
PANTELEIMON EKKEKAKIS

CURRICULUM VITAE

(updated September 1, 2009)

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EDUCATION

- 1996-2000 Doctor of Philosophy (Kinesiology), Department of Kinesiology, University of Illinois at Urbana-Champaign, Urbana, Illinois, USA. Dissertation title: "*A dose-response investigation of patterns and correlates of affective responses to acute exercise: The dual mode hypothesis*". Committee: Steven J. Petruzzello (main advisor), Edward McAuley, Richard A. Washburn, Wendy Heller. Dissertation Abstracts International, Section A: Humanities and Social Sciences, May 2001, Vol. 61 (10-A): 3938. UMI number: 9989986.
- 1993-1996 Master of Science (Kinesiology), Department of Kinesiology, Kansas State University, Manhattan, Kansas, USA. Thesis title: "*The development of an affect scale based on the circumplex model*". Committee: David A. Dzewaltowski (main advisor), Edmund O. Acevedo, Timothy I. Musch.
- 1987-1992 Bachelor of Science (Physical Education and Sport Science), Department of Physical Education and Sport Science, University of Athens, Athens, Greece.
- 1990-1991 Exchange student, School of Human Movement Studies, Faculty of Medicine, University of Liverpool, Liverpool, United Kingdom.

ACADEMIC HONORS AND AWARDS

- 2009 Guest editor, Special section of the journal *Psychology of Sport and Exercise* on "Affective responses to exercise"
- 2007- Honorary University Fellow, School of Sport and Health Sciences, University of Exeter, United Kingdom
- 2006 Iowa State University Award for Early Achievement in Research
- 2005 Fellow of the American College of Sports Medicine (FACSM)
- 2005 Foreign Travel Grant, Faculty Senate Committee on Recognition and Development, Iowa State University (to present research at the 2005 World Congress of the International Society of Sport Psychology in Sydney, Australia)
- 2005, Nominated for the North American Society for the Psychology of Sport and Physical
2006 Activity (NASPSPA) "Early Career Distinguished Scholar Award."
- 2004 Iowa State University, College of Education, "VEISHA Faculty Member of the Year" (nominated and selected by students)
- 2003 Iowa State University, Office of the Provost, Big XII Faculty Fellowship

- 2003 Iowa State University, Department of Health and Human Performance nominee for the "Iowa State University Foundation Award for Early Achievement in Research"
- 2003 Iowa State University, College of Education "Outstanding Early Research Commendation"
- 2003 Biddle Young Scholar Lecture in Exercise Psychology, Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC; European Federation for the Psychology of Sport and Physical Activity). July 26, 2003, Copenhagen, Denmark
- 2000 Graduate Student Research Award in Sport and Exercise Psychology, North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
- 2000 Roger Morse Outstanding Graduate Student Award, Department of Kinesiology, University of Illinois at Urbana-Champaign
- 2000 On-Campus Dissertation Research Grant, Graduate College, University of Illinois at Urbana-Champaign
- 1999 Robert L. Sprague Graduate Student Award, College of Applied Life Studies, University of Illinois at Urbana-Champaign
- 1999 Travel award from the University of Wisconsin Health Emotions Research Institute to attend the 5th Annual Wisconsin Symposium on Emotion in Madison, Wisconsin
- 1998 T.K. Cureton Physical Fitness Research Award, Department of Kinesiology, University of Illinois at Urbana-Champaign
- 1990 Erasmus scholarship from the European Union for 9-month study at the University of Liverpool, Great Britain

PROFESSIONAL EXPERIENCE

- 2006-present Associate professor of exercise psychology, Department of Kinesiology, Iowa State University. Duties: teaching undergraduate and graduate courses in exercise psychology (40%), research (40%), service (20%).
- 2000-2006 Assistant professor of exercise and sport psychology, Department of Health and Human Performance, Iowa State University. Duties: teaching undergraduate and graduate courses in exercise and sport psychology (40%), research (40%), service (20%).
- 1996-2000 Graduate assistant, Department of Kinesiology, University of Illinois at Urbana-Champaign. Duties: World-wide web programming and computer network administration.

- 1997 (summer) Graduate assistant and Graduate Research Assistant, Department of Kinesiology, University of Illinois at Urbana-Champaign. Research area: Exercise psychophysiology (EEG, maximal exercise testing).
- 1996 (spring) Graduate teaching assistant, Department of Kinesiology, University of Illinois at Urbana-Champaign. Laboratory taught: Social and psychological foundations of sport and physical activity (undergraduate level).
- 1995 (fall) Graduate research assistant, Department of Kinesiology, Kansas State University. Research area: Exercise psychology, fitness promotion involving high-school and college students.
- 1994, '95 (summer) Graduate research assistant, Department of Kinesiology, Kansas State University. Funded by Easton Aluminum. Research area: Sport psychology, interdisciplinary work with sport biomechanists.
- 1993-1995 Graduate teaching assistant, Department of Kinesiology, Kansas State University. Courses taught: Introduction to Kinesiology, Swimming, Team Sports (undergraduate level); Laboratory taught: Fitness promotion (advanced undergraduate and graduate level).
- 1992-1993 Teaching assistant, Department of Physical Education and Sport Science, University of Athens. Laboratory taught: Motor behavior.
- 1988-1993 Research assistant, Department of Physical Education and Sport Science, University of Athens. Research area: Sport psychology.

TEACHING EXPERIENCE (COURSES DEVELOPED AND TAUGHT)

- EX SP 365 "Sport Psychology."** Undergraduate course. Psychological factors that influence performance in sport settings. The influence of personality, anxiety, motivation, social factors, and psychological skills training.
- EX SP 366 "Exercise Psychology."** Undergraduate course. Psychological theories for understanding and predicting health-oriented exercise behavior. Psychological and psychobiological responses to exercise. Psychological interventions for increasing exercise participation and adherence rates.

- EX SP 467** **"Exercise Psychology: Clinical Applications and Interventions."** Dual-listed
EX SP 567 (advanced-undergraduate and graduate) course. Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools, and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations.
- EX SP 521** **"Advanced Topics in Exercise and Sport Psychology."** Graduate course. Aspects of psychology that form a basis for understanding and explaining behavior in the contexts of exercise and sport. Emphasis on evaluating published research, particularly theory and research methodology.

GRADUATE STUDENT SUPERVISION

- Gavin Tempest, Ph.D., University of Exeter (2008-present), co-major professor
- Erik Lind, Ph.D., Iowa State University (2002-2008), major professor. First appointment: Assistant Professor, Department of Physical Education, State University of New York (SUNY) College at Oneonta.
- Jennifer E. Lee, Ph.D., University of Iowa (2006-present), committee member
- Susan Lee Coates, Ph.D., Iowa State University (2002-2008), committee member
- Jenny Smith, M.S., Iowa State University (2006-2009), committee member
- Christy Reed, M.S., Iowa State University (2006-2007), committee member
- Megan Elizabeth Holmes, M.S., Iowa State University (2005-2006), committee member
- Elizabeth Byrne, M.S., University of Toronto (2005-2006), committee member
- Emily S. Decker, M.S., Iowa State University (2007-present), major professor
- Nathan Pick, M.S., Iowa State University (2007-2008), committee member

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine (Fellow)
- North American Society for the Psychology of Sport and Physical Activity

EDITOR / REVIEWER FOR ACADEMIC JOURNALS AND PUBLISHERS

1. *Research Quarterly for Exercise and Sport* (associate editor, psychology section)
2. *Psychology of Sport and Exercise* (member of the Editorial Board)
3. *Journal of Sport and Exercise Psychology* (member of the Editorial Board)
4. *Mental Health and Physical Activity* (member of the Editorial Board)
5. *International Journal of Sport Psychology*
6. *The Sport Psychologist*

7. *Journal of Applied Sport Psychology*
8. *Health Psychology*
9. *British Journal of Health Psychology*
10. *Psychology and Health*
11. *Journal of Health Psychology*
12. *Journal of Psychosomatic Research*
13. *Annals of Behavioral Medicine*
14. *Journal of Behavioral Medicine*
15. *Journal of Applied Social Psychology*
16. *Preventive Medicine*
17. *Health Education and Behavior*
18. *Perceptual and Motor Skills*
19. *International Journal of Behavioral Nutrition and Physical Activity*
20. *Journal of Physical Activity and Health*
21. *Medicine and Science in Sports and Exercise*
22. *British Journal of Sports Medicine*
23. *Scandinavian Journal of Medicine and Science in Sports*
24. *International Journal of Sports Medicine*
25. *European Journal of Applied Physiology*
26. *Journal of Sports Sciences*
27. *Pediatric Exercise Science*
28. *Applied Physiology, Nutrition, and Metabolism*
29. *Clinical Physiology and Functional Imaging*
30. *Archives of Physical Medicine and Rehabilitation*
31. *Physiology and Behavior*
32. *Hormones and Behavior*
33. *Psychophysiology*
34. *Biological Psychology*
35. *International Journal of Psychophysiology*
36. *American Journal of Psychology*
37. *Scandinavian Journal of Psychology*
38. *Motivation and Emotion*
39. *Psychology and Psychotherapy*
40. *Psychopharmacology*
41. *Appetite*
42. *Psycho-oncology*
43. *Holcomb and Hathaway, Publishers (Scottsdale, AZ)*

REVIEWER FOR GRANTING AGENCIES

1. Economic and Social Research Council (ESRC), United Kingdom, 2006
2. Medical Research Council (MRC), United Kingdom, 2009 (request declined due to

- conflict of interest)
3. National Institute on Drug Abuse, Special Emphasis Panel ZDA1 GXM-A (5), "Interactions between Physical Activity and Drug Abuse (R01 AND R03)", June 2-3, 2009, Washington, DC.

GRANT APPLICATIONS

- 2008 "Neural basis of affective responses to physical activity: Theory development and a first look through functional Magnetic Resonance Imaging (fMRI)" (Co-investigator with Dr Gaynor Parfitt of the University of Exeter and Dr Richard D. Wise of Cardiff University). Submitted to the United Kingdom's Medical Research Council (MRC). Requested GBP100,000 (Direct costs). Pending.
- 2008 "The role of the affect heuristic in the decision to engage in physical activity behavior" (Co-investigator with Dr Amy S. Welch). Submitted to the United States Department of Agriculture (USDA) as a subcontract of 2008-34115-19372 ("Human Nutrition, IA", \$447,253). Requested \$30,000 for Year 1, \$50,000 for Year 2. **Funded**.
- 2008 "Impact of vigorous interval exercise on affective responses in normal weight and obese adults"(Paid Consultant; Marcus Kilpatrick, PI). Submitted to the American Heart Association. Not funded.
- 2007 "Taking a first peek into the frontal cortex during exercise using near infrared spectroscopy: A comparison of the transient hypofrontality and dual-mode theories" (Co-investigator with Dr Amy S. Welch). Submitted to the Iowa State University College of Human Sciences as a Seed Grant. Requested \$4,000. **Funded**.
- 2007 "PREPARE: Progressive Resistance Exercise to Promote Activity in Rural Elderly" (Co-investigator with Drs Franke, Kohut, Martin, and Russell). Submitted to the National Institute of Aging. Requested \$275,000 (Direct costs). Not funded.
- 2007 "Clinical gait assessment program" (Co-investigator with Drs Smiley-Oyen, Derrick, Gillette, and Franke). Submitted to the Iowa State University, College of Human Sciences Entrepreneurial Initiatives program. Requested \$45,000. **Funded**.
- 2006 "Concept: Stress, cytokines and heart disease in police" (Co-investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institute for Occupational Safety and Health and Centers for Disease Control and Prevention. Requested \$196,987 (Direct costs). **Funded**, R21 OH008270.
- 2005 "Latino college student physical activity and eating patterns" (Paid Consultant; Xiaofen Keating, PI). Submitted to the National Institute of General Medical Sciences in response to PAR-04-001 ("MBRS Support of Continuous Research Excellence, SCORE"). Not funded.

- 2005 "Stress, mediators of inflammation, and law enforcement" (Co-Investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institutes of Health in response to PA 05-027 ("Research on mind-body interactions and health"). Requested \$1,100,000. Not funded.
- 2004 "Physical activity intensity, affect, and adherence" (Principal Investigator). Submitted to the National Cancer Institute in response to RFA CA-04-009 ("Mechanisms of physical activity behavior change"). Requested \$200,000 (direct costs). Not funded.
- 2003 "Inflammatory mediators and stress in cardiovascular disease" (Co-Investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institutes of Health, Office of Behavioral and Social Sciences Research, in response to RFA OD-03-008 ("Research on mind-body interactions and health"). Requested \$300,000 (direct costs). Not funded.
- 2003 "Stress, mediators of inflammation, and law enforcement" (Co-Investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institute for Occupational Safety and Health in response to program announcement PA-99-143 ("Occupational safety and health research"). Requested \$300,000 (direct costs). Not funded.
- 2003 "Affect and physical activity in sedentary adults" (Principal Investigator). Submitted to the National Institute of Mental Health as a "Behavioral Science Track Award for Rapid Transition - B/START" (PAR-00-119). Requested \$50,000 (direct costs). Priority Score 153. **Funded**, RO3 MH069724.
- 2003 "Energy expenditure and the response to stress in obese adolescents: implications for the pubertal metabolic syndrome" (Co-investigator with Drs Eisenmann, Franke, and Alekel). Submitted to the Center for Designing Foods to Improve Nutrition (CDFIN), Iowa State University. Requested \$32,575. **Funded**.
- 2002 "Job-related stress and CVD in law enforcement officers" (Co-investigator with Drs Franke, Chadwick, and Shelley). Submitted to the National Institute for Occupational Safety and Health in response to program announcement PA-99-143. Requested \$125,000 (direct costs). Not funded.
- 2002 "Pilot Phase of Project PASERS (Physical Activity Self-Regulation Strategies): Toward an improved interdisciplinary method for self-monitoring and self-regulating exercise intensity" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Special Equipment Grant. Requested \$18,000. **Funded**.

- 2002 "Pilot Phase of Project PASERS (Physical Activity Self-Regulation Strategies): Toward an improved interdisciplinary method for self-monitoring and self-regulating exercise intensity" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a University Research Grant (URG). Requested \$18,000. Not funded.
- 2002 "Does exercise and relaxation training moderate cardiovascular reactivity in older adults?" (PI). Submitted to the Research Institute for Studies in Education, College of Education, Iowa State University, as a Research Incentive Grant. Requested \$1,000. **Funded.**
- 2001 "Further development of a dual-mode model of affective responses to acute exercise" (PI). Submitted to the College of Education, Iowa State University, for a summer salary support grant. Requested: 6-week summer salary. **Funded.**
- 2001 "Self-selected exercise intensity and affective responses: The role of metabolic processes, individual differences, and self-efficacy" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Special Research Initiation Grant (SPRIG). Requested \$16,110. **Funded** (\$12,610 from the Provost's Office, \$1,600 from the Department of Health and Human Performance, \$1,500 from the College of Education).
- 2001 "Disciplines and professions in health and human performance: An integrated foundation course to enhance undergraduate instruction" (Co-investigator with Gregory Welk, Carol Cordell, and Mary Ellen Wishart). Submitted to the Center for Teaching Excellence, Iowa State University, as a Miller Faculty Fellowship. **Funded.**
- 2001 "Self-selected exercise intensity and affective responses: The role of metabolic processes, individual differences, and self-efficacy" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a University Research Grant (URG). Requested: \$18,000. Not funded.
- 2000 "Iowa's Trial of Activity for Adolescent Girls (TAAG)" (Co-investigator with Drs Katherine Thomas, Warren Franke, Rick Sharp, and Jerry Thomas). Submitted to the National Heart, Lung, and Blood Institute (NHLBI). Requested: \$2,891,105. Not funded.
- 2000 "Individual differences in preference for different levels of exercise intensity" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Special Research Initiation Grant (SPRIG). Requested \$16,860. Not funded.

- 2000 "Toward improved self-regulation of exercise intensity in novice exercisers: A dimensional exploration of the language of strenuous exercise" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Science, Technology, and Society Grant (STSG). Requested \$5,000. Not funded.
- 2000 "Toward a dual-mode hypothesis of affective responses to acute exercise" (PI). Submitted to the College of Education, Iowa State University, for a summer salary support grant. Requested: 6-week summer salary. **Funded.**
- 1999 "Network-based laboratory modules for the study of movement biomechanics, and coordination and control" (Co-author with Drs John W. Chow and Les G. Carlton). Submitted to the National Science Foundation, Division of Undergraduate Education (Course, Curriculum, and Laboratory Improvement - Educational Materials Development). Requested: \$292,526. Not funded.
- 1999 "ActToday: Development and pilot testing of a web-based physical activity diary program" (Co-author with Drs Weimo Zhu and Richard A. Washburn). Submitted to the University of Illinois at Urbana-Champaign Research Board. Requested \$13,634. Not funded.
- 1998 "Aerobic exercise intensity and affect: the dual-mode model" (Author). Submitted to the American College of Sports Medicine Foundation. Requested: \$5,000. Not funded.
- 1998 "Further development of a web-based digitized video image system for the study of biomechanics and motor coordination" (Co-author with Drs John W. Chow and Les G. Carlton). Submitted to the University of Illinois at Urbana-Champaign Educational Technologies Board. Requested: \$6,500. **Funded:** \$6,500.
- 1997 "The dose-response relationship in exercise-associated affective changes" (Co-author with Dr Steven J. Petruzzello). Submitted to the University of Illinois at Urbana-Champaign Research Board. Requested: \$16,528. **Funded:** \$9,405.
- 1997 "The dose-response relationship in acute aerobic exercise-induced affective changes: A theory-based psychophysiological investigation" (Author). Submitted to the Life Fitness Research Foundation. Requested: \$2,500. Not funded.
- 1997 "WWW-based instructional resources for the study of the social and psychological aspects of physical activity" (Co-author with Dr Steven J. Petruzzello). Submitted to the University of Illinois at Urbana-Champaign Educational Technologies Board. Requested: \$6,685. **Funded:** \$2,500.

NEWS COVERAGE OF RESEARCH

Reuters Health (reports rebroadcast by news organizations worldwide), Wall Street Journal,

Washington Post, New York Newsday, Health and Human Services Healthbeat, Corriere della Sera (Italy), Runner's World, Smithsonian, Elle, Allure, Health, Prevention, Shape, Self, Weight Watchers magazine, First for Women, IDEA Fitness Journal, Physician's Personal Advisory, Men's Health, Chatelaine (Canada), Medical Post (Canada), Des Moines Register, Ames Tribune, Iowa State Daily.

INVITED LECTURES

- October 9, 2009 "The pleasure and displeasure people feel when they exercise: Methods, theory and implications for exercise prescription and adherence." Invited seminar presentation. School of Sport and Exercise Sciences. University of Birmingham, Great Britain.
- October 9, 2009 "Why is it so hard? A hedonic perspective on the challenge of exercise adherence in obesity." Invited keynote lecture. Conference of the British Association for Cardiac Rehabilitation. Birmingham, Great Britain.
- October 8, 2009 "The pleasure and displeasure people feel when they exercise: Methods, theory and implications for exercise prescription and adherence." Invited keynote lecture. Conference of the British Association for Cardiac Rehabilitation. Birmingham, Great Britain.
- September 24, 2009 "Acute exercise and affective responses: Theory to practice." British Association of Sport and Exercise Sciences Workshop, entitled "Acute exercise and psychological outcomes: Concepts, methods and implications for research and practice." University of Exeter, Great Britain.
- December 14, 2008 "Pleasure and displeasure responses to exercise: The long road from dualism to functional duality through the dual-mode theory." Plenary lecture. 10th National Congress on Sport Psychology, organized by the Hellenic Society of Sport Psychology. Athens, Greece.
- December 12, 2008 "Physical exercise as a buffer in the relationship between stress and pathogenesis." Four-hour lecture to the "Stress Management" graduate course at the University of Athens Medical School (directed by George P. Chrousos). Athens, Greece.
- October 9, 2007 "Pleasure and displeasure responses to exercise: Theoretical underpinnings and implications for addressing the epidemic of physical inactivity." Workshop on "Pleasure" organized by Professor Michel Cabanac (Université Laval, Canada). Lanzarote, Canary Islands, Spain.

- October 5, 2007 "Affective responses to acute exercise: Theoretical underpinnings and implications for exercise prescription." School of Sport and Exercise Sciences, Loughborough University, Great Britain.
- October 3, 2007 "Affective responses to acute exercise: Theoretical underpinnings and implications for exercise prescription." School of Sport and Health Sciences, University of Exeter, Great Britain.
- September 28, 2007 "Acute exercise and affective responses: Theory to practice." British Association of Sport and Exercise Sciences Workshop, entitled "Acute exercise and psychological outcomes: Concepts, methods and implications for research and practice." University of Exeter, Great Britain.
- September 26, 2007 "Affective responses to physical activity: Implications for mental health practice." Mood Disorders Interest Group, Department of Psychology, University of Exeter, Great Britain.
- June 11, 2007 "Which exercise intensities make us feel good and which do not? A personal retrospective of 15 years of methodological and theoretical pursuits." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- December 18, 2006 "Health-oriented exercise prescription: A psychophysiological approach." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- December 18, 2006 "The scientific publication process." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- June 3, 2004 "If exercise makes people feel better, then why aren't more people active? Maybe it's not that simple after all". Keynote lecture in feature session entitled "The psychology of exercise intensity." Annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
- March 18, 2004 "Exercise intensity and affect: Clues for understanding dropout". Laboratory of Nutrition and Clinical Dietetics, Harokopion University of Athens. Athens, Greece.
- October 20, 2003 "If exercise makes people feel better, why aren't more people active? Clues from the first 30 years of research on the relationship between exercise intensity and affective responses." Department of Health, Exercise, and Sport Sciences, Texas Tech University. Lubbock, Texas.

- July 22, 2003 "Theoretical integration in the study of affective responses to acute exercise: The dual-mode model". Biddle Young Scholar Lecture in Exercise Psychology, Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC; European Federation for the Psychology of Sport and Physical Activity). July 26, 2003, Copenhagen, Denmark.
- March 20, 2003 "The relationship of physical activity, mood, and mental health". Iowa State University Extension via the statewide Iowa Communications Network (ICN). Session entitled "Current research on family mental health issues," part of the Iowa Rural Mental Health Initiative.
- December 10, 2002 "Pleasure and displeasure responses to physical activity in humans: Developing an evolutionary framework." Invited seminar presentation. Department of Biology. Grinnell College. Grinnell, Iowa.
- October, 24, 2002 "'No pain, no gain' or 'Easy does it'? What have we learned about the relationship between exercise intensity and affective responses after 30 years of research?" Laboratory of Nutrition and Clinical Dietetics, Harokopion University of Athens. Athens, Greece.
- October 23, 2002 "Graduate studies in exercise science in the United States of America." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- October 22, 2002 "Intensity of acute exercise and affective responses: Theory and application". Department of Physical Education and Sport Science, University of Athens, Athens, Greece.
- March, 24, 2001 "Why doesn't Johnny like to run?" Iowa State University College of Education Research Exchange. Ames, Iowa.

BOOK

1. Acevedo, E.O., & Ekkekakis, P. (Eds.) (2006). *Psychobiology of physical activity*. Champaign, IL: Human Kinetics. [ISBN: 0736055363]
Reviewed in:
 - Perna, R., & Monto, K. (2006). Neurophysiology: Basis for the benefits of exercise on physical and mental health. *PsycCRITIQUES*, 51 (34), Article 14.
 - Broom, D.R. (2006). Psychobiology of physical activity. *The Sport and Exercise Scientist*, 9, 25.
 - Shephard, R.J. (2006). Book Review: Psychobiology of physical activity. *Applied Physiology, Nutrition, and Metabolism*, 31 (6), 762.

- Backhouse, S.H. (2007). Psychobiology of physical activity. *Sport and Exercise Psychology Review*, 3 (2), 51-53.

BOOK CHAPTERS

1. **Ekkekakis, P.** (in press). The impact of acute affective responses. In E.O. Acevedo (Ed.), *Oxford handbook of exercise psychology*. New York: Oxford University Press.
2. **Ekkekakis, P.** (in press). Affective and emotional responses to exercise. In G. Tenenbaum, R.C. Eklund, & A. Kamata (Eds.), *Handbook of measurement in sport and exercise psychology*. Champaign, IL: Human Kinetics.
3. **Ekkekakis, P., & Backhouse, S.H.** (2009). Exercise and psychological well-being. In R. Maughan (Ed.), *Olympic textbook of science in sport* (pp. 251-271). Hoboken, NJ: Wiley-Blackwell.
4. Acevedo, E.O., & **Ekkekakis, P.** (2006). Psychobiology of physical activity: Integration at last! In E.O. Acevedo & P. Ekkekakis (Eds.), *Psychobiology of physical activity* (pp. 1-14). Champaign, IL: Human Kinetics.
5. Acevedo, E.O., & **Ekkekakis, P.** (2006). Psychobiology of physical activity: Future challenges in understanding human behavior. In E.O. Acevedo & P. Ekkekakis (Eds.), *Psychobiology of physical activity* (pp. 265-268). Champaign, IL: Human Kinetics.
6. **Ekkekakis, P., & Acevedo, E.O.** (2006). Affective responses to acute exercise: Toward a psychobiological dose-response model. In E.O. Acevedo & P. Ekkekakis (Eds.), *Psychobiology of physical activity* (pp. 91-109). Champaign, IL: Human Kinetics.
7. Petruzzello, S.J., **Ekkekakis, P., & Hall, E.E.** (2006). Physical activity, affect, and electroencephalogram studies. In E.O. Acevedo & P. Ekkekakis (Eds.), *Psychobiology of physical activity* (pp. 111-128). Champaign, IL: Human Kinetics.
8. Biddle, S.J.H., & **Ekkekakis, P.** (2005). Physically active lifestyles and well-being. In F.A. Huppert, B. Keverne & N. Baylis (Eds.), *The science of well-being* (pp. 140-168). Oxford, United Kingdom: Oxford University Press.
9. **Ekkekakis, P.** (2005). The study of affective responses to acute exercise: The dual-mode model. In R. Stelter & K.K. Roessler (Eds.), *New approaches to sport and exercise psychology* (pp. 119-146). Oxford, United Kingdom: Meyer & Meyer Sport.
10. **Ekkekakis, P., & Petruzzello, S.J.** (2002). Biofeedback in exercise psychology. In B. Blumenstein, M. Bar-Eli, & G. Tenenbaum (Eds.), *Brain and body in sport and exercise: Biofeedback application in performance enhancement* (pp. 77-100). Chichester, England: John Wiley & Sons.

REFEREED RESEARCH PUBLICATIONS IN ACADEMIC JOURNALS

11. **Ekkekakis, P.,** Acevedo, E.O., Backhouse, S.H., Biddle, S.J.H., Bixby, W.R., Focht, B.C., Hall, E.E., Hatfield, B.D., Kilpatrick, M.W., Lox, C.L., Parfitt, G.C., Petruzzello, S.J., Reed, J., Rose, E.A., Taylor, A., Welch, A.S., & Williams, D.M. (in press). The study of the

- exercise-affect relationship forty years later: Central issues in updating the research agenda. *Psychology of Sport and Exercise*.
12. Holmes, M.E., **Ekkekakis, P.**, & Eisenmann, J.C. (in press). The physical activity, stress, and metabolic syndrome triangle: A guide to unfamiliar territory for the obesity researcher. *Obesity Reviews*.
 13. **Ekkekakis, P.**, Lind, E., & Vazou, S. (in press). Affective responses to increasing levels of exercise intensity in normal-weight, overweight, and obese middle-aged women. *Obesity*.
 14. **Ekkekakis, P.** (2009). Illuminating the black box: Investigating prefrontal cortical hemodynamics during exercise with near-infrared spectroscopy. *Journal of Sport and Exercise Psychology*, 31 (4), 505-553.
 15. **Ekkekakis, P.** (2009). The Dual-Mode Theory of affective responses to exercise in metatheoretical context: II. Bodiless heads, ethereal cognitive schemata, and other improbable dualistic creatures, exercising. *International Review of Sport and Exercise Psychology*, 2 (2), 139-160.
 16. **Ekkekakis, P.** (2009). The Dual-Mode Theory of affective responses to exercise in metatheoretical context: I. Initial impetus, basic postulates, and philosophical framework. *International Review of Sport and Exercise Psychology*, 2 (1), 73-94.
 17. **Ekkekakis, P.** (2008). The genetic tidal wave finally reached our shores: Will it be the catalyst for a critical overhaul of the way we think and do science? *Mental Health and Physical Activity*, 1 (2), 47-52.
 18. **Ekkekakis, P.** (2009). Let them roam free? Physiological and psychological evidence for the potential of self-selected exercise intensity in public health. *Sports Medicine*, 39 (10), 857-888.
 19. Smiley-Oyen, A.L., Lowry, K., Francoise, S., Kohut, M., & **Ekkekakis, P.** (2008). Exercise, fitness, and neurocognitive function in older adults: The "selective improvement" and "cardiovascular fitness" hypotheses. *Annals of Behavioral Medicine*, 36 (3), 280-291.
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 56. **Ekkekakis, P.**, Patrick, L.E., Hollander, D.B., & Pothakos, K. (1995). The development of a sport-specific measure of self-deception and impression management. *Medicine and Science in Sports and Exercise*, 27 (5), S150.
 57. Dzewaltowski, D.A., **Ekkekakis, P.**, Patrick, L., & Hollander, D.B. (1995). Perception of physical activities in young adults. *Journal of Applied Sport Psychology*, 7, S59.
 58. **Ekkekakis, P.**, Kakkos, V., Psychountaki, M., & Zervas, Y. (1993). Competitive anxiety: A paradigm of applied psychodiagnostic procedure in high-level athletics [in Greek]. *Exercise and Society: Journal of Sports Science (Komotini)*, 6 (Suppl.), 88.
 59. **Ekkekakis, P.**, & Benakis, A. (1992). The effect of a single bout of aerobic exercise on mood: Co-examination of biological and psychological parameters in a controlled field study [in Greek]. *Athlitiki Psychologia (Athens)*, 6, 62-63.
 60. Kakkos, V., **Ekkekakis, P.**, & Zervas, Y. (1992). The effect of gender, type of sport, and level of participation on athletes' generalized expectancies of outcome control [in Greek]. *Athlitiki Psychologia (Athens)*, 6, 53.

CONFERENCE PRESENTATIONS

1. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2008, October). *Predicting affective responses using resting frontal EEG asymmetry: Does exercise intensity matter?* Paper presented at the annual meeting of the Society for Psychophysiological Research. Austin, Texas.
2. Smiley-Oyen, A.L., **Ekkekakis, P.**, Lowry, K., Francoise, S., & Kohut, M. (2008, June). *Exercise, fitness, and neurocognitive function in older adults: The "selective improvement" and "cardiovascular fitness" hypotheses.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Niagara Falls, Ontario.
3. Lind, E., **Ekkekakis, P.**, & Backhouse, S.H. (2008, May). *Role for core temperature in affective responses to strenuous exercise in obesity.* Paper presented at the annual conference of the American College of Sports Medicine. Indianapolis, Indiana.
4. Welch, A.S., **Ekkekakis, P.**, & Lind, E. (2008, May). *Investigating prefrontal cortical dynamics during exercise using near-infrared spectroscopy (NIRS).* Paper presented at the annual conference of the American College of Sports Medicine. Indianapolis, Indiana.

5. Backhouse, S.H., **Ekkekakis, P.**, Biddle, S.J.H., & Williams, C. (2007, September). *The exercise-affect relationship: A measurement and methodological analysis*. Paper presented at the 12th European Congress of Sport Psychology. Halkidiki, Greece.
6. Holmes, M. E., Eisenmann, J. C., **Ekkekakis, P.**, & Gentile, D. (2007, June). *Physical activity, stress and the metabolic syndrome in 8-18 yr old boys*. Paper presented at the annual meeting of the American College of Sports Medicine. New Orleans, Louisiana.
7. **Ekkekakis, P.** (2006, October). *Exercise as stress: Pleasure as a window into a possible dual-route control model*. Paper presented at the annual meeting of the Society for Psychophysiological Research. Vancouver, British Columbia.
8. Backhouse, S.H., Bishop, N.C., Biddle, S.J.H., Williams, C., & **Ekkekakis, P.** (2006, June). *Caffeine ingestion prior to prolonged cycling can enhance positive affect and reduce perceived exertion*. Paper presented at the annual meeting of the American College of Sports Medicine. Denver, Colorado.
9. Kamel, K.S., **Ekkekakis, P.**, & Sharp, R.L. (2006, June). *Salivary cortisol and affective changes during a swimming training program*. Paper presented at the annual meeting of the American College of Sports Medicine. Denver, Colorado.
10. Eisenmann, J.C., **Ekkekakis, P.**, & Holmes, M.E. (2005, October). *Sleep duration, overweight, and waist circumference in 7-15 year old youth*. Paper presented at the annual scientific meeting of the North American Association for the Study of Obesity. Vancouver, British Columbia.
11. **Ekkekakis, P.**, & Lind, E. (2005, August). *The dual-mode model of affective responses to exercise of varying intensities: A new perspective on the dose-response relationship*. Paper presented at the 11th World Congress of Sport Psychology. Sydney, Australia.
12. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2005, August). *Is the role of cognitive factors in exercise responses intensity-dependent? Extending the dual-mode model to perceived exertion*. Paper presented at the 11th World Congress of Sport Psychology. Sydney, Australia.
13. Lind, E., & **Ekkekakis, P.** (2005, June). *Interindividual variation in exertion ratings: Do dispositional constructs play a role?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. St Pete's Beach, Florida.
14. **Ekkekakis, P.** (2005, June). *Affective responses to acute exercise*. Symposium paper presented at the annual meeting of the American College of Sports Medicine. Nashville, Tennessee.
15. Lind, E., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2005, June). *Comparison of computerized methods for determining the gas exchange threshold*. Paper presented at the annual meeting of the American College of Sports Medicine. Nashville, Tennessee.
16. Kohut, M.L., Senchina, D., Konopka, D., Lee, W., Martin, A., Russell, D., Franke, W., & **Ekkekakis, P.** (2005, June). *Do psychosocial factors contribute to the exercise-induced alterations of influenza immunity and inflammatory mediators?* Paper presented at the annual meeting of the American College of Sports Medicine. Nashville, Tennessee.
17. Kohut, M.L., Lee, W., Martin, A., Arnston, B.A., Russell, D.W., **Ekkekakis, P.**, Bishop, A.,

- & Cunnick, J.E. (2004, May). *An exercise intervention enhances influenza immunity, improves psychosocial factors and alters the relationship between psychosocial variables and immunocompetence in older adults*. Paper presented at the annual meeting of the Psychoneuroimmunology Research Society (PNIRS). Titisee, Germany.
18. **Ekkekakis, P.** (2004, June). *Teaching the relationships between exercise, stress, and disease*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Vancouver, British Columbia, Canada.
 19. Lind, E., Joens-Matre, R.R., & **Ekkekakis, P.** (2004, June). *Small changes, big differences: Affective responses during exercise of self-selected and imposed intensity*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Vancouver, British Columbia, Canada.
 20. Joens-Matre, R.R., Lind, E., & **Ekkekakis, P.** (2004, June). *BMI, social physique anxiety, and affective responses to physical activity in sedentary, middle-aged women*. Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
 21. Lind, E., Joens-Matre, R.R., & **Ekkekakis, P.** (2004, June). *From art to science: Predicting self-selected exercise intensity from self-reported individual differences in intensity preference*. Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
 22. Petruzzello, S.J., Gerlach, J., Hall, E.E., & **Ekkekakis, P.** (2004, June). *Individual differences in preference for and tolerance of exercise intensity: Ongoing psychometric evaluation of the PRETIE-Q*. Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
 23. Joens-Matre, R.R., Lind, E., & **Ekkekakis, P.** (2003, October). *Social physique anxiety and body mass index moderate affective responses during exercise*. Paper presented at the Cooper Institute conference "Physical activity and mental health: A multidisciplinary approach". Dallas, Texas.
 24. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2003, October). *Influence of the Big-5 personality factors on affective responses to exercise at 3 different exercise intensities*. Paper presented at the Cooper Institute conference "Physical activity and mental health: A multidisciplinary approach". Dallas, Texas.
 25. **Ekkekakis, P.** (2003, July). *Theoretical integration in the study of affective responses to acute exercise: The dual-mode model*. Paper presented at the annual meeting of the European Federation for the Psychology of Sport and Physical Activity. Copenhagen, Denmark.
 26. Joens-Matre, R.J., Lind, E., & **Ekkekakis, P.** (2003, June). *Exercise intensity and affective responses in sedentary middle-aged women*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Savannah, Georgia.
 27. Lind, E., Joens-Matre, R., & **Ekkekakis, P.** (2003, May). *Selection of exercise intensity by formerly sedentary middle-aged women: A psycho-physiological perspective*. Paper presented at the annual conference of the American College of Sports Medicine. San Francisco, California.

28. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2002, June). *Affective responses to a graded treadmill test: Is the ventilatory threshold the turning point toward negativity?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Baltimore, Maryland.
29. Joens-Matre, R.R., & **Ekkekakis, P.** (2002, June). *Can short walks enhance affect in older adults?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Baltimore, Maryland.
30. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2002, June). *Pre- to post-exercise changes in affect across three running intensities: How quickly do dose-response effects disappear?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Baltimore, Maryland.
31. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2002, June). *Intensity-dependent patterns of interindividual variability in affective responses to acute exercise.* Paper presented at the annual conference of the American College of Sports Medicine. Saint Louis, Missouri.
32. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2002, June). *Personality correlates of perceived exertion across increasing levels of exercise intensity.* Paper presented at the annual conference of the American College of Sports Medicine. Saint Louis, Missouri.
33. **Ekkekakis, P.** (2001, June). *The measurement of exercise-induced affective states: Past mistakes, present dilemmas, future prospects.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
34. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Rationale and introduction to the project.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
35. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Planning and development of measure.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
36. Petruzzello, S.J., **Ekkekakis, P.**, & Hall, E.E. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Concurrent validity and reliability studies.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
37. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Predicting affective responses.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
38. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2001, June). *Intensity of acute exercise and affect: A critical reexamination of the dose-response relationship.* Paper presented at the annual conference of the American College of Sports Medicine. Baltimore, Maryland.
39. Bell, G.W., & **Ekkekakis, P.** (2001, January). *A web-based short term clinical affiliation*

- evaluation form and supervisor form in a multi-level clinical experience.* Paper presented at the annual conference of the National Athletic Trainers' Association. Dallas, Texas.
40. **Ekkekakis, P.** (2000, June). *Measuring affective responses to acute exercise the circular way: Development and validation of the Circumplex Affect Inventory.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. San Diego, California.
 41. **Ekkekakis, P.,** Hall, E.E., & Petruzzello, S.J. (2000, June). *A circumplex analysis of the Activation Deactivation Adjective Checklist in the context of acute physical activity.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
 42. Hall, E.E., **Ekkekakis, P.,** & Petruzzello, S.J. (2000, June). *Convergent and discriminant validity of single-item scales of affective valence and activation.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
 43. Montero, K.M., **Ekkekakis, P.,** Hall, E.E., & Petruzzello, S.J. (2000, June). *A comparison of two multi-item dimensional measures of affect: Assessing the effects of cardio-boxing.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
 44. Carlton, L.G., Chow, J.W., **Ekkekakis, P.,** Shim, J., Ichiyama, R., & Carlton, M.J. (2000, June). *Web-based system for the study of motor coordination.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. San Diego, California.
 45. **Ekkekakis, P.,** Hall, E.E., & Petruzzello, S.J. (1999, June). *Dynamics and physiological correlates of affect during a maximal exercise test.* Paper presented at the annual meeting of the American College of Sports Medicine. Seattle, Washington.
 46. **Ekkekakis, P.,** Hall, E.E., & Petruzzello, S.J. (1999, June). *Cognitive and physiological correlates of affect during a maximal exercise test.* Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, Florida.
 47. **Ekkekakis, P.,** Hall, E.E., vanLanduyt, L.M., & Petruzzello, S.J. (1999, June). *Walking in (affective) space: Can short walks enhance affect?* Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, Florida.
 48. Hall, E.E., **Ekkekakis, P.,** & Petruzzello, S.J. (1999, June). *Affective changes to a graded maximal exercise test.* Paper presented at the annual meeting of the American College of Sports Medicine. Seattle, Washington.
 49. Hall, E.E., **Ekkekakis, P.,** & Petruzzello, S.J. (1999, June). *Self-selected intensity during a 10-min walk: A test of theoretical constructs.* Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, Florida.
 50. Petruzzello, S.J., Hall, E.E., & **Ekkekakis, P.** (1999, June). *Regional brain activation as a biological marker of affective responsiveness to maximal exercise.* Paper presented at the annual

- meeting of the American College of Sports Medicine. Seattle, Washington.
51. Zervas, Y., Psychountaki, M., & **Ekkekakis, P.** (1999, July). *Affective changes during and following acute aerobic exercise: Freely selected versus imposed levels of intensity*. Paper presented at the 10th European Congress of Sport Psychology. Prague, Czech Republic.
 52. **Ekkekakis, P.**, Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., & Maresh, C.M. (1998, June). *Affective modulation of HPA axis activation in response to exhaustive exercise*. Paper presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida.
 53. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1998, June). *Regional brain activation as a biological marker of affective responsivity to acute exercise: Influence of fitness*. Paper presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida.
 54. Petruzzello, S.J., Hall, E.E., & **Ekkekakis, P.** (1998, June). *The influence of body position on regional brain activation*. Paper presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida.
 55. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, June). *Psychometric properties of the State Anxiety Inventory (SAI) in the context of acute aerobic exercise: Another look*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, Illinois.
 56. Hall, E.E., **Ekkekakis, P.**, VanLanduyt, L.M., & Petruzzello, S.J. (1998, June). *Inability of frontal asymmetry to predict affective changes to 10-min walk*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, Illinois.
 57. VanLanduyt, L.M., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, June). *Positive affective changes following a 10-minute outdoor walk*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, Illinois.
 58. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, February). *Psychometric properties of the State Anxiety Inventory (SAI) in the context of acute aerobic exercise: Another look*. Paper presented at the Midwest Sport and Exercise Psychology Symposium. Champaign, Illinois.
 59. Hall, E.E., **Ekkekakis, P.**, VanLanduyt, L.M., & Petruzzello, S.J. (1998, February). *Regional brain activation reflects approach/withdrawal motivation*. Paper presented at the Midwest Sport and Exercise Psychology Symposium. Champaign, Illinois.
 60. VanLanduyt, L.M., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, February). *Can short bouts of walking stimulate affective change?* Paper presented at the Midwest Sport and Exercise Psychology Symposium. Champaign, Illinois.
 61. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1997, October). *Resting frontal asymmetry as a biological marker of affective responsivity to acute exercise*. Paper presented at the annual meeting of the Midwest Regional Chapter of the American College of Sports Medicine. South Bend, Indiana.

62. **Ekkekakis, P.**, Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., Maresh, C.M., & Petruzzello, S.J. (1997, July). *Affective responses to a bout of exhaustive exercise in the heat in dehydrated and rehydrated states: In search of physiological correlates*. Paper presented at the IX World Congress of Sport Psychology. Netanya, Israel.
63. Zervas, Y., Psychountaki, M., Stavrou, N., & **Ekkekakis, P.** (1997, July). *The effects of physical education lessons on mood states of high school children*. Paper presented at the IX World Congress of Sport Psychology. Netanya, Israel.
64. **Ekkekakis, P.** (1997, May). *Mapping the effects of acute physical activity in affective space*. Paper presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado.
65. Dzewaltowski, D.A., **Ekkekakis, P.**, & Patrick, L. (1997, May). *The dimensions of physical activity: Preferences and perceptions of young adults*. Paper presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado.
66. Dzewaltowski, D.A., Patrick, L.E., **Ekkekakis, P.**, & Pothakos, K. (1997, April). *The dimensions of physical activity: Preferences and perceptions of adolescents*. Paper presented at the Society of Behavioral Medicine 18th Annual Meeting. San Francisco, California.
67. Van Staveren, T., Achord, S., Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1997, May). *Effects of exercise and relaxation on affect and brain activity*. Paper presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado.
68. Zervas, Y., **Ekkekakis, P.**, Emmanouel, K., Psychountaki, M., Kakkos, V. (1995, July). *The effects of aerobic exercise on mood states*. Paper presented at the IV European Congress of Psychology. Athens, Greece.
69. Dzewaltowski, D.A., **Ekkekakis, P.**, Patrick, L.E., & Hollander, D.B. (1995, September). *Perception of physical activities in young adults*. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference. New Orleans, Louisiana.
70. **Ekkekakis, P.**, Patrick, L.E., Hollander, D.B., & Pothakos, K. (1995, May). *The development of a sport-specific measure of self-deception and impression management*. Paper presented at the American College of Sports Medicine Annual Meeting. Minneapolis, Minnesota.
71. **Ekkekakis, P.**, & Zervas, Y. (1993, June). *The effect of a single bout of aerobic exercise on mood: Co-examination of biological and psychological parameters in a controlled field study*. Paper presented at the VIII World Congress of Sport Psychology. Lisbon, Portugal.
72. Zervas, Y., **Ekkekakis, P.**, Emmanouel, K., Psychountaki, M., & Kakkos, V. (1993, June). *The acute effects of increasing levels of aerobic exercise intensity on mood states*. Paper presented at the VIII World Congress of Sport Psychology. Lisbon, Portugal.
73. Zervas, Y., **Ekkekakis, P.**, Emmanouel, K., Psychountaki, M., & Kakkos, V. (1993, May). *The acute effects of increasing levels of aerobic exercise intensity on mood states*. Paper presented at the 4th Hellenic Congress of Psychological Research. Thessaloniki, Greece.
74. Psychountaki, M., Kakkos, V., **Ekkekakis, P.**, & Zervas, Y. (1993, May). *Psychological preparation of elite athletes: Contemporary approaches and case studies*. Paper presented at the 4th Hellenic Congress of Psychological Research. Thessaloniki, Greece.

75. **Ekkekakis, P.**, Kakkos, V., Psychountaki, M., & Zervas, Y. (1993, May). *Competitive anxiety: A paradigm of applied psychodiagnostic procedure in high-level athletics*. Paper presented at the 1st International Congress on Physical Education and Sport. Komotini, Greece.
76. **Ekkekakis, P.**, & Benakis, A. (1992, October). *The effect of a single bout of aerobic exercise on mood: Co-examination of biological and psychological parameters in a controlled field study*. Paper presented at the 2nd National Hellenic Congress of Sport Psychology. Athens, Greece.
77. Kakkos, V., **Ekkekakis, P.**, & Zervas, Y. (1992, October). *The effect of gender, type of sport, and level of participation on athletes' generalized expectancies of outcome control*. Paper presented at the 2nd National Hellenic Congress of Sport Psychology. Athens, Greece.
78. **Ekkekakis, P.**, Provias, N., & Kavouras, S. (1992, May). *Aggressive and violent behavior of fans in soccer fields*. Paper presented at the Horizons of Sport Sciences Conference. Athens, Greece.

TEACHING MANUAL

Ekkekakis, P. (1995). *KIN 655: Fitness Promotion* (90 pages). Manhattan, KS: Kansas State University. Chapters: (1) Assessment of physical activity, (2) Determinants of physical activity, (3) Dose-response for health and fitness, (4) Measurement of affective responses -- The Profile of Mood States, (5) Dose-response for psychological outcomes, (6) Psychobiological outcomes, (7) Rating of Perceived Exertion and Feeling Scale, (8) Exertion management, (9) Goal-setting, behavioral contracts, and self-monitoring, (10) Implementation of fitness promotion programs in wellness settings, (11) The client interview.

UNPUBLISHED MANUSCRIPTS

1. **Ekkekakis, P.** (2000). *A dose-response investigation of patterns and correlates of affective responses to acute exercise: The dual-mode hypothesis*. Unpublished Ph.D. dissertation. Urbana, IL: University of Illinois at Urbana-Champaign, Department of Kinesiology.
2. **Ekkekakis, P.** (1996). *The development of an affect scale based on the circumplex model*. Unpublished MS thesis. Manhattan, KS: Kansas State University, Department of Kinesiology.
3. **Ekkekakis, P.** (1995). *The effect of exercise on coronary-prone behavior: Rationale and review*. Manhattan, KS: Kansas State University.
4. **Ekkekakis, P.** (1995). *The A-trait scale of the State-Trait Anxiety Inventory: A conceptual and quantitative psychometric critique based on 25 years of research*. Manhattan, KS: Kansas State University.
5. **Ekkekakis, P.** (1994). *Meta-analytic methods in the psychometric evaluation of self-report measures of attitudes and personality*. Manhattan, KS: Kansas State University.
6. Noble, M.L., Dzewaltowski, D.A., **Ekkekakis, P.**, Harper, D.L., & Dudley, C.J. (1994). *A*

- field test to determine the attributes of aluminum softball bats that influence perception and preference: A pilot study.* Technical Report for Easton Aluminum. Manhattan, KS: Kansas State University, Department of Kinesiology.
7. Noble, M.L., Dzewaltowski, D.A., Dudley, C.J., **Ekkekakis, P.**, & Pothakos, K. (1995). *[Title withheld due to confidentiality agreement]*. Technical Report for Easton Aluminum. Manhattan, KS: Kansas State University, Department of Kinesiology.
 8. Petruzzello, S.J., Tate, A.K., **Ekkekakis, P.**, & Hall, E.E. (1997). Regional brain activation and affect are mediated by exercise intensity. Urbana, IL: University of Illinois at Urbana-Champaign, Department of Kinesiology.
 9. Dzewaltowski, D.A., **Ekkekakis, P.**, & Patrick, L.E. (1997). The dimensions of physical activity: Preferences and perceptions of young adults. Manhattan, KS: Kansas State University, Department of Kinesiology.
 10. Dzewaltowski, D.A., Patrick, L.E., **Ekkekakis, P.**, & Pothakos, K. (1997). The dimensions of physical activity: Preferences and perceptions of adolescents. Manhattan, KS: Kansas State University, Department of Kinesiology.

APPENDIX: CITATIONS IN THE LITERATURE (more than 850 excluding self-citations)

"Following classic attempts to understand the relationship between body and mind (e.g., James, Cannon), and more recent attempts to understand the relationship between brain and mind (e.g., Davidson, LeDoux), the author's research, like Damasio's, may contribute to our understanding of the relationships among body, brain, and mind" (Anonymous reviewer of the first manuscript describing the Dual-Mode Theory, in *Cognition and Emotion*, Ekkekakis, 2003).

"The topic of exercise and 'mental health' is not new but authors have used a plethora of methods and terminology that make the field less than coherent and, at times, difficult to review. Ekkekakis and Petruzzello have provided an in-depth and critical analysis of such issues and returned to sound theoretical and methodological principles in critiquing the field and making recommendations for measuring affect in exercise research. They have been very thorough in documenting their arguments" (Biddle, 2000, p. 69).

"Ekkekakis and Petruzzello (1999, 2002) offer the most extensive conceptual work on emotion in sport and exercise psychology and their circumplex model of affect is a useful base for research on physical activity and emotion" (Gill & Williams, 2008, p. 168).

"In his keynote address to the XIth European Congress of Sport Psychology, Ekkekakis (2003; Ekkekakis, Hall, & Petruzzello, 2005) described a new theoretical framework from which to develop a deeper understanding of the affective responses to acute exercise. He proposed the dual-mode model. With a basis in evolutionary theory, affective neuroscience and the adaptational implications of different exercise intensities, the model overcomes major limitations previously identified within the study of affective responses to exercise (Ekkekakis & Petruzzello, 1999). As a result, this theoretical framework has provided greater conceptual and

theoretical clarity and offers a platform from which to base future research into the exercise-affect relationship" (Rose & Parfitt, 2005, *ISSP Proceedings*).

"The sixth chapter is written by a Greek researcher now active in the USA, Panteleimon Ekkekakis, and is based on his 'Biddle Young Scholar Lecture on Exercise Psychology' at the conference. In my mind one of the most impressive talks of the conference, I was no less impressed by his chapter. ... In sum, Ekkekakis' impressive knowledge of exercise physiology and evolutionary factors has led to a very convincing exercise psychology of exercise-induced affect. Anybody with an interest in variables such as mood, exercise adherence, exercise on prescription, and the exercise intensities at which psychological interventions may be useful ought to read this chapter" (Nordin, 2005; Review of the book "*New Approaches to Sport and Exercise Psychology*," idrottsforum.org).

"Ekkekakis (2003) recently proposed the dual-mode model, which, arguably, brings greater conceptual and theoretical clarity to understanding the exercise-affect relationship and provides a solid platform from which further research can develop" (Rose & Parfitt, 2007, p. 282).

"The dual-mode model (cf. Ekkekakis, 2003; Ekkekakis et al., 2005) represents an important advancement in the field of exercise psychology research and practice, and provides a useful framework for comprehensive investigation of the dose-response relationship between exercise intensity and affect" (Welch, Hulley, Ferguson, & Beauchamp, 2007, p. 418).

"Ekkekakis and colleagues (Ekkekakis, 2003; Ekkekakis et al., 2005; Ekkekakis & Petruzzello, 2000, 2002) have provided a number of critical insights over the past several years that have laid the groundwork for examination of the proposed exercise-affect-adherence relationship" (Williams, 2008, p. 472).

"Contemporary conceptually driven models integrating physical activity, neurobiological structures, cognitive functions, and emotional reactivity have stimulated research on the impact of even low-intensity or dose activity on emotional states (Ekkekakis & Acevedo, 2006)" (Salmon & Jablonski, 2010, p. 251).

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BIBLIOMETRIC ANALYSIS OF IMPACT**Non-self Citation Summary Table**

< 2003	2003	2004	2005	2006	2007	2008	2009	2010	in press	Total
61	51	48	74	97	145	199	153	3	43	874

2008 Impact Factors of Journals

<i>Journal Title</i>	Pubs	I.F.
1 <i>Obesity Reviews</i>	1	5.569
2 <i>Brain, Behavior, and Immunity</i>	1	4.909
3 <i>Sports Medicine</i>	3	3.018
4 <i>International Journal of Obesity</i>	1	3.640
5 <i>Psychophysiology</i>	1	3.318
6 <i>Obesity</i>	1	2.762
7 <i>Annals of Behavioral Medicine</i>	2	3.176
8 <i>Medicine and Science in Sports and Exercise</i>	2	3.399
9 <i>Biological Psychology</i>	1	3.686
10 <i>Preventive Medicine</i>	2	2.757
11 <i>Journal of Sport and Exercise Psychology</i>	5	2.118
12 <i>Journal of Behavioral Medicine</i>	1	2.806
13 <i>Cognition and Emotion</i>	1	1.424
14 <i>Journal of Sports Sciences</i>	3	1.625
15 <i>Journal of Health Psychology</i>	1	1.686
16 <i>Acta Paediatrica</i>	1	1.517
17 <i>British Journal of Health Psychology</i>	1	1.976
18 <i>Psychology of Sport and Exercise</i>	9	1.568
19 <i>Behavior Research Methods</i>	1	1.737
20 <i>Research Quarterly for Exercise and Sport</i>	2	1.214
21 <i>International Review of Sport and Exercise Psychology</i>	3	
22 <i>Mental Health and Physical Activity</i>	1	
23 <i>Journal of Physical Activity and Health</i>	1	
24 <i>Hellenic Journal of Psychology</i>	1	
25 <i>The Physics Teacher</i>	1	
<i>Average of</i>	47	2.695

h-index (Scopus): 15