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CURRICULUM VITAE

Current Positions

Founder and Owner, ProActivAge Consulting, Gilbert, AZ 85296
Founding Partner and Research Director, The STRIVE Wellness Corporation, Scottsdale, AZ 85258
Chair of Quality Care Board and Research Director, ActiveRx Rehabilitation, Scottsdale AZ 85260
Consulting and strategic partner, Active Rx Rehabilitation, Scottsdale AZ 85260
Strategic Partner, Lifestyle Insights, Scottsdale, AZ 85258
Professor Emeritus, Dept. Exercise and Wellness, Arizona State Polytechnic, Mesa, AZ 85212

NOTE: For a detailed list and description of professional consulting, speaking and writing services visit my website @ www.proactivage.com

Previous Academic Positions

Associate Professor 2003-2006, Dept. Exercise and Wellness, Arizona State University Polytechnic, Mesa, AZ 85212-0180.
Assistant Professor 1997-2003. Dept. Exercise and Wellness, Arizona State University Polytechnic, Mesa, AZ 85212-0180.

Education

Doctor of Philosophy 1993. Arizona State University, Tempe, AZ
Major: Exercise and Wellness.
Dissertation: "Effects of lower limb electrical stimulation on VO₂ during concurrent arm cranking in paraplegic and quadriplegic subjects"
Master of Science 1989. Loughborough University of Technology, Loughborough, England.
Major: Physical Activity and Sports Science. Emphasis: Exercise Physiology; Sports Psychology.
Thesis: "High intensity isokinetic training in elderly men: effects on strength and hypertrophy"
Certificate in Education 1971. Cardiff College of Education, Cardiff, Wales.
Majors: Physical Education, Mathematics. Emphasis: Exercise Physiology, Kinesiology.
Research Projects: "Planning and development of the Lea Valley Regional Park Scheme"
"Practical Applications of Integration"

Training

Research Scientist 1996-1997. Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, Palo Alto, CA.
Research focus: Behavioral Science: the role of physical activity, exercise and strength training in improving and maintaining physical and psychological health in elderly and patient populations.
Post-Doctoral Fellow 1994-1996. Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, Palo Alto, CA.
Research focus: Behavioral Science: the role of physical activity, exercise and strength training in improving and maintaining physical and psychological health in elderly and patient populations.
DISC Behavioral Styles Analyst, 2009. Trigon Lifestyle Insights, Scottsdale, AZ
Lifestyle Change Facilitator, 2007. The Stanford Healthy Lifestyle Program, Stanford University Health Resource Center, Palo Alto, CA
Advanced Level Intrinsic Coach, 2006. Totally Coached Inc., Scottsdale, AZ

Previous Professional Appointments

- 1993 – 2008. Adjunct Faculty. Chandler-Gilbert Community College
Responsibilities: Teaching of resistance training classes; organizing and presenting health related seminars for students and staff; advising, presenting and otherwise contributing to staff development processes.
- Fall 1993. Adjunct Faculty. Paradise Valley Community College, Phoenix, Arizona.
Responsibilities: Teaching of nutrition, health science, resistance training and weight control classes; organizing and presenting health related seminars for students and staff; advising, presenting and otherwise contributing to staff development processes and staff training manual
- 1990-1993. Fitness/Wellness Specialist. Graduate Assistantship, Wellness Center, Arizona State University, Tempe, Arizona.
Responsibilities: Program organization and development; preparation of educational and promotional wellness literature; liaison with faculty, staff and medical professionals; initiation of research projects; staff training and development; direct service provision including - fitness assessments and exercise prescriptions; body composition measures; health risk appraisals; wellness seminars, presentations and workshops.
- 1988-1990. Freelance Wellness Consultant and Teacher. London, England.
Clients: YMCA's; local government sports centers; health clubs; corporations.
- 1985-1988. Physical Education Director. Training and Development Department, London Central YMCA, London, England.
Responsibilities: Development, promotion and implementation of nationally validated exercise teacher training courses.
- 1977-1985. Physical Education Director/Senior Youth Worker. London Central YMCA, London, England.
Responsibilities: Management and direction of senior professional staff; day to day operation of building; forward planning of health related and community based youth, adult and elderly programs; staffing; budgeting; presentation of reports and proposals to management committees.
- 1975-1977. Deputy Director of Recreation. The City University, London, England.
Responsibilities: Staffing; forward planning of Health Enhancement/Recreation program; teaching/lecturing; editor of university Newsletter.
- 1972-1975. Head of Physical Education/Youth Center. The Ward Freman School, Royston, Hertfordshire, England.
Teaching responsibilities: Physical Education; Mathematics; Youth and Community Work.
- 1971-1972. Assistant Teacher. The Sele School, Hertfordshire, England.
Teaching responsibilities: Physical Education; Mathematics.
- 1967-1968. Supernumerary Teacher. The Sele School, Hertfordshire, England.
Teaching responsibilities: Physical Education; Mathematics; Youth and Community Work.

RESEARCH

Honors, Awards and Recognition

- Fall 2002: "Project SSTRIVE" featured in "Research", Arizona State University's magazine of scholarship and creative activity.
- June 2001: Elected Fellow of the American College of Sports Medicine.
- Summer 2000 - Present: My community research study "Project SSTRIVE" (Seniors Strength TRaining for Independence, Vitality and Energy), recognized in the American College of Sports Medicine Aging Interest Group Publication "Successful Aging Programs".
- Fall 1997: My review article "*Muscular Fitness*" - *easing the burden of disability in elderly adults* recognized at the International Conference on Aging and Physical Activity as one of four papers "having the most impact on the field over the next 10 years". Selected from all publications in the Journal of Aging and Physical Activity 1992-1996.

Grants and Contracts

- Summer 2008. *Senior Fitness Evaluations and Strength Training Class*. Designed testing and implementation methodology, pre- and post-assessments and presented interim and final reports. Funding Source: Informal Request for Proposal RFP # 08IP005, City of Scottsdale (\$18,000) Funded
- January 2004. *Pulmonary rehabilitation and concurrent strength training: Effects on physical function, mood and health related quality of life*. Role: Principal Investigator: Designed methodology and wrote entire grant proposal for partial graduate student support. Funding Source: Banner Health Care Systems, Mesa, AZ. (\$8,000). Funded.

- January 2002-December 31 2002. *An intervention to promote adaptive responses to stressors in elderly Hispanics with osteoarthritis*. Role: Co-Investigator (PI's Dr. Julie Fleury, ASU College of Nursing and Dr. Felipe Castro Department of Psychology): Contributed to grant proposal preparation, and to the organization of data collection. Funding Source: ASU Center for the Study of Stress and Adaptation: Announcement of Seed Grants (\$20,000). Funded.
- May 2002. *Active for Life: Promotion of physical activity in older adults*. A joint application with City of Mesa Parks and Recreation Department and City of Mesa Senior Services. Role: Co-author and Project Director. Contributed to information gathering and writing of grant proposal Funding Source: Centers for Disease Control and the Robert Wood Johnston Foundation (\$1.1million). Not funded.
- Fall 2002. "*Home Delivered Muscles*" – a strength training program for homebound older adults who are recipients of a home delivered meals. Role: Principal Investigator: Designed methodology and wrote entire grant proposal. Funding source: The Virginia Piper Trust.. (\$100,000). Not funded.
- Fall 2002 Capacity Building for Health Promotion in Urban Hispanic Elderly. Funding Source: Centers for Disease Control RFP # 02003: "Community Based Participatory Prevention Research" Role: Co-investigator. Contributed to information gathering and writing of grant proposal (\$400,000). Not funded.
- January 1, 1999-April 30, 2001. *Developing a health related resistance training program in a senior community setting*. Role: Co-Principal Investigator: Developed and wrote much of grant proposal; recruited subjects and trained investigators; planned and developed training program. Funding source: Arizona State University Office of the President - Neighborhood Capacity Building Grant (\$58,000). Funded.
- January 1999. *Effect of a long term home- and class- based resistance training program on community-living adults with chronic health conditions*. Principal Investigator. AARP - Andrus Foundation (\$100,000). Not funded.
- June 1997-September 2000. *Static versus dynamic FES exercise and heart disease risk factors in persons with a SCI*. Lead Author/Co-Investigator. Role: Designed methodology and wrote majority of grant proposal Funding source: Department of Veterans Affairs Merit Review Board (\$336,500). Funded.
- June 1997-June 2000. *Reliability and Validity of Accelerometric Gait and Balance Diagnosis*. Co-Author/Investigator. Funding source: Department of Veterans Affairs Merit Review Board (\$523,400). Funded.
- Sept. 1995 - July 1997. *Complementary and Alternative Medicine Project at Stanford (CAMPS)*. Role: Co-Investigator: Contributed to methodology design and data collection. Funding source: National Institutes of Health, Office of Alternative Medicine (\$350,000). Funded.
- Sept. 1995-July 1997. *Activity Counseling Trial (ACT)*. Role: Co-Investigator. Contributed to methodology application and data collection. Funding Source: National Heart Lung and Blood Institute (\$1.2M). Funded.
- June 1996-January 1997. *Effect of resistance training with Therabands ® on functional ability, strength and self-efficacy in elderly Cardiac Rehabilitation Participants*. Co-Principal Investigator. Funding source: Cardiac Therapy Foundation of the Mid-Peninsula (\$5000). Funded.
- June 1996-November 1996. *Test-retest reliability of performance measures of activities of daily living in older adults on hemodialysis*. Co-Author/Investigator. Funding source: National Kidney Foundation (\$15,000). Funded.
- April 1995-January 1996. *Construction of a strength testing frame for a dialysis chair*. Project Director - In collaboration with the Stanford School of Engineering. Funding source: Internal.
- November 1995-January 1997. *Botulism toxin administration in elderly hemi-paretic patient: A pilot study*. Principal Investigator. Funding source: Alergan Ltd. (\$5000). Funded.
- April 1992-May 1994. *The effects of lower limb functional electrical stimulation on oxygen uptake during arm cranking in persons with a spinal cord injury*. Principal Investigator. Funding source: EMPI Incorporated (\$2000). Funded.

Corporate Donations

- August 2001. Corporate gift to support my ongoing community-based strength training research in older adults "Project SSTRIVE" Funding Source: Endo Pharmaceutical Corporation (\$20,000).

Non-Funded Research

- The L.I.F.F.T. (Life Invigorating Functional Fitness Training) Program: Effects on Strength Flexibility, and quality of living in community living older adults. Principal Investigator.
- Developing an equation to predict maximal strength in community living older adults. Principal Investigator.
- Development and validation of field tests to assess power in older adults. Principal Investigator
- Association between power and functional fitness in older adults. Principal Investigator

Research Publications

- Pepin, V., P.D. Swan, and W.T. Phillips. Physical function in older coronary patients: responses to cardiac rehabilitation. *Journal of Cardio Pulmonary Research*. In press.
- Alexander, J.L., Phillips, W.T. and Wagner, C.L. The Effect of Strength Training on Functional Fitness in Older Chronic Lung Disease Patients Enrolled in Pulmonary Rehabilitation. *Journal of Rehabilitation Nursing*. 33: 91-97, 2008.
- Phillips, W.T. and M.J. Benton. The effect of single set strength training on strength and functional fitness in pulmonary rehabilitation patients. *Journal of Cardiopulmonary Research*. 26:330-337, 2006.
- Burkett, L.N., W.T. Phillips and J. R. Ziuraitis. The best warm up for the vertical jump in college age male athletes. *Journal of Strength and Conditioning Research*. 19: 673-676, 2005.
- Pepin, V., J.A. Alexander, and W.T. Phillips. Physical function assessment in cardiac rehabilitation: Self-report, proxy-report and performance-based measures. *Journal of Cardiopulmonary Research*. 24: 287-295, 2004
- Phillips, W.T. and J.R. Ziuraitis. Energy cost of single set resistance training in older adults. *Journal of Strength and Conditioning Research*, 18(3):606–609. 2004
- Phillips, W.T., A.M. Batterham, J.E. Valenzuela, and L.N. Burkett. Reliability of 1RM testing in older adults. *Archives of Physical Medicine and Rehabilitation*. 85: 329-334, 2004
- Pepin, V., W.T. Phillips, and P.D. Swan. Functional fitness assessment of older cardiac rehabilitation patients. *Journal of Cardiopulmonary Research*. 24(1): 34-37, 2004.
- Phillips, W.T., T.E. Broman, L.N. Burkett, and P.D. Swan. Single set strength training improves strength, endurance and functional fitness in community living older adults. *Activities, Adaptation and Aging*. 27: 1-18, 2003.
- Phillips, W.T., J.A. Alexander, V. Pepin, and C. Riley. Cardiac rehabilitation patient vs proxy quality of life perceptions. *Clinical Nursing Research*. 12: 282-293, 2003
- Phillips, W.T. and J.R. Ziuraitis. Energy cost of the ACSM's health related resistance training protocol. *Journal of Strength and Conditioning Research*. 17: 350-355, 2003.
- Phillips, W.T., M. Kiernan, and A.C. King. Physical activity as a non-pharmacological treatment for depression: A review. *Complementary Health Practice Review*. 8: 139-152, 2003.
- Rhea, M.R., W.T. Phillips, L.N. Burkett, W.L. Stone, B. Alvar, and S. Ball. A comparison of linear and daily undulating periodization for gains in muscular endurance. *Journal of Strength and Conditioning Research*. 17: 82-87, 2003.
- Nunez, D.E., C.F. Armbruster, W.T. Phillips and B.J. Gale. A Community based senior health promotion program using a collaborative practice model. *Public Health Nursing*, 20:25-32, 2003
- Klein, D.A., W.L. Stone, W.T. Phillips, D.J. Gangi, and S. Hartman. PNF training and physical function in assisted-living older adults. *Journal of Aging and Physical Activity*. 10: 476-488, 2002
- Rhea, M.R., S. Ball, W.T. Phillips and L.N. Burkett. A Comparison of linear and daily undulating periodization on muscular strength gains. *Journal of Strength and Conditioning Research* 16: 250-255, 2002.
- Painter, P., G.E. Moore, L., Carlson, D.B. Smith, J. Myll, S. Paul, W.T. Phillips and W.L. Haskell. Effects of exercise training plus normalization of hematocrit on exercise capacity and self reported physical functioning. *American Journal of Kidney Diseases*. 3: 257-265, 2002
- Burkett, L.N., J.R. Ziuraitis and W.T. Phillips. The effect of four different warm-ups on the maximal vertical jump of scores for female college athletes. *Journal of Women in Sport and Exercise*, 10: 83-93, 2001.
- King, A.C., L.P. Pruitt, W.T. Phillips, R. Oka, A. Rodenburg A, and W.L. Haskell. Comparative effects of two physical activity regimens on measured and perceived physical functioning and health related quality of life in older adults. *Journal of Gerontology*, 55: M74-M83, 2000.
- Burkett, L.N. W.T. Phillips, B. Alvar, L. Bartelt, and W. Stone. The effect of electrical stimulation combined with dynamic strength training on healthy adults. *Journal of Isokinetics and Exercise Science*. 7: 101-106, 1999.

- Hopman, M.T.E., M.B. Monroe, C. Dueck, W.T. Phillips, and J.S. Skinner. Blood redistribution and circulatory responses to submaximal arm exercise in persons with spinal cord injury. *Scandinavian Journal of Rehabilitation Medicine*. 30: 167-174, 1998
- Hopman, M.T.E., C. Dueck, M.B. Monroe, W.T. Phillips, and J.S. Skinner. Limits to maximal performance in individuals with spinal cord injury. *International Journal of Sports Medicine*. 19: 98-103, 1998.
- Phillips, W.T., J. B. Kiratli, M. Sarkarati, G. Weraarchakul, J. Myers, B.A. Franklin, and V. Froelicher The effect of spinal cord injury on the heart and cardiovascular fitness. *Current Problems in Cardiology*. 23: 641-720, 1998.
- Phillips, W.T. and L.N. Burkett. Augmented upper body contribution to VO₂ during UBE with concurrent leg FES in persons with a spinal cord injury. *Spinal Cord*. 36: 750-755, 1998.
- Burkett, L.N., W.T. Phillips, M.F. Falduto and W.J. Stone. Effects of an eight-week program using electrical stimulation combined with the squat exercise on strength and leg girth. *International Sports Journal*. 4: 71-78, 1998.
- Burkett, L.N., W.T. Phillips and J.P. Paul. Arm crank exercise with static FNS in able-bodied persons. *Sports Medicine, Training and Rehabilitation*. 7: 227-233, 1997.
- Phillips, W.T., and R. Hazeldene. Strength and muscle mass changes in elderly men following maximal isokinetic training. *Gerontology*. 42: 114-120, 1996.
- Phillips, W.T., L.P. Pruitt, and A.C. King. Life Style Activity: Current Recommendations (Guest Editorial). *Sports Medicine* 22: 1-7, 1996.
- Phillips, W.T. and L.N. Burkett. Relative changes in blood flow during exercise in paralyzed lower limbs with functional electrical stimulation. *Paraplegia*. 33: 90-93, 1995.
- Phillips, W.T. and L.N. Burkett. Arm crank exercise with lower limb FNS in spinal cord injured persons *Medicine and Science in Sports and Exercise*. 27: 530-535, 1995.
- Phillips, W.T., and W.L. Haskell. "Muscular Fitness" - Easing the burden of disability in elderly adults. *Journal of Aging and Physical Activity*. 3: 261-289, 1995.
- Burkett, L.N., and W.T. Phillips. An aerobic exercise program to reduce percent body fat in mentally retarded individuals. *Brazilian Journal of Adapted Physical Education*. 1: 51-61, 1994.
- Burkett, L.N., W.T. Phillips and T. Colt. A comparison of 3 methods to measure percent body fat in mentally retarded individuals. *The Physical Educator*. 51: 67-73, 1994.
- Burkett, L.N., W. Vogler, and W.T. Phillips. PEOPEL PROGRAM: History and joint dissemination review panel validation data. *The Physical Educator*. Spring, 105-112, 1991.

Unpublished Manuscripts

- Phillips, W.T., K. Garrett and M.J. Benton. Single set strength training and mood in pulmonary rehabilitation patients
- Phillips, W.T. and M. J. Benton. Single set strength training and quality of life in pulmonary rehabilitation patients.
- Phillips, W.T., P.D. Swan, and M.K. Swarsbrook. Exercise frequency in the development of fitness in elderly women: Analysis of a community exercise program.
- Phillips, W.T. and D.C. Treasure. Effect of an acute bout of resistance training on self-efficacy and feeling states in sedentary older adults.
- Phillips, W.T. and N. Mattos. Effect of single set strength training on sleep quality in community living older adults.
- Phillips, W.T., M.R. Schneider, L.N. Burkett and B. Alvar. Predicting 1RM Strength in Adolescents from Repetitions-to-Volitional Fatigue.
- Batterham, A.M. and W.T. Phillips. *Maximum strength (1RM) testing in older adults: Are women more 'reliable' than men?*
- Ziuraitis, J.R. and W.T. Phillips. The energy cost of single set resistance training - a comparison between older and younger adults.
- Essex, M.E. and W.T. Phillips. The effect of high-intensity single set strength training on blood lipids in older adults.

Invited Reviews/Book Chapters

- Phillips, W.T., M. Kiernan, and A.C. King. Effects of physical activity on physical and psychological health: Implications for exercise adherence and psychophysiological mechanisms. In: *Baum, A., T.A. Revenson, and J.E. Singer, (Eds). Handbook of Health Psychology*, Lawrence Erlbaum Associates, London, UK. pp. 627-657, 2001.

Haskell, W.L. and W.T. Phillips. Effects of Exercise Training on Health and Physical Functioning in Older Adults. In: *Nagano Symposium on Sports Science for the Winter Olympic Games Nagano*, Japan. Cooper Publishing Group, Carmel, IN, 1998.

Haskell, W.L. and W.T. Phillips. Exercise Training, Fitness, Health, and Longevity. In: Gisolfi, C.V., D.R. Lamb, and E.N. Nadel (Eds). *Perspectives in Exercise Science and Sports Medicine Volume 8: Exercise in Older Adults*. Cooper Publishing Group, Carmel, IN. pp. 11-52, 1995.

Published Abstracts

- Alexander, J.L., W.T. Phillips, C.L. Wagner, & C. Riley. Effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients. *Journal of Cardiopulmonary Rehabilitation*, 24(5), 358, 2004.
- Alexander, J.L., Phillips, W.T., Pepin, V., & Riley, C. Cardiac rehabilitation patient vs. proxy quality of life perceptions. *Journal of Cardiopulmonary Rehabilitation*, 23(5), 379, 2003.
- Schneider, M.R., D.M Landers, W.T. Phillips, S.M. Arent & J.F. Yarrow. Effects of psyching on peak force production in adolescent athletes. *Medicine and Science in Sports and Exercise*, 33: S 140, 2003.
- Phillips, W.T., T.E. Broman, L.N. Burkett, and P.D. Swan. Single set strength training according to ACSM guidelines improves functional fitness in older adults. *Medicine and Science in Sports and Exercise*, 33: S1060, 2001.
- Painter, P.L., G.E. Moore, L. Carlson, D.B. Smith, W.T. Phillips, J. Myll, and W.L. Haskell. Effects of exercise training plus normalization of hematocrit on exercise capacity and self reported physical functioning. *Medicine and Science in Sports and Exercise*, 33: 797, 2001.
- Landsdorfer, J.E., W.T. Phillips and L.N. Burkett. Reliability of maximal strength testing in older adults. *Medicine and Science in Sports and Exercise*, 32: S243, 2000.
- Phillips, W.T. and D.C. Treasure. Effect of maximal strength testing on self-efficacy and feeling states in sedentary older adults. *Medicine and Science in Sports and Exercise*, 32: S243, 2000.
- Smith S. E., Brown H.E., Kiratli, B.J., W.T. Phillips, Perkash, I., Myers, J.N. Physiologic and Anatomic Determinants of Exercise Response in Spinal Cord Injury. *Medicine and Science in Sports and Exercise*, 32: S236, 2000.
- Christoferson, D.J., W.T. Phillips, D. Louie, R. Wedell, S. Whaley, and K. Berra. Effect of resistance training with Therabands on functional ability and strength in cardiac rehabilitation participants. *Journal of Cardiopulmonary Rehabilitation*, 18: p. 372, September/October 1998.
- Colflesh, C.R., P.G. Snell, J. Kahn, A.B. Strasner, W.T. Phillips, M.L. O'Toole, FACSM, P.E. Hogan, B.D. Levine, FACSM. For the ACT investigators UT Southwestern, Dallas, TX. Heart rate variability is not related to fitness or physical activity in sedentary adults. *Medicine and Science in Sports and Exercise*, 29: S173, 1997.
- Pruitt, L.P., W.T. Phillips, S.K. Park, W.L. Haskell, and A.C. King. Estimation of body composition in men aged 35-72 years: A comparison of Lange and Harpendon Calipers. *Annals of Behavioral Medicine*. 19: S208, 1997.
- King, A.C., R. Oka, L.A. Pruitt, W.T. Phillips, & W.L. Haskell. Developing optimal exercise regimens for seniors: A clinical trial. *Annals of Behavioral Medicine*. 19: S056, 1997.
- Phillips, W.T., L.A. Pruitt, A. Dunn, J.F. Sallis, and N. Owen. Practical assessment of physical activity from the individual to the community. *Annals of Behavioral Medicine*. 19: S032, 1997
- Phillips, W.T. and L.N. Burkett. Enhanced VO₂ during UBE with FES: Increased "mass" or "metabolism". *Journal of Spinal Cord Medicine* 18 p. 298, 1996.
- Phillips, W.T., A.C. King, and W.L. Haskell. Strength and functional performance in elderly adults. *Medicine and Science in Sports and Exercise* 28 (Suppl.): p. S153, 1996.
- Phillips, W.T., T.P. Painter and W.L. Haskell. Strength deficits in end stage renal disease. *Medicine and Science in Sports and Exercise* 27 (Suppl.): p. 476, 1995.

Invited Conference and Research Presentations

International

International Council on Active Aging Conference. Featured Speaker: Prescribing Exercise for Older Adults: 'Art' as much as 'Science'. Orlando Florida, November 11-13, 2004

Loughborough University, School of Sport and Exercise Sciences. "*Strength Training and Functional Wellbeing in Older Adults: Current Research and Future Directions*". Leicestershire, UK, November 18, 2003.

American Heart Association, 71st Scientific Sessions. Complementary healthcare practices in the management of coronary artery disease: *Non-traditional exercise-resistance training and Tai Chi*. November 8-11, Dallas, TX, 1998.

International Conference on Aging and Physical Activity. *Strength Assessment and Training in Older Adults*. September 18-21, Austin, TX, 1997

Regional

Arizona Society for Cardiovascular and Pulmonary Rehabilitation (ASCVPR) Annual Conference, April 4, 2001, Maricopa Medical Center, Phoenix, AZ. *Strength training and outcomes in Cardiac Rehabilitation*.

ACSM Southwest Chapter, 20th Annual Conference, November 17-18, 2000, San Diego, CA. *Approaches to Effective University-Based Faculty/Staff Fitness Programs: Go West Young Professional!*

Conference Presentations

Symposium and workshop presentations

Phillips, W.T., W.L. Haskell and G.E. Moore. *The Art and Science of Exercise Prescription*.

Conversational Forum, 51st Annual Conference of the American College of Sports Medicine, Indianapolis, 2004.

Phillips, W.T. A.M. Batterham and C.J. Jones. *Precise baseline measurements of strength and functional fitness in older adults: in search of the holy grail*. Mini Symposium, 50th Annual Conference of the American College of Sports Medicine, San Francisco, CA, May 28-31, 2003.

Gale, B.J., W.T. Phillips, C. Armbruster and D. Nunez. *The Healthy Way program of the Escalante Eldercare Coalition: A Wellness program for seniors*. Arizona Governor's Conference on Aging, Phoenix Civic Plaza, May 17, 2000.

Franklin, B., N. Oldridge, and W.T. Phillips. *Increasing accessibility and adherence to physical activity programs*. Colloquium, 45th Annual Conference of the American College of Sports Medicine, Orlando, Florida, June 1998.

Phillips, W.T., L.A. Pruitt, A. Dunn, J.F. Sallis, and N. Owen. *Practical assessment of physical activity from the individual to the community*. Seminar: 18th Annual Conference of the Society of Behavioral Medicine, San Francisco, April 1997.

Burkett, L.N. and W.T. Phillips. *Practical implications of electrical stimulation research*. 25th National Conference on Physical Activity for Exceptional Individuals, Los Angeles, CA, October 31-November 2, 1996.

Phillips, W.T. *Measuring Daily Functioning in Healthy, Older Adults*. Slide presentation: 40th Annual Conference of the American Society on Aging, San Francisco, CA. March, 1994.

Phillips, W.T. The Good, the Bad and the Abdominable - Working the Lower Abs and Other Myths of Abdominal Training. *Proceedings of the First AAHPERD Combined Conventions - Northwest and Southwest Districts*, Reno, Nevada. February 1993, pp 418-420.

Phillips, W.T., L.A. Pruitt, A. Dunn, J.F. Sallis, and N. Owen. Practical assessment of physical activity from the individual to the community. *Annals of Behavioral Medicine*. 19: S032, 1997.

Burkett, L.N., and W.T. Phillips. "What Research Tells Us about Electrical Stimulation for Paralyzed Individuals". *Proceedings of the 22nd National Conference on Physical Activity for Exceptional Individuals*, Oakland, CA. November 1993, pp 36-41.

Data based presentations

Phillips, W.T., K. Garrett, M.J. Benton, and A.M. Batterham. *Single set resistance training improves strength and mood states in older pulmonary rehabilitation patients*. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, October 2004.

Benton, M.J., W.T. Phillips and A.M. Batterham. *Single set resistance training increases strength and functional fitness in older pulmonary rehabilitation patients*. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, October 2004.

Mrozek, J., C. Tudor-Locke, L.N. Burkett, and W.T. Phillips, Department of Exercise and Science, Arizona State University East, AZ. *Pedometer-assessed physical activity and functional fitness in older adults*. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, October 2004.

Alexander, J.L. W.T. Phillips, C. L. Wagner and C. Riley. *The Effect of Strength Training on Functional Fitness in Older Chronic Obstructive Pulmonary Disease Patients*. 51st Annual Conference of the American College of Sports Medicine, Indianapolis, 2004.

- Alexander, J.L., W.T. Phillips, C.L. Wagner, & C. Riley (2004). *Effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients*. Annual Meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Long Beach, CA, October 2004.
- Phillips, W.T., J.L. Alexander, V. Pepin, & C. Riley (2003). *Cardiac rehabilitation patient versus proxy quality of life perceptions*. Graduate Student Research Conference, Arizona State Polytechnic, March 2003.
- Alexander, J.L., W.T. Phillips, C.L. Wagner, L.N. Burkett, B.A. Alvar, P.D. Swan, & S. Zucker (2003). *Effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients*. Eleventh Annual Arizona Society for Cardiovascular & Pulmonary Rehabilitation Spring Conference, Tempe, Arizona, May 2003.
- Phillips, W.T. and A.M. Batterham. *Maximum strength (1RM) testing in older adults: Are women more 'reliable' than men?* 10th Measurement and Evaluation Symposium, Champaign, IL. October, 2003.
- Alexander, J.L., W.T. Phillips, V. Pepin, C. Riley. *Cardiac rehabilitation patient vs. proxy quality of life perceptions*. American Association of Cardiovascular and Pulmonary Rehabilitation, 18th Annual Conference, Kansas City, MO, October 2003.
- Pepin, V., P.D. Swan and W.T. Phillips. *Physical Function and Older Patients: Responses to Cardiac Rehabilitation*. American Association of Cardiovascular and Pulmonary Rehabilitation, 18th Annual Conference, Kansas City, MO, October 2003
- Phillips, W.T. A.M. Batterham, J.E. Valenzuela and L.N. Burkett. *Are 1RM tests sufficiently reliable to confidently determine relationships between strength and functional outcomes in older adults?* Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, November 2002.
- Alexander, J.L., W.T. Phillips, A.A. Weiler, & D.R. Gonzales. *Initial exercise training intensity is not a determinant of adherence to a 12-week Phase II cardiac exercise rehabilitation program in males and females*. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, November 2002.
- Essex, M.D. and W.T. Phillips. *The effects of high-intensity single set strength training on the total cholesterol and high density lipoproteins of older adults*. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, November 2002.
- Pepin, V., W.T. Phillips, and P.D. Swan. *Functional fitness assessment of older cardiac rehabilitation patients: a preliminary study*. American Association of Cardiovascular and Pulmonary Rehabilitation. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, November 2002
- Alexander, J.L., W.T. Phillips, S.L. Pauley, C.L. Wagner, L.L. Smith, & C.L. Riley. *The effect of single set strength training on physical function among pulmonary patients – Preliminary results*. Pulmonary Care Clinical Update. Banner Health System, Mesa, AZ, October 2002
- Pepin, V., W.T. Phillips, and P.D. Swan. *Functional fitness assessment in older cardiac rehabilitation patients: a preliminary study*. American Association of Cardiovascular and Pulmonary Rehabilitation. 17th Annual Conference, Charlotte, NC, August 8, 2002.
- Rhea, M.R., S. Ball, W.T. Phillips and L.N. Burkett. *A Comparison of linear and daily undulating periodization on muscular strength gains*. Southwest District AAHPERD Convention, Park City, Utah, June 23, 2001.
- Phillips, W.T. and J.R. Ziuraitis. *Energy Cost of the ACSM Resistance Training Guidelines*. Southwest ACSM Annual Meeting, Utah, November, 16-17, 2001.
- Alexander, J.L. and W.T. Phillips. *Spousal vs Patient Perceptions of Quality of Life in Cardiac Rehabilitation*. Southwest Region American College of Sports Medicine Annual Conference, Utah, November, 16-17, 2001.
- Ziuraitis, J.R., L.N. Burkett and W.T. Phillips. *Vertical Jump Performance Following Specific and Non-Specific Warm-Ups in Male College Athletes*. Southwest Region American College of Sports Medicine Annual Conference, Utah, November, 16-17, 2001.
- Rhea, M.R., W.T. Phillips, L.N. Burkett, W. J. Stone, and B.A. Alvar. *A comparison of Linear and Daily Undulating Periodization for Muscular Endurance*. Southwest Region American College of Sports Medicine Annual Conference, Utah, November, 16-17, 2001.
- Treasure, D.C., W.T. Phillips and N.L. Perry. *Effect of an acute bout of resistance training on self-efficacy and feeling states in a sedentary elderly population*. North American Society of Psychology in Sport and Physical Activity Conference, San Diego, CA, June 2000.
- Brown, H.E., Smith, S.E., Perkash, I., Phillips, W.T., Myers, J.N., and Kiratili, B.J. *Acute cardiovascular responses to static and dynamic electrically stimulated leg exercise combined with arm cranking*

- in spinal cord injury*. American Physical Therapy Association Combined Section Conference, New Orleans February 2-6, 2000.
- Smith, S.E., H.E. Brown., W.T. Phillips, L. Perakash, J.N. Myers, and B.J. Kiratli. *Physiologic and anatomic determinants of exercise response in spinal cord injury*. American Physical Therapy Association Combined Section Conference, New Orleans February 2-6, 2000.
- Myers, J.N., Dalman, R., Brown, H.E., Smith, S.E., Phillips, W.T., and Kiratli, B.J. *Changes in blood flow with exercise in individuals with spinal cord injury*. Veterans Administration Rehabilitation Research and Development 2nd Annual Conference, Alexandria, VA, February 20-22, 2000.
- Brown, S.E., J.S. Myers, V. Froelicher, I. Perakash, W.T. Phillips and B.J. Kiratli. *Cardiovascular responses to static and dynamic electrically stimulated leg exercise combined with arm cranking*. Veterans Administration Rehabilitation Research and Development 1st Annual Conference, Washington, DC, October 1-3 1998.
- Phillips, W.T. and S. Scheler-Mangiapia. *The effects of Botulinum Toxin spasticity management on functional activities in stroke survivors: Case presentations from a pilot study*. 13th Annual Physical Medicine and Rehabilitation Update, University of Utah School of Medicine, Park City, Utah, February 1-5, 1997.
- Phillips, W.T. *Measuring Daily Functioning in Healthy, Older Adults*. 40th Annual Conference of the American Society on Aging, San Francisco, CA. March, 1994.
- Phillips, W.T. and L.N. Burkett" Oxygen Uptake During Arm Cranking with FNS-adapted physical activity. "Research Strategies in adapted Physical Education" *Proceedings of the North American Federation of Adapted Physical Activity*, Montreal, Quebec, Canada. October 8-10, 1992, p. 30.
- Phillips, W.T. *Strength Increases and Muscle Hypertrophy Associated with Resistance Training in Aged Men*. Arizona Exercise Science Symposium Meeting, Arizona State University, Tempe, AZ. March 2, 1990.

Professional Writing

Published Articles

- Phillips, W.T. Choosing strength training equipment for older adults: the benefits and advantages of Universal Design. International Council on Active Aging Developers Guide, 58-63, 2009.
- Phillips, W.T., and B.A. Alvar. Strength in older adults: how much training is 'enough'? *Journal of Active Aging*, 2: 35-37, 2004
- Phillips, W.T. Prescribing and developing strength training programs in older adults - Art as well as Science. *Functional U*. 1 (6) 9-12, 2003.
- Phillips, W.T. *Arizona Senior Fitness 2000 Newsletter*. Periodic newsletter for the Governor's Advisory Council on Aging, 1998-99.
- Phillips, W.T. *HealthyWAY News*. Monthly Newsletter of the Escalante Eldercare Coalition, 1998/99.
- Phillips, W.T. *The Exercise Book*. Stanford Center for Research in Disease Prevention: Healthy Living Series. Updated March, 1997
- Phillips, W.T. and C. Gardiner. *Staying Healthy*. Stanford Center for Research in Disease Prevention: Healthy Living Series. Updated, March, 1997.
- Phillips, W.T. Strength training for seniors - a bridge to independence. *Stanford Medicine*. Fall, 1996, p.19-20.
- Phillips, W.T., L.A. Pruitt, and A.C. King. Life Style Activity: Current recommendations. *Patient Management* 25: 15-18, 1996. Abstracted from *Sports Medicine* 22: 1-7, 1996.
- Phillips, W.T. The potential for strength training to reduce health care costs in the elderly. Interview: *Case Review Journal*. 2: 37-39, 1996.
- Phillips, W.T., L.A. Pruitt, and A.C. King. Life Style Activity (Guest Editorial). *Medical Progress* 23: 13-16, 1996. Abstracted from *Sports Medicine* 22: 1-7, 1996.
- Phillips, W.T., D. Brownell, and D. Swanson, et al. *Staff Development and Training Manual*. Wellness Center, Arizona State University. Institution publication, 1993.
- Phillips, W.T. Starring in Your Trek: - A 'Pace' Program for Beginners. *Arizona JOHPERD* Fall, 1992.
- Phillips, W.T. Ducking the quackery -evaluating 'contraindicated' exercises. *Arizona JOHPERD* Summer: 13-15, 1990.
- Phillips, W.T. Strength Exercise in Schools: How long should they weight to train? *Arizona JOHPERD* Summer: 19-20, 1990.

Web-based Articles

Organized Wisdom Articles

- Go to my [orgwizdrwayne](#) source page for all articles and posts

LIVESTRONG articles

- How to work out with machines: <http://bit.ly/cFBFdZ>
- How to Design Strength Training Programs: <http://bit.ly/cZkgpw>
- How to Do Push-ups to Gain Strength & Muscle: <http://bit.ly/cy0qZV>
- How to use weight lifting machines at the gym: <http://bit.ly/ahKljZ>
- Workout Training on Machines: <http://bit.ly/cRRBzT>
- How to Gain Strength From Pull-Ups: <http://bit.ly/d7nSDa>
- Circuit Training in Physical Education: <http://bit.ly/9TVJV9>
- Kettlebell Training Techniques: <http://bit.ly/ctxeAh>
- Exercise Routines Without Weights: <http://bit.ly/9VI84R>
- How to Train With Ankle Weights: <http://bit.ly/dmbORZ>
- Circuit Training Routines With Weights: <http://bit.ly/cdEZ5Y>
- Why Are Weights Called The Dumbbells?: <http://bit.ly/c5UlgE>
- How to Build Muscle With Resistance Tubing: <http://bit.ly/cENwZ7>
- Kettlebell Training for Seniors: <http://bit.ly/9WaVQT>
- How to Build Up Your Body Core: <http://bit.ly/aYWIW9>
- Strength Training With a Kettlebell: <http://bit.ly/aFsPrt>
- How to Use Skin Calipers: <http://bit.ly/aT7MW9>
- How to Do Push-ups to Build Muscle Mass and Boost Metabolism: <http://bit.ly/9Bte7c>
- How to Build Calf Muscles Quickly: <http://bit.ly/8ZvdyF>
- How to Start a Strength Workout Log: <http://bit.ly/a3ZMdx>
- Training With the Soleus Muscle in the Calf: <http://bit.ly/cTdAeC>
- Simulating the Curves Circuit Workout with Resistance Bands: <http://bit.ly/bzuJyk>
- Kettlebell Personal Training: <http://bit.ly/aLBuPt>
- Proper Placement of a Pedometer: <http://bit.ly/bwcid7>
- Pedometer Advice: <http://bit.ly/bsNbcS>
- Accuracy of a Pedometer: <http://bit.ly/cizGkq>
- Exercise for Back Pain Due to Adhesions: <http://bit.ly/cRA9p7>

EHOW Articles

- How to Maintain Independence with Aging: <http://bit.ly/ak0ci2>
- How to Stretch the Gastrocnemius: <http://bit.ly/9gyhKA>

Aging With Grace Newsletter

- Monthly online column “*Energized Aging*”, June 2010 - present

TEACHING

Honors, Awards and Recognition

Spring 2004: Prominently mentioned in Graduating Seniors survey of “Faculty who exerted Positive Influences”

Fall 2003: Appointed to web-based “expert” panel for International Council on Active Aging.

Spring 2002: Nominated for ASU East Award of Excellence for Teacher of the Year.

Fall 1999: Recipient of ASU Student Affairs Faculty Recognition Award for outstanding contribution to student education outside of the formal class setting.

Fall 2001: Recipient of ASU Student Affairs Faculty Recognition Award for outstanding contribution to student education outside of the formal class setting.

Undergraduate Teaching

EXW/EPE 425 Exercise Prescription, 1997- 2005

COURSE DESCRIPTION: This was an advanced course for the B.S. student with a good background in the biological aspects of physical education. Emphasis is on synthesis integration and coordination of information gained in previous courses.

EXW/EPE 442 Physical Activity in Health and Disease, 1998- 2000

COURSE DESCRIPTION: This was an advanced writing intensive class which investigates the role of physical activity and physical fitness in the development of morbidity and mortality throughout the human life span.

EXW 498 Theory and Practice of Abdominal and Flexibility Training, Spring 2003

COURSE DESCRIPTION: This course examined and applied the current scientific literature relating to Abdominal, Low Back and Flexibility exercise and how these findings could be applied to the field of exercise and wellness.

EXW 444 Physical Activity Epidemiology, Fall 2003

COURSE DESCRIPTION: This class examined and critically discussed the epidemiological evidence supporting the health benefits of physical activity and disease.

Graduate Teaching

EXW/EPE 598 Aging and Physical Activity, 1997- 2005

COURSE DESCRIPTION: This class was intended for graduate students who wished to expand their knowledge of research in the area of physical activity as it applies to the physical and psychological health of older adults.

EXW 598 Theory and Practice of Abdominal and Flexibility Training, Spring 2002

COURSE DESCRIPTION: This course examined the current scientific literature relating to Abdominal, Low Back and Flexibility exercise and how these findings could be applied to the field of exercise and wellness.

EPE 598 PA and Public Health, Fall 2002-2005

COURSE DESCRIPTION: This course was designed to introduce and critically discuss the theoretical foundations, research base and determinants of physical activity behavior change relating to public health.

Mentoring

Details of student achievements under my guidance are summarized below, together with post-graduation job positions where available

MS Students (Graduation year) NOTE: Names removed for confidentiality

Thesis: *Effect of maximal strength testing on self-efficacy and feeling states in sedentary older adults*

Presentations: (i) North American Society of Psychology in Sport and Physical Activity (2000).

Initial Position: Wellness Coordinator at Phoenix Community College, AZ

Thesis: *Test-retest reliability of one repetition maximum strength measurement in older adults*

Presentations: (i) ACSM National Conference (2000)

Publications (i) Archives of Physical Medicine and Rehabilitation (In press)

Initial Position: Fitness Director at Dell Webb Anthem Community, AZ.

Thesis: *Relationship between strength and functional performance in older adults*

Initial Position: Freelance fitness and wellness trainer.

Thesis: *Single set strength training improves strength and functional fitness in older adults*

Presentations: (i) ACSM National Conference (2001)

Publications: (i) Journal of Activities, Adaptation and Aging (2003)

Initial Position: Internship Director at Department of Kinesiology, ASU Tempe Campus.

Thesis: The effect of high-intensity single set strength training on the blood lipids of older adults

Presentations: (i) Southwest ACSM Conference (2002)

Initial Position: Founder and Managing Director of a successful exercise and wellness company

Thesis: *A comparison of linear and daily undulating periodization for gains in muscular endurance*

Presentations: (i) Southwest AAHPERD Conference (2001).

(ii) Southwest ACSM Conference, (2002)

Publications: (i) Journal of National Strength and Conditioning Research (2002).

(ii) Journal of National Strength and Conditioning Research (2003).

Initial Position: Obtained doctoral degree at ASU Polytechnic

Thesis: *An equation to predict maximal strength in untrained female high school athletes*

Presentations: (i) ACSM National Conference (2003)

Initial Position: Strength Director at a sports performance gym

Thesis: *A Comparison of Pilates and usual care for relief of chronic low back pain.*
Thesis: *An equation to predict maximal strength in community living older adults*
Thesis: *Static vs Dynamic stretching effects on ROM in older adults*
Thesis: *Energy cost of activities of daily living (ADL) in older adults*
Thesis: *Validation of a field test of power in older adults*
Thesis: *Relationship of power to performance of activities of daily living in older adults*

Doctoral Students (graduation year) NOTE: Names removed for confidentiality

Dissertation: *Single set strength training: effects on physical function in pulmonary rehabilitation patients*
Presentations: (i) Southwest ACSM Conference (2001); (ii) Southwest ACSM Conference (2002)
Publications: (i) National Strength and Conditioning Journal (2002).
(ii) Journal of Outcomes Management (Nursing) (In preparation)
(iii) Journal of Cardiopulmonary Research (Invited review, in preparation)
Funding: (i) ASU Graduate College Summer Research grant, 2001(\$3900)
(ii) ASU Graduate College Summer Research grant, 2002 (\$2400)
(iii) Maricopa CC Research Travel grant, 2000 (\$337)
(iv) ASUSU Research Travel Grant, 2002 (\$200)
Initial Position: Assistant Professor, tenure track at AT Still University, Mesa AZ

Dissertation: *Energy cost of single set strength training in older vs younger adults.*
Awards: American Association of Retired Persons Scholarship Award 2002 (\$1,000)
Presentations: (i) South West ACSM Conference (2001); (ii) South West ACSM Conference (2001)
Publications: (i) Journal of Strength and Conditioning Journal (2003).
(ii) Journal of Strength & Conditioning Research (2004)
(iii) Journal of Women in Sport and Exercise (2001)
(iv) Medicine and Science in Sports and Exercise
Funding: (i) ASASU Research Travel grant (\$200)
Initial Position: Program Coordinator at Arizona State University Student Recreation Complex

1st Year project: *Strength training and quality of life in pulmonary rehabilitation patients*
Publications: (i) Association between dietary protein intake and strength performance in older adult pulmonary rehabilitation patients
(ii) Single set strength training enhances traditional outcomes and functional fitness in pulmonary rehabilitation patients
(iii) Single set strength training and mood in pulmonary rehabilitation patients
Funding: (i) Banner Health Care systems, Mesa, AZ \$8,000 for research related activities
Initial Position Assistant Professor, tenure track at Valdosta University, Georgia

SERVICE
Departmental

- Fall 2004: Tenure review committee member
- Fall 2002 – 2005: Technology Committee member
- Prepared Departmental PowerPoint presentation Spring 2002
- Departmental presentation to High School and Community College Advisors Spring 2002
- Faculty Search Committee member 1997-2005.
- Affirmative Action representative 1997-2005.

College/University

- Fall 2004 Member of ASU East search committee
- Fall 2004 ASU East tenure review committee member
- Fall 2004 - 2005: Member of ECAPC Committee
- Spring 2004: Organizer/Administrator of Second Annual ASUE Graduate Student Conference.
- Fall 2003 - 2005: Member of ASUE personnel committee,

- Fall 2003 - 2005: Member of ASU Gerontology Program Executive Committee
- Spring 2003: ASU East Native American Science Health Fair Judge,
- Fall 2002 – 2005: ASU East Information Technology Committee,
- Fall 2001: ASU East Scholarship Committee,
- Spring 2001- 2003: Member of ASU/Dept. Gerontology 'My Lifetime University' Advisory Board.
- Spring, 2000: Faculty representative, College of Engineering Dissertation Defense.

ASU Speakers Bureau/ASU Ambassadors Club

- East Valley Schools Retirees Association: "Strength, Activity and Aging", September 2004
- ASU Retiree's Association: Fitness and Wellness while Aging. ASU Tempe, February, 2004
- East Valley Schools Retirees Association: "Strength, Activity and Aging", May 2003
- Tempe Parish Nurses Board Meeting: "Strength and independence in older adults", October 2002
- Motorola Science Advisory Board Annual Dinner: "Exercise - the key for "Successful Aging", September 2002
- Sun Lakes Kiwanis Club: "The importance of strength with aging". September 2001
- Phoenix 'Oasis' Program: "Maintaining independence with aging". March 2000.
- Motorola Wellness Center: "Practical aspects of low back pain prevention". July 2000
- Tempe Women's Club: "The importance of strength for older women". October 1999.
- Scottsdale Rotary Club: "Exercise and aging". July 1999.
- Palo Verde High School: "Exercise and Wellness", September 1997.

Other ASU presentations

- College of Nursing, Women's Health Nurse Practitioners Program: "Counseling patients about exercise and developing realistic exercise plans and goals". Spring 2003
- Chandler-Gilbert Community College. Presentation to PED 200: "Introduction to Exercise and Wellness". Pecos Campus, November 2002.
- Chandler-Gilbert Community College: Senior Health/Fitness Day Demonstration: "Chair-based strength training". Pecos Campus, November 2002
- Department of Child and Family Services: Elder Care Support group: "Maintaining independence with strength training". ASU MU Building, Fall 2002
- Student Recreation Center "The Science of Abdominal Training". Spring 1999.
- Student Recreation Center "The Science of Abdominal Training". Fall 1999.
- College of Nursing "Reducing threats to independence with aging". October 1998.
- DPS training seminar "Aging and exercise". ASU MU Building, January 1998.
- DPS training seminar "Aging and exercise". ASU MU Building, September 1998.

Professional Service

Committee involvement

- | | |
|----------------------|------------------------------------------------------------------------------------------------------------------------------|
| Fall 2004 | Invited Chair of committee to update AAPHERD Functional Testing Manual for Older Adults |
| Fall 2004 | Invited co-author of updated ACSM recommendations on physical activity for older adults |
| Spring 2004 | Appointed as inaugural member of ACSM "Key Contact" group for Health and Science Policy initiatives and grassroots advocacy. |
| Spring 2004 | Appointed as ACSM liaison with ICAA |
| Fall 2003 - present | Member of Scientific Advisory Board for International Council on Active Aging (ICAA) |
| Fall 2003 - present | Member of ICAA web-based 'expert' panel. |
| Spring 2003 - 2005 | Member of ACSM Strategic Health Initiative on Aging. |
| Spring 2003 - 2005 | Chair of ACSM Interest Group on Aging (IGA). |
| Spring 2003 - 2005 | Listserve ("AGESERVE") founder and administrator for ACSM IGA |
| Fall 2000 - present: | Member of Arizona Heart Institute Institutional Review Board. |

Editorial Positions

- | | |
|---------------------|-----------------------------------------------------------------|
| Spring 2003 - 2006: | Advisory Board Member, "Functional U", Journal of the ICAA |
| Spring 2003 - 2005: | Editorial Board Member, Journal of Aging and Physical Activity. |
| Spring 1996 - 2001: | Media Review Editor, Journal of Aging and Physical Activity. |

Spring 1991-1994: Co-Editor, Arizona Journal of Health, Physical Education, Recreation, and Dance.

Reviewer

Grants

Fall 2002: PPP Foundation (United Kingdom Association of Medical Research Charities), London, UK. Themed grants: Older People Program: Title of grant: *"Falls prevention: An evidence-based intervention derived from mechanisms of fall descent and attempted recovery from induced trips"*. (£231,381.00)
Spring 2000: Australian Research Council, Sydney, Australia. Title of grant: *"Cardiovascular responses during prolonged electrical stimulation (ES) leg cycling in paraplegics"*. (A\$ 17,631)

Tenure reviews

Fall 2004: External reviewer for tenure status

Manuscript reviewer for following journals

Functional U (ICAA)
Journal of Sports Science and Medicine
Archives of Physical Medicine and Rehabilitation
Journal of Cardiopulmonary Research
Complementary Health Practice Reviews
Medicine and Science in Sports and Exercise
Journal of Aging and Physical Activity
Journal of Physical Activity and Health
International Journal of Behavioral Medicine
Journal of Aging and Physical Activity: Research Digest contributor.

Conference abstracts reviewer

Southwest Region American College of Sports Medicine Annual Conference: Student Research Abstract Award (2001).
Society of Behavioral Medicine 18th National Conference, (1997): Abstract referee.

Guidelines reviewer

Spring 2004: Invited reviewer of ICAA Age Friendly Facility Designation and locator.
http://www.icaa.cc/FacilityLocator/Professional/Professional_facilitylocator.htm. A collaboration between ICAA and the American Academy of Family Physicians (AAFP)

Community Service

Recognition

Summer 2004: Radio Interview for local Ohio based radio station on benefits of strength for older adults
Spring 2001: Project SSTRIVE featured by Arizona Republic Columnist David Casstevens *"Albert and friends find fountain of youth"*.
Spring 2001: Project SSTRIVE featured on Channel 5 Breakfast show

Partnerships

Escalante Health Partnerships, Tempe, AZ (1998-2005)

The Escalante Health Partnerships (EHP) was a community-based, health promotion and wellness non-profit organization providing services for a suburban, multi-generational, multiethnic, lower socioeconomic community. The Partnership was developed by its elder health and family health coalitions, ElderCARE (Community Action to Reach the Elderly) and TACH (Tempe Alliance for Community Health), respectively. It had strong links with ASU via the College of Nursing and, through myself, the Department of Exercise and Wellness.

My 'Service' commitment with the Escalante Health Partnerships involved the following areas:

Committee Member:

- Served on Escalante Health Partnerships (EHP) & ElderCARE Coalition (ECC).
- Served on Mission Statement committee: Led work group to draft new statement.
- Joint presenter with EHP Executive Director to potential funding agencies.
- Collaborated on preparation and submission of non-profit funding applications.

- Provided informational/educational presentations for City of Tempe Social Worker 'field tours'.

Program implementation:

- As part of the EHP program, I organized, developed and taught a health related strength training program based at the Escalante Center entitled "Project SSTRIVE" (Seniors Strength Training for Independence Vitality and Energy). The class met 3 times a week and was taught with a small team of graduate and undergraduate students.
- Project SSTRIVE provided funding for two graduate students every semester January 1999 - December 2001.
- I also acted as advisor for the incorporation of physical activity/strength training in other ECC health related programs such as diabetes management and arthritis.

Service learning:

Via Project SSTRIVE, I

- Provided in-service learning opportunities to undergraduate and graduate students who wished to work with older adults. The program included 2 Doctoral student, 6 MS students, and 7 undergraduate students from E&W as well as 2 MS students from the College of Nursing.
- Acted as advisor for the ASU College of Nursing "Applied Research Project" community program.
- Provided informational/educational presentations and workshops for College of Nursing students.
- Provided an educational/informational interview for United Way video on EHP & ECC.
- Wrote, and solicited articles from graduate and undergraduate students for 'Healthy WAY News', the ECC newsletter.

Governors Advisory Council on Aging (1999-2001)

- Advisor for year-long physical activity promotion event "Arizona Senior Fitness 2000"
- Composed much of the explanatory physical activity literature for this event.
- Designed a questionnaire to assess pre- and post-event levels of physical activity.
- Organized graduate students to collect and collate this data
- Attended committee meetings throughout the year to organize aspects of the Governor's Conference on Aging held May 2000.
- Presented on several aging related topics during this conference
- One of four instructors who led the conference 'Biggest Exercise Class in the World!' event.

Presentations

Invited Professional Presentations

Arizona Health Care Association Spring Leadership Conference, Featured Speaker. *Leadership in Health and Wellness: It's all about communicating*. Tucson, March 21-22, 2011.

ABRiO Health Services. *The importance of Physical Function to Health and Quality of Life in Older Adults*. ActiveRx Rehabilitation, Scottsdale, AZ. January 2011.

Gentiva® Health Services. *Strength Training and Functional Wellbeing in Older Adults*. Gentiva® Health, Peoria, AZ. December 2010.

Aging Services of Arizona 26th Annual Conference and Exposition. *Building Wellness on Strong Foundations: The importance of strength in Successful Aging*. Phoenix, June 2009

Arizona Senior Centers Association Annual Conference. *Be Strong for your Health: The importance of strength in 'Successful Aging'*. Flagstaff, AZ July 2009'

Arizona Geriatrics Society, 20th Annual Symposium & Trade Show. Keynote Speaker: *Healthcare and Healthy Aging in the 21st Century*. Phoenix, AZ, November 14-15, 2008

Scottsdale Healthcare, Banner Alzheimer's Institute and The City of Scottsdale, *Strength Training, Wellness and Memory Fitness*. Granite Reef Senior Center, Scottsdale, AZ, November 2008

City of Scottsdale. *Strength, Wellness and Fall Prevention*. Via Linda Senior Center, Scottsdale, AZ, September, 2008

- City of Scottsdale. *Strength, Wellness and Fall Prevention*. Granite Reef Senior Center, Scottsdale, AZ, September, 2008.
- All Arizona School Retirees Association, Annual Convention. *Strength and Successful Aging*. Phoenix, AZ June 2006
- National Association of Nurse Massage Therapists Annual Conference, Keynote: *Engage with Self, Engage with Life: - the Key to Successful Aging*, Orlando, Florida May 2006
- Arizona Association of Homes and Housing for the Aging 22nd Annual Conference. *“Engage with Self, Engage with Life”: thinking ahead of the curve for Successful Aging*. Mesa, AZ, April 2006
- Arizona Association of Homes and Housing for the Aging 22nd Annual Conference. *Well! Well! Well!: a new way of thinking about (and doing something about) “Fitness” for Seniors*. Mesa, AZ, April 2006
- Arizona Association of Homes and Housing for the Aging 22nd Annual Conference. *Journeys of the Mind: Beyond Stress - Achieving Enduring Inner Peace and Life Satisfaction*. Mesa, AZ, April 2006
- Beatitudes Campus Retirement Community. *Fall Prevention Strategies*. Glendale, AZ, March 2006
- Chandler Gilbert Community College Exercise and Wellness Division: *Intrinsic Thinking and Coaching for Wellness*. Pecos Campus, January, 2006
- Arizona Healthcare Human Resources Association. *“Determining the ROI on your Corporate Wellness Initiative”*, Phoenix, AZ January 2006
- Chandler Gilbert Community College Exercise and Wellness Division: *Cost and consequences of Obesity*. Pecos Campus, October, 2005
- International Council on Active Aging Annual Conference. *Prescribing Exercise for Older Adults: Art more than Science?* Orlando, Florida, November 2004
- Area Agency on Aging 16th Annual Conference. Keynote Presentation: *“Physical Activity and Health for Older Adults”*. Phoenix Crowne Plaza, Phoenix, AZ November 18 & 19, 2004.
- Arizona Association of Homes and Housing for the Aging 21st Annual Conference. *The Seven Habits of Highly Successful Agers: An evidence-based framework for delivering high quality, cost-effective wellness programs to older adults*. Mesa Centennial Center, Mesa, AZ, May 25 & 26, 2004
- Arizona Association of Homes and Housing for the Aging 21st Annual Conference. *The importance of strength training for maintaining and improving functional wellbeing and “quality of aging”*. Mesa Centennial Center, Mesa, AZ, May 25 & 26, 2004
- Arizona Governor’s Conference on Aging. *The “National Blueprint”: Increasing Physical Activity Among Adults Aged 50 and Older: Community and individual strategies*. Mesa Convention Center Mesa, Mesa, AZ, May 11-13, 2004
- Arizona State University Retirees Association Annual Meeting: *Fitness and Wellness While Aging*. Tempe, AZ, Feb. 21, 2004.
- Arizona State University West Conference on Aging: *Wellness Strength and Quality of Aging*. Phoenix, AZ January, 24, 2004
- Arizona Parks and Recreation Department Programmer’s Institute: *‘Booming’ into Successful aging*, Tempe, AZ, November 6-8, 2003
- American Heart Association, Exercise and Cardiovascular Disease Series: *Resistive Training Through the Life Span*. Halle Heart Museum, Tempe, April, 2003.
- South West Institute on Aging, Arizona Health Care Association, and the Arizona Association of Homes and Housing for the Aged, joint annual conference. *Successful Aging, Successful Caring: The impact of wellness and strength programs on senior health care*. Pointe South Mountain Resort, Phoenix, August 5-8, 2002.
- Arizona Society for Cardiovascular and Pulmonary Rehabilitation: *Using the SF-36 to measure quality of life indicators in Cardiac Rehabilitation patients and the spousal impact on quality of life*. Board Meeting, Yavapai Regional Medical Center, Prescott, AZ, July 21, 2001
- Arizona State University Women’s Professional Development Conference: *The busy woman’s exercise program: fitting physical activity into a hectic lifestyle*. YWCA Leadership Development Center, Phoenix, May 18, 2000.
- Arizona Governor’s Conference on Aging. *Growing stronger, going longer: The benefits of strength training for seniors*, Phoenix Civic Plaza, May 17, 2000.
- Arizona State University Women’s Professional Development Conference: *Exercising for Strength – not just for the young and not just for the men*. Mesa Hilton Hotel, Mesa, AZ. May 20, 1999.
- Governor’s Advisory Council on Aging, National Senior Health and Fitness Day: *Aging and wellness in the new millennium*. The Radisson Woodlands Hotel, Flagstaff, AZ, Wednesday May 26, 1999.

Nutrition Education Conference: *Reaping the benefits of "Lifespan Exercise" – You're never too old and its never too late!* Doubletree Paradise Valley Resort, Scottsdale, AZ. June 28-30, 1999.

Arizona Senior Center Association, 6th Annual Conference: *Maximizing physical and psychological health with aging – the importance of strength.* The Prescott Resort Conference Center, Prescott, AZ July 25-27, 1999

Maricopa County Community Colleges Wellness Coordinators Conference: *Wellness and the year 2000.* Maricopa County Administrative Center, Tempe, AZ, February 17, 1998.

Service Learning and Gerontology Conference: *Service Learning – 'Training the Trainers'*, ASU West Campus, Friday April 3, 1998.

City of Gilbert High School Faculty In-Service training retreat. *Successful aging in the year 2000.* August 1998.

Arizona Coalition on Aging. *Aging stronger, aging longer - the importance of strength in slowing the aging process.* Phoenix, AZ, Nov 4 1998

Maricopa County Community Colleges Leadership Breakfast. *Wellness, Aging and the Year 2000.* Phoenix Community College, December 10, 1998.

Invited Conference Reports

Phillips, W.T., R. Munro, D. Swanson, and N. Lane (1993). *A Physical and Physiological Profile of Native American Indian women at the 4th National Wellness and Women Conference, Phoenix, AZ, 1993.* Prepared for the Indian Health Service - Inter-Tribal Council of Michigan, Sault Ste. Marie, MI.

Phillips, W.T., R. Munro, D. Swanson, and J. Boone. (1992). *A Fitness Profile of Native American Indian women attending 3rd National Wellness and Women Conference, Phoenix, AZ, 1992.* Prepared for the Indian Health Service - Inter Tribal Council of Michigan., Sault Ste. Marie, MI.

Invited Conference Service

Wellness and Women IV. Phoenix, Arizona. February 1993 (University of Oklahoma/Presidents Council on Physical Fitness).
Service provision: Planning, organization and implementation of conference Fitness Assessment/Fitness Education component. Collection and collation of blood profile, respiratory, physical and physiological data; analysis and reporting of findings to the Native American Indian Inter-Tribal Council of Michigan.

Wellness and Women III. Phoenix, Arizona. February 1992 (University of Oklahoma/Presidents Council on Physical Fitness).
Service provision: Planning, organization and implementation of conference Fitness Assessment/Fitness Education component. Collection, collation, analysis and reporting of findings to the Native American Indian Inter-Tribal Council of Michigan.

Other Seminars and Presentations

Stanford Center for Research in Disease Prevention, January 1994-January 1996

- "High vs low tech methods of assessing falls risk in the elderly".
- "Geometric sociometry and the denial of differences - social and psychological attitudes to body shape".
- "High intensity strength training in elderly men".
- "Effects of electrical stimulation during arm cranking in persons with a spinal cord injury"
- "Assessing physical function in the elderly - problems and solutions"
- "The ethics of authorship"
- "Importance of strength training for persons on hemodialysis".

University of San Francisco, Physical Therapy Department, November 1994.

- "Therapeutic aspects of electrical stimulation in persons with spinal cord injury".

Villa Fontana Residential Center, Sunnyvale, CA, January 1995.

- "The importance of staying active with aging"

Los Gatos Community Hospital rehabilitation department. July 1995.

- "Current research findings in strength exercise with elderly frail persons - applications".

Cubberley Senior Center, Palo Alto, November, 1996

- "The importance of maintaining strength with aging"

Stanford Linear Accelerator Center, Palo Alto, February 1997

- "Staying healthy and physically independent with aging - the role of physical activity, exercise, and strength training"

Seminar series conducted at Paradise Valley Community College, Phoenix, AZ. Fall, 1993.

- "Social and psychological aspects of body composition measures in non clinical settings"

- "Starting out on an exercise program"
- "Beginning a weight training/resistance training program"
- "Exercise, wellness and the reduction of health risk factors"

Seminar series conducted at Arizona State University, Tempe, AZ., 1990-1993

- "Will exercise reduce body fat?"
- "Effective abdominal exercise"
- "Flexibility and wellness."
- "The easy way to start exercise."
- "Exercise in wellness"

Seminar series conducted at College of Nursing, Arizona State University, Tempe, AZ, 1990-1992.

- "The role of fitness assessments in wellness."
- "Exercise and diet as stress reducers."

Workshops

Jewish Community Centers Association, St. Louis, MO. July 13-16 1991.

- "Aspects of wellness and exercise".

Consultations

Phoenix Suns, National Basketball Association team. Summer 1991.

- Hamstring rehabilitation and injury prevention techniques.

Thesis/Dissertation

1997- 2005: Served as a committee member for 15 MS and 8 Ph.D. students.

Continuing Education/Training

2002-present: Continuing Education provider for American Heart Association (AHA)

1999-present: Continuing Education provider for American Council on Exercise (ACE)

1998-present: Invited lecturer for American College of Sports Medicine Health Fitness Instructor's Certification Course (Mesa, AZ)

Membership of Professional Organizations

Fellow of the American College of Sports Medicine

Member, American College of Sports Medicine, Southwest Chapter.