

CURRICULUM VITAE

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EDUCATION:

- 2004 **Ph.D.**, Palacky University, Faculty of Physical Culture, Olomouc, Czech Republic:
- Major Area: Adapted Physical Activity.
 - Minor Area: Physical Education Pedagogy.
 - Ph.D. Thesis: *Inclusion of Children With Disabilities in General Physical Education in the United States: Effects on Children Without Disabilities.*
- 2001 **EMDAPA, M.Sc.**, European Master's Degree in Adapted Physical Activity, Catholic University, Faculty of Physical Education and Physiotherapy, Leuven, Belgium:
- Major Area: Adapted Physical Activity.
 - M.Sc. Thesis: *Effects of Inclusion in General Physical Education on Students Without Disabilities.*
- 1998 **M.Ed.**, Palacky University, Faculty of Physical Culture, Olomouc, Czech Republic:
- Major Areas: General Physical Education and Adapted Physical Education.
 - M.Ed. Thesis: *Curricular Modifications for Students with Physical Disabilities Included in General Physical Education.*
- 1994 **Diploma**, Medical High School, Ostrava, Czech Republic:
- Specialization: Physical Therapy.

CERTIFICATIONS:

- 2012 *Certified Adapted Physical Educator (CAPE)*. Adapted Physical Education National Standards.
- 1998 *Certified Personal Trainer*, Faculty of Physical Culture, Olomouc, Czech Republic.

PROFESSIONAL EXPERIENCE:

- 2022-to date *Full Professor*, University of Delaware, College of Health Sciences, Dept. of Behavioral Health & Nutrition, Newark, DE.
- 2020-to date *Director*; Health and Disability Concentration, Health Promotion Master's Degree, University of Delaware, Newark, DE.
- 2018-to date *Director*; Health and Disability Laboratory, University of Delaware, Newark, DE.
- 2015-to date *Director*; Health and Disability Concentration, University of Delaware, Newark, DE.
- 2012-2018 *Director*; Health, Physical Activity, and Disability Minor, University of Delaware, Newark, DE.
- 2012-to date *Associate Professor*, University of Delaware, College of Health Sciences, Dept. of Behavioral Health & Nutrition, Newark, DE.

- 2006-2012 *Assistant Professor*, University of Delaware, College of Health Sciences, Dept. of Behavioral Health & Nutrition, Newark, DE.
- 2004-2006 *Assistant Professor*, Rowan University, College of Education, Dept. of Health & Exercise Science, Glassboro, NJ.
- 2006-2022 *Assistant Professor*, University of Delaware, College of Health Sciences, Dept. of Health, Nutrition, & Exercise Sciences, Newark, DE.
- 2004-2006 *Assistant Professor*, Rowan University, College of Education, Dept. of Health & Exercise Science, Glassboro, NJ.
- 2002-2004 *Graduate Research Assistant*, University of Virginia, Curry School of Education, Kinesiology Program, Charlottesville, VA.
- 2003-2004 *Physical Education Teacher (K-1)*, Free Union Country School, Free Union, VA.
- 2002-2004 *Fitness & Swimming Instructor*, University of Virginia, Intramural-Recreational Sports, Charlottesville, VA.
- 2000-2002 *Graduate Research Assistant*, Palacky University, Faculty of Physical Culture, Dept. of Kinesiology, Olomouc, Czech Republic.
- 1998-1999 *Personal Trainer*, VICTORY: Fitness Health Club, Olomouc, Czech Republic.

AWARDS AND HONORS:

- 2024 *William A Hillman Distinguished Service Award*. National Consortium for Physical Education for Individuals with Disabilities.
- 2021 *International Federation of Adapted Physical Activity Fellow*.
- 2018 *Agent of change: Members of the UD community who are actively making a difference*.
- 2018 *Elected to serve as the North American Federation of Adapted Physical Activity representative to International Federation of Adapted Physical Activity*.
- 2017 *Nomination for the University of Delaware's Excellence in Teaching Award*, Newark, DE.
- 2016 *The College of Health Sciences' Excellence in Service Award*, University of Delaware, Newark, DE.
- 2015 *G. Lawrence Rarick Research Award*. National Consortium for Physical Education for Individuals with Disabilities.
- 2012 *Christina Board of Education Citizenship Award*. Christina School District, Delaware.
- 2011 *Research Consortium Fellow*. American Alliance for Health, Physical Education, Recreation and Dance.
- 2010 *1st Prize Merit Award - Pediatrics*. Women & Children's Health Research Conference. University of Delaware, Newark.
- 2009 *International Travel Award*. Received funding to attend the 2009 International Symposium in Adapted Physical Activity, Gavle, Sweden.
- 2000 *Fulbright Study/Research Award*. Fulbright Commission Czech Republic. Received funding to conduct a dissertation study at the University of Virginia, Charlottesville.
- 1999 *Socrates/Erasmus Mundus Exchange Program Scholarship*. European Commission: Education, Audiovisual and Culture Executive Agency. Received funding to pursue EMDAPA degree at the Catholic University, Leuven, Belgium.

PUBLICATIONS:

*Students as co-authors.

Refereed Journal Articles:

1. Firkin, C. J.*, Rechner, L.*, & **Obrusnikova, I.** (2024, March). Paving the way to active living for people with disabilities: Evaluating park and playground accessibility and usability in Delaware. *Delaware Journal of Public Health*, 10(1), 74-83. <https://10.32481/djph.2024.03.09>
2. Suminski, R. R., Leonard, T., **Obrusnikova, I.**, & Kelly, K. (2024, March). The impact of health coaching on weight and physical activity in obese adults: A randomized control trial. *American Journal of Lifestyle Medicine*, 18(2), 233-242. <https://doi.org/10.1177/15598276221114047>
3. Firkin, C. J.*, **Obrusnikova, I.**, & Suminski, R. R. (2023, August). Compliance with Using the Apple Watch for Physical Activity Assessment by Adults with an Intellectual Disability. *Journal of Physical Activity Research*, 8(1), 40-46. <https://doi.org/10.12691/jpar-8-1-7>
4. Suminski, R. R., **Obrusnikova, I.**, Kelly, K., Heagbetus, S. T., & Williams, M. (2022, October). Small business support is associated with the quantity, quality, and usage of youth physical activity opportunities in urban, low-income, African American neighborhoods. *Journal of Urban Health*, 99, 1104-1114. <https://doi.org/10.1007/s11524-022-00694-8>
5. **Obrusnikova, I.**, Firkin, C. J.*, Cavalier, A. R., & Suminski, R. R. (2022, June). Effects of resistance training interventions on muscular strength in adults with intellectual disabilities: A systematic review and meta-analysis. *Disability and Rehabilitation*, 44(17), 4549-4562. <https://doi.org/10.1080/09638288.2021.1910738>
6. Suminski, R. R., Dominick, G. M., Wagner, N. J., & **Obrusnikova, I.** (2022, January). Direct observation of COVID-19 prevention behaviors and physical activity in public open spaces. *International Journal of Environmental Research and Public Health*, 19(3), 1335. <https://doi.org/10.3390/ijerph19031335>
7. **Obrusnikova, I.**, Firkin, C. J.*, & Farquhar, W. B. (2022, January). A systematic review and meta-analysis of the effects of aerobic exercise interventions on cardiorespiratory fitness in adults with intellectual disability. *Disability and Health Journal*, 15(1), 101185. <https://doi.org/10.1016/j.dhjo.2021.101185>
8. **Obrusnikova, I.**, Cavalier, A. R., & Blair-McKinsey, A. E.* (2021, July). Certified personal trainers' beliefs about providing personal training for adults with intellectual disability in a community fitness facility. *Disability and Health Journal*, 14(3), 101100. <https://doi.org/10.1016/j.dhjo.2021.101100>
9. Block, M. E., Haegele, J. A., Kelly, L. E., & **Obrusnikova, I.** (2021, June). Exploring future research in adapted physical education. *Research Quarterly for Exercise and Sport*, 92(3), 429-442. <https://doi.org/10.1080/02701367.2020.1741500>
10. **Obrusnikova, I.**, Cavalier, A. R., Suminski, R. R., Blair, A. E.*, Firkin, C. J.*, & Steinbrecher, A. M.* (2021, May). A resistance training intervention for adults with intellectual disability in the community: A pilot randomized clinical trial. *Adapted Physical Activity Quarterly*, 38(4), 546-568. <https://doi.org/10.1123/apaq.2020-0218>
11. **Obrusnikova, I.**, Cavalier, A. R., Novak, H. M.*, Blair, A. E.*, & Suminski, R. R. (2021, May). Effects of a community-based familiarization intervention on independent performance of exercise tasks by adults with intellectual disability. *Journal of Intellectual and Developmental Disability*, 59(3), 239-255. <https://doi.org/10.1352/1934-9556-59.3.239>
12. Healy, S., Pacanowski, C., Kennedy, L., & **Obrusnikova, I.** (2021, April). "This cage that I'm stuck inside": Autistic adults' perceptions of weight management, body weight, and body image. *Autism*, 25(7), 1985-1998. <https://doi.org/10.1177/13623613211006989>
13. Healy, S., **Obrusnikova, I.**, & Getchell, N. (2021, March). Fundamental motor skill interventions in children with autism spectrum disorder: A systematic review of the literature including a methodological quality assessment. *Research in Autism Spectrum Disorders*, 81(3), 101717. <https://doi.org/10.1016/j.rasd.2020.101717>
14. Healy, S., Williams, E.*, Patterson, F., Lozano, A., Hanlon, A., & **Obrusnikova, I.** (2020). Rethinking daily movement behaviors of children with autism spectrum disorder: Meeting the 24-hour movement

guidelines. *European Journal of Adapted Physical Activity*, 13(2), 1-11.
<https://doi.org/10.5507/euj.2020.006>

15. **Obrusnikova, I.**, Cavalier, A. R., Novak, H. M.*, & Blair, A. E.* (2020). The effect of systematic prompting on the acquisition of two muscle-strengthening exercises by adults with moderate disabilities. *Journal of Behavioral Education*, 29(3), 584-605. <https://doi.org/10.1007/s10864-019-09328-7>
16. **Obrusnikova, I.**, Novak, H. M.*, & Cavalier, A. R. (2019). The effect of systematic prompting on the acquisition of five muscle-strengthening exercises by adults with mild intellectual disabilities. *Adapted Physical Activity Quarterly*, 36, 447-471. <https://doi.org/10.1123/apaq.2018-0192>
17. **Obrusnikova, I.**, & Cavalier, A. R. (2018). An evaluation of videomodeling on fundamental motor skill performance of preschool children. *Early Childhood Education Journal*. 46, 287-299. <https://doi.org/10.1007/s10643-017-0861-y>
18. **Obrusnikova, I.**, & Cavalier, A. R. (2017). The effect of videomodeling on fundamental motor skill performance of middle school children with intellectual disabilities. *Journal of Developmental and Physical Disabilities*. 29(5), 757-775. <https://doi.org/10.1007/s10882-017-9554-0>
19. **Obrusnikova, I.**, & Schoo, M. (2017). The missing link: Inclusive physical education out of the international perspective from adapted physical education - Inklusiver Sportunterricht aus Sicht des Förderschwerpunktes körperliche und motorische Entwicklung – eine internationale Perspektive. *Sonderpädagogische Förderung Heute*, 3, 277–287.
20. **Obrusnikova, I.**, & Rattigan, P. (2016). Using video-based modeling to promote acquisition of fundamental motor skills in diverse learners. *Journal of Physical Education, Recreation, and Dance*, 87(4) 24-29. <https://doi.org/10.1080/07303084.2016.1141728>
21. **Obrusnikova, I.**, & Dillon, S. R. (2012). Students' beliefs and intentions to play with peers with disabilities in physical education: Relationships with Achievement and social goals. *Journal of Teaching Physical Education*, 31, 311-328. <https://doi.org/10.1123/jtpe.31.4.311>
22. **Obrusnikova, I.**, Bibik, J., Cavalier, A. R., & Manley, K.* (2012). Integrating therapy dog teams into a physical activity program for children with autism spectrum disorders. *Journal of Physical Education, Recreation, and Dance*, 83(6), 37-48. <https://doi.org/10.1080/07303084.2012.10598794>
23. **Obrusnikova, I.**, Dillon, S. R., Block, M. E., & Davis, T. (2012). Validation of the children's beliefs and intentions to play with peers with disabilities in middle school physical education scale. *Journal of Developmental and Physical Disabilities*. 24, 35-51. <https://doi.org/10.1007/s10882-011-9253-1>
24. **Obrusnikova, I.**, & Miccinello, L. D.* (2012). Parent perceptions of factors influencing after-school physical activity of children with autism spectrum disorders. *Adapted Physical Activity Quarterly*. 29, 63-80. <https://doi.org/10.1123/apaq.29.1.63>
25. **Obrusnikova, I.**, & Dillon, S. R. (2011). Validation of the inventory of teaching challenges for inclusive physical education: Autism spectrum disorders. *Journal of Developmental and Physical Disabilities*, 23, 563-579. <https://doi.org/10.1007/s10882-011-9249-x>
26. **Obrusnikova, I.**, & Cavalier, A. (2011). Perceived barriers and facilitators of participation in after-school physical activity by children with autism spectrum disorders. *Journal of Developmental and Physical Disabilities*, 23, 195-211. <https://doi.org/10.1007/s10882-010-9215-z>
27. **Obrusnikova, I.**, & Dillon, S. R. (2011). Challenging situations when teaching children with autism spectrum disorders in general physical education. *Adapted Physical Activity Quarterly*. 28, 113-131. <https://doi.org/10.1123/apaq.28.2.113>
28. **Obrusnikova, I.**, Dillon, S. R., & Block, M. E. (2011). Middle school student intentions to play with peers with disabilities in physical education: Development and Initial Validation. *Journal of Developmental and Physical Disabilities*, 23, 113-127. <https://doi.org/10.1007/s10882-010-9210-4>
29. **Obrusnikova, I.**, Block, M. E., & Dillon, S. R. (2010). Children's beliefs toward cooperative playing with peers with disabilities in physical education. *Adapted Physical Activity Quarterly*, 27, 127-142. <https://doi.org/10.1123/apaq.27.2.127>
30. **Obrusnikova, I.**, & Kelly, L. E. (2009). Caseloads and job responsibilities of public school adapted physical educators in the United States. *Perceptual and Motor Skills*, 109(3), 1-10. <https://doi.org/10.2466/pms.109.3.737-746>

31. **Obrusnikova, I.** (2008). Physical educators' beliefs about teaching children with disabilities. *Perceptual and Motor Skills*, 106, 637-644. <https://doi.org/10.2466/pms.106.2.637-644>
32. Block, M. E., & **Obrusnikova, I.** (2007). Inclusion in physical education: A review of the literature from 1995-2005. *Adapted Physical Activity Quarterly*, 24, 103-124. <https://doi.org/10.1123/apaq.24.2.103>
33. **Obrusnikova, I.**, Block, M. E., & Válková, H. (2003). Impact of inclusion in general physical education on students without disabilities. *Adapted Physical Activity Quarterly*, 20, 230-245. <https://doi.org/10.1123/apaq.20.3.230>

Manuscripts under review:

- Katz, H.*, Casey, T., Hickey, E. J., Ausderau, K., **Obrusnikova, I.**, & Andreae, S. J. (under review). Assessing the impact of group exercise on well-being of adults with intellectual and developmental disabilities: A systematic review.
- Obrusnikova, I.**, Steinbrecher, A. M., Cavalier, A. R., Suminski, R. R., & Firkin, C. J.* (under review). Unlocking aerobic exercise potential: Perceptions of adults with intellectual disability about exercising in a community fitness facility. *Journal of Applied Research in Intellectual Disabilities*.

Manuscripts in preparation:

- Firkin, C. J.*, Koch, L. C., Dominick, G. M., Davey, A., & **Obrusnikova, I.** (manuscript preparation). Physical activity, sedentary behavior, and cardiometabolic health in adults with an intellectual disability: A meta-analysis. *Obesity Reviews*.
- Firkin, C. J.*, Koch, L. C., Dominick, G. M., & **Obrusnikova, I.** (manuscript preparation). *Physical Activity, Sedentary Behavior, and Cardiometabolic Health in Adults with an Intellectual Disability: A scoping review*.
- Obrusnikova, I.**, Steinbrecher, A. M.*, & Cavalier, A. R. (manuscript preparation). *Personal trainer perceptions of the factors influencing exercise of adults with intellectual disability in a community fitness facility*.
- Obrusnikova, I.**, Cavalier, A. R., & Novak, H. M.* (manuscript preparation). *A comparison of the systems of most-to-least and least-to-most prompting on the acquisition of exercise tasks by adults with moderate intellectual disability*.
- Obrusnikova, I.**, Cavalier, A. R., Blair-McKinsey, A. E.*, Firkin, C. J.*, & Steinbrecher, A. M.* (manuscript preparation). *The effect of most-to-least prompting on the acquisition of resistance-training exercises by adults with autism spectrum disorder*.
- Obrusnikova, I.**, & Firkin, C. J.*, Steinbrecher, A. M.*, Pennington, R.*, & Cavalier, A. R. (data analysis). *A systematic review of outcome expectations and socio-structural factors influencing physical activity of adults with intellectual disability*.
- Obrusnikova, I.**, Steinbrecher, A. M.*, Cavalier, A. R., & Firkin, C. J.* (data analysis). *A systematic review of behavioral support strategies to enhance compliance and adherence by adults with intellectual disability in exercise interventions*.
- Firkin, C. J.*, **Obrusnikova, I.**, Steinbrecher, A. M.*, & Cavalier, A. R. (data analysis). *Caregiver perceptions of the factors influencing exercise of adults with an intellectual disability in a community fitness facility*.

Newspaper/Community Articles about Dr. Obrusnikova:

- Brennan, J. (2018). Change agents: Members of the UD community who are actively making a difference. *University of Delaware Magazine*, 26(4), 7.
- LaPenta, D. (2018). Overcoming barriers to inclusive fitness: Iva Obrusnikova's research helps people with intellectual disabilities achieve independence in fitness. *UDaily*, Retrieved on April 13, 2018 from <https://www.udel.edu/udaily/2018/april/physical-fitness-for-intellectual-disabilities-iva-obrusnikova/>

- Lane, V. (2016). Community engagement Initiative: Professor and students develop instructional strategies for adults living with intellectual disabilities. *Step by Step*, Retrieved on Jan 24, 2017 from <http://sites.udel.edu/engage/2016/11/14/step-by-step/>
- Fleming, C. (2015). All-inclusive playground coming to Newark. *The News Journal*, Retrieved on Dec 19, 2015 from <https://www.delawareonline.com/story/news/health/2015/12/18/all-inclusive-playground-coming-newark/77289962/>
- Kukich, D. (2010). Canine partners help kids with autism spectrum disorder step up the pace. *UDaily*, Retrieved on Jan 24, 2017 from <http://www1.udel.edu/udaily/2011/aug/therapy-dogs-asd082310.html>.

Book Chapters:

- Obrusnikova, I., & Firkin, C. J.** (with the editor). Chapter 14: Functional and physical assessments for adults with disabilities. In A. Brian & P. Beach (Eds.), *Disability and Motor Behavior: Practical Applications*. Lanham: Rowman & Littlefield.
- Obrusnikova, I., & Cavalier, A. R.** (2023). Motor behavior and emotional and behavioral disorders. In P. Beach & A. Brian (Eds.), *Disability and motor behavior: A research handbook* (1st ed.). Lanham: Rowman-Littlefield.
- Obrusnikova, I., & Block, M. E.** (2020). Historical context and definition of inclusion. In J. A. Haegele, S. R. Hodge, & D. R. Shapiro (Eds.), *Routledge Handbook of Adapted Physical Education* (1st ed.). London: Routledge. doi: 10.4324/9780429052675
- Block, M. E., **Obrusnikova, I.**, & Lloyd, M. (2020). History of inclusive physical education in North America. In S. Heck & M.E. Block (Eds.) *Inclusive physical education around the world: Origins, cultures, practices* (pp. 9-27). New York: Routledge.
- Block, M. E., & **Obrusnikova, I.** (2016). What is inclusion? In M.E. Block (Ed.), *A teacher's guide to including children with disabilities in general physical education* (4th ed., pp. 19-34). Baltimore: P. H. Brookes.
- Block, M. E., & **Obrusnikova, I.** (2007). What is inclusion? In M.E. Block (Ed.), *A teacher's guide to including children with disabilities in general physical education* (3rd ed., pp.15-28). Baltimore: P. H. Brookes.
- Block, M. E., & **Obrusnikova, I.** (2007). Facilitating social inclusion. In M.E. Block (Ed.), *A teacher's guide to including children with disabilities in general physical education* (3rd ed., pp. 173-185). Baltimore: P. H. Brookes.

Published Abstracts:

- Obrusnikova, I., Cavalier, A. R., Suminski, R. R., Firkin, C. J.*, & Steinbrecher, A. M.** (2023). Bridging the gap: A conceptual framework for promoting exercise in adults with intellectual disability. *PALAESTRA*, 37(3), 51-52.
- Firkin, C. J.*, **Obrusnikova, I.**, Cavalier, A. R., Dominick, G. M., & Farquahar, W. B. (2023). The development of the Multifaceted Physical Activity and Sedentary Behavior Assessment for Adults with Intellectual Disability. *PALAESTRA*, 37(3), 48.
- Obrusnikova, I., Cavalier, A. R., Suminski, R. R., Steinbrecher, A. M., & Firkin, C. J.** (2022, April). Developing the exercise self-efficacy for adults with intellectual disability scale: Item generation and content validity. *Annals of Behavioral Medicine*, 56(S1), S349. <https://doi.org/10.1093/abm/kaac014>
- Suminski, R. R., Dominick, G. M., Wagner, N. J., & **Obrusnikova, I.** (2022, February). Direct observation of COVID-10 prevention behaviors and physical activity in public spaces. *International Journal of Environmental Research and Public Health*, 19(3), 1335. <https://doi.org/10.3390/ijerph19031335>
- Block, M. E., Haegele, J. A., Kelly, L. E., & **Obrusnikova, I.** (2021, June). Exploring future research in adapted physical education. *Research Quarterly for Exercise and Sport*, 92(3), 429-442. <https://doi.org/10.1080/02701367.2020.1741500>

- Obrusnikova, I.,** Firkin, C. J.*; Cavalier, A. R.; & Suminski, R. R. (2021, August). Meta-analysis of the effects of resistance training on muscular strength in adults with intellectual disabilities. *Medicine & Science in Sports & Exercise*, 53(8S), 55.
- Obrusnikova, I.,** Suminski, R. R., Cavalier, A. R., Blair, A. M., Firkin, C. J. (2020). Using Causal Agency Theory to promote functional and independent performance in adults with intellectual disabilities. *Medicine & Science in Sports & Exercise*, 52(7S), 557.
- Novak, H.*, Quigley, K.*, Gerson, A.*, & **Obrusnikova, I.** (2018). Promoting exercise performance in adults with intellectual disabilities through visual schedules and systematic prompting. *International Journal of Exercise Science*, 9(6), 100.
- Obrusnikova, I.,** & Bibik, J. (2014). Effects of canines on physical activity of children with autism. *Research Quarterly for Exercise and Sport*, 85, A91.
- Obrusnikova, I.,** & Dillon, S. R. (2013). Achievement goals and intentions of students in inclusive physical education. *Research Quarterly for Exercise and Sport*, 84, A91.
- Dillon, S. R., & **Obrusnikova, I.** (2011). Intentions of elementary children to play with peers with disabilities. *Research Quarterly for Exercise and Sport*, 82, A103.
- Obrusnikova, I.,** & Kelly, L. E. (2007). Caseloads of public school adapted physical educators in the United States. *Research Quarterly for Exercise and Sport*, 78, A101.
- Obrusnikova, I.** (2006). Physical education teachers' attitudes toward teaching students with disabilities. *Research Quarterly for Exercise and Sport*, 77, A108.
- Obrusnikova, I.,** & Block, M. E. (2004). Social interaction and academic learning time-physical education (ALT-PE) in inclusive general physical education: A case study. *Research Quarterly for Exercise and Sport*, 77, A111.

PROFESSIONAL PRESENTATIONS:

Professional presentation – International:

1. Firkin, C. J.*, Vemuri, A., Kingham, J., Lutz, M., Dominick, G.M., Decker, K., & **Obrusnikova, I.** (October 2023). Assessing physical activity and sedentary behavior with the Apple Watch: The MPAS application. An oral presentation at *the ISMPB's Fall Symposium*. Virtual.
2. **Obrusnikova, I.,** Steinbrecher, A. M., Cavalier, A. R., Firkin, C. J., & Suminski, R. R. (October 2022). The elicitation of perceived barriers, facilitators, and outcomes of exercising in a community fitness facility from adults with intellectual disability. An abstract submitted for presentation at *the North American Federation of Adapted Physical Activity Symposium*. St. Catherines, Canada.
3. Firkin, C. J., **Obrusnikova, I.,** Steinbrecher, & A. M., Cavalier, A. R. (October 2022). Caregiver perceptions of adults with an intellectual disability exercising in a community fitness facility. An abstract submitted for presentation at *the North American Federation of Adapted Physical Activity Symposium*. St. Catherines, Canada.
4. **Obrusnikova, I.,** Cavalier, A. R., Blair-McKinsey, Firkin, C. J., & Steinbrecher, A. M. (June 2021). The effects of a multi-component technology-based intervention on independent performance of three resistance-training exercise tasks by adults with autism spectrum disorders. A podium presentation at the 23rd *International Symposium of Adapted Physical Activity (ISAPA)*, Jävaskylä, Finland.
5. **Obrusnikova, I.,** Steinbrecher, A. M., & Cavalier, A. R. (June 2021). Certified personal trainers' perceptions of the outcome expectations and socio-structural factors influencing personal training of adults with intellectual disability in a community fitness facility. A poster presentation at the 23rd *International Symposium of Adapted Physical Activity (ISAPA)*, Jävaskylä, Finland.
6. Firkin, C. J., **Obrusnikova, I.,** & Farquhar, W. B. (June 2021). A systematic review and meta-analysis of the effect of aerobic exercise interventions on cardiorespiratory fitness in adults with intellectual disability. A poster presentation at the 23rd *International Symposium of Adapted Physical Activity (ISAPA)*, Jävaskylä, Finland.
7. **Obrusnikova, I.,** Blair, A. E., & Cavalier, A. R. (June 2019). Beliefs of certified personal trainers about providing personal training to an adult with an intellectual disability in a community-based fitness

- facility. A podium presentation at the 22nd *International Symposium of Adapted Physical Activity (ISAPA)*, Charlottesville, VA, USA.
8. **Obrusnikova, I.**, Suminski, R. R., Cavalier, A. R., Novak, H. M., & Blair, A. E. (June 2019). The effects of guided exercise on muscular strength, physical function, and independent performance of adults with intellectual disabilities: Preliminary findings. A podium presentation at the 22nd *International Symposium of Adapted Physical Activity (ISAPA)*, Charlottesville, VA, USA.
 9. **Obrusnikova, I.**, Novak, H. M., Learish, M., Steinbrecher, A., & Cavalier, A. R. (September 2018). *Promoting exercise performance in adults with intellectual disabilities through visual schedules and systematic prompting: Preliminary findings*. A podium presentation at the 13th North American Federation of Adapted Physical Activity Symposium. Corvallis, Oregon.
 10. **Obrusnikova, I.**, Novak, H. M., & Cavalier, A. R. (September 2018). *A comparison of the systems of most-to-least and least-to-most prompting on the acquisition of muscle-strengthening exercises by adults with intellectual disabilities*. A podium presentation at the 13th North American Federation of Adapted Physical Activity Symposium. Corvallis, Oregon.
 11. **Obrusnikova, I.**, Dillon, S. R., & Davis, T. (September 2016). *Expanding the Theory of Planned Behavior model to explain intentions of peers without disabilities to play with peers with disabilities in middle-school physical education*. A podium presentation at the 12th North American Federation of Adapted Physical Activity Symposium. Edmonton, AB, Canada.
 12. **Obrusnikova, I.**, & Cavalier, A. (September 2016). *The effect of videoprompting and the system of least to most prompts on the acquisition of fitness tasks in adults with intellectual disabilities*. A podium presentation at the 12th North American Federation of Adapted Physical Activity Symposium. Edmonton, AB, Canada.
 13. **Obrusnikova, I.** (October 2014). *Using video modeling to facilitate motor skill acquisition in children with developmental disabilities*. A podium presentation at the 12th North American Federation of Adapted Physical Activity Symposium. Ann Arbor, Michigan.
 14. **Obrusnikova, I.**, Dillon, S. R., & Davis, T. (October 2014). *Using the Theory of Planned Behavior to assess intentions to play with peers with disabilities in middle-school physical education: Preliminary findings*. A podium presentation at the 12th North American Federation of Adapted Physical Activity Symposium. Ann Arbor, Michigan.
 15. Dillon, S. R., & **Obrusnikova, I.** (October 2012). *Social goals, beliefs and intentions of students in inclusive physical education*. A podium presentation at the 11th North American Federation of Adapted Physical Activity Symposium. Birmingham, Alabama.
 16. **Obrusnikova, I.**, Bibik, J., & Cavalier, A. (October 2012). *Effects of therapy dog-assisted exercise on on-task behavior of children with autism spectrum disorders*. A podium presentation at the 11th North American Federation of Adapted Physical Activity Symposium. Birmingham, Alabama.
 17. **Obrusnikova, I.** (November 2009). *Delaware Sport Club for Children with Asperger Syndrome*. A podium presentation at the 2009 World Congress & Expo on Disabilities, Jacksonville, FL.
 18. **Obrusnikova, I.** (June 2009). Caseloads of certified adapted physical educators in the United States: Are they improving? A poster presentation at the International Symposium in Adapted Physical Activity, Gävle, Sweden.
 19. **Obrusnikova, I.**, Dillon, S. R., & Block, M. E. (June 2009). Predicting middle school students' intentions to interact with peers with disabilities in physical education: Preliminary findings. A podium presentation at the International Symposium in Adapted Physical Activity, Gävle, Sweden.
 20. Block, M. E., **Obrusnikova, I.**, Klavina, A., & Goodwin, D. (June 2009). *Future directions in research on inclusion in physical education*. An invited podium presentation at the International Symposium in Adapted Physical Activity, Gävle, Sweden.
 21. **Obrusnikova, I.** (July 2008). *Developing Social Skills of Children with Autism Spectrum Disorders in Physical Activity Settings*. A podium presentation at the 2008 World Congress & Expo on Disabilities, Reading, PA.
 22. **Obrusnikova, I.**, & Brady, W. (November 2007). *The TEACCH model: Improving behavior in children with autism spectrum disorders*. A podium presentation at the 2007 World Congress & Expo on Disabilities, Washington, D.C.

23. **Obrusnikova, I.** (November 2006). *Teaching social skills to children with autism spectrum disorders*. A podium presentation at the 2006 World Congress & Expo on Disabilities, Philadelphia, Pennsylvania.
24. **Obrusnikova, I., & Block, M. E.** (July 2005). Systematic analysis of current research on inclusion of students with disabilities in general physical education. In *The 15th International Symposium Adapted Physical Activity: Book of Abstracts*, Pavia & Verona, Italy: The Verona University & The University of Pavia.
25. **Obrusnikova, I.** (November 2001). *Effects of including students with disabilities in general physical education on their peers without disabilities*. A poster presentation at the Physical Activity and Mental Health Annual Convention, Brno, Czech Republic.
26. **Obrusnikova, I., Block, M. E., & Válková, H.** (September 2001). Including students with Disabilities in General Physical Education: Effects on Students without Disabilities (Results and Discussion). In H. Válková & Z. Hanelová (Eds.), *Movement and Health International Conference* (p.367). Olomouc, Czech Republic: Palacky University.
27. **Obrusnikova, I., Block, M. E., & Kelly, L. E.** (July 2001). *Including students with disabilities in general physical education: Effects on students without disabilities (Methodology)*. A poster presentation at the 13th International Symposium in Adapted Physical Activity, Vienna, Austria.

Professional presentation – National:

1. **Obrusnikova, I., Jadach, J.*, Cavalier, A. R., & Firkin, C. J.*** (July 2024). The scarcity of effective training programs for fitness personnel supporting adults with intellectual and developmental disabilities: A systematic review. A poster presented at the *NCPEID's Annual Conference*, virtual.
2. **Firkin, C. J.*, Rechner, L. *, & Obrusnikova, I.** (July 2024). Pathways to equitable participation: Evaluating public park and playground accessibility and usability for people with disabilities in Delaware. A poster presented at the *NCPEID's Annual Conference*, virtual.
3. **Obrusnikova, I., Cavalier, A.R., Dominick, G.M., & Farquhar, W.B.** (July 2024). Pathways to equitable participation: Evaluating public park and playground accessibility and usability for people with disabilities in Delaware. A poster presented at the *NCPEID's Annual Conference*, virtual.
4. **Obrusnikova, I., Cavalier, A.R., Firkin, C.J.*, & Suminski, R.R.** (June 2024). A Delphi study to validate the exercise self-efficacy scale for adults with intellectual disability (ESE-AID). *The AAIDD's Annual Meeting*, Louisville, KY.
5. **Firkin, C.J.*, Koch, L.C.*, Dominick, G.M., Davey, A., & Obrusnikova, I.** (May 2024). Physical Activity, Sedentary Behavior, and Cardiometabolic Health of Adults with Intellectual Disability: A Meta-Analysis. *The ACSM's Annual Meeting*. Boston, MA.
6. **Obrusnikova, I., Cavalier, A. R., Suminski, R. R., Firkin, C. J., & Steinbrecher, A. M.** (July 2023). Bridging the gap: A conceptual framework for promoting exercise in adults with intellectual disability. A poster presentation at *the NCPEID's Annual Conference*, Crystal City, VA.
7. **Firkin, C. J.*, Obrusnikova, I., Cavalier, A.R., Dominick, G.M., & Farquhar, W.B.** (July 2023). The development of the multifaceted physical activity and sedentary behavior assessment for adults with intellectual disability. An Emerging Scholar's presentation at *the NCPEID's Annual Conference*, Crystal City, VA.
8. **Obrusnikova, I., Cavalier, A. R., Firkin, C. J., Steinbrecher, A. M., & Suminski, R. R.** (June 2023). The exercise self-efficacy scale for adults with intellectual disability: The elicitation phase. A poster presented at the *AAIDD's Annual Meeting*, Pittsburgh, PA.
9. **Obrusnikova, I., Cavalier, A. R., Suminski, R. R., Firkin, C. J., & Steinbrecher, A. M.** (December 2022). The development of a conceptual framework for inclusive fitness for adults with intellectual disability. A poster presentation at *the 8th Biennial National IDeA Symposium of Biomedical Research Excellence (NISBRE)*, virtual.
10. **Obrusnikova, I., Steinbrecher, A. M., Cavalier, A. R., Lucatamo, C., & Gibbons, S.** (June 2022). Personal trainer perceptions of factors that affect exercise by adults with intellectual disability. A podium presentation at *the Annual Meeting of the National Consortium for Physical Education for Individuals with Disabilities*, virtual.

11. Firkin, C. J., **Obrusnikova, I.**, & Suminski, R. R. (June 2022). Compliance of using a smart watch to assess physical activity by adults with intellectual disability. A poster presentation at the *ACSM's Annual Meeting*. San Diego, CA.
12. **Obrusnikova, I.**, Cavalier, A. R., Suminski, R. R., Steinbrecher, A. M., & Firkin, C. J. (April 2022). Developing the exercise self-efficacy for adults with intellectual disability scale: Item generation and content validity. A poster presentation at the *Society of Behavioral Medicine*, Baltimore, MD.
13. **Obrusnikova, I.**, Firkin, C. J., Cavalier, A. R., & Suminski, R. R. (June 2021). Meta-analysis of the effects of resistance training on muscular strength in adults with intellectual disabilities. A poster presentation at the *ACSM's Annual Meeting*, Washington, D.C.
14. **Obrusnikova, I.**, Blair-McKinsey, A. E., Cavalier, A. R., Suminski, R. R., & Steinbrecher, A. M. (June 2021). Beliefs of adults with intellectual disabilities about exercising in community fitness programs: Preliminary Findings. A poster presentation at the *American Association on Intellectual Disabilities (AAIDD) Annual Meeting*. Jacksonville, FL.
15. Block, M. E., Haegele, J., & **Obrusnikova, I.** (April 2021). RQES Research Agenda White Papers: Adapted physical education/activity. A poster presentation at the *SHAPE America National Convention and Expo*, virtual.
16. **Obrusnikova, I.**, Suminski, R. R., Cavalier, A. R., Blair, A. E., Firkin, C. J. (June 2020). Using Causal Agency Theory to promote functional and independent performance in adults with intellectual disabilities. A poster presentation at the *ACSM's Annual Meeting*. San Francisco, CA [cancelled].
17. **Obrusnikova, I.**, Cavalier, A. R., Blair, A. E., Firkin, C., & Suminski, R. R. (June 2020). A multi-component technology-based intervention to promote independent performance of resistance exercise tasks in a community fitness center by adults with intellectual disabilities. A poster presentation at the *American Association on Intellectual Disabilities (AAIDD) Annual Meeting*. Pittsburg, PA [cancelled].
18. **Obrusnikova, I.**, Blair, A. E., & Cavalier, A. R. (July 2019). Certified personal trainers lack training and resources to work with adults with intellectual disability. A podium presentation at the *Annual Meeting of the National Consortium for Physical Education for Individuals with Disabilities*, Columbia, South Carolina.
19. **Obrusnikova, I.**, Novak, H. M., & Cavalier, A. (August 2018). PRT-POWER (Progressive Resistance Training for emPOWERment): Promoting independent performance among adults with intellectual disabilities. A podium presentation at the *National Consortium for Physical Education for Individuals with Disabilities (NCPEID)*.
20. Koffenberger, J. T., & **Obrusnikova, I.** (August 2018). Social media concerns and pitfalls for Adapted Physical Activity. A keynote presentation at the *National Consortium for Physical Education for Individuals with Disabilities (NCPEID)*.
21. **Obrusnikova, I.**, Novak, H. M., & Cavalier, A. R. (August 2017). *Ways to Prompt Individuals With Developmental Disabilities in Physical Activity Settings*. A podium presentation at the National Consortium for Physical Education of Individuals with Disabilities. Washington, D.C.
22. **Obrusnikova, I.**, & Cavalier, A. R. (March 2017). *Effectiveness of videomodeling in teaching fundamental motor skills to preschoolers*. A poster presentation at the SHAPE America National Convention and Expo. Boston, Massachusetts.
23. **Obrusnikova, I.**, Novak, H., & Mitchell, J. (March 2017). *Prompting for individuals with developmental disabilities in physical activity settings*. A podium presentation at the SHAPE America National Convention and Expo. Boston, Massachusetts.
24. Dillon, S., **Obrusnikova, I.**, Henderson, H., & Kelly, L. (August 2016). *Strategies for addressing teaching challenges with students with ASD in general physical education*. A podium presentation at the National Consortium for Physical Education of Individuals with Disabilities. Tysons Corner – McLean, Virginia.
25. Rattigan, P., & **Obrusnikova, I.** (April 2016). *Video enhanced learning and supervision of general/adapted PETE students*. A podium presentation at the SHAPE America National Convention and Expo. Minneapolis, Minnesota.
26. **Obrusnikova, I.** (August 2015). *The effects of videomodeling on the learning of teaching behavior of Pre-Service Physical Activity Professionals*. A poster presentation at the National Consortium for Physical Education of Individuals with Disabilities. Tysons Corner – McLean, Virginia.

27. **Obrusnikova, I.,** & Hughes, F. (July 2015). *Using video-based modeling and Social Stories to Promote Learning During APA Practicum*. A podium presentation at the National Consortium for Physical Education of Individuals with Disabilities. Tysons Corner – McLean, Virginia.
28. **Obrusnikova, I.** (2015). Supporting students with disabilities in general and adapted physical education. A podium presentation at the 2015 SHAPE America National Convention and Expo, Seattle, Washington.
29. **Obrusnikova, I.,** & Rattigan, P. (July 2014). *Using video-based modeling to facilitate motor skill acquisition by diverse learners*. A podium presentation at the National Consortium for Physical Education of Individuals with Disabilities. Tysons Corner – McLean, Virginia.
30. **Obrusnikova, I.,** & Bibik, J. (April 2014). *Effects of canines on physical activity of children with autism*. A poster presentation at the AAHPERD National Convention, St. Louis, Missouri.
31. **Obrusnikova, I.,** Wootten*, E. E., Spence*, P. A., & Shinn*, B. G. (April 2014). *Teaching children developmentally appropriate motor skills through videomodeling*. A podium presentation at the AAHPERD National Convention, St. Louis, Missouri.
32. Dillon, S. R., & **Obrusnikova, I.** (July 2013). *Understanding the social goals and intentions of students in inclusive physical education*. A podium presentation at the National Consortium for Physical Education and Recreation of Individuals with Disabilities, Reston, Virginia.
33. Grenier, M., Yeaton, P. M., **Obrusnikova, I.,** Griffin, A., Block, M. E. (April 2013). *Teaching toolbox for students with autism spectrum disorder*. A podium presentation at the AAHPERD National Convention, Charlotte, North Carolina.
34. **Obrusnikova, I.,** & Dillon, S. R. (April 2013). *Achievement goals and intentions of students in inclusive physical education*. A podium presentation at the AAHPERD National Convention, Charlotte, North Carolina.
35. **Obrusnikova, I.,** & Whalen*, S. M. (July 2012). *Using video modeling in Adapted Physical Education*. A podium presentation at the National Consortium for Physical Education and Recreation of Individuals with Disabilities, Reston, Virginia.
36. Koffenberger, J. T., & **Obrusnikova, I.** (2012, July). *Exploring the pitfalls and misconceptions about technology*. A keynote presentation at the National Consortium for Physical Education of Individuals with Disabilities National Conference. Reston, Virginia.
37. **Obrusnikova, I.,** & Whalen*, S. M. (March 2012). *Using video modeling with Children with Autism Spectrum Disorders*. A podium presentation at the AAHPERD National Convention, Boston, Massachusetts.
38. **Obrusnikova, I.,** Cavalier, A., & Bibik, J. (March 2012). *Effects of Therapy Dogs on Physical Activity of Children with Autism*. A poster presentation at the AAHPERD National Convention, Boston, Massachusetts.
39. **Obrusnikova, I.,** & Dillon, S. R. (March 2012). *The inventory of teaching challenges for inclusive physical education*. A podium presentation at the AAHPERD National Convention, Boston, Massachusetts.
40. **Obrusnikova, I.,** Bibik, J., & Cavalier, A. (July 2011). *Effects of therapy dog-assisted exercise on children with autism spectrum disorders*. A podium presentation at the 2011 National Consortium for Physical Education and Recreation of Individuals with Disabilities national convention, Reston, Virginia.
41. Dillon, S. R., & **Obrusnikova, I.** (March 2011). *Intentions of elementary children to play with peers with disabilities*. A poster presentation at the AAHPERD National Convention, San Diego, California.
42. **Obrusnikova, I.,** Bibik, J. M., Manley*, K. J., Kyle*, D. A., & Cavalier, A. (March 2011). *Canine assisted physical activity for children with autism spectrum disorders*. A podium presentation at the AAHPERD National Convention, San Diego, California.
43. **Obrusnikova, I.,** & Miccinello*, D. (November 2010). *Parental perceptions of the factors that influence participation of children with autism spectrum disorders in after-school physical activity*. A podium presentation at the 10th North American Federation of Adapted Physical Activity Symposium. San Bernardino, CA.
44. **Obrusnikova, I.** (November 2010). *Perceived barriers and facilitators of participation in after-school physical activity by children with autism spectrum disorders*. A podium presentation at the 10th North American Federation of Adapted Physical Activity Symposium. San Bernardino, California.

45. **Obrusnikova, I.**, & Dillon, S. R. (November 2010). *Development and initial validation of the Inventory of Teaching Challenges for Inclusive Physical Education (ITC-IPE)*. A podium presentation at the 10th North American Federation of Adapted Physical Activity Symposium. San Bernardino, California.
46. Dillon, S. R., & **Obrusnikova, I.** (July 2010). *The ecology of an inclusive physical education gymnasium*. A podium presentation at the 2010 National Consortium for Physical Education and Recreation of Individuals with Disabilities, Reston, Virginia.
47. **Obrusnikova, I.**, Whalen, S. M., & VanHise, L. M. (March 2010). *Increasing levels of physical activity in children with higher-functioning autism*. A podium presentation at the AAHPERD National Convention, Indianapolis, Indiana.
48. **Obrusnikova, I.**, & Dillon, S. R. (March 2010). *Teacher perceptions of problem situations in inclusive physical education*. A podium presentation at the AAHPERD National Convention, Indianapolis, Indiana.
49. Whalen*, S. M., VanHise*, L. M., & **Obrusnikova, I.** (March 2010). *Developing gross motor skills in children with Asperger Syndrome*. A poster presentation accepted at the AAHPERD National Convention, Indianapolis, Indiana.
50. **Obrusnikova, I.**, & Kemmerle, K. D. (July 2009). *Promoting self-confidence in children with Asperger syndrome*. A poster presentation at the 2009 National Consortium for Physical Education and Recreation of Individuals with Disabilities, Reston, Virginia.
51. **Obrusnikova, I.**, & Dillon, R. S. (April 2009). *Middle school students' intentions to play with peers with disabilities: Using the Theory of Planned Behavior*. A podium presentation at the 2009 American Education Research Association, San Diego, California.
52. Riddle, I., & **Obrusnikova, I.** (October 2008). *Supporting access to fitness facilities: Addressing architectural, attitudinal and programmatic barriers*. A podium presentation at the Club Industry 2008 (Inclusive Fitness Program) national conference, Chicago, Illinois.
53. **Obrusnikova, I.**, Block, M. E., & Dillon, S. R. (September 2008). *Children's beliefs about playing with peers with disabilities in physical education*. A podium presentation at the 9th North American Federation of Adapted Physical Activity Symposium, Indianapolis, Indiana.
54. Block, M. E., **Obrusnikova, I.**, & Grenier, M. (September 2008). *Inclusion of children with disabilities in physical education: Attitudes and experiences of physical educators and children with and without disabilities*. A podium presentation at the 9th North American Federation of Adapted Physical Activity Symposium. Indianapolis, Indiana.
55. **Obrusnikova, I.**, Kelly, L. E., & Davis, T. (July 2008). *Job demographics of certified adapted physical educators in the United States*. A poster presentation at the 2008 National Consortium for Physical Education and Recreation of Individuals with Disabilities, Washington, D.C.
56. **Obrusnikova, I.**, & Kelly, L. E. (July 2007). *Do we provide adequate amount of APE services to students with disabilities?* A poster presentation at the 2007 National Consortium for Physical Education and Recreation of Individuals with Disabilities, Washington, D.C.
57. **Obrusnikova, I.**, & Brady, W. (March 2007). *Teaching children with autism spectrum disorders in general physical education*. A podium presentation at the 2007 AAHPERD National Convention, Baltimore, Maryland.
58. **Obrusnikova, I.**, & Kelly, L. E. (March 2007). *Caseloads of public school adapted physical educators in the United States*. A podium presentation at the 2007 AAHPERD National Convention, Baltimore, Maryland.
59. **Obrusnikova, I.** (April 2006). *Physical education teachers' attitudes toward teaching students with disabilities*. A poster presentation at the 2006 AAHPERD National Convention, Salt Lake City, Utah.
60. **Obrusnikova, I.**, & Hutt*, B. (April 2006). *Activities facilitating better understanding and social acceptance of students with disabilities within physical activity settings*. A podium presentation at the 2006 AAHPERD National Convention, Salt Lake City, Utah.
61. **Obrusnikova, I.**, & Block, M. E. (March-April 2003). *Social interactions and academic learning time-physical education (ALT-PE) in inclusive general physical education: A case study*. A podium presentation at the 2004 AAHPERD National Convention, New Orleans, Louisiana.

Professional presentation – Regional/Local:

1. Kayatta, S.*, **Obrusnikova, I.**, Suminski, R. R., Bhat, A., Lee, D.H. (March 2024). Community-engaged collaborative workshops for mHealth intervention development to increase physical activity and reduce sedentary behavior among autistic adults. A poster presentation at *the College of Health Sciences Research Symposium*, Newark, DE.
2. Firkin, C.J.*, Koch, L.C., Dominick, G.M., Davey, A., & **Obrusnikova, I.** (April 2024). Trends in physical activity and sedentary behavior of adults with intellectual disability: A meta-analysis. An oral presentation at *the Spark! Symposium*, Newark, DE.
3. Firkin, C.J.*, Koch, L.C., Dominick, G.M., Davey, A., & **Obrusnikova, I.** (March 2024). Physical activity, sedentary behavior, and cardiometabolic health of adults with intellectual disability: A meta-analysis. A poster presentation at *the College of Health Sciences Research Symposium*, Newark, DE.
4. Pennington, R.*, Firkin, C. J.*, Lucatamo, C.*, & **Obrusnikova, I.** (March 2024). A systematic review of factors influencing physical activity in adults with intellectual disabilities. A poster presentation at *the College of Health Sciences Research Symposium*, Newark, DE.
5. Firkin, C. J.*, **Obrusnikova, I.**, Cavalier, A.R., Dominick, G.M., & Farquhar, W.B. (March 2023). The development of the multifaceted physical activity and sedentary behavior assessment for adults with intellectual disability. A poster presentation at *the College of Health Sciences Research Symposium*, Newark, DE.
6. **Obrusnikova, I.**, Cavalier, A. R., Suminski, R. R., & Firkin, C. J.* & Steinbrecher, A. M.* (March 2023). Bridging the gap: A conceptual framework for promoting exercise in adults with intellectual disability. A poster presentation at *the College of Health Sciences Research Symposium*, Newark, DE.
7. Steinbrecher, A. M.*, **Obrusnikova, I.***, & Cavalier, A. R. (April 2022). Closing the Gap: Promoting Access to Community Fitness Facilities for Adults with Intellectual Disability. *National Public Health, Virtual*.
8. Lucatamo, C.*, Steinbrecher, A. M.*, Gibbons, S.*, **Obrusnikova, I.**, & Cavalier, A. R. (March 2022). Certified personal trainers' perceptions of the factors that affect exercise by adults with intellectual disability in a community fitness facility. *College of Health Sciences Research Symposium*, Newark, DE.
9. Gibbons, S.*, Steinbrecher, A. M.*, **Obrusnikova, I.**, Cavalier, A. R., & Firkin, C. J.* (March 2022). Perceptions of outcomes and socio-structural factors that influence physical activity and exercise by adults with intellectual disability: A qualitative synthesis. *College of Health Sciences Research Symposium*, Newark, DE.
10. Steinbrecher, A. M.*, **Obrusnikova, I.**, Cavalier, A. R., Suminski, R. R., Lucatamo, C.*, Firkin, C. J.*, Gibbons, S.* (March 2022). The elicitation of perceived barriers, facilitators, and outcomes of exercising in a community fitness facility from adults with intellectual disability. *College of Health Sciences Research Symposium*, Newark, DE.
11. Lucatamo, C.*, Gibbons, S.*, Steinbrecher, A. M.*, **Obrusnikova, I.**, & Cavalier, A. R. (August 2021). Certified personal trainers' perceptions of the barriers and facilitators influencing exercise of adults with intellectual disability in a community fitness facility. *Undergraduate Research Symposium*, DelawareINBRE.
12. **Obrusnikova, I.**, Cavalier, A. R., Suminski, R. R., & Glutting, J. (February 2021). Developing the Exercise Self-Efficacy with Intellectual Disability Scale. *ACCEL Virtual Community Research Exchange Conference*, Delaware-CTR ACCEL.
13. Blair, A. E., & **Obrusnikova, I.** (October 2019). Delaware certified personal trainers are not prepared to provide personal training to adults with intellectual disabilities. A poster presented at the *Delaware State Health Improvement Plan (SHIP) Stakeholder Meeting*, Newark, DE.
14. Blair, A. E., & **Obrusnikova, I.** (September 2019). Examination of barriers and facilitators to providing personal training to adults with an intellectual disability as perceived by certified personal trainers. A poster presented at the *ACCEL Symposium*, Newark, DE.
15. Kaminski, A., Meyer, M., & **Obrusnikova, I.** (2019). Using innovative strategies to assess food and physical activity among adults with intellectual disabilities. A poster presented at the *Summer Service Learning Symposium*, Newark, DE.
16. **Obrusnikova, I.**, Novak, H. M., Blair, A. E., Suminski, R. R., & Cavalier, A. R. (March 2019). The effects of guided exercise on muscular strength, physical function, and independent performance of adults

- with intellectual disabilities: Preliminary findings. A poster presented at the ACCEL Symposium, Newark, DE.
17. **Obrusnikova, I.**, Novak, H. M., & Cavalier, A. R. (March 2018). *Promoting independent performance among adults with intellectual disabilities through PRT-POWER (Progressive Resistance Training for EmPOWERment)*. ACCEL Community Research Engaged Conference. Newark, DE: ACCEL.
 18. Learish, M., Steinbrecher, A., & **Obrusnikova, I.** (August 2018). *Promoting independence and health among adults with intellectual disabilities*. A podium presentation at the *Undergraduate Research and Service Symposium*. Newark, DE: Office of Service Learning.
 19. **Obrusnikova, I.**, *Novak, H. M., & Cavalier, A. R. (March 2018). *Promoting health and independence among adults with intellectual disability through guided exercise*. A poster presented at the ACCEL Community Research Exchange conference. Newark, DE: Delaware CTR-ACCEL.
 20. *Novak, H. M., *Gerson, A., *Quigley, K., & **Obrusnikova, I.** (November 2017). *Promoting Exercise Performance in Adults with Intellectual Disabilities through Visual Schedules and Systematic Prompting*. A poster presented at the Mid-Atlantic Chapter-ACSM Meeting. Harrisburg, PA: ACSM.
 21. **Obrusnikova, I.**, *Novak, H. M., & Cavalier, A. R. (May 2017). *The systematic use of prompting promotes mastery of muscle-strengthening exercises in individuals with intellectual disabilities*. A poster presented the ACCEL Community Research Exchange conference. Newark, DE: Delaware CTR-ACCEL.
 22. **Obrusnikova, I.**, *Novak, H., & Cavalier, A. (October 2016). *Promoting fitness task acquisition of individuals with moderate intellectual disabilities using the system of least to most prompts and video*. A poster presented at the CTR-ACCEL Community Engaged ACE Research Kick-Off, Wilmington Hospital, Wilmington, DE.
 23. **Obrusnikova, I.** (2016). *Harnessing the power of inclusion in physical activity and sport*. A keynote speech at the United Cerebral Palsy's Diamond dinner, Newark, DE.
 24. **Obrusnikova, I.**, Debus, A., & Blair, A. (May 2016). *Using technology in afterschool adapted physical activity programs*. A podium presentation at the Eastern District Association Convention, Atlantic City, New Jersey.
 25. **Obrusnikova, I.** (August 2015). *Community Integration Program*. A podium presentation at the Bear-Glasgow YMCA Press Conference. Bear-Glasgow YMCA, Bear, DE.
 26. **Obrusnikova, I.**, Cavalier, A., Jadach, J., & Hancharick, T. (November 2015). *Inclusion of Adults with Intellectual Disabilities in Delaware Fitness Programs*. A poster presented at the Delaware CTR-ACCEL Community Engaged ACE Research Kick-Off, Nemours, Wilmington, DE.
 27. **Obrusnikova, I.** (February 2015). *Using video-based modeling to facilitate motor skill acquisition by diverse learners*. A keynote podium presentation at the Eastern District Association Convention, Springfield, Massachusetts.
 28. Hughes, F., & **Obrusnikova, I.** (October 2014). *Modifications and accommodations for students with disabilities*. A podium presentation at the Delaware Association for Health, Physical Education, Recreation and Dance State Conference, Dover, Delaware.
 29. **Obrusnikova, I.** (June 2013). *Using videomodeling in adapted physical education*. A podium presentation at the Pennsylvania Association for Health, Physical Education, Recreation and Dance Adapted Physical Education State Conference, West Chester, Pennsylvania.
 30. **Obrusnikova, I.** (April 2013). *Adaptations for children and teens with Cerebral Palsy or a Traumatic Brain Injury*. A podium presentation at the Brain Injury Association of Delaware 22nd Annual Conference, Wilmington, Delaware.
 31. Bibik, J. M., **Obrusnikova, I.**, Orendorf, R., Maeghan, A., & Bennett, A. (February 2013). *Canine Assisted Physical Activity: An Instructional Strategy for Children with Autism Spectrum Disorder*. A podium presentation at the 2013 Eastern District Association Convention, Valley Forge, PA.
 32. **Obrusnikova, I.**, & Whalen, S. M. (October 2012). *Using video modeling with individuals with autism spectrum disorders*. A podium presentation at the 2012 Maryland Association for Health, Physical Education, Recreation and Dance Conference, Hunt Valley, Maryland.
 33. **Obrusnikova, I.**, Kyle, D., & Manley, K. (February 2011). *Strategies to promote physical activity in children with autism spectrum disorders?* A podium presentation at the 2011 Eastern District Association Convention, Long Branch, New Jersey.

34. **Obrusnikova, I.** (December 2010). *Delaware Adapted Sports Club*. A podium presentation at the A. I. DuPont Hospital, Delaware.
35. **Obrusnikova, I.** (October, 2009). *The roles and responsibilities of paraprofessionals in general physical education*. A podium presentation at the New Jersey Association for Health, Physical Education, Recreation and Dance Adapted Physical Education state conference, Lawrenceville, New Jersey.
36. **Obrusnikova, I.** (October, 2009). *Strategies increasing physical activity levels in children with emotional and/or behavioral disorders*. A podium presentation at the Professional Developmental Day, Delaware.
37. **Obrusnikova, I.,** DeBonis, S., & Whalen, S. (February 2009). *Individuals with Asperger Syndrome: Can they participate in competitive and cooperative activities?* A podium presentation at the 2009 Eastern District Association Convention, Lancaster, Pennsylvania.
38. **Obrusnikova, I.** (August 19, 2008). *Teaching children with autism spectrum disorders in public schools*. Lecture in Milford School District, Delaware.
39. **Obrusnikova, I.** (May 12, 2008). *Instructional strategies for children with autism spectrum disorders and/or Down syndrome*. Lecture at Delaware Special Olympics.
40. **Obrusnikova, I.** (October 25, 2007). *Enhancing health and physical fitness of individuals with intellectual disabilities*. Lecture at Elwyn Delaware.
41. **Obrusnikova, I.** (March 2006). *Supporting and limiting factors for inclusion of children with disabilities in general physical education*. A podium presentation at the 2006 Eastern District Association Convention, Hartford, Connecticut.
42. **Obrusnikova, I.** (February 2006). *Creating socially supporting environment for children with autism in general physical education*. A podium presentation at the 2006 NJAHPERD Convention, East Brunswick, New Jersey.
43. **Obrusnikova, I.** (March 2005). *Strategies for teaching students with autism*. A podium presentation at the 2005 NJAHPERD Convention, East Brunswick, New Jersey.

FUNDING:

Grants Funded:

- 6/24-8/24 *Dixon, I., & **Obrusnikova, I.** (Mentor). Park and playground accessibility in Delaware. *McNair Summer scholarship* (\$5,000).
- 6/24-8/24 *Bilbrough, C., & **Obrusnikova, I.** (Mentor). Park and playground accessibility in Delaware. *Delaware INBRE Summer fellowship* (\$5,000).
- 6/24-8/24 *Pennington, R., & **Obrusnikova, I.** (Mentor). Park and playground accessibility in Delaware. *Delaware INBRE Summer fellowship* (\$5,000).
- 1/24 *Pennington, R., & **Obrusnikova, I.** (Mentor). A Systematic review of factors influencing physical activity in adults with intellectual disabilities. *Delaware INBRE Winter fellowship* (\$500).
- 9/23-8/24 Lee, D. H., **Obrusnikova, I.**, Suminski, R. R., & Bhat, A. (Co-I). A Self-determination theory-guided mHealth intervention to improve uptake and sustainability of physical activity engagement and reduce sedentary behavior in autistic adults. *Autism Intervention Research Network on Physical Health* (\$50,000).
- 7/23-9/23 Suminski, R. R., & **Obrusnikova, I.** (Co-PI). Neighborhoods On the Move (NOM). NSF Northeast i-Corp program (\$3,000).
- 2021 *Lucatamo, C., *Gibbons, S., Inman, O., & **Obrusnikova, I.** (Mentor). Barriers and facilitators of exercising in a community fitness facility by adults with intellectual disability. Delaware INBRE Summer and Winter scholarship (\$16,000).
- 2020 **Obrusnikova, I.**, Cavalier, A. R., Suminski, R., & Glutting, J. Developing exercise self-efficacy for adults with intellectual disability scale. (PI). *Delaware CTR ACCEL Pilot Grant, the National Institute of General Medical Sciences of the National Institutes of Health* (\$80,000).

- 2019 **Obrusnikova, I.**, & Suminski, R. R. (PI). Using eye-tracking to assess attentional bias for food and physical activity among adults with intellectual disabilities. *The Center for Innovative Health Research* (\$5,000).
- 2019 Healy, S., Pacanowski, C., & Obrusnikova, I. (Mentor). Weight-management among adults with autism spectrum disorder: A qualitative study of barriers and facilitators. *General University Research Program*.
- 2019 *Kaminski, A., *Meyer, M., & **Obrusnikova, I.** (Mentor). Using innovative strategies to assess food and physical activity among adults with intellectual disabilities. *University of Delaware Office of Service-Learning* (\$6,000).
- 2018 **Obrusnikova, I.**, & Suminski, R. R. (PI). The effects of guided exercise on muscular strength, physical function, and independent performance of adults with intellectual disabilities: A randomized clinical trial. *The Center for Innovative Health Research* (\$5,000).
- 2018 **Obrusnikova, I.**, Suminski, R. R., & Cavalier, A. R. (PI). The effects of guided exercise on muscular strength, physical function, and independent performance of adults with intellectual disabilities: A randomized clinical trial. *YMCA of Delaware* (\$13,500).
- 2018 *Learish, M., *Steinbrecher, A., & **Obrusnikova, I.** (Mentor). Promoting independence and health among adults with intellectual disabilities. *University of Delaware Office of Service-Learning* (\$6,000).
- 2017 *Gerson, A., *Quigley, K., & **Obrusnikova, I.** (Mentor). Promoting physical health and function of adults with intellectual disabilities. *University of Delaware Office of Service-Learning* (\$6,000).
- 2016 **Obrusnikova, I.** (PI), Cavalier, A. R., & Jadach, J. (Co-I). Promoting physical health and independence of adults with intellectual disabilities. *YMCA of Delaware* (\$22,500).
- 2016 *Mitchell, J., *Carpio, D., & **Obrusnikova, I.** (Mentor). Using video prompting to promote the acquisition of fitness tasks in adults with developmental disabilities. *University of Delaware Office of Service-Learning* (\$6,000).
- 2015 Jadach, J., Hancharick, T., Kelly, J., **Obrusnikova, I.** (Co-I), & Cope, R. Endless Possibilities in the Community: Y for All. *Longwood Foundation* (\$100,000).
- 2015 **Obrusnikova, I.** (PI on the sub-award), Cavalier, A., Jadach, J., & Hancharick, T. Inclusion of adults with intellectual disabilities in Delaware fitness programs. *Institutional Development Award (IDeA), the National Institute of General Medical Sciences of the National Institutes of Health under grant number U54-GM104941 (PI: Binder-Macleod)* (\$19,991).
- 2014 **Obrusnikova, I.** (PI). The design and evaluation of a mobile learning lab to facilitate motor skill acquisition by diverse learners. *The Center for Teaching and Assessment of Learning (CTAL) and Academic Technology Services (ATS) 2014 Transformation Grant* (\$15,000).
- 2014 *Cirelli, D., *Guttentag, L., *Aleszczyk, D., & **Obrusnikova, I.** (Mentor). The effects of video modeling and video prompting on motor skill acquisition of children with developmental disabilities. *University of Delaware Office of Service-Learning* (\$9,000).
- 2011 **Obrusnikova, I.** (PI). The effects of therapy dog assisted exercise on physical activity of children with autism spectrum disorders. *University of Delaware Research Foundation* (\$7,000).
- 2011 *Dressel, J., *Baldini, T., & **Obrusnikova, I.** (Mentor). The effects of therapy dog assisted exercise on physical activity of children with autism spectrum disorders. *University of Delaware Office of Service-Learning* (\$8,000).
- 2010 *Manley, K., *Kyle, D., & **Obrusnikova, I.** (Mentor). Effects of dog-assisted exercise on physical activity engagement of children with autism spectrum disorders. *University of Delaware Office of Service-Learning* (\$8,000).
- 2010 **Obrusnikova, I.** (PI). Effects of dog-assisted exercise on children with autism spectrum disorders. *University of Delaware Research Foundation* (\$35,000).

- 2010 Cavalier, A., & **Obrusnikova, I.** (CoI). (2010). The effects of animal-assisted interventions on the physical health and social behaviors of children with autism spectrum disorders. *UNIDEL* (\$15,000).
- 2009 Whalen, S., VanHise, L., & **Obrusnikova, I.** (Mentor). Barriers to participation of children with Asperger syndrome in cooperative and competitive physical activities. *University of Delaware Office of Service-Learning* (\$8,000).
- 2009 **Obrusnikova, I.** (PI). Increasing physical activity levels in children with autism spectrum disorders. *IM Able Foundation* (\$1,600).
- 2008 **Obrusnikova, I.** (PI), & Dillon, S. R. Development and initial validation of the inventory of problem situations for inclusive physical education. *American Alliance for Health, Physical Education, Recreation, and Dance Research Consortium Seed grant* (\$5,000).
- 2008 **Obrusnikova, I.** (PI). Development and initial validation of the inventory of problem situations for inclusive physical education. *General University Grant* (\$6,000).
- 2007 Riddle, I., Nourie, C., **Obrusnikova, I.** (Co-I), & Mineo, B. Developing a training curriculum for exercise staff on best practices for working with people who have disabilities and a technical assistance plan for 1614 Fitness and Aerobics. *Developmental Disabilities Council grant #0706* (\$15,000).
- 2001 Válková, H., Krejčí, M., Koprřivová, J., Štěrbová, D., Pánská, S., **Obrusnikova, I.** (Co-I), Hrouda, T., Halamičková, K., & Čurdová, J. Professional preparation of general physical educators for inclusion of students with disabilities in physical education (No. 468/5606). *Grant Agency of the Czech Republic*.
- 2000 Válková, H., Janečka, Z., Pánská, S., Štěrbová, D., **Obrusnikova, I.** (Co-I), Čurdová, J., Kudláček, M., & Kurková, P. The best place for all of us: Inclusion of youth with disabilities through adapted physical activity (No. 406/00/1606). *Grant Agency of the Czech Republic*.
- 2000 **Obrusnikova, I.** (PI). Comparison of the inclusion practices in general physical education between the Czech Republic and the United States. *Palacky University General Grants, Olomouc, Czech Republic*.
- 1999 **Obrusnikova, I.** (PI), Janečka, Z., & Pánská, S. Evaluation of the inclusive physical education practices in the Czech Republic public schools. *Palacky University General Grants, Olomouc, Czech Republic*.

Grants Pending:

- 2024 **Obrusnikova, I.** (PI), Suminski, R. R., Cavalier, A. R., & Firkin, C. J. Enhancing physical activity and fitness in adults with intellectual disability through an electrically assisted indoor biking system. *Maggie E. Neumann Health Sciences Research Fund* (\$50,000).
- 2023 Suminski, R. R., Dominick, G., Karpyn, A., Lucas, A., & **Obrusnikova, I.** (Co-I). Neighborhoods On the Move (NOM). *ROI NIH*.

Grants Not Funded:

- 2023 Lee, D., **Obrusnikova, I.** (Co-PI), Suminski, R. R., & Dominick, G. Development and evaluation of a gamified mHealth intervention to promote sustainable physical activity and sedentary behavior changes in adults with autism spectrum disorder. *Eagles Autism Foundation* (\$400,000).
- 2023 **Obrusnikova, I.** (PI), Suminski, R. R., & Davey, A. Personal trainer self-efficacy for training adults with I.D. in fitness centers. *Maggie E. Neumann Health Sciences Research Fund* (\$50,000).
- 2023 Firkin, C. J., **Obrusnikova, I.** (PI), Cavalier, A. R., & Dominick, G. Factors impacting physical activity assessment for adults with intellectual disability. *Thomas L. McKenzie Research Grant* (\$2,000).

- 2022 **Obrusnikova, I.** (PI), Cavalier, A. R., & Suminski, R. R. The Development of the Exercise Self-Efficacy in Adults with Autism Spectrum Disorders Scale. *Organization for Autism Research* (\$40,000).
- 2022 **Obrusnikova, I.** (PI), Cavalier, A. R., & Suminski, R. R. Feasibility of a guided exercise intervention to promote self-efficacy and physical fitness in adults with intellectual disability. *Maggie E. Neumann Health Sciences Research Fund* (\$40,000).
- 2021 **Obrusnikova, I.** (PI). The feasibility and concurrent validity of using the Apple Watch technology for physical activity tracking in adults with intellectual disabilities. General University Research program (\$15,000).
- 2019 **Obrusnikova, I.** (PI), Suminski, R., & Pacanowski, C. Using mobile eye tracking within the iMotions platform in health and disability research. College of Health Sciences Equipment Grant (\$32,449).
- 2019 Healy, S., Patterson, F., & **Obrusnikova, I.** (Co-I). Health-related time-use and diet among middle-aged adults with autism spectrum disorders: informing obesity prevention approaches. *Organization for Autism Research* (\$30,000).
- 2018 **Obrusnikova, I.** (PI), Cavalier, A. R., & Nepo, K. Using prompting systems to facilitate independent performance of exercises in adults with autism spectrum disorders. *Organization for Autism Research* (\$30,000).
- 2017 **Obrusnikova, I.** (PI), Cavalier, A. R., Suminski, R., & Bodt, B. Effects of guided exercise on independence of adults with intellectual disability. *National Institute of Health*. 1 R21 HD095530-01 (\$421,751).
- 2017 **Obrusnikova, I.** (PI), Cavalier, A. R., & Healy, S. Using prompting systems to facilitate independent performance of muscle-strengthening exercises in adults with autism spectrum disorders. *Organization for Autism Research* (\$30,000).
- 2017 Healy, S., & **Obrusnikova, I.** (Co-I). Project CHASE (Children with Autism Supported to Exercise) a randomized pilot trial of a Facebook-delivered, parent-mediated physical activity intervention. *Organization for Autism Research: 18A00124 - 000000000026831* (\$30,000).
- 2016 **Obrusnikova, I.** (PI on the sub-award), Cavalier, A. R., & Edwards, D. Exercise and cardiometabolic risk in adults with intellectual disability. *Institutional Development Award (IDeA) from the National Institute of General Medical Sciences of the National Institutes of Health under grant number U54-GM104941 (PI: Binder-Macleod)* (\$72,535).
- 2016 Sparling, E. M., Snider, S. O., Butram, J. L., & **Obrusnikova, I.** (Co-I). Improving the health of people with mobility limitations and intellectual disabilities through state-based public health programs. *CDC HDWD Core 2017-21* (\$300,000).
- 2016 Freedman, N., & **Obrusnikova, I.** (Co-I). The YMCA's adapted fitness equipment. *Delaware Community Foundation* (\$100,000).
- 2014 Phillips, A., Papas, M., Wiens, K., Trabulsi, J., & **Obrusnikova, I.** (Co-I). Delaware Family Voices parent to parent support for physical activity and healthy dietary choices for children and adolescents with disabilities. *Delaware Dept. of Health & Social Service* (\$40,000).
- 2011 **Obrusnikova, I.** (PI), Cavalier, A. R., & Bibik, J. The therapy dog-assisted exercise. *U.S. NIH R03* (\$100,000).
- 2010 **Obrusnikova, I.** (PI), Cavalier, A. R., & Getchell, N. Using Video Modeling and Activity Schedules to Facilitate Physical Activity in Children with Autism Spectrum Disorders. *Autism Speaks* (\$24,675).
- 2010 Parker, E. B., **Obrusnikova, I.** (Co-I), & Cavalier, A. R. Physical activity for continuous entertainment (PACE) for Individuals with Autism. *U.S. Department of Education SBIR Phase I Grant* (\$22,780).
- 2010 Parker, E. B., **Obrusnikova, I.** (Co-PI), & Cavalier, A. R. Physical activity for continuous entertainment (PACE) for Individuals with Intellectual Disabilities. *U.S. NIH SBIR Phase I Grant* (\$54,918).
- 2009 Parker, E. B., **Obrusnikova, I.**, & Block, M. E. (Co-I). Physical activity for continuous entertainment (PACE). *U.S. NIH SBIR Phase I Grant* (\$25,000).

- 2009 **Obrusnikova, I.** (PI). Increasing physical activity levels in children with emotional impairments. *State of Delaware Health Fund* (\$80,000).
- 2009 **Obrusnikova, I.** (PI). Validation of the Autism Inventory of Problem Situations for General Physical Education. *University of Delaware Research Foundation* (\$35,000).

TEACHING:

New Programs:

1. *Health, Physical Activity, and Disability minor*. Created in 2011/2012.
2. *Health Behavior Science concentration in Health and Disability*. Created in 2014/2015.
3. *M.A. in Leadership in Disability Services*. Representative for the Dept. of Behavioral Health & Nutrition. 2016/2017.
4. *M.S. Health Promotion concentration in Health and Disability*. Created in 2019/2020.

University of Delaware (2006-to date):

Graduate:

1. Health, Physical Activity and Disability (BHAN 645).

Undergraduate:

1. Introduction to Adapted Physical Activity (BHAN 342).
2. Health, Physical Activity and Disability (BHAN 445).
3. Practicum in Adapted Physical Activity (BHAN 403).
4. Health Related Fitness (BHAN 319).
5. Fundamental Skill Analysis (BHAN 140).
6. Measurement and Evaluation (BHAN 324).
7. Independent Study (BHAN 366).
8. Special Problem (BHAN 866).
9. Student Teaching Supervision (BHAN 400).

Invited Guest Lectures:

1. College of Education and Human Development Colloquium; Using Therapy Dogs to Improve Physical Activity in Children with Autism Spectrum Disorders; 2013.
2. BHAN860: Graduate Research Seminar, Fall 2019.
3. BHAN609: Survey Research Methods, Fall 2018.

Rowan University (2004-2005):

Undergraduate:

1. Adapted Physical Education (0835.452).
2. Movement Fundamentals & Motor Learning (0835.270).
3. Fitness & Adventure Activities (0835.109).
4. Lab/Personal Training (0837.329).
5. Junior Field Experiences (0835.392).

University of Virginia (2002 – 2004):

Undergraduate:

1. Cardio Fitness & Resistance Training (PHYE 143).
2. Cross Training & Conditioning (PHYE 143).
3. Weight Training (PHYE 140).
4. Swimming (PHYE 130, PHYE 131).
5. Aerobic Dance (PHYE 130).

SERVICE:

Regional/Community Service:

- 2019-to date Director; Health and Disability laboratory.
2018-2019 Program contributor. The Pipeline Program of the College of Health Sciences.
2015-2019 Board member; Fitness for All advisory committee.
2016-2018 Program contributor; Special Olympics Young Athlete.
2011-2019 Member; Governor's Advisory Council for Exceptional Citizens. Delaware Adapted Physical Education Ad Hoc Committee.
2011-2018 Member; Delaware Department of Education. Active Living Committee.
2009-2017 Member; Autism Delaware Recreation Advisory Committee.
2008-2017 Director; Delaware Adapted Sports Club.
2007-2016 Advisor; Healthy Delawareans with Disabilities (Bridging the Gap) Advisory Council committee.

University-wide Service:

- Spring 2010 Elected officer; University of Delaware Senate.
2019-to date Member; Instructional, Computing, and Research Support Services (ICRSS) Committee of the UD Faculty Senate.
2014-to date Joint-Faculty member; Special Education Program committee in the School of Education.
2016-2021 Member; Master's program in Leadership in Disability Services advisory committee
2011-2012
2015-2016 Member; Special Education faculty search committee in the School of Education.
2018-2019
2007-2010 Member; Faculty Learning Management System (LMS) advisory committee.

College-wide Service:

- 2017-2019 Member; Center for Interprofessional Development, Education, and Research (CIDER) steering committee.
2014-2016 Member; Undergraduate Studies committee.
2010-2011 Member; College of Health Sciences Strategic Planning committee
Spring 2009 Member; Health Services Administration Governance committee.
2008-2011 Member; Committee on Governance.

Department-wide Service:

- 2021-to date BHAN Graduate Studies Committee
2020-to date Director; M.S. Health Promotion Concentration in Health and Disability.
2014-to date Director; Health Behavior Science Concentration in Health and Disability.
2012-2018 Director; Health, Physical Activity, & Disability minor.
2021-to date
2012-to date Member; Health Behavior Science program committee.
2020-2021 Member; Promotion and Tenure committee.
2016-2020 Chair; Promotion and Tenure committee.
2015-2016 Member; Promotion and Tenure committee.
2015-2016 Chair, Search Committee for the Assistant/Associate Professor Tenure Track Faculty Position in Adapted Physical Activity.
2016-2017
2007-2010 Member; Undergraduate Studies committee.
2011-2013

2010-2011 Member; Promotion and Tenure add hoc committee.
2010 Member; Add hoc committee to form a BHAN PhD program.
2006-2012 Member; Health and Physical Education Program committee.

International Service:

2018-2020 Elected representative to the International Federation of Adapted Physical Activity; North American Federation of Adapted Physical Activity.
2008-2012 Elected secretary; North American Federation of Adapted Physical Activity.

National Service:

2023-2027 President; National Consortium for Physical Education and Recreation for Individuals with Disabilities.
2011-2013 Elected member-at-large; National Consortium for Physical Education and Recreation for Individuals with Disabilities.
2010-2017 Member; National Consortium for Physical Education and Recreation for Individuals with Disabilities Awards committee.
2009-2013 Member; Eastern District Association, Adapted Physical Activity committee.
2010-2011 Member; Adapted Physical Activity Council, AAHPERD, APE Teacher of the Year committee.
2008-2010 Member; Adapted Physical Activity Council, AAHPERD, Advocacy standing committee.

Editorial-Board and Grant Reviewer Service:

2017-to date Editorial board member; Palaestra.
2011-to date Editorial board member; Adapted Physical Activity Quarterly.
2010-to date Editorial board member; Aplikované pohybové aktivity (journal published in the Czech Republic).
2010-to date Grant and research fellow reviewer; SHAPE America Research Consortium.
2016 Grant reviewer; DE-CTR ACCEL.
2009-2012 Abstractor; Adapted Physical Activity Quarterly.

Peer Reviewer:

1. Adapted Physical Activity Quarterly.
2. Aplikované pohybové aktivity.
3. World's Journal of Pediatrics.
4. Journal of Physical Activity and Health.
5. Measurement in Physical Education and Exercise Science.
6. Palaestra.
7. Journal of Teaching in Physical Education.
8. Research Quarterly for Exercise and Sport.
9. International Journal of Disability, Development, & Education.
10. Journal of Autism and Developmental Disorders.
11. Focus on Autism and Other Developmental Disabilities.

Professional Affiliations:

2020-to date American College of Sports Medicine (ACSM).
2020-to date American Association on Intellectual and Developmental Disabilities (AAIDD).
2007-to date National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID).
2003-to date International Federation of Adapted Physical Activity (IFAPA).
2003-to date North American Federation of Adapted Physical Activity (NAFAPA).

- 2003-2016 SHAPE America.
- 2006-2014 Delaware Association for Health, Physical Education, Recreation and Dance (DAHPERD).
- 2008-2010 American Educational Research Association (AERA).
- 2003-2006 New Jersey Association for Health, Physical Education, Recreation and Dance (NJAHPERD).

Service at Rowan University (2004-2006):

- 2005-2006 NCATE Diversity Standard Committee for the College of Education.
- 2004-2006 Disability Awareness Advisory Committee for Rowan University.
- 2004-2006 Curriculum Committee for the Department of Health and Exercise Science.
- 2004-2006 Student Issues Committee for the Department of Health and Exercise Science.