

### **Outreach Training**

*Tailored Physical Activity Programming for Persons with Developmental Disabilities*, Hope House Foundation, Virginia Beach, VA, September 2005.

*Promoting Wellness and Healthy Lifestyles for Individuals with Developmental Disabilities*, North Dakota Center for Persons with Disabilities, Minot State University [phone conference workshop], October 2003.

*Making Fitness Centers Accessible to People with Disabilities*, Iowa Department of Public Health, Des Moines, IA, July 2001.

*Health Promotion for Adults with Developmental Disabilities*, University of Illinois at Chicago, Chicago, IL, May 2001.

*Training Caregivers in Increasing Physical Activity among Persons with Developmental Disabilities*, University of Illinois at Springfield, Springfield, IL, October 2000.

*Health Promotion for Persons with Disabilities: Physical Activity Programming*, Rehabilitation Institute of Chicago, Chicago, IL, November, 1999.

*Post-course workshop: Equipment and Techniques to Promote Independence and Function in the Elderly*, Rehabilitation Institute of Chicago, Chicago, IL, September 1998.

*Exercise Programming for Older Adults with Chronic Impairments*, Chilliwack YMCA, Chilliwack, Canada, September 1998.

*Adapted Physical Activities for Children with Disabilities*, Arlington Hts. School District, Arlington Heights, IL, November 1995.

*A Survival Guide for Physical Education Teachers Who Teach Children with Disabilities in the Regular Physical Education Class*, Harper Valley Community College, Palatine, IL, October 1995.

*Assessing and Prescribing Exercise for Persons with Chronic Diseases*, Danville Veteran's Hospital, Danville, IL, September 1995.

*Developing Exercise Programs for the Frail Elderly*, Embassy Suites Hotel, Lombard, IL, May 1995.

*Exercise Programs for Special Populations*, Holiday Inn, Hillside, IL, March 1995.

*Fitness and Exercise Programming for Older Adults*, Multi-University Center, Oak Brook, IL, June 1994.

*Physical Education for Children with Behavior Disorders and Asthma*, Illinois Hospital Association, Naperville, IL, March & November 1993.

*Full Inclusion and Regular Physical Education*, Orland Park School District, Orland Park, IL, October 1993.

*Adapting Activities for Students with Severe Disabilities*, Lemont School District, Lemont, IL, August 1993.

*Techniques for Teaching Adapted Physical Education*, School District 89, Chicago, IL, August 1993.

*Adaptive P.E.*, Conrady Jr. High School, Hickory Hills, IL, February 1993.

*Exercise and Aging*, Department of Physical Medicine and Rehabilitation, Mercy Hospital, Janesville, WI, December 1992.

*Adapted Physical Education Activities for Special Students*, Harper College, Prospect Hts., IL, March & November 1992.

*Adapting Physical Activities for Special Students*, Harper Valley Community College, Palatine, IL, March 1992.

*Promoting Optimal Healthy Lifestyles for Persons with Mental Retardation*, West Side Mentally Retarded Children's Aid/Austin Special, Chicago, IL, June 1991.

*Physical Education Principles for Adults with Severe and Profound Disabilities*, Elisabeth Ludeman Developmental Center, Park Forest, IL, June 1991.

*Fitness Programs for Adults with Physical and Mental Disabilities*, Illinois Hospital Association, Naperville, IL, March 1991.

*Adapted Physical Activities for Special Students*, Illinois Hospital Association, Naperville, IL, 1990.

*New Directions in Adapted Physical Education*, Bureau of Cooperative Educational Services, Castleton, NY, 1986.

*Diagnostic Procedures in Evaluating the Person with Special Needs*, White Plains School District, White Plains, NY, 1983.

*Assessment and Prescription in Adapted Physical Education*, Montrose Public Schools, Montrose, NY, 1983.

*Awareness of Adapted Physical Education*, Castleberry Independent School District, Stephenville, TX, 1983.

*Physical Fitness and Assessment for the Disabled*, Texas Woman's University, Denton, TX, 1980.

*Sensory-Motor Integration for the Severely Handicapped*, Erath Independent School District, Erath, TX, 1980.

## **EDITORIAL ACTIVITIES**

### ***Active***

**Editorial Board**, Disability and Health, 2007-present.

### ***Completed***

**Editorial Board**, Journal of Aging and Physical Activity, 1993-2002.

**Editorial Board**, Adapted Physical Activity Quarterly, 1992-2004.

**Guest Reviewer** for Mental Retardation, 1989-present.

## **EXTERNAL COMMITTEES**

### ***Completed***

Illinois Department of Public Health, Illinois Arthritis Coalition, March 2005-2008.

Member, Medical/Scientific Advisory Board for Life Fitness Inc., 1998-2008.

Healthy People 2010 Panel Member for Development of Chapter 6 Workplan, Disability and

Secondary Conditions, November 2000-2005.  
Illinois Attorney General's Select Committee on Recreation Opportunities for People with Disabilities, September 2001-October 2005.  
Panel Member, Robert Wood Johnson Foundation Blueprint Panel on Aging and Physical Activity, October 2000.  
Expert Panel Member for a CDC-funded grant, Evidence Based Outcomes of Exercise in Older Adults, 1999-2001 (P.I. Dr. Tom Prohaska, School of Public Health, University of Illinois at Chicago).  
Consultant, Aging in Adults with Developmental Disabilities Project, University Affiliated Cincinnati Center for Developmental Disorders, November 1998 - June 2000.  
Participant, Roundtable Conference on Exercise and Cerebral Palsy, April 1998, Atlanta, GA.  
Participant, Roundtable Conference on Aging and Cerebral Palsy, March 1997, Washington, DC.  
Invited Speaker, NIH-sponsored Paralympic Meeting on Physical Activity and Disability, August 1996, Atlanta, GA.  
Project Advisory Board Member for a federally funded grant, Project Target, SUNY-Brockport, Dr. Joseph P. Winnick, 1994-1998.  
Invited Member of the National Standards Project on Adapted Physical Education, 1993-1996.  
Selected to participate in a federally sponsored workshop entitled Achievement-Based Curriculum, University of Virginia, Charlottesville, VA, 1987, 1989. Director: Dr. Luke Kelly.  
Selected to participate in a postdoctoral workshop on improving the quality of physical education for severely handicapped children, Oregon State University, Corvallis, OR, 1986.  
Directors: Drs. John Dunn & Jim Morehouse.  
Selected to participate in a three-year postdoctoral grant on improving the quality of physical education for handicapped children, Michigan State University, E. Lansing, MI, 1983-86.  
Directors: Drs. Janet Wessel & Luke Kelly.

### **MEMBERSHIPS**

American Public Health Association, 1998-present  
American Association on Health and Disability, 1998-present  
Society for Disability Studies, 1999-present  
American College of Sports Medicine, 1991-present  
American Association on Mental Retardation, 1989-present  
American Alliance for Health, Physical Education, Recreation, and Dance, 1979-present