

**College of Health and Human Development
Faculty Research Themes**

Physical Fitness

John Dattilo

**Professor and Department Head
Recreation, Park and Tourism**

Email Address: **jxd8@psu.edu**

Research Interests

Leisure perceptions of adults who use augmentative and alternative communication systems, effects of computerized leisure education on social skills, shared leisure of couples with chronic disabling conditions, leisure education and fitness for older adults.

Danielle Symons Downs

**Assistant Professor
Kinesiology**

Email Address: **DSD11@PSU.EDU**

Research Interests

Psychosocial determinants of exercise (age, gender, race), application of theoretical models to exercise (theory of planned behavior, transtheoretical model), exercise dependence, body image.

Steriani Elavsky

**Assistant Professor
Kinesiology**

Email Address: **sxe16@psu.edu**

Research Interests

Physical activity, psychological function, and aging, physical activity effects on psychological well-being, mental health and quality of life outcomes in middle-aged and older adults, menopause, psychosocial determinants of physical activity behavior.

George Graham

**Professor
Kinesiology**

Email Address: **GMG17@PSU.EDU**

Research Interests

Physical education pedagogy.

W. Larry Kenney

**Professor
Kinesiology**

Email Address: **W7K@PSU.EDU**

Research Interests

Environmental and exercise physiology, particularly human thermoregulation; skin blood flow; the biophysics of heat exchange.

James Pawelczyk

**Associate Professor
Kinesiology**

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Research Interests

Neural control of the circulation, particularly skeletal muscle blood flow, as it is affected by exercise or spaceflight.

Nancy Williams

**Associate Professor
Kinesiology**

Email Address: **NIW1@PSU.EDU**

Research Interests

Exercise physiology, mechanisms of metabolic modulation of reproductive function in males and females, neuroendocrinology, clinical issues pertaining to women's health and reproductive status, i.e., amenorrhea, eating disorders, and bone demineralization.

Vladimir Zatsiorsky

**Professor
Kinesiology**

Email Address: **VXZ1@PSU.EDU**

Research Interests

Sport biomechanics and conditioning of athletes. Biomechanical basis of motor control, in particular biomechanics of standing posture and force sharing between individual muscle groups, maximal muscular power in burst-like activities, RI study of lumbar vertebrae under mechanical load, application of wavelets in human biomechanics, science of training athletes, especially strength training.