

Abbreviated Curriculum Vita, 7/07

BONITA L. MARKS, Ph.D., F.A.C.S.M.

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Research Interest Areas: Interaction between aging, exercise, and cognitive decline; impact of body composition on brain function; falls prevention; tennis sports physiology

EDUCATION / PROFESSIONAL TRAINING

- 4/30/04-4/29/06 Sr. Post-Doctoral NIH Research Fellowship, Center for the Study of Aging and Human Development, Dept. Psychiatry and the Behavioral Sciences, Duke University, NC, NIH-NIA Grant # AG000029-29.
Training Plan: Cognitive Neurosciences and Aging
- 8/1989-8/1990 Post-Doctoral Research Fellow, PGY-1, UMASS Medical Center, Div. of Cardiology, Exer. Physiology Lab, Worcester, MA
Research: Preserving fat free mass with diet and exercise in women.
- 1/1982-5/1989 Ph.D. Dept. of Health, Physical Education, and Recreation, University of Pittsburgh, Pittsburgh, PA,
Specialization: Exercise Physiology
Ph.D. Dissertation Title: *The effect of repeat measured doses of nicotine upon metabolic rate during rest and low level activity.*
- 8/1978-10/1979 M.A., Dept. of Movement Sciences, Columbia University, Teachers College, New York, NY,
Specialization: Applied Physiology
Master Degree Culminating Project: *Developing corporate fitness programs.*
- 6/1974-12/1977 B.S., Dept. of Health, Physical Education, and Recreation, University of Pittsburgh, Pittsburgh, PA,
Undergraduate Research Project: *Comparison of the forward dive front layout vs. forward somersault in novice and collegiate divers.*

HONORS / SCHOLARSHIP AWARDS

- 2006 AFAR-NYAS-GE Healthcare Neuroimaging Prize for Junior Investigators
2001 America's Registry of Outstanding Professionals
1997 Marquis' Who's Who Among the South and Southwest
1994 Fellow Status, American College of Sports Medicine
1992 National Reference Institute Who's Who Among Human Service Professionals
1987 Graduate Student Research Award for Dissertation, School of Education,
University of Pittsburgh, PA
1980 Outstanding Young Women of America Program
1978 Professional Development Incentive Award, Columbia University,
Teacher's College, New York, NY
1977 Graduated 'cum laude', University of Pittsburgh, PA
1969 Honorable Mention, Wire Sculpture, Home Builders Association Competition
Honorable Mention, Charcoal Drawing, Discus Thrower, Jr. Classical League

PROFESSIONAL CERTIFICATIONS

Exercise Specialist, American College of Sports Medicine, 1983-current
CPR and AED Certification, American Red Cross, 2002-current
NIH and CITI Biomedical Educational Training Certificates (current): UNC-CH, Duke
OSHA Laboratory Safety Training, UNC-CH (current)
HIPAA Certification: 2003-current

PROFESSIONAL MEMBERSHIPS

Cognitive Neuroscience Society, 2007-present
New York Academy of Sciences, 2006-present
Southern Gerontological Society, 2004-present
Society for Tennis Medicine and Science, 2003-present
United States Tennis Association, 2001-present
American Society on Aging, 1997-2001
Gerontological Society of America, 1994-present
Association for Worksite Health Promotion, 1993-96; 1999-2003 (dissolved)
National Strength and Conditioning Association, 1991-present
American Alliance for Health, Physical Education, Recreation, and Dance, 1976-present
American College of Sports Medicine, Fellow, 1977-present
Southeast ACSM (SEACSM), 1993-present
Mid Atlantic Regional Chapter of ACSM, (MARC) 1985-1993

PROFESSIONAL EXPERIENCE:

- 7/2007-Present UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL, NC
Position: Adjunct Associate Professor, Department of Allied Health Sciences, School of Medicine.
- 6/1999-Present UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL, NC
Position: Adjunct Research Associate Professor, Department of Emergency Medicine, School of Medicine 11/03 – 10/08.
Position: Adjunct Research Assistant Professor, Department of Emergency Medicine, School of Medicine, 6/99-10/03.
- 7/1996 – Present UNIVERSITY OF NORTH CAROLINA at CHAPEL HILL, NC
Position: Associate Professor, Tenured, Exercise Physiology, 7/02
Position: Assistant Professor, Tenure Track, 7/96-6/02
Director, Exercise Science Fitness Professional Track, 2006-present
Director, Exercise Science Teaching Laboratory, 1999-2004; 2006-present
- 8/1993 - 6/1996 FLORIDA ATLANTIC UNIVERSITY, Boca Raton and Davie, FL
Position: Assistant Professor, Tenure-Track, Exercise Science
Director, FAU-Well Program for Older Adults, Faculty, and Staff
- 9/1990-8/1993 EXERCISE CONSULTING SERVICES, Pittsburgh, PA
Position: Owner/Director
- 8/1988-8/1989 HEBREW REHABILITATION CENTER FOR AGED, Boston, MA
Position: Sr. Research Assoc.; Unexplained syncope and strength training
- 12/1985-8/1988 UNIVERSITY OF PITTSBURGH, Dept. of Behavioral Medicine, Western Psychiatric Institute and Clinic, Pittsburgh, PA,
Position: Senior Research Associate
- 1/1982-4/1983 UNIVERSITY OF PITTSBURGH, Physical Education and Allied Health Departments, Pittsburgh, Pa.
Positions: Graduate Assistant, Osteoporosis in Post-Menopausal Women; Exercise Supervisor, PEP Cardiac Rehabilitation Program
- 10/1979-12/1981 JEWISH COMMUNITY CENTER, Pittsburgh, PA
Position: Adult Fitness Coordinator
- 9/1978-6/1979 CARDIO-FITNESS SYSTEMS, New York, NY
Position: Exercise Physiologist, Corporate Internship

CONSULTANT

- Velocity Sports Performance Centers, Fitness consultant for new start-up in Raleigh, NC.
- Rodale Press, Fitness consultant to staff writers
- W.A.T.C.H. Project, (Wellness for African Americans Through Churches) Consultant for exercise video, P.I.: Lorna Houghton, UNC Public Health, UNC Lineberger Cancer Center, The American Cancer Society, African American Churches in North Carolina) 1999
- ACSM Health Fitness Instructor National Certification Exam at FAU, Davie Campus, 1993-95: Site coordinator, assistant site coordinator, examiner
- Seminole Tribe of Florida, Big Cypress Reservation in the Florida Everglades, Fitness evaluations for Ahfachkee Elementary School, Spring and Fall 1995.
- Mercy Hospital of Pittsburgh, Center for Aging, Dept. of Medicine, Training Research Assistants in Fall Assessments, 1992-1994.
- Adelphia Cable Communications, Coudersport, PA, 6-month Employee Fitness Challenge, January-June 1993.
- LifeFitness Corporation, Chicago, IL, 6-month Employee Fitness Challenge, 1992.
- LifeFitness Corporation, Chicago, IL, National Home Fitness Program Promotion, 1992.
- Exercise Consultant for Dr. James M. Rippe, Boston cardiologist, 1990-1996.
- Exercise Consultant for Patricia Amend, national fitness writer, 1990-1994.
- St. Margaret Memorial Hospital Medicenter Health Fairs, Body Composition, 1990-1992.
- Children's Hospital of Pittsburgh, Pulmonary Exercise Lab, Cystic Fibrosis Research, 1990-1991

TEACHING AND ADVISING

ACADEMIC COURSES TAUGHT: Undergraduate and graduate level exercise physiology; exercise prescription and testing in healthy and clinical populations; human physiology

UNC THESES : Primary Faculty Advisor

Undergraduate Honors Thesis:

- An Analysis of Energy Balance in Competitive Collegiate Tennis Athletes, E. Galleher, 2001
(Health Advocacy Research in Washington, DC)

Masters Theses and Student Career Placements

- Validation of a Falls Risk Evaluation Screening Tool, Karla Gravit (2007, in progress)
- The Relationship between Body Composition and Cognitive Function in Older Adults. Michael Babbitt (2007, in progress)
- Associations Among Physical Activity, Balance Confidence, and Fall Risk in Older Adults, T. Watson, 2003 (YMCA Exercise Physiologist, Kansas)
- Compliance to Exercise Following Discharge from a Cardiac Rehab Program, C. Smith, 2002 (Physician's Assistant in Connecticut)

- A Comparison of Performance Attributes in an NCAA Division I Baseball Team, G. Dyrw, 2001 (PhD, PT from Univ. of Miami, FL)
- The Relationship Between Dietary Folate Intake and Baseline Folate and Homocysteine Levels in Mild to Moderately Obese Individuals, S. Allen, 2001 (RD, Duke VA)
- The Effects of Environmental Tobacco Smoke and Physical Activity Status on Fibrinogen Levels in Healthy Adults, D. Crowe, 2000 (Ph.D., Cardiac Rehabilitation Program Director)
- The Effect of Distraction During Cycle Ergometry on Ratings of Perceived Exertion and Affect Scores in Overweight Individuals, L. Williams, 2000 (Health Promotion Specialist, CDC, Atlanta, GA)
- Exercise Participation, Self Efficacy, and Fear of Falling in Older Adults, D. Nunley, 2000 (Second Masters in Elementary Education/San Luis Obispo, CA)
- The Relationship between Physical Fitness in University Students and Demographic, Academic, and Attitudinal Factors, Paul Israel, 1999 (Fitness Specialist, Miami FL)
- Cerebral Blood Flow Responses to a Cognitive Challenge in an Older Population, Jamie Albo, 1999 (Coordinator of Health Education Programs, Meadowmont, UNC)
- The Reliability and Validity of the Tanita TBF-511 Body Fat Scale, J. Webb, 1998

CURRENT FUNDED RESEARCH

- Institute on Aging, Research Stimulus Grant, UNC-Chapel Hill, *Instrument Validation of a Falls Risk Home Self-Assessment Tool*
- University Research Council Award, UNC-Chapel Hill. *Fiber tractography*
- Biomedical Research Imaging Center (BRIC), UNC-Chapel Hill, *The role of recreational sport participation on cerebral white matter integrity in older adults*

INTERDISCIPLINARY RESEARCH COLLABORATION

Co-Investigator, *Walking in Elders: Metabolic and Biomechanical Contributions*. PI: Matthew J. Peterson, Ph.D., Durham VA Medical Center GeroFit and Duke Center for Aging, Duke University, Durham, NC.

EDITORIAL RESPONSIBILITIES

Journal Manuscript Reviewer

American Heart Journal
 Biology of Sport
 British Journal of Sports Medicine
 International Journal of Sports Medicine
 Journal of Applied Gerontology
 Medicine, Exercise, Nutrition, and Sport Journal
 Medicine & Science in Sports & Exercise Journal
 Medicine and Science in Tennis Journal
 Strategies Journal for Physical and Sport Educators
 The North Carolina Journal

Abstract Reviewer for National/Regional Conferences:

American College of Sports Medicine

Gerontological Society of America

Southeast American College of Sports Medicine

Newsletter:

The FAU-Well Walking Program Newsletter, Editor, FAU, Davie, Fl. 1994-1996.

PUBLICATIONS

Book

- **Marks, BL.** Taking Your Tennis on Tour: The Business, Science, and Reality of Going Pro. Racquet Tech Publishers, Vista. CA. (219 pages), 2006. ISBN: 0-9722759-6-7

Book Contributor

- General Overview of Pre-participation Health Screening and Risk Assessment, ACSM Resource Manual, 7th Edition (Invited update of existing 6th Ed. chapter; First draft in submission)
- Exercise Programming and Metabolic Information in: The Exercise Exchange Program, Author: James M. Rippe, M.D., Simon and Schuster: New York. 1992, pp 157-171

Invited Book Chapters and Conference Proceedings

- **Marks, BL,** Peterson, M, Shipp K. *Strength training strategies for individuals with osteoporosis.* (45 pages). In: Innovative Muscular Strength, Power, and Endurance Training. (A. Swank, Ed), Thomson Delmar Learning Publishers, 320 pages, (in press)
- **Marks, BL,** Madden DJ, Bucur B, Provenzale JM, White LE, Cabeza R, Huettel, SA. *Role of aerobic fitness and aging on cerebral white matter integrity.* In: Imaging and the Aging Brain, Annals of the New York Academy of Science, 1097:171-174, 2007.
- **Marks, BL,** Angelopoulos, T, Shields, E, Katz, LM, Hylton S, Larson, R, Wingo J. *The effect of a new sports drink on fatigue factors in competitive tennis.* **R** 2004, Science and Racket Sports III, (A Lees, JF Kahn, LW Maynard Eds.), Routledge Press, UK,pp 9-14
- **Marks, BL,** Moore, T, Angelopoulos TJ, Galleher, E, Katz, LM. *Nutrition and hydration profile of male competitive tennis athletes,* in: Tennis Science & Technology 2, S Miller, Ed., International Tennis Federation, Webcom Ltd:Canada, , 2003, pp 261-270. **R**
- **Marks, BL.** *Smoking and Chronic Diseases.* In: ACSM Resource Manual, 4th Edition, Lippincott, Williams, & Wilkins: Philadelphia. 2001, pp 41-46. **R**

Invited Book Essays

- **Marks, BL** In The News: In-Home Medical Testing, Magill's Medical Guide, 3rd Revised Edition. 2004, Salem Press, p 1478
- **Marks, BL**. In The News: Dietary Supplement Crackdowns By The FDA, Magill's Medical Guide, 2004, Salem Press, p 2490
- **Marks, BL**. Hyperventilation. Magill's Medical Guide, 3rd Revised Edition, Salem Press, 2004, pp 1326-27
- **Marks, BL**. Rotator Cuff Surgery. Magill's Medical Guide, 3rd Revised Edition, 2004, Salem Press, 2248-49
- **Marks, BL**. Exercise and Fitness, Aging, Salem Press:Pasadena, 2000, Vol. I, pp 257-264.
- **Marks, BL**. Sarcopenia, Aging, Salem Press: Pasedena , 2000, Vol. II, pp 663-665.
- **Marks, BL**. Sports Participation, Aging, Salem Press:Pasadena, 2000, Vol. II, pp 712-715.

Book Reviews:

- 2007 Powers S. & Howley E. *Exercise Physiology*, 6th Edition, McGraw Hill Publisher
- 2001 Task force for Benjamin Cummings Textbook Development/Exercise Physiology
- 1998 Aspen Book Publications: *Sports Cardiology (Proposal Draft)*
- 1996 Human Kinetic Book Publishers: Howley & Franks, *Health Fitness Instructor Handbook*, 2nd Edition
- 1991 Lea & Febinger: *ACSM Guidelines for Exercise Testing and Prescription*, 4th Edition
Medicine and Science in Sports and Exercise, 23:1215, 1991

Book Chapter Review

- 2006 Kraemer W. and Fleck S. *Exercise Physiology: Integrated from Theory to Practical Applications*. Chapter: Muscular Strength. Lippincott, Williams & Wilkins Publishers (new textbook in press)

Audio-Visual Review

- 2004 Active Aging and Self-Esteem, VideoTape, More than Skin Deep. Gerontologist, 2004; 44: 725-726.

Refereed Articles (R)

- Pluim BM, Staal JB, **Marks BL**, Miller S., Miley D. Health benefits of tennis. British Journal of Sports Medicine (14 pages; Accepted 4/30/06; on-line first) **R**
- **Marks, BL**. Health benefits for veteran tennis players. British Journal of Sports Medicine 40(5):469-476, 2006. **R**

- **Marks, BL**, Galleher, EW, Moore, T, Katz, LM. Energy Balance Monitoring in Tennis Players, Medicine and Science in Tennis Journal , 8(3): 8-9, 2003. **R**
- **Marks, BL**. Cognitive function: its relationship with functional status, fitness, vascular and cerebral blood flow. Topics in Geriatric Rehabilitation. 17(4):36-44, 2002 **R**
- **Marks, BL**. Physiologic responses to exercise in older women. Topics in Geriatric Rehabilitation, 19(1):9-20, 2002 **R**
- Utter, AC, Scott, JR, Opplinger, RA, Visich, PS, Goss, FL, **Marks, BL**, Nieman, DC. A comparison of leg-to-leg bioelectrical impedance and skinfolds in assessing body fat in collegiate wrestlers . Journal of Strength and Conditioning, 15(2): 157-160 **R** 2001
- **Marks, BL**, and Lightfoot, JT. Reproducibility of resting heart rate variability with short sampling periods. Can. J. Appl. Physiol., 1999, 24:337-348. **R**
- **Marks, BL**, Lightfoot, JT, Torok, DJ. A comparison of body fat estimates obtained at health fitness screenings. AWHP's Worksite Health Fall 1999, pp 27-32. **R**
- **Marks, BL**, Katz, LM, Haky, J, Foss, WM, Torok, D. Cardiopulmonary response to a 2% aminophylline based thigh reducing cream , Int. J. Obesity, 1999, 23:198-202 **R**
- **Marks, BL**. What's Your Racquet for Fitness? North Carolina Journal, 1998. 34(2):22-24. **R**
- Haky, JE, Foss, WM, **Marks, BL**. Analysis of aminophylline in thigh cream formulations by high performance liquid chromatography. Journal of Liquid Chromatography & Related Technologies , 1997, 20:2399-2414 **R**
- **Marks, BL** and Rippe, JM. Can employees successfully manage their own fitness program. American Journal of Health Promotion , May/June, 1997, 11(5):375-378. **R**
- **Marks, BL** and Rippe, JM. The importance of fat free mass maintenance in weight loss programmes. Sports Medicine, 1996, 22(5):273-281 **R**
- **Marks, BL**, Ward, A, Morris, D, Castellani, J, Rippe, JM. Fat-free mass is preserved in women following a diet and exercise program. Medicine and Science in Sports and Exercise, 1995, 27:1243-1251. **R**
- **Marks, BL**, Perkins, KA, Metz, KF, Epstein, LH, Robertson, RJ, Goss, FL. Effects of smoking status on content for caloric intake and energy expenditure. International Journal of Eating Disorders, 1991, 10:441-449. **R (Dissertation)**
- **Marks, BL**, Perkins, KA. The effects of nicotine on metabolic rate. Sports Medicine, 1990, 10:277-285. **R (Dissertation)**
- Lipsitz, LA, Jonsson, PV, **Marks, BL**, Parker, JA, Royal, HD, Wei, JY. Reduced supine cardiac volumes and diastolic filling rates in elderly patients with chronic medical conditions: implications for postural blood pressure homeostasis. Journal of the American Geriatric Society, 1990. 39:103-107. **R**
- Perkins, KA, Epstein, LH, Stiller, RL, Sexton, JE, **Marks, BL**, Jacob, RG. The cardiovascular effects of nicotine during physical activity following meal consumption. Clinical and Experimental Pharmacology and Physiology, 1990, 17:327-334. **R**
- Perkins, KA, Epstein, LH, **Marks, BL**, Stiller, RL, Jacob, RG. The effect of nicotine on energy expenditure during light physical activity. New England Journal of Medicine, 1989, 320:898-903. **R (Dissertation)**

- Perkins, KA, Epstein, LH, Stiller, RL, **Marks, BL**, Jacob, RG. Acute effects of nicotine on resting metabolic rate on cigarette smokers. American Journal of Clinical Nutrition, 1989, 50:545-550. **R**
- Perkins, KA, Epstein, LH, Stiller, RL, **Marks, BL**, Jacob, RG. Chronic and acute tolerance to the heart rate effect of nicotine. Psychopharmacology, 1989, 97:529-534. **R**
- Epstein, LH, Wing, RR, Cluss, P, Fernstrom, MH, Penner, B, Perkins, KA, Nudelman, S, **Marks, BL**, Valoski, A. Resting metabolic rate in lean and obese children: relationship to child and parent weight and overweight change. American Journal of Clinical Nutrition, 1989, 49:331-336. **R**
- Epstein, LH, Valoski, A, Wing, RR, Perkins, KA, Fernstrom, MH, **Marks, BL**, McCurley, J. Perception of eating and exercise in children as a function of child and parent weight status. Appetite, 1989, 12:105-118. **R**
- Epstein, LH, Wagner, J, Nudelman, S, **Marks, BL**. The stability of resting metabolic rate and diet-induced thermogenesis in children. Journal of Psychopathology and Behavioral Assessment, 1987, 9:423-428. **R**
- LaPorte, R, Sandler, R, Cauley, J, Link, M, Bayles, C, **Marks, B**. The assessment of physical activity in older women: analysis of the interrelationship and reliability of activity monitoring, activity surveys, and caloric intake. Journal of Gerontology, 1983, 38:394-397. **R**

Other Articles

- **Marks, BL**. Do Calories Really Matter? Part 3: Determining a realistic weight. Tennis Pro Magazine. The International Magazine of the Professional Tennis Registry (PTR) Tennis Teachers and Coaches. Nov/Dec 2006. pp 7-9.
- **Marks, BL**. La Calorias de Verdad Cuentan? Parte 3 – Determinar un peso realista. Tennis Pro, Spanish Edition, Nov/Dec. 2006, pp 1-3.
- **Marks, BL**. Do Calories Really Matter? Part Two: Energy Expenditure. Tennis Pro Magazine. The International Magazine of PTR Tennis Teachers and Coaches. Sept/Oct. 2006, pp 23-25.
- **Marks BL**. La Calorias de Verdad Cuentan? Parte 2 – Medir el Gastro de Energia. Tennis Pro, Spanish Edition, Sept/Oct.2006 pp 9-11.
- **Marks, BL**. Do Calories Really Matter? Part One: Nutrition. Tennis Pro Magazine. The International Magazine of PTR Tennis Teachers and Coaches. July/August 2006 pp 7-9
- **Marks, BL**. La Calorias de Verdad Cuentan? Parte 1 – Ingestion de Energia. Tennis Pro , Spanish Edition, July/August 2006, pp 1-3
- **Marks, BL**. Optimizing Your Tennis Performance with Cross-Training. Tennis Pro Magazine. The International Magazine of PTR Tennis Teachers and Coaches. Sept/Oct. 2005, pp 20-23

Invited CD-ROM, On-Line, and Print Edition Essays

- **Marks, B.L.** Blood Doping. World-Book Encyclopedias, Chicago, IL., 2003
- **Marks, B.L.** Homocysteine World-Book Encyclopedias, Chicago, IL, 2002

- **Marks, B.L.** Folic Acid. World-Book Encyclopedias, Chicago, IL, 2002
- **Marks, B.L.** Cellulite, World-Book Encyclopedias, Chicago, IL, 2000
- **Marks, B.L.** Liposuction, World-Book Encyclopedias, Chicago, IL, 2000

Consultative Reports:

- A Review of Recumbent and Semi-Recumbent Cycle Ergometry. 40-Page Report, Commissioned by Life Fitness Corporation and Human Performance Resources, 1992.
- The Health and Fitness Benefits of Racquet Sports. 80-Page Report, Commissioned by the Sporting Goods Manufacturers Association, Racquet Sports Committee, & Human Performance Resources, 1992.

Freelance Writing

- *Allure Magazine*, Fitness News, Bimonthly Column (June, Aug, Oct, Dec 2001).
- *The Squirrel Hill Gazette Newspaper*, , Pittsburgh, PA
 “Hot or Cold, Run the Great Race Safely”, 1(4):12, September 1992.
 “Reducing Fall Risk in the Elderly”, 1(6):13, November 1992.

Website Writing:

- www.protennis.us, “Ask a Doc” feature write-in column, 2007-current
- www.luxilon.com, “Ask a Doc” featured write-in column, 2006-current
- www.tennis.info, “Ask a Doc” featured write-in column, 2003-current
- www.tennis.info, “Hydration 101”. August 2003
- www.tennis4you.com, *It’s Hot, Drink Up!* July 2002

Selected Abstracts: Presentations and Publications

- **Marks BL**, Katz LM, Smith JK, Styner M, Robertson K, Shields E, Guskiewicz K. Role of recreational sport participation on cerebral white matter integrity in older adults. Annual Radiology-BRIC Symposium, University of North Carolina at Chapel Hill, May 10, 2007.
- **Marks, BL**, Madden DJ, Bucur B, Provenzale JM, White LE, Cabeza R, Huettel, SA. Role of aerobic fitness and aging on cerebral white matter integrity. New York Academy of Sciences, Conference on Imaging and the Aging Brain, May 16-17, 2006. (Poster & Oral)
- **Marks, BL**, Galleher EW, Senga M, Katz LM. Physical Performance Profiling: U.S. College Tennis Athletes versus Australian International Scholarship (AIS) Athletes. Medicine and Science in Tennis. 9(1):8, April 2004.
- **Marks, BL**, Moore, T, Angelopoulos TJ, Galleher, E, Katz, LM. Nutrition and hydration profile of male competitive tennis athletes. (2nd International Congress on Tennis Science and Technology, London, England July 28-30, 2003).

- **Marks, BL**, Angelopoulos, T, Shields, E, Katz, LM, Hylton S, Larson, R, Wingo J. The effect of a new sports drink on fatigue factors in competitive tennis. (3rd World Congress of Science and Racket Sports, National Institute of Sport, Paris, France, May 17-19, 2003
- **Marks, BL**, Galleher, EW, Allen, C, Senga, M, Katz, LM, Moore, T. Physiological Profile of College Tennis Players. ACSM, 2002 Conference, St. Louis, MSSE, 34(5)Suppl, S198. 2002.
- Galleher EW, **Marks BL**, Katz LM, Moore, T. An analysis of energy requirements in competitive collegiate tennis athletes. ACSM, 2002 Conference, St. Louis, MSSE, 34(5)Suppl, S24. 2002.
- **Marks, BL**, Katz, LM, Nunley, DC, Neelon, V, Daniel, P. Cerebral blood flow and cognitive function is maintained in aerobically active older adults. Circulation, Suppl, 102(18): II-875, Oct 31, 2000.
- **Marks, BL**, Katz, LM, Neelon, V, Daniel, P., Culmer, D., Nunley, D. Cerebral blood flow responses in healthy elderly. ACSM 47th Annual Meeting, May 31 – June 3, 2000, Indianapolis, IN (MSSE May Suppl, 2000).
- **Marks, B**, Katz, L, Daniel, P, Albo, J, Bruck, A. Relationships between cerebral blood flow, functional status, and leisure time energy expenditure in older adults. AAHPERD 2000 National Convention, March 21-25, 2000, Orlando, FL. Research Quarterly for Exercise and Sport, 71(1, Suppl):A-31, March 2000.
- Nunley, D. **Marks, B.**, Ashley, M., Shields, E. Relationship between physical activity, self efficiency, and fear of falling. AAHPERD 2000 National Convention, March 21-25, 2000, Orlando Fl. Research Quarterly for Exercise and Sport, 71(1, Suppl):A-109, March 2000.
- **Marks, B**, Katz, L, Neelon, V, Albo, J., Carlson, B. Effects of a cognitive and physical challenge on cerebral blood flow. The Gerontologist, 39 (Special Issue):415, October 1999.
- Neelon, V, Carlson, B, **Marks, B**, Katz, L, Albo, J. Dual cerebral oximetry evaluation of cognitive and physical challenge in older adults. The Gerontologist, (Spec.Is.)39:242, 1999.
- **Marks, BL**, Katz, LM, Brown, DL, D'Angelo, A. Psychophysiological efficacy of fat reduction due to topical application of a 2% aminophylline thigh cream. Medicine and Science in Sports and Exercise, 31:S218. 1997.

LECTURES

Invited Talks:

- Arizona State University, Polytechnic Campus, Mesa, AZ, Dept. of Exercise and Wellness,
Topic: Exploring Relationships Between Physical Activity, the Brain, and the Aging Process, Mon., Feb. 27, 2006
- Professional Tennis Registry (PTR) International Tennis Symposium, Hilton Head, SC
Topic: The Calorie Counting Game, Wed, Feb. 23, 2005
- Professional Tennis Registry (PTR) International Tennis Symposium, Hilton Head, SC
Topic: Optimize On Court Performance with Cross Training, Thur., Feb. 24, 2005
- 4th Annual John & Jane Corey Tennis Celebration, UNC Faculty Club "Farm", Oct 21, 2001
Topic: The Importance of Hydration
- Greater NY Regional ACSM Conference, Hunter College, New York, 1992 City, 1992
Opening Speaker, Topic: Healthy People 2000

Symposiums:

- North Carolina Conference on Aging, Durham, NC, Oct. 26, 2006
Symposium Organizer and Participant: *Exercise and You: Perfect Together*
BL Marks, PhD, UNC: *Healthy Heart, Healthy Brain*;
-Participants: CL Battaglini, PhD, UNC-CH,
MJ Peterson, PhD, Duke-VA Hospital, GeroFit Program, Durham, NC.
- S.E. Regional ACSM Annual Conference, Lexington, KY. 1995.
Symposium Participant: “Practical Considerations in the Application of Weight Management Program”, Topic: *Difficulties in Obesity Research*

Tutorials:

S.E. American College of Sports Medicine, Annual Conferences

- Cerebral Blood Flow Measurement in the Elderly (Jan 2002 Atlanta)
- Fall-Proofing Older Adults: Risk Reduction Guidelines, Charlotte, NC, January 2000
- Thin Thighs or Thin Wallet? The Facts About Aminophylline-Based Thigh Reducing Creams, Norfolk, VA, February 1999
- The Significance of Exercise Through the Ages: Childhood Through Senescence, Norfolk, VA, February 1999 (Physiological: McMurray; Physical Activity: Marks)
- The Use of Heart Rate Variability to Assess Resting Autonomic Function, Atlanta Ga, January 1997

Mid Atlantic Regional American College of Sports Medicine Annual Conference

- The ACSM and HP 2000, Univ. of Delaware, March 1993.

Medical Conferences:

- *Duke University, Center for Aging Post-Doctoral Seminars*
Topic: Role of Aerobic Fitness on Brain Structure in Young and Old. April 2006.
Topic: Impact of Exercise on Cognition in Healthy Aged. June 2005.
- *Mercy Hospital of Pittsburgh, PA, Geriatric Conference*
Topic: Falls in the Elderly, Spring, 1993.
Topic: Unexplained Syncope, Fall, 1992

Community Lectures:

- Carrboro Senior Center, N.C.
Topic: The Importance of Exercise, Sept. 21, 1998
- YMCA of Durham, NC, Sept. 16, 1998,
Topic: Beginning a Fitness Program
- Carolina Meadows Retirement Village,
Topic: Falls Awareness, April 17, 1998.

- Chapel Hill Senior Center, N.C.
Topic: Falls Awareness. June 17, 1998.
- Carol Woods Retirement Home, Chapel Hill, NC.
Topic: Falls Prevention, April 18, 1997.
- Hollywood South Beach Community Center, FL
Topic: Healthy People 2000 Implementing for Yourself, January 1996
- United Way of Pittsburgh, 5-Lecture Series for the Community,
Topic: Exercise for the Elderly Population, 5 Pittsburgh Sr. Citizen Centers, 1982.
- Pittsburgh Diet Workshop, Pittsburgh, PA
Topic: Exercise and Dieting, 1982.

COMMUNITY SERVICE

- North Carolina Healthy Aging Network (HAN), Community Advisory Board, 2000-present
- Board Member, Orange Cardiovascular Foundation , 1996-2005 (dissolved)
- La Fiesta del Pueblo: distributed bilingual fall prevention booklet, Chapel Hill, 7/99
- Distribution of (free) Falls Prevention Booklet to Senior Citizen Centers in S. FL, 1996
- Coordinated American Heart Association's HeartScore '95 at FAU, 1995.
- Organized health fitness booth at Pittsburgh Great Race and Health Fair Expo, 1991-1993.
- Developed The Greater Pittsburgh Council for Health, Fitness, and Sports per the directive of the PA Governor's Council on Physical Fitness and Sports, 1992.
- American Heart Association, W. PA, CPR Instructor, 1977-1988.
- Jerry Lewis Telethon, 1982

MEDIA INTERVIEWS (samples)

Television and Radio:

- *Topic: Aminophylline-Based Thigh Reducing Creams*, 1999 - WSNM Radio New Hampshire Talk Show, Health Scout Internet, WPTS Raleigh News, Consumer Line Minneapolis Radio News, Boston Globe Radio Talk Show, SCSN News, MEDSTAR Source, Reuters Newswire.
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