

CONDENSED BIOGRAPHICAL SKETCH, AND LIST OF HONORS, PUBLICATIONS, AND LECTURES

Waneen Wyrick Spirduso is the Mauzy Regents Professor *Emeritus* in the Department of Kinesiology and Health Education, The University of Texas, Austin, and a Fellow of the Gerontological Society of America. She is the author of *Physical Dimensions of Aging*, and is a coauthor of *Research Proposals that Work*, in its 5th edition, and *Reading and Understanding Research*, in its 3rd edition. She has published approximately 75 research reports and reviews; received the Distinguished Alumni Award from the University of North Carolina, Greensboro; and was the third faculty member and the first woman to be named as recipient of the prestigious University of Texas Presidential Civitatis Award. In 2008 she received the United States President's Council on Physical Fitness and Sport Honor Award for her scientific contributions to the field of aging. After 43 years of service as a faculty member, in 2011 she was inducted into the Department of Kinesiology and Health Education Hall of Honor.

She has been named Distinguished Lecturer by eight professional and research associations and eight major universities (and is a frequent national and international lecturer on the relationship of health and fitness to physical and cognitive function in older adults. Her research has been funded by the National Institute of Aging, The National Institute of Alcohol Abuse and Alcoholism, the National Institute of Neurological Disease and Stroke, the National Institutes of Mental Health, the National Institute of Nursing, and several local foundations. She served as Director of The University of Texas Institute of Gerontology from 1999-2004, and as president of the American Academy of Kinesiology and Physical Education, and the North American Society for the Psychology of Sport and Physical Activity. She was Vice President for the American Kinesiology Association, and chaired the 2010 Doctoral Program Evaluation Committee of the American Academy of Kinesiology and Physical Education.

In 2011 the National Academy of Kinesiology named her the recipient of the Clark Hetherington Award, which is the highest award that the Academy bestows. She retired from The University of Texas in 2011.

List of honors, lectures, and recent publications on next page follows:

HONORS

International Keynote Speaker

- 2012 8th World Congress on Physical Activity and Sport, Glasgow, Scotland
- 2009 International Congress on Aging, Physical Activity, and Sport, Malaga, Spain
- 2005 Invited Conference: Aging and Physical Activity – Improving Research, Demark
- 2005 International Research Conference on Balance, University of Nuremberg at Erlanger
- 2004 International Conference on Physical Activity and Cognition, London, Ontario
- 2002 International Sports Science Congress, Seoul, Korea
- 2001 International Congress on Sports Medicine and Physical Fitness, Sao Paulo, Brazil
- 2000 Symposium Speaker: U.S. Center for Disease Control; Canadian Fitness Association
- 1999 International Colloquium: Four U.S. Speakers; 4 European: Missillac, France
- 1997 International Symposium for Adapted Physical Activity. Quebec City: Canada
- 1996 PAAS World Congress. Heidelberg, Germany
- 1994 Invited Conference on Exercise and Aging. Quaker Oats Co., Cancun, Mexico
- 1992 NATO Advanced Research Workshop, Bad Windsheim, Germany

National Distinguished Awards

- 2011 Hetherington Award, National Academy of Kinesiology
- 2008 United States President's Council on Physical Fitness and Sport Honor Award
- 2004 North American Society for Psychology of Sport & Physical Activity
- 2001 Fellow, Gerontological Society of America
- 1999 Raymond C. Weiss Award, Research Consortium
- 1998 President's Lecturer, American College of Sports Medicine
- 1998 Herbert deVries Award for Research; CAAD, AAHPERD
- 1997 R. Tate McKenzie Lecturer; AAKPE, AAHPERD
- 1993 Amy Morris Homans Lecturer, NAPEHE
- 1987 AAHPERD Distinguished Scholar
- 1983 Member (elected), AAKPE; President
- 1982 McCloy Lecturer, Research Consortium of the AAHPERD
- 1982 Distinguished Alumni Award, University of North Carolina - Greensboro

University Named Invited Lectures

- 2012 Walter P. Kroll Inaugural Memorial Lecturer, U. of Massachusetts, Amherst
- 2010 Jo Anne Safrit Inaugural Memorial Lecturer, U. of Wisconsin, Madison
- 2002 Pease Family Scholar Lecture, Iowa State University
- 1999 Marion G. Miller Distinguished Research Lecture Award Indiana University
- 1994 Warren J. Perry Lecturer, SUNY at Buffalo
- 1994 Distinguished Lecturer Series: Duke University
- 1988 Ethel Martus Lawther Lecturer, U. of North Carolina
- 1987 AAHPERD Scholar, University of Oregon
- 1987 AAHPERD Scholar, University of Colorado
- 1985 Laura J. Huelster Lecture, University of Illinois

Non-named Distinguished Lectures:

Michigan (twice), University of Wisconsin, University of North Carolina, University of South Carolina, Kent State University, Washington State University, Texas Lutheran College, University of Georgia, Georgia State University, University of British Columbia, Vancouver, Canada; South Dakota State University, University of Wyoming, University of Arizona, University of North Texas; Lecture Tour to 6 Universities in South Korea

Local

- 2017 Austin High School Hall of Honor Inductee
2001 Presidential Civitatis Award, The University of Texas at Austin (first woman)
2000 Austin Groups for the Elderly (AGE) Vision Award
1995 Dean's Distinguished Faculty Award, College of Education, University of Texas
1990 One of Five Most Outstanding Graduates, Dept KHE, UT-Austin (no further ranking was made)
1986 Distinguished Scholar, TAHPERD
1983 Honor Award, TAHPERD

MOST RECENT 12 REFEREED PUBLICATIONS

Doucet, B. B., Mettler, J.A., Griffin, L., and Spirduso, W. W. (In press, 2016). Force accuracy during ramp contractions of the upper and lower extremity: The After-Peak Reduction. *Perceptual and Motor Skills*.

Francis, K.L., MacRae, P.G., Spirduso, W.W., & Eakin, T., (2015). Age and practice effects on inter-manual performance asymmetry. *Frontiers of Psychology*, 5, 1585.

Herring-Marler, T.L., Spirduso, W., & Eakin, T. (2013). Maximum isometric contraction and force-matching from the fourth to the eighth decades of life. *International Journal of Rehabilitative Research*. 6, May, (epub ahead of print)

Francis, K.L., MacRae, P.G., & Spirduso, W. (2013). The effects of age on precision pinch force control across five days of practice. *Current Aging Science*. 5(1), 2-12.

Eakin, T., Spirduso, W., & Francis, K. (2012). Dynamic variability of isometric action tremor in precision pinching. *Computational and mathematical Methods in Medicine*. 2012; 2012:975735. doi: 10.1155/2012/975735. Epub 2012 Oct 2.

Freiberger, E., Haberle, L., Spirduso, W., & Zijlstra, G.A.R. (2012). Long-term effects of three multicomponent exercise interventions on physical performance and fall-related psychological outcomes in community-dwelling older adults: A randomized controlled trial. *Journal of the American Geriatrics Society*. 5, xxx-xxX.

Spirduso, W. & Reeve, T. Gilmour. (2011). The National Academy of Kinesiology 2010 Review and Evaluation of Doctoral Programs in Kinesiology. *Quest*. 63(4), 411-440.

Griffin, L., Painter, P.E., Wadhwa, A., & Spirduso, W.W. (2009). Motor unit firing variability and synchronization during short-term light-load training in older adults. *Experimental Brain Research*, 197 (4), 337-345.

Francis, K., Spirduso, W., Eakin, T., & New, P. (2006). Long term effects of thalamic deep brain stimulation on force control in a patient with Parkinson's disease-driven action tremor. *Journal of Applied Research in Clinical and Experimental Therapeutics*. 6 (1), 29-35.

Spirduso, W.W., Francis, K., Eakin, T., & Stanford, C. (2005). Quantification of Manual Force Control and Tremor, *Journal of Motor Behavior*, 37 (3), 197-210.

Martin, J.C., Malina, R.M., & Spirduso, W. (2002). Effects of crank length on maximal cycling power and optimal pedaling rate of boys 8-11 years of age. *European Journal of Applied Physiology*. 86:215-217.

Eakin, T., Francis, K., & Spirduso, W. (2001). Decoupling tremor and volitional force control factors in analyses of motor task performance. *Computational Statistics and Data Analysis*, 37 (3), 363-371.

Spirduso, W.W. & Cronin, L. (2001) Exercise dose-response effects on quality of life and independent living in older adults. *Medicine & Science in Sports and Exercise*: 33 (6), 598-608.

Francis, K. & Spirduso, W.W. (2000) Age differences in the expression of manual asymmetry. *Journal of Experimental Aging*. 26, 169-180.