

GARY LIGUORI, Ph.D., FACSM
Professor, Movement Science and Health
Former Provost and Senior Vice President
University of West Florida

Education

Ph.D. Wellness and Human Development (2005)

North Dakota State University, Fargo, ND

Dissertation: “The Effect of Email Prompts on Motivation, Behavior, and Recognition Towards Physical Activity”.

MS Cardiac Rehabilitation/Exercise Science (1994)

East Stroudsburg University, East Stroudsburg, PA.

Cooper Institute of Aerobics Research Internship (1993)

Department of Exercise Physiology

Dallas, TX.

BS Fitness/Wellness (1993)

University of Central Missouri, Warrensburg, MO.

Employment

Professor of Movement Sciences and Health

University of West Florida

(Jan 2024-)

Provost and Senior Vice President of Academic Affairs

University of West Florida

(Jan 2023- Jan 2024)

- Operational Management of the entire Academic Affairs enterprise
 - 14,000 students (~9,500 undergrads), 250 full time faculty, \$95MM AA operating budget, \$8M in annual sponsored research.
 - Direct reports: Deans of School of Education, College of Science and Engineering, College of Health, College of Arts, Social Sciences and Humanities, College of Business, Graduate School, and Library; AVP/Directors of Sponsored Research, Institutional Effectiveness, Admissions and Enrollment, Information

Technology, Institutional Research, Haas Center, Center for Cyber Security, Military Resource Center, and Center for Teaching and Learning Technology.

- Implement Academic Affairs portion of university strategic plan

Significant Tasks and or Accomplishments

- Faculty
 - Helped move tenure and promotion process to electronic portfolios
 - Implemented new state mandated post-tenure review process
 - Led negotiations for collective bargaining agreement, which included significant pay increases
 - Increased funding for Art Gallery director position
 - Created joint Archivist position between Library and UWF Historic Trust
- Student Success
 - Created new AVP for Metrics position to ensure UWF is meeting or exceeding FL Performance based standards, particularly for retention, graduation, and employment
 - Increased funding for Office of Undergraduate Research
 - Increased funding for highly successful STEM LLC
- Research
 - Allocated ~\$500k for internal research initiatives
 - Allocated funds for three separate targeted research hires of full professors w/grant funding
 - Reorganized Office of Sponsored Research to better align with needs of new research initiatives
- Staff
 - Worked with HR to increase pay, and provide student caseload equity, for all professional advisors
 - Worked with HR to increase pay for business managers
 - Create significantly more remote work flexibility for staff
- DEI
 - As you may be aware, DEI initiatives are no longer allowed to be funded w/state dollars at any Florida public university.

Founding Dean, College of Health Sciences

University of Rhode Island

(2016-2023)

Direct 7 health-related academic departments, 6 external clinics, 3200 students, 85 full time faculty, \$16M operating budget and \$6M in annual sponsored research.

Academic units: Neuroscience (BS), Psychology (BS, MS, PhD), Physical Therapy (DPT), Nutrition & Food Science (BS, MS, PhD), Communicative Disorders (BS, MS: Speech Language Pathology), Kinesiology (BS, MS, PhD), Health Studies (BS), Human Development and Family Science (BS, MS, PhD)

Patient/Revenue Clinics: Couples and Family Therapy, Psychological Counseling Center, Physical Therapy, Speech and Audiology, Child Development Center (x2).

Significant Accomplishments

- Teaching and Advising
 - Increased college professional advising FTE allocation
 - Created a CHS Teaching Fellow initiative
 - to recognize and reward excellence in teaching
 - Increased colleges allocation of Graduate Teaching Assistants
- Research
 - Created an environment that has lead to a ~50% increase in annual grant submissions, year-year increases in secured sponsored research, and annual increases in peer-reviewed publications
 - Created a college-wide pre-and post-award research support team
 - Secured funding to develop or enhance the following research labs:
 - EEG and Eye Tracking Lab
 - Human Performance Lab
 - Virtual Reality and Motion Capture Lab
 - in partnership with Biomedical engineering
 - Parkinson Research Lab
 - Impulse Control Alcohol Misuse Lab
 - Physical Therapy Telehealth Lab
 - Nutrition and Pregnancy Lab
- Strategic planning
 - Created college's inaugural strategic plan; leading to CHS being the URI hub for Neurosciences
 - Lead or supported the creation of new academic units or degrees
 - Health Studies (which became one of the 10 largest majors at URI)
 - PhD in Health Sciences
 - BS in Neuroscience
- Fiscal management
 - Ended each fiscal year positive
 - Developed a budget process to provide significant increases in research startup funds
 - Created a pool of money for research summer support

- Initiated e-payments for patient-serving clinics (PT, SLP x 2, Psychological Consultation Center, Marriage and Family Therapy x 2)
- Decreased part-time faculty budget ~40% (pre-COVID)
- Development and Fundraising
 - Received total commitments of >\$1MM in 3 of past 4 years
 - Secured three separate ~\$1M gifts, including two Endowed Professorships
 - Created CHS Advisory council (w/100% annual giving rate)
 - Year-over-year increase in annual giving to CHS
- DEI initiatives
 - Created a Lending Library for students facing difficulty affording textbooks
 - Initiated College's Diversity, Equity, and Inclusion Task Force
 - Secured funding for 1.0 FTE Assistant Dean of DEI
 - Initiated and funded undergraduate minority student research awards
 - Initiated and funded graduate minority student recruitment and retention awards
 - Dedicated TA lines to DEI initiatives
 - Encouraged departmental membership in minority-focused professional organizations
 - Revised faculty advertisements to show strong commitment towards recruiting and hiring diverse candidates

Coordinating Dean, URI Academic Health Collaborative

*An Umbrella unit of URI's Colleges of Pharmacy, Nursing, and Health Sciences
(2019-2022)*

Significant Accomplishments

- Helped secure funding for a full-time AHC Director
- In coordination with the state Department of Labor and Training, increased opportunities for Rhode Island citizens to enter the healthcare workforce or increase their earning ability in the healthcare workforce
- Assisted with the redeployment of the URI Mobile Health Unit in response to COVID-19 needs throughout the state
- Assisted with identifying opportunities for the AHC to contribute to the states opioid mitigation efforts
- Assisted with increasing AHC capacity to deliver Mental Health First Aid training throughout Rhode Island

Department Head, Professor, Health and Human Performance

University of Tennessee Chattanooga
(2012 – 2016)

Directly responsible for all HHP operations, including budget (\$1.2 million annually); staff hire, evaluation, and promotion recommendations (19 full time faculty and multiple adjuncts); all academic programs (7 total, undergrad and grad, including ~1000 students); three administrative staff; fundraising, etc.

- Increased number of HHP tenure-track faculty from 12-17
- Participated in DEI initiatives that lead to a significant increase in faculty diversity
- Facilitated ~50% increase in faculty scholarly output
- Secured HHP's first-ever federal grant (HRSA grant w/Nursing)
- Secured private funding for demonstration kitchen
- Part of team that created and launched UTC's MPH program
- Improved retention, progression, and graduation rates through various efforts, including HIP's, cohort models, and curricular efficiencies
- Created flexible teaching schedules for HHP faculty
- Secured funding to hire department professional academic advisor
- Created HHPs' first-ever exclusive online faculty position
- Secured funding for Internship coordinator position
- Increased annual discretionary dollars by ~\$85,000
- Served as UTC liaison to SACSCOC regional accrediting organization
- Served as site visitor for CoAES accreditation
- Conducted departmental, college, and program reviews at various schools nationally
- Appointed to department head 'executive council'
- Executive member of UTC's 2015 'Reorganization' committee
- Executive member of the UTC Faculty workload committee
- Chair of searches for UTC Honors College Director, Chair of School of Education, and Chair of Physical Therapy

Lecturer, Assistant, Associate Professor and Graduate Coordinator
Department of Health, Nutrition & Exercise Sciences
North Dakota State University
(2002 – 2012)

- Performed all functions expected of a tenured faculty member; coordinated all graduate programs; supervised all department GA/TA students; conducted, supervised, and published research; secured internal and external grants; advised PhD, MS, and undergraduate students; served on committees; engaged in meaningful disciplinary specific service.
- -Lead development of first MPH track in department

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- -Developed new PhD program in Exercise and Nutrition Sciences
- -Completely revised exercise science/nutrition MS program
- -Initiated 'journal article' model for PhD dissertations
- -Received external funding for Colleges first-ever post-doc appointment
- -Created numerous community partnerships for internships and practicums
- -Liaison to County Department of Health
- -Secured external funding for GA's with corporate partners
- -Published academic text

Instructor Department of Human Performance & Exercise Science

Youngstown State University

(2001-2002)

Delivered courses in the exercise science curriculum. Advised undergraduate students and performed committee work.

Instructor Division of Kinesiology and Health

University of Wyoming

(1995-2000)

Delivered courses in the Clinical Exercise and Sport Science curriculum. Served as Undergraduate program coordinator; including supervision of all internship experiences and curriculum revisions. Directed community-wide wellness and cardiac programs, and the diagnostic exercise testing lab.

Director of Cardiac Rehabilitation and Adult Fitness

Heart Institute of the Desert, Rancho Mirage, CA

(1994-1995)

Responsible for Phase II and III cardiac rehabilitation, adult wellness, risk factor education, clinical exercise testing, budgeting, training staff and interns, community outreach, insurance verification and program marketing.

Exercise Test Technologist, Division of Cardiology

Easton Hospital, Easton PA

(1993-1994)

Administered all diagnostic exercise tests in conjunction with hospital cardiologists and per diem in cardiac rehab.

Director, Board Member, and Global Roles

Current Roles

Editorial Consultant, ACSM's *Exercise, Sport, and Movement* research journal

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Founding Board member, ThinkActive, a subcommittee of EuropeActive
Board of Directors, American Association on Health and Disability
Research Scholar Network, PlayCore Industries; Chattanooga, TN
Editorial Advisory Board, HELEN The Journal of Human of Exceptionality

Past Roles

Inaugural Editor-in-Chief, ACSM's *Exercise, Sport, and Movement* open access journal
Chair, Scientific Advisory Board, GO fit Madrid (Ingesport, ESP)
Visiting Professor, Faculty of Health and Life Sciences, *Coventry University, United Kingdom*
Visiting Professor, College of Health Sciences, *Moi University, Eldoret Kenya*
Consultant, Cardiac Rehabilitation, *Academy Medical Systems, Inc.*

Scholarly Activity

Peer-Reviewed Publications

López-Fernández J, López-Valenciano A, Pearce G, Copeland RJ, **Liguori G**, Jiménez A, & Mayo X. (2023). "Physical Inactivity Levels of European Adolescents in 2002, 2005, 2013, and 2017" *International Journal of Environmental Research and Public Health* 20, no. 4: 3758.
<https://doi.org/10.3390/ijerph20043758>

López-Fernández J, Connell Bohlen L, Atkinson L, Jiménez A, Willinger N, Ward S, **Liguori G**, Horton E, Mayo X. Design and validation of a questionnaire to measure the psychosocial factors which influence attendance rates in fitness centres. *BMC Public Health*. In-press

Puente-Fernández J, Larumbe-Zabala E, Jiménez A, **Liguori G**, Rossato CJL, Mayo X, & Naclerio F. (2022). No impact of combining multi-ingredient supplementation with exercise on body composition and physical performance, in healthy middle-aged and older adults: A systematic review and meta-analysis. *Experimental Gerontology*.
<https://doi.org/10.1016/j.exger.2022.112079>

Mayo X, Iglesias-Soler E, **Liguori G**, Copeland RJ, Clavel San Emeterio I, del Villar F, Jimenez A. (2022). A modifiable factors-based model for detecting inactive individuals: Are the European assessment tools fit for purpose? *European Journal of Public Health*; 32(6):894-899.
DOI: 10.1093/eurpub/ckac116. PMID: 36083204; PMCID: PMC9713388.

Batrakoulis A, Jamurtas AZ, Metsios GS, Perivoliotis K, **Liguori G**, Feito Y, Riebe D, Thompson WR, Angelopoulos TJ, Krstrup P, Mohr M, Draganidis D, Poullos A, Fatouros IG. (2022). Comparative effectiveness of five exercise types on cardiometabolic health in overweight and obese adults: a systematic review and network meta-analysis of randomized controlled trials. *Circulation: Cardiovascular Quality and Outcomes*. 15: 2022.
<https://doi.org/10.1161/CIRCOUTCOMES.121.008243mes>.

Prat-Luri A, López-Valenciano A, Sarabia-Cachadiña E, **Liguori G**, Ayala F. (2022). Sex differences in the glycemic response to structured exercise interventions in adults with type II diabetes mellitus: a systematic review. *Int J Exerc Sci* 15(3): 948-961.

Lavín-Pérez AM, Collado-Mateo D, Mayo X, **Liguori G**, Humphreys L, Copeland RJ, Jiménez A. (2021). Effects of high-intensity training on the quality of life of cancer patients and survivors: A systematic review with meta-analysis. *Sci Rep* 11, 15089. <https://doi.org/10.1038/s41598-021-94476-y>

Lavin-Perez A, Collado-Mateo D, Mayo X, Humphreys L, **Liguori G**, Copeland R, Del Villar Alvarez F, Jimenez A. (2021). High-intensity Exercise to Improve Cardiorespiratory Fitness in Cancer Patients: A Systematic Review and Meta-Analysis. *Scand J Med Sci Sports*. Feb;31(2):265-294. doi: 10.1111/sms.13861. Epub 2020 Nov 5. PMID: 33098219.

Marín-Farrona M, León-Jiménez M, García-Unanue J, Gallardo L, **Liguori G**, López-Fernández J. (2021) Influence of non-occupational physical activity on burnout syndrome, job satisfaction, stress and recovery in fitness professionals. *Int. J. Environ. Res. Public Health*. 18, 9489; <https://doi.org/10.3390/ijerph18189489>

Lavín-Pérez AM, Collado-Mateo D, Mayo X, **Liguori G**, Humphreys L, Jiménez A. (2021). Can exercise reduce the autonomic dysfunction of cancer patients and survivors? A Systematic-Review and Meta-analysis. *Front. Psychol*. <https://doi.org/10.3389/fpsyg.2021.712823>

Lopez-Fernandez J, Lopez-Valenciano A, Mayo X, Horton E, Clavel I, **Liguori, G**, and Jimenez A. (2021). A Comparative analysis of reported physical activity from leisure centres' members versus the general population in Spain *BMJ Open* 2021;11:e043963. doi: 10.1136/bmjopen-2020-043963

Willinger N, Steele J, Atkinson L, **Liguori G**, Jimenez A, Mann S, Horton E. (2021). Effectiveness of Structured Physical Activity Interventions Through the Evaluation of Physical Activity Levels, Adoption, Retention, Maintenance, and Adherence Rates: A Systematic Review and Meta-Analysis. *J Phys Act Health*; 18(1):116-129. doi: 10.1123/jpah.2019-0349.

Lopez-Fenandez J, Lopez-Valenciano A, Mayo X, **Liguori, G**, Lamb MA, Copeland RJ, Jimenez A. (2020). No Changes in Adolescent's Sedentary Behavior Across Europe between 2002 and 2017. *BMC Public Health*, 20, 1206. <https://doi.org/10.1186/s12889-020-09293-1>

Puente-Fernández J, Seijo M, Larumbe Zabala E, Jiménez A, **Liguori G**, Rossato C, Mayo-Mauriz X, Naclerio F. (2020). Effects of Multi-Ingredient Pre-Workout Supplementation Across

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a 5-Day Resistance and Endurance Training Microcycle in Middle-Aged Adults. *Nutrients*, 12(12), 3778; <https://doi.org/10.3390/nu12123778>.

Parrott M, Ruyak J, **Liguori G**. (2020). The History of Exercise Equipment: From Sticks and Stones to Apps and Phones. *ACSM Health Fitness Journal*: 24(6): pg 5-8

López-Valenciano A, Mayo X, **Liguori G**, Copeland RJ, Lamb M, Jimenez A. (2020.) Changes in sedentary behaviour increases in European Union adults between 2002 and 2017. *BMC Public Health*; 20:1206. <https://doi.org/10.1186/s12889-020-09293-1>

Serrablo I, Lopez-Valenciano A, Ayuso M, Horton E, Mayo X, Medina-Gomez G, **Liguori G**, Jimenez A. (2020). High Intensity Interval Training Exercise-induced physiological changes and their potential influence on metabolic syndrome clinical biomarkers: a meta-analysis. *BMC Endocrine Disorders*; 20:167 <https://doi.org/10.1186/s12902-020-00640-2>

Rowley N, Steele J, Wade M, Copeland R, Mann S, **Liguori G**, Horton E, Jimenez A. (2020). The effect of exercise referral schemes on physical activity levels: Observational findings from The National ReferAll Database. *Journal of Physical Activity and Health*; 17:6 <https://doi.org/10.1123/jpah.2019.-0435>

Mayo X, **Liguori G**, Iglesias-Soler E, Copeland RJ, San Emeterio IMC, Lowe AC, del Villar F, Jimenez A. (2019). The active living gender's gap challenge: 2013-2017 Eurobarometers physical inactivity data show constant higher prevalence in women with no progress towards global reduction goals. *BMC Public Health* 19, 1677. doi:10.1186/s12889-019-8039-8.

Liguori G, Kennedy DJ, Navalta JW. (2018). Fitness Wearables. *ACSM Health Fitness Journal*: 22(6): pg 6-8

Mayo X, del Villar F, Iglesias-Soler E, **Liguori G**, Mann S, Jimenez A. (2018). A retrospective analysis of policy development on compliance with World Health Organization's physical activity recommendations between 2002 and 2005 in European Union adults: Closing the gap between research and policy. *BMC Public Health*; <https://rdcu.be/5xFH>

Bailey AW, Garner C, **Liguori G**. (2017). Exercising In The Outdoors: A Win-Win For Communities and Individuals. *ACSM Health Fitness Journal*: 22(2): p1-4

Whitfield, GP, Riebe, D, Magal M, and **Liguori G**. (2017). Applying the ACSM Preparticipation Screening Algorithm to U.S. Adults: National Health and Nutrition Examination Survey 2001-2004. *Med Sci Sports Exerc*. 49(10):2056-2063.

Adams S, **Liguori G**, Lofgren I. (2017). Technology as a Tool to Encourage Young Adults to Sleep and Eat Healthy. *ACSM Health Fitness Journal*: 21(4): p 1-3

Dolins KR, Manore MM, Hand R, and **Liguori, G**. (2017). Improving Weight Management Outcomes by Collaboration Between Nutrition and Exercise Professionals. *ACSM's Health Fitness Journal*: 21(3):22-30.

Liguori G, Schuna JM, Tucker J, and Fountaine, CJ. (2017). Impact of Prescribed Exercise on Physical Activity Compensation in Young Adults. *Journal of Strength and Conditioning Research. Journal of Strength & Conditioning Research*: 31(2):p 503–508

Hathaway E. & **Liguori G**. (2016). SEDding Ourselves Up for Problems: The Detrimental Effects of Sedentary Behavior. *ACSM Health Fitness Journal*: 20(6): p 4–6

Kinsinger K, Oglesby B, Ojiambo R, Johann J, and **Liguori G**. (2016). Effects of 5-Hour ENERGY® Shot on Oxygen Consumption, Heart Rate, and Substrate Utilization During Submaximal and Maximal Exercise. *International Journal of Exercise Science*: 9(5). Available at: <http://digitalcommons.wku.edu/ijes/vol9/iss5/15>

Manore MM, Hand RK, **Liguori G**, Bayles M, Dolins K, Steinmuller P, Cotton R, and Smith-Edge M. (2016). Knowledge and Beliefs That Promote or Hinder Collaboration among Registered Dietitian Nutritionists and Certified Exercise Professionals—Results of a Survey. *Journal of the Academy of Nutrition and Dietetics*. E-pub ahead of print ([http://www.andjrn.org/article/S2212-2672\(16\)30226-X/fulltext](http://www.andjrn.org/article/S2212-2672(16)30226-X/fulltext))

Strand B, **Liguori, G**, and Craw MJ. (2016). Leading Fast and Slow: Leadership Principles in Higher Education, Part II. *International Journal of Kinesiology in Higher Education*. 27(1):5-10

Fountaine CJ, Johann J, Skalko C, and **Liguori G**. (2016). Energy Expenditure of Sitting, Standing, and a Novel Sitting/Stepping Protocol. *International Journal of Exercise Science*: 9(2). Available at <http://digitalcommons.wku.edu/ijes/vol9/iss2/11/>

Schuna J, **Liguori, G**, and Tucker, J. (2016). Seasonal changes in preschoolers' sedentary time and physical activity at childcare. *International Journal of Child Health and Nutrition*, 5;17-24.

Mozumdar A & **Liguori G**. (2016). Correction equations to adjust self-reported height and weight for obesity estimates among US adult population of NHANES 1999-2008. *Research Quarterly for Exercise and Sport*, 87:1, 47-58, DOI: 10.1080/02701367.2015.1124971

Strand B, **Liguori G**, and Craw MJ. (2015). Leading Fast and Slow: Leadership Principles in Higher Education, Part I. *International Journal of Kinesiology in Higher Education*. 26(2):6-11.

Randles A & **Liguori G** (2015). The effect of neighborhood socioeconomic status on food selection at neighborhood retail food stores. *International Journal of Health and Nutrition*: 6(1):18-25.

Randles A & **Liguori, G**. (2015). Nutritional information and healthy eating promotions in restaurants according to restaurant type and neighborhood socioeconomic status. *International Journal of Health and Nutrition*: 6(1):9-17.

Harvey J, **Liguori G**, Zinke M, and Ezell G. (2015). The Effect of a 4-week Safe Routes to School Educational Curriculum on Pre-Post Knowledge of Fourth Grade Students. *Missouri AAPHERD Journal*. 25:44-51

Liguori G, Lonbaken B, and Schuna J. (2015). Alcohol Consumption and Academic Retention in First-Year College Students. *College Student Journal*: 49(1):69-77.

Fontaine CJ, Piacentini M, and **Liguori G**. (2014). Occupational Sitting and Physical Activity Among University Employees. *International Journal of Exercise Science*: 7(4) Article 5. Available at: <http://digitalcommons.wku.edu/ijes/vol7/iss4/5>

Schuna JM, Hilgers SJ, Manikowske TL, Tucker JM, and **Liguori G**. (2013). Evaluation of a Circumference-based Prediction Equation to Assess Body Composition Changes in Men. *International Journal of Exercise Science*: Vol. 6: Iss. 3, Article 2. Available at: <http://digitalcommons.wku.edu/ijes/vol6/iss3/2>

Schuna JM, Lauersdorf RL, Behrens TK, **Liguori G**, and Liebert M. (2013). An Objective Assessment of Children's Physical Activity During the Keep It Moving! After-School Program. *Journal of School Health*. 83(2):105-111

Lim S, Jang HC, Park KS, Cho SI, Lee M-G, Joung H, Mozumdar A, and **Liguori G**. (2013). Changes in Metabolic Syndrome in American and Korean Youth, 1997-2008. *Pediatrics*. 131:1-9. DOI 10.1542/peds.2012-0761

Barney, D, Gust, A, and **Liguori, G**. (2012). College Student Use of Personal Music Players (PMP) During Exercise. *ICHPER-Research Journal*. 7(1);23-26.

Liguori G, Krebsbach K, and Schuna J. Jr. (2012). Decreases in Maximal Oxygen Uptake Among Army Reserve Officers' Training Corps Cadets Following Three Months Without

Mandatory Physical Training. *International Journal of Exercise Science*. 5(4), Article 5.
<http://digitalcommons.wku.edu/ijes/vol5/iss4/5>

Mozumdar A, **Liguori G**, and DuBose K. (2012). Occupational physical activity and risk of coronary heart disease among active and non-active working-women of North Dakota: A Go Red North Dakota study. *Anthropologischer Anzeiger*. 69(2):201-219. DOI 10.1127/0003-5548/2011/0111

Liguori G, Schuna Jr, J, and Mozumdar A. (2011). Semester long changes in sleep duration for college students. *College Student Journal*. 45(3):481-492.

Mozumdar A and **Liguori G**. (2011). Correction equations to adjust self-reported height and weight for obesity estimates among college students. *Research Quarterly in Exercise Science*. 82(3):391-399.

Fontaine C, **Liguori G**, Mozumdar A, and Schuna Jr., J. (2011). Physical Activity and Screen Time Sedentary Behaviors in College Students. *International Journal of Exercise Science*, 4(2): Article 3. <http://digitalcommons.wku.edu/ijes/vol4/iss2/3>

Mozumdar A & **Liguori G**. (2011). Occupational physical activity and the metabolic syndrome among working-women: A Go Red North Dakota study. *Journal of Physical Activity and Health*. 8(3):321-331.

Mozumdar A & **Liguori G**. (2011). Persistent Increase of Prevalence of Metabolic Syndrome Among US adults: NHANES III to NHANES 1999-2006. *Diabetes Care*. 34(1):216-219, doi:10.2337/dc10-0879.

Fontaine CJ, **Liguori G**, and Mozumdar A. (2010). The relationship among physical activity, television viewing, computer use, and video game playing in college students. *International Journal of Fitness*, 6(2):19-26.

Mozumdar A & **Liguori, G**. (2010). Statewide Awareness Study on Personal Risks of Cardiovascular Disease in Women Public Employees of North Dakota: A 'Go Red North Dakota' Study. *Women's Health*, 6(1):37-50.

Mozumdar A, **Liguori G**, and Baumgartner TA. (2010). Additional Revised Push-up Test Norms for College Students. *Measurement in Physical Education and Exercise Science*, 14(1):1-6

Liguori G & Mozumdar A. (2009). Reliability of self-assessments for cardiovascular fitness assessment. *International Journal of Fitness*, 5(1): 33-40.

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Barney D & **Liguori G.** (2009). Student teachers' interaction with students during middle school physical education game play. *Journal of Physical Education & Recreation*, 14(2): 20-25

Liguori G, Baruth M, and Mozumdar, A. (2008). Effectiveness of an online and traditional physical activity class on promoting physical activity in college students. *International Electronic Journal of Health Education*, 11:74-84

Liguori G & Mozumdar A. (2007). Can email prompting minimize the decrease in wintertime physical activity levels? *International Electronic Journal of Health Education*, 10:85-94

Granner ML, **Liguori G**, Kirkner GJ, and Ainsworth BE. (2000). Health care provider counseling for physical activity among Black and White South Carolinians. *South Carolina Medical Journal*, 97:338-341

Books and Journals

Journals

Editorial Consultant, ACSM's [Exercise, Sport, and Movement](#) journal, 2023-

Editorial Advisory Committee: HELEN, The Journal of Human Exceptionality, 2022-

Founding Editor-in-Chief, ACSM's [Exercise, Sport, and Movement](#) journal, 2021-2023

Associate Editor-in-Chief, ACSM Health Fitness Journal, 2019-2022

Editorial Advisory Board, Exceptional Parent magazine, 2014-2022

Column Editor, ACSM Health Fitness Journal A-Z column, 2016-2022

Guest Editor, PLOS ONE, Fall, 2018

Editorial Board, ACSM Health Fitness Journal, 2009-2016

Editorial Board, International Journal of Fitness, 2009-2016

Editorial Board, McGraw-Hill Annual Editions: Health, 2007-2014

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Books

ACSM's Guidelines for Exercise Testing and Prescription, 11th edition. Senior Ed: **Liguori G.**
Assoc Ed: Feito Y, Fountaine C, Roy B. Wolters Kluwer, Philadelphia, PA: ISBN13: 978-1-
975150-18-1.

Questions and Answers: A Guide to Fitness and Wellness. **Liguori G** & Carroll-Cobb S. 6th ed.
McGraw-Hill, NY, NY. (in-progress, June 2021 pub date)

ACSM's Health-Related Physical Fitness Assessment Manual, 5th edition. **Liguori G**, Senior
Editor. Philadelphia, PA: Wolters Kluwer (2018)

ACSM's Guidelines for Exercise Testing and Prescription, 10th edition. Senior Ed: Riebe D.
Assoc Ed: Ehrman JK, **Liguori G**, Magal M. Philadelphia, PA: Wolters Kluwer (2018). ISBN
9781496339065

ACSM's Resources for the Health Fitness Specialist, 1st edition. Sr. Ed: **Liguori G.**, Assoc. Ed:
Dwyer G, Fitts T, and Lewis B. Baltimore, MD: Wolters Kluwer/Lippincott Williams & Wilkins.
(2013). ISBN: 978-1-4511-1480-5

Book Chapters

Liguori G. & Schuna Jr. JM. Understanding Physical Activity and Exercise. (2017). In: *ACSM's
Resources for the Certified Exercise Physiologist*. Magaryi, P. Sr. Ed. Wolters Kluwer/Lippincott
Williams & Wilkins, Baltimore.

Liguori G, Johann J, Burns K, Gordon B, & Durstine JL. Exercise Programming for Special
Populations. (2017). In: *ACSM's Resources for the Certified Exercise Physiologist*. Magaryi, P.
Sr. Ed. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore.

Liguori G & Johann, J. (2017). Exercise Prescription for Metabolic Syndrome, in *ACSM's
Guidelines for Exercise Testing and Prescription*, 10th ed. Riebe D., Sr. Ed. Wolters
Kluwer/Lippincott Williams & Wilkins, Baltimore. ISBN 9781496339065

Jimenez A, Beedie C, & **Liguori G.** Health Behaviour: an overview of effects and issues
(Chapter 2). *The Future of Health & Fitness: A Plan for Getting Europe Active By 2025.* The
European Health Fitness Association. Blackbox publishers, 2014. ISBN# 9082190400

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Heath GW, & **Liguori G.** (2015). Physical Activity and Health Promotion. In: James D. Wright (editor-in-chief), *International Encyclopedia of the Social & Behavioral Sciences*, 2nd edition, Vol 18. Oxford: Elsevier. pp. 91–99. ISBN: 9780080970868

Liguori G. & Schuna Jr. JM. (2013). Understanding Physical Activity and Exercise. In: *ACSM's Resources for the Health Fitness Specialist*. Liguori G. Sr. Editor. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore.

Durstine JL, Burns K, Gordon B, & **Liguori G.** (2013). Exercise Programming for Special Populations. In: *ACSM's Resources for the Health Fitness Specialist*. Liguori G, Sr. Ed. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore.

Contracts and Grants

Smith, C and **Liguori, G.** \$1,107,000 Health Resources and Services Administration (HRSA) *Advanced Nurse Education COMPASS Grant*. (July 2014-June 2017). An interprofessional collaboration of the School of Nursing and the Health & Human Performance, which addresses obesity and associated chronic health conditions in the local community through curricular and practicum opportunities.

Bailey A & **Liguori G.** (2013). Beyond the Classroom ThinkAcheive Development grant to support Outdoor Leadership Training. \$1,495.

Liguori, G, Roemmich J, & Garden-Robinson J. (2012). USDA AFRA grant to fund 2-year post-doc. \$135,000. (approved Round 1)

Liguori, G. (2011). Increasing physical activity and decreasing sedentary time in childcare centers. NIH R03 PA-094. Submitted for \$75,000.00 (not funded)

Liguori, G. Assessment of the Built Environment, American Heart Association, Midwest District. \$3,000.00, August 2008-May 2009

Liguori, G. Assessment of the Built Environment, North Dakota IDeA Network of Biomedical Research Excellence (INBRE). \$6,100.00 2008-2009.

Liguori, G. NDSU College of Human Development, \$1,000.00 awarded to participate in advanced biostatistical training. 2007.

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Liguori, G. Dakota Medical Foundation, \$350,000.00, awarded February 2006. Three year funding to support a Post-Doctoral Research assistant in the 'Go Red North Dakota' community intervention program.

Liguori, G. Altru Medical Systems and Impact Foundation, Grand Forks, ND, \$3,000.00 to support work as expert evaluators of independent worksite wellness programs. Awarded November, 2006

Liguori, G. North Dakota State Department of Health, Healthy North Dakota \$6,500.00, to support work as expert evaluators of state worksite wellness pilot project. Awarded August, 2006

Liguori, G., NDSU Faculty Development Grant for Building Research and Grant Writing Capacity. \$3,000.00 awarded October 2006 to incentify freshman students to complete one-year health and wellness follow-up survey and testing.

Liguori, G., Barney, D., & Duetsch, J. (2006). NDSU Instructional Development Grant, \$2,800.00, awarded to purchase Dance, Dance Revolution machine.

Liguori, G. (2005). NDSU Faculty Development Grant for Building Research and Grant Writing Capacity. \$700.00. Supported attendance at CDC/USC Physical Activity and Public Health Research Directions and Strategies Course.

Liguori, G., NDSU Faculty International Development Grant. \$850.00, awarded 2005. Supported travel to The Netherlands.

Garden-Robinson, J., Rather, S., **Liguori, G.,** Barney, D. Nickelodeon Let's Just Play Grant, \$10,000 awarded 2005 for improving health and fitness of native American elementary school students in the Fort Yates, ND school district.

Liguori, G. Human Development & Education Faculty Development Grant. \$2,000, awarded November, 2004. Funds purchased laptop computer to support health and fitness assessment of NDSU undergraduate students.

Liguori, G. NDSU Instructional Technology Grant, \$1,500, awarded February 2004. Funds used to bring exercise consultant (Dr. Barry Franklin) to NDSU campus relative to Physical Activity and Wellness courses.

Garden-Robinson, J., Courneya, J., **Liguori, G.,** and Bartoszyk, K. General Mills Champions Grant, \$10,000, awarded October, 2003. Funding to support "Stepping Up Physical Activity

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among North Dakota Youth”, which introduced pedometers to native American elementary students in the Fort Yates, ND school district.

Peer-Reviewed Abstracts

Mayo X, Valenciano-Lopez J, Liguori G, Jimenez A. Assessment of Reported COVID-19 Cases Across European Leisure Centres and Fitness Clubs. Accepted for presentation at the 2022 ACSM Annual Meeting, San Diego, CA, June 2022.

Lavín-Pérez AM, Collado-Mateo D, Mayo X, **Liguori G**, Jiménez A. Can physical exercise attenuate heart rate variability decline produced by cancer? Accepted for presentation at the 2021 ACSM Virtual Annual Meeting.

Willinger N, Steele J, Atkinson L, **Liguori G**, Mann S, Jimenez A, Horton E. Comparing and explaining membership length and attendance behaviour of women in female-only and mixed-gender gyms. Accepted for presentation at the ACSM Annual Meeting, May 2020, San Francisco, CA.

Rowley N, Steele J, Mann S, **Liguori G**, Jimenez A, Horton E. Observing key characteristics of exercise referral schemes in the United Kingdom. Accepted for presentation at the ACSM Annual Meeting, May 2020, San Francisco, CA.

López-Fernández J, Connell Bohlen L, **Liguori G**, Horton E, Atkinson L, Jiménez A. Design of a questionnaire to support behaviour change in fitness centres. Accepted for presentation at the ACSM Annual Meeting, May 2020, San Francisco, CA.

Lopez-Valenciano A, Ayuso M, Mayo X, **Liguori G**, Jimenez A. Effects of aquatic-based exercise on perceived-fatigue in people with multiple sclerosis: a systematic review and meta-analysis. Accepted for presentation at the ACSM Annual Meeting, May 2020, San Francisco, CA.

Jimenez A, Ayuso M., Lopez-Valenciano A, Mayo X, **Liguori G**. The potential role of leisure centres in supporting Active Living: A comparison of reported physical activity levels from the 2018 Eurobarometer data and leisure centres’ members in Spain. Accepted for presentation at the ACSM Annual Meeting, May 2020, San Francisco, CA.

Mayo X, **Liguori G**, Iglesias-Soler E, del Villar F, Mann S, Jimenez. A Modifiable Factors-based Model for Detecting Physically Inactive Individuals Using the Eurobarometer Survey. Presented at the ACSM Annual Meeting, May 2019, Orlando, FL.

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López-Fernández J, **Liguori G**, Atkinson L, Jiménez, A. A weekly structured physical activity program enhances short-term retention of middle-aged adult fitness centre users. Presented at the ACSM Annual Meeting, May 2018, Minneapolis, MN.

Price N, Williams T, Horton E, **Liguori G**, Mann S, Jimenez A. Effects of Exercise Referral Schemes on Physical Activity Levels. Presented at the ACSM Annual Meeting, May 2018, Minneapolis, MN.

Sami AKM & **Liguori G**. Comparison Of The Effects Of A Novel Structured Nanotechnology Water On Physical Performance. Presented at the ACSM Annual Meeting, May 2018, Minneapolis, MN.

Staniland B, Lopez-Fernandez J, Sanchez I, Iturriaga T, Ayuso M, Horton E, Atkinson L, Mann S, **Liguori G**, Jimenez A. Effects of a 12-week Structured Exercise Intervention on Cholesterol. Presented at the ACSM Annual Meeting, May 2018, Minneapolis, MN.

Tuvey S, Mann S, Horton E, **Liguori G**, Jimenez A. In-situ testing of cardiorespiratory fitness and body mass index of school children in the UK. Presented at the ACSM Annual Meeting, May 2018, Minneapolis, MN.

Willinger N, Williams T, Mann S, **Liguori G**, Jimenez A. Member movement rates of fitness facilities in England. Presented at the ACSM Annual Meeting, May 2018, Minneapolis, MN.

Liguori G, Bayles M, Hand R, and Cotton R. ACSM Certified Non-Degreed and Degreed Fitness Professional's Attitudes and Actions Towards Healthy Eating Information. Presented at the ACSM Annual Meeting, May 2016, Boston MA.

Johann, J. and **Liguori, G**. Injury rate and training volume comparison between Ironman competitors with and without hired coaches. Presented at the ACSM Annual Meeting May 2015, San Diego CA.

Liguori, G, Piacentini M, and Schuna Jr. J. M. Changes in anaerobic power in ROTC cadets. Presented at the ACSM Annual Meeting June 2014, Orlando FL.

Andrews E, Thompson WR, Benardot D, Brandon LJ, **Liguori G**, and Hendricks R. The Relationship Between BMI, Perceived Weight, and Academic Performance In Minority Middle School Students. Presented as a thematic poster at the ACSM Annual Meeting June 2014, Orlando FL.

Redenius N, Hilgers-Greterman S, Schuna Jr. JM, and **Liguori G**. Health-related Quality of Life Change in Cancer Survivors Participating in a 12-week YMCA Exercise Program. Presented at the ACSM Annual Meeting June 2014, Orlando FL.

Liguori G. Transforming the Usual into the Unusually Effective. Accepted for presentation at the 4th Annual Dalton State College Teaching and Learning Conference, Dalton GA, April 2013

Schuna, Jr., J.M., Tucker, J.M., and **Liguori, G**. Seasonal Changes in Childcare-related Physical Activity and Sedentary Time among Preschoolers. Presented at the ACSM Annual Meeting, June 2013, Indianapolis, IN.

Redenius, N., Hilgers-Greterman, S.J., Schuna Jr., J.M., Frost, J., and **Liguori, G**. Quality of Life Perception and Physical Activity in the LIVESTRONG® at the Y Program. Presented at the ACSM Annual Meeting, June 2013, Indianapolis, IN.

Lewis, A., Sloan, S., Peacock, J., Mozumdar, A., Fountaine, C.J., Schuna Jr., J.M., and **Liguori, G**. Behavioral Intent to Change Body Weight and Actual Body Weight Change. Presented at the ACSM Annual Meeting, June 2013, Indianapolis, IN.

Lim S, Jang HC, Soo Park K, Cho SI, Shin H, Mozumdar A, & **Liguori G**. Changes in Prevalence of Metabolic Syndrome between Korean and U.S. adolescents. Accepted for presentation at the 2nd World Congress of Endobolism, Beijing, China, June 2012.

Schuna, J.M., Lauersdorf, R.L., Behrens, T.K., Liebert, M., and **Liguori, G**. (2012). Evaluation of an After School Physical Activity Program for Disadvantaged Youth. Poster presentation at the ACSM annual meeting, June 2012, San Francisco, CA.

Hilgers, S., Frost, J., Schuna, J., Redenius, N., Klika, R, and **Liguori, G**. Evaluation of Physical Activity in Cancer Survivors Enrolled in a Livestrong Program. Poster presentation at the ACSM annual meeting, June 2012, San Francisco, CA.

Gust, A., Jorissen, K., Schuna, J., Redenius, N., Hilgers, S., Christensen, B., and **Liguori, G**. Upper and Lower Body Strength Associations in ROTC Cadets. Poster presentation at the ACSM annual meeting, June 2012, San Francisco, CA.

Christensen, B., Hilgers, S., Schuna, J., Radenic, C., Kresbach, K., Terbizan, D., Tucker, J., Manikowski, T., and **Liguori, G**. A comparison of vertical jump displacements between a vertec and a forceplate. Presented at the International Society of Biomechanics in Sports annual meeting, Porto, Portugal, June 2011.

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Schuna, J., **Liguori, G.**, Tucker, J., and Mozumdar, A. (2011). No Difference in Daily Physical Activity Between Reserve Officer Training Corps Cadets and Non-Cadets. Presented at the ACSM annual meeting, June 2011, Denver, CO.

Hilgers, S., Schuna Jr., J., Manikowske, T., Tucker, J., Terbizan, DJ., Christensen, B., and **Liguori, G.** Validity of U.S. Department of Defense Instruction 1308.3 Circumference Equation in Detecting Body Composition Changes. Presented at the ACSM annual meeting, June 2011, Denver, CO.

Manikowske, T., Ching, N., Terbizan, D.J., and **Liguori, G.** Differences in Fitness, Power, and Body Composition between New and Returning ROTC Cadets. Presented at the ACSM annual meeting, June 2011, Denver, CO.

Schuna Jr, J & **Liguori, G.** Sleep duration is not associated with BMI in college students. Presented at the International Congress of Obesity, Stockholm, Sweden, July 2010

Mozumdar, A & **Liguori, G.** Utility of personal risk screening on nutritional behavior for a community-based cardiovascular disease intervention: A Go Red North Dakota Study. Accepted for presentation at the International Society of Behavioral Nutrition and Physical Activity annual meeting, Minneapolis, MN, June 2010

Liguori, G., Fountaine, C., & Mozumdar, A. Self-Reported Month to Month Changes in Physical Activity and Screen Time in College Students. Poster presentation at the ACSM Annual Meeting, Baltimore, MD, June 2010

Fountaine, C., **Liguori, G.**, & Mozumdar, A. Multiple regression analysis of factors influencing physical activity in college students. Presented at the ACSM Annual Meeting, Baltimore, MD, June 2010

Liguori, G. "Go Red North Dakota: A worksite health promotion program". Accepted for presentation at the annual Art and Science of Health Promotion Conference, San Francisco CA. March 2009.

Ames, C. & **Liguori, G.** "Lifestyle Changes For Reducing Cardiovascular Disease Risk In Women: A North Dakota Goes Red For Women Study." Oral presentation at the American Dietetic Association Annual Meeting, Chicago, IL. Nov. 2008

Ames, C. **Liguori, G.**, Mozumdar, A. "North Dakota Goes Red for Women: A Worksite Wellness Study". Poster presentation at the American Public Health Association Annual Meeting, San Diego, CA. Nov. 2008

Niemeier, B.S and **Liguori, G.** “Working across county and state lines: Evaluating access of weight-related health promotion programs.” Roundtable presentation at the American Public Health Association Annual Meeting, San Diego, CA. Nov. 2008

Liguori, G. & Anenson, L., Jr. Predictors and Programs in addressing obesity on campus. Poster presentation at the national meeting of the American College Health Association, Orlando, FL, June 2008

Fontaine, C.J., **Liguori, G.**, & Mozumdar, A. “Semester Differences in Body Weight, Physical Activity, and Screen Time”. Presented at the AAHPERD national meeting, Ft. Worth, TX. April 2008

Fontaine, C., **Liguori, G.**, Mozumdar, A. The Association Between Physical Activity and Television Viewing in College Students. Presented at the national meeting of the Society for Behavioral Medicine, San Diego, CA. May 2008

Fontaine, C., **Liguori, G.**, Mozumdar, A., Kouba, S., and Kincaid, J. Television Viewing, Screen Time, and Physical Activity in College Students. Presented at the ACSM Annual Meeting, Indianapolis, IN, June 2008

Mozumdar, A., **Liguori G.**, Fontaine, C., Braun, S., and Muenchow, E. Working status, academic activity, leisure time activity, and BMI among first and second year college students. Presented at the ACSM Annual Meeting, Indianapolis, IN, June 2008

Hams-Moellenkamp, S., Fontaine, C., Mozumdar, A., and **Liguori, G.** Association of Healthy Behaviors in College Students. Presented at the ACSM Annual Meeting, Indianapolis June 2008

Liguori, G., Mozumdar, A., & Fontaine, C.J. Soda consumption and BMI in college students. Presented at the ACSM Annual Meeting, New Orleans, LA. June 2007

Fontaine, C.J, Mozumdar, A., Terbizan, D.J, & **Liguori, G.** Screen time and BMI in college students. Presented at the ACSM Annual Meeting, New Orleans, LA. June 2007

McCabe, K., Lauf, L., Mozumdar, A., Fontaine, C.J., Terbizan, D.J., & **Liguori, G.** The influence of employment on cardiovascular fitness on college students. Presented at the ACSM Annual Meeting, New Orleans, LA. June 2007

Mozumdar, A., Fontaine, C.J., Terbizan, D.J., & **Liguori, G.** Gender difference in association between eating habits and body mass index. Presented at the ACSM Annual Meeting, New Orleans, LA. June 2007

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Terbizan, D.J., Mozumdar, A., Fountaine, C.J., & **Liguori, G.** (2007). Physiological Characteristics and Comparisons Between Different Types of Wellness Classes. Presented at the ACSM Annual Meeting, New Orleans, LA. June 2007

Stritesky, M. & **Liguori, G.** Using the SenseWear Pro Armband as a tool to promote physical activity in a college activity course. Presented at the AAHPERD annual, Salt Lake City, UT. April 2006

Liguori, G., Strey, A. M., & Hetland, K.M. Self-Reported Body Weight and BMI in College Students. Presented at the ACSM Annual Meeting, Denver, CO. June 2006

*selected by attending media as 'of high public interest'

Hetland, K.M., **Liguori, G.** & Strey, A.M. Health Attributes of College Freshman. Presented at the ACSM Annual Meeting, Denver, CO. June 2006

Stritesky, M.J., & **Liguori, G.** Using the SenseWear Armband as a Tool to Promote Physical Activity in College Students. Presented at the ACSM Annual Meeting, Denver, CO. June 2006

Strey, A.M., **Liguori, G.**, & Hetland, K.M. Breakfast consumption frequency in relation to fitness in college students. Presented at the ACSM Annual Meeting, Denver, CO. June 2006

Liguori, G., & Templeton, D.L. Parenting Status and Physical Activity Levels In Rural Working-class Adults. Presented at the ACSM Annual Meeting, Nashville, TN. June 2005

Stritesky M.J. & **Liguori, G.** Examination of Lifestyle Choices and Association with Fitness in College Students. Presented at the ACSM Annual Meeting, Nashville, TN. June 2005

Peer-Reviewed Oral Presentations

Roy BA, Sforzo GA, and **Liguori G.** Power and Future of Behavior Change for Fitness Professionals. Presented at the 2017 ACSM Health Fitness Summit, San Diego, CA.

Liguori, G. & Magal, M. ACSM Scientific Roundtable: Update on Pre-Participation Exercise Screening Guidelines. Presented at the SEACSM meeting, Greenville, SC, Feb 2016

Liguori G. The Politics of Higher Ed Administration. Presented at the NAKHE Leadership Development Conference, Atlanta GA, July 2015

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Liguori, G. & Estes, S. Mentoring Kinesiology Faculty Into the Department Chair Role. NAKHE Annual Conference, Clearwater FL, January 2015.

Liguori, G., Bailey, A, & Heath, GW. The University-Community Connection to Healthy Living. CUMU Annual Conference, Syracuse NY, Oct. 2014.

Riebe, D., Cotton, R., & **Liguori, G.** University Connection. Presented at the ACSM Annual Meeting, June 2013, Indianapolis, IN

Randles, A., **Liguori, G.**, & Gust, A. Assessing Healthful Food Choices and Nutritional Information on Kid's Restaurant Menus in Fargo, ND. Oral presentation at the 139th APHA Annual Meeting, Washington, DC, Oct. 2011. *(2nd place student abstract competition)

Liguori, G., Schuna Jr., J., Geffre, E., Radenic, C., Ching, D., and Terbizan D. J. Changes in Fitness and Power in Army ROTC cadets. Oral presentation at the ACSM annual meeting, Denver, CO. June 2011

Randles A & **Liguori G.** (2010). Does SES influence healthy eating promotions in restaurants? Oral presentation at the American Public Health Association annual meeting. Denver, CO, Nov 2010

Fontaine, C, **Liguori, G.** & Mozumdar A. Screen Time is not an impediment to physical activity in college students. Oral presentation at the ACSM annual meeting. Seattle WA, May 2009.

Ames, C, & **Liguori, G.** (2008). The Influence of Meal Preparation on CVD Risk Factors in Women: A Go Red Study. Oral presentation at the American Dietetic Association annual meeting, Chicago, IL. October 2008

Niemeier, B.S. & **Liguori, G.** "Working across county and state lines: Evaluating access of weight-related health promotion programs." Roundtable presentation at the American Public Health Association Annual Meeting, San Diego, CA. 2008

Liguori, G. & Mozumdar, A. "Coaching Your Community: The Wellcoaches Model In Community Based Health Promotion Programming". Oral presentation at the American College of Sports Medicine Health/Fitness Summit, Long Beach, CA. March, 2008

Fontaine, C, **Liguori, G.** Hetland, K.M., & Mozumdar, A. "Life and Times of the Co-ed". Oral presentation at the Central District American Alliance for Health, Physical Education, Recreation and Dance, Overland Park, KS, 2007

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Hetland, K. M., **Liguori, G**, Fountaine, C, & Mozumdar, A. Joe vs Jane in a Gym. Oral presentation at the Central District American Alliance for Health, Physical Education, Recreation and Dance, Overland Park, KS. 2007

Hetland, K. M., **Liguori, G**, & Fountaine, C. “And the Answer Is...”. Using PRS to teach sensitive issues in college health and wellness courses. Oral presentation at the American Alliance for Health, Physical Education, Recreation and Dance national meeting, Baltimore, MD. 2007

Hetland K. M. & **Liguori G**. Using technology to improve outcomes in a university health or wellness course. Oral presentation at the Hawaii International Conference on Education, Honolulu, HI. 2007

Liguori, G. Symposium: Assessing and Improving Outcomes in College Physical Activity Courses: Changes in Cardiovascular Fitness in a College Fitness and Wellness Course. Oral presentation at the American Alliance for Health, Physical Education, Recreation and Dance annual meeting, Salt Lake City, UT. 2006

Stritesky M. & **Liguori G**. Using the SenseWear Pro Armband as a tool to promote physical activity in a college activity course. Symposium presented at the American Alliance for Health, Physical Education, Recreation and Dance annual meeting, Salt Lake City, UT. 2006

Public Interviews

Elemental; Bloomberg News; Clarin, AR (the largest Argentine newspaper in America); Newswise; US News & World Report; SHAPE magazine; Club Business International; Real Simple magazine; Wall Street Journal; National Public Radio; Oxygen magazine; Fitness magazine; Reuters Health; Runner's World magazine.

PhD Students

Dr. John M. Schuna Jr.

Dissertation: Physical activity of preschool aged children during childcare: Examination of seasonal changes and evaluation of a dance-based intervention.

Current position: Associate Professor, Exercise Science, Oregon State University.

Gary Liguori, PhD FACSM

Dr. Anthony Randles

Dissertation: The association between the consumer nutrition environment and free and reduced school lunch rates.

Current position: Interim Associate Dean, University of Indiana South Bend School of Education

Dr. Barbara Lonbaken

Dissertation: The impact of alcohol consumption on student retention and lifestyle behaviors.

Current position: Associate Dean of Wellness, NDSU.

Dr. Charles (Chuck) Fountaine

Dissertation: The association between screen time and physical activity in college Students.

Current position: Professor and Department Chair, Department of Applied Human Sciences, University of Minnesota Duluth.

Invited Presentations

ACSM Guidelines for Exercise Testing and Prescription updates: 2021 International Virtual Symposium "Exercise is the Best Medicine: What's New?" Hosted by the SmArt Lab (Exercise Biochemistry, Physiology, and Nutrition), Department of Physical Education and Sport Science of the University of Thessaly, Greece. June, 2021

ACSM-based Updates for Cardiac and Pulmonary Rehabilitation. NYSACVPR Monthly Professional Development Series, Hosted by the New York Chapter of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). June 2021.

Higher Education's contribution to Health Care Workforce Transformation in Rhode Island. LeadingAge Rhode Island Long-Term Care Policy Conference. Providence, RI, September, 2017.

High Intensity Training in Chronic Disease. Exercise Prescription in Metabolic Syndrome. China Performance Training Forum, Wuhan Sport University, Wuhan China, June, 2017

ACSM Preparticipation Exercise Screening Guidelines. China Performance Training Forum, Wuhan Sport University, Wuhan China, June, 2017

Health Risks of Sedentary Behavior. Global Fitness Summit, Wuhan Sport University, Wuhan China, Oct 2015

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Exercise Prescription in Metabolic Syndrome. Global Fitness Summit, Wuhan Sport University, Wuhan China, Oct 2015

Administrative Viewpoint on University Politics. NAKHE Summer Leadership Academy, Atlanta GA. July 2015

ACSM Scientific Roundtable: Controversy in Pre-participation Physical Activity Screening. Indianapolis, IN, June 2014

When Children are Physically Ready for Youth Sports. Tennessee Parks and Recreation Annual Meeting, Chattanooga TN. Nov, 2013

Lessons Learned Teaching Online Classes. Invited Panelist. UT Chattanooga Summer Teaching Workshop. May 2013

ACSM Publications as a Tool to Enhance the Health Fitness Professional. Japanese Fitness Association 16th annual meeting, Tokyo, Japan, Oct. 2011

Using High Intensity Training for Optimal Client Outcomes. Japanese Fitness Association 16th annual meeting, Tokyo, Japan, Oct. 2011

The (Exercise) Science Behind Cardiac Rehabilitation. Sanford Health continuing education conference. Fargo, ND, Feb. 2011.

ACSM certifications: What's new for students. Texas Community College Teachers Association 62nd annual meeting, San Antonio, TX, Jan 2011

College Student Wellness: What does the research say? Texas Community College Teachers Association 62nd annual meeting, San Antonio, TX, Jan 2011

The Changing Role of the Health Fitness Specialist. Japanese Fitness Association 15th annual meeting, Tokyo, Japan, Oct. 2010

Physical activity and chronic disease: Prevention, management, reduction. Japanese Fitness Association 15th annual meeting, Tokyo, Japan, Oct. 2010

Patient education in outpatient cardiac rehabilitation. Meritcare hospital professional education series. Fargo, ND, Feb. 2007.

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“Mommy, can I go out and play?” Washington State Women, Infant, and Children (WaWIC) Association annual meeting, Seattle, WA, Oct. 2006.

“Behavior Change Strategies for Increasing Physical Activity”. Graduate Education for Valley City High School Academic Staff. Valley City, ND, Feb. 2006.

“Best Teaching Practices for Enhanced Learning”, North Dakota State University Faculty Development Day. Fargo, ND, August, 2005.

“How Much Exercise Do I Need?” National Women, Infant, and Children (WIC) Association meeting, St. Louis, May 2005.

“Choosing the Right Wellness Program”, Human Development and Education Professional Development Day, Fargo, ND, Jan. 2005

“Overview of Sport Performance Training”, North Dakota High School Coaches Association Annual Meeting, Fargo, ND, July 2003

“Personnel Wellness”, NDSU Counselor Education Spring Mini-Conference, Fargo ND, June 2003

“Exercise Prescription for Special Populations: Heart Failure and Diabetes”. Upper Great Plains Cardiac Rehabilitation Society annual meeting, Fargo, ND, March 2003

“Diabetes in children; what can you do?” WAAPHERD, Laramie, WY, Nov. 2000

“Pathophysiology of Coronary Artery Disease”, Wyoming American Heart Association fall conference, Rawlins, WY, Oct., 1998

Service

Global

- Chair, Scientific Advisory Board: GOfit, Ingesport, Madrid, Espana
- Founding Board Member: ThinkActive, sub-committee of Europe Active
- Visiting Professor: Coventry University, Coventry, UK
- Visiting Professor: Moi University, Iten, Kenya

National

- Member, Executive Council, ACSM Publications, 2015-2021

- Mentor: ACSM National Leadership and Diversity Training Program 2014-
- Member-at-Large, ACSM CCRB Executive Council, 2014-2018
- ACSM Strategic Health Initiative: Behavioral Strategies national committee, 2007-2012; 2015-18
- Chair, ACSM CCRB Health Fitness Specialist sub-committee, 2010-2012
- Member, ACSM CCRB Health Fitness Specialist sub-committee 2007-2010
- CoAES: Exercise Science Accreditation Site Visitor (FL, IN, IL, ME), 2012-13
- Academic Department/Program Reviewer (OK, AZ, NC, MA), *ongoing*

Journals

- Editorial Consultant, ACSM's [*Exercise, Sport, and Movement*](#) journal, 2023-
- Founding Editor-in-Chief, ACSM's [*Exercise, Sport, and Movement*](#) journal, 2021-2023
- Associate Editor-in-Chief, ACSM Health Fitness Journal, 2019-2022
- Editorial Advisory Board, Exceptional Parent magazine, 2014-
- Column Editor, ACSM Health Fitness Journal A-Z column, 2016-2022
- Guest Editor, PLOS ONE, Fall, 2018
- Editorial Board, ACSM Health Fitness Journal, 2009-2016
- Editorial Board, International Journal of Fitness, 2009-2016
- Editorial Board, McGraw-Hill Annual Editions: Health, 2007-2014

Board Member

- Founding Board Member: ThinkActive, sub-committee of Europe Active, 2021-
- Board of Directors, American Association on Health and Disability, 2019-
- Chair, Scientific Advisory Board, GOfit Madrid; Madrid Spain 2018-
- Executive Board, Southern New England American Heart Association 2017-2020
- Scientific Advisory Board, PlayCore Industries; Chattanooga, TN 2014-2020
- Scientific Advisory Board, Adidas ALL DAY Health and Wellness App 2017
- Wellness Advisory Board, LiveStrong at the Y; Chattanooga, TN 2014-16
- Medical and Dental Advisory Board, Orange Grove Habilitation Center; Chattanooga TN 2014-16
- Advisory Board member, YMCA Diabetes Prevention Program; Chattanooga TN 2015
- Northland ACSM, North Dakota representative 2010-2012
- Wellness Advisory Board, LiveStrong at the Y, Fargo ND 2010-12
- Healthy Living Advisory board, Cass-Clay Healthy People Initiative; Fargo, ND 2010-12
- Planning and Evaluation Advisory board, Streets Alive; Fargo, ND 2010-12

Manuscript Reviewer

- Medicine and Science in Sports and Exercise
- International Journal of Environmental Research and Public Health
- Journal of Occupational and Environmental Medicine

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- Journal of Physical Activity and Health
- Journal of the American College of Cardiology
- Preventive Medicine
- International Journal of Exercise Science

Chapter Reviewer

- ACSM Wellcoaches Manual. Chapter 4 and Chapter 11.
- ACSM Resource Manual, 7th Edition, 2012; Chapters 12 and 44
- ACSM Guidelines for Exercise Testing and Prescription, 9th edition, 2012; chapter 11

Abstract Reviewer

- American Public Health Association Annual Meeting
- American College Health Association Annual Meeting
- American Dietetic Association Annual Meeting
- American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting, Health Education Annual meeting

Service: University of Rhode Island

- Advisory Committee: Clinical Research Design, Epidemiology, and Biostatistics Key Component; IDeA: CTR Grant, Brown University and the University of Rhode Island
- Steering Committee: Rhode Island State Innovation Model Test Grant; Office of the RI Health Insurance Commissioner
- Steering Committee: Social Enterprise Greenhouse, Health and Wellness Initiative, Providence RI

Service: University of Tennessee Chattanooga

- UTC Alpha Society Treasurer
- University Reorganization Committee, UTC
- NIH BRAD grant advisory board member, UTC
- UTC, Instructor, USTU 1250, First Year Learning Experience
- Student Health Nurse Practitioner search committee, UTC
- Chair, Director of Undergraduate Research search, UTC
- UTC Lupton Library Repurposing Committee
- UTC Student Health Services Committee
- UTC Director of Student Health search committee member
- UTC Faculty (EDO) Appeals Committee
- UTC Athletics-Academics Committee
- UTC ad-hoc Facilities Planning committee, Chair
- UTC Graduate Council

Service: North Dakota State University

- NDSU Faculty Senate Executive Council
- NDSU Dean's Executive Council
- NDSU Faculty senate member
- NDSU Major Advisor: Exercise Science majors club
- NDSU Peer Mentor Teaching Program: mentor and mentee
- NDSU Provost's Council for Enhancing Distance Learning
- NDSU University Assessment Committee
- NDSU Faculty Peer Mentor
- NDSU East Smart Play Hard, guest author
- NDSU Wallman Wellness Center Advisory Board
- American Heart Campus Walk Challenge, organizer, Fargo
- American Heart Walk, organizing volunteer, Fargo
- Cub Scout Health Fair, volunteer vendor, Fargo
- Nickelodeon Day of Play, volunteer vendor, Fargo
- Fargo-Moorhead YMCA Kids Day, volunteer vendor

Local Service

- Elected member, Chariho (RI) School Board, 2020-
- Volunteer, Chariho, (RI) Middle School, School Improvement Team, 2020-
- Volunteer, Chariho (RI) High School, School Improvement Team, 2019-
- Volunteer, Richmond (RI) Elementary, School Improvement Team, 2017-2019
- Normal Park (TN) Middle School volunteer softball coach, 2016
- Normal Park (TN) Middle School volunteer XC coach, 2014
- Normal Park (TN) School volunteer fundraiser, 2013-2016
- Chattanooga Walk for Life volunteer, 2014-15
- Meals on Wheels, Fargo ND, 2007-2009
- Fargo (ND) School District Science Fair judge, 2006-2009

Awards

- 2022 Named Distinguished Alum, East Stroudsburg University
- 2014 Elected to Alpha Society, UTC's premiere honor society
- 2012 Apple Polisher Honoree: Exceptional contributions to student experiences, NDSU
- 2011 Named Fellow of the American College of Sports Medicine
- 2010 NDSU College of Human Development, Graduate Student Mentor Award
- 2010 Apple Polisher Honoree: Exceptional contributions to student experiences, NDSU
- 2007 NDSU College of Human Development 'Emerging Researcher'
- 2005 Carnegie Foundation National "Professor of the Year" nominee, ND

- 2004 “Teacher of the Year”, Department of Health, Nutrition & Exercise Sciences, NDSU.
- 2004 Evelyn M. Lebedoff Never Stop Learning doctoral student scholarship, College of Human Development & Education, NDSU
- 2003 Evelyn M. Lebedoff Never Stop Learning doctoral student scholarship, College of Human Development & Education, NDSU
- 2003 Faculty Grant-in-Aid, College of Human Development & Education, NDSU, to support doctoral dissertation
- 2002 Youngstown State University, Undergraduate Research Day, First prize: Prompting stairway use with health promotion signage. Awarded to Anthony Candel, advisor: **G. Liguori**
- 2000 Mortar Board's University-wide "Advisor of the Year", Univ. of Wyoming, Laramie, WY
- 2000 “Excellence in Advising”, Center for Academic Advising, Univ. of Wyoming, Laramie, WY
- 1999 “Excellence in Advising”, Center for Academic Advising
- 1999 “Top Prof”, Mortar Board Society, University of Wyoming
- 1999 "Teaching Excellence Colloquium" Invitee, U. of Wyoming
- 1998 “Excellence in Advising”, Center for Academic Advising
- 1998 “Top Prof”, Mortar Board Society, University of Wyoming
- 1998 "UW Alumni Association/Wyoming Student Alumni Association's Outstanding Faculty Award" nominee
- 1997 “Tip of the Cap” Mortar Board Society, outstanding service to the student body, U. of Wyoming
- 1996 “Top Prof”, Mortar Board Society, University of Wyoming
- 1991-92 Athletic Scholarship/Team Captain - cross country/track, CMSU

Professional Memberships/Certifications

- **Certified Exercise Specialist**, *ACSM* Certification #518524
- **Advanced Cardiac Life Support**, *American Heart Association (AHA)*
- **Advanced Physical Fitness Specialist**, *Cooper Institute of Aerobics Research*
- **USA Track & Field**, certified Level One track and field coach
- **USA Track & Field**, certified track and field meet official