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## A. PERSONAL

Daniel Palac  
Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign  
Exercise Technology and Cognition Lab  
Freer Hall  
906 S Goodwin  
Urbana, IL 61801  
Telephone: (815) 272-5243  
Email: palac1@illinois.edu

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## B. EDUCATION

### B1. Degrees

#### Graduate

2014 – Present      Doctor of Philosophy in Kinesiology  
University of Illinois at Urbana-Champaign

2012 – 2014      Master of Arts in Counseling Psychology  
Emphasis in Sport and Health Psychology  
Adler School of Professional Psychology  
Chicago, IL

#### Undergraduate

2008 – 2012      Bachelor of Science in Psychology  
University of Illinois at Urbana-Champaign

### B2. Licensure and Certifications

Provisional      Professional Counselor, Licensed (Illinois)

In Progress      Association for Applied Sport Psychology, Certified Counselor

## C. SCHOLARLY ACTIVITY

### Papers in Preparation

**Palac, D., & Mullen, S. P.** Treatment following symptom resolution in mTBI: Current state of evidence.

**Palac, D. & Mullen, S. P.** Development and validation of a scale for assessing experience, usage, and engagement in mobile health apps.

**Palac, D.**, Hua, A., & Mullen, S. P. Preliminary evidence for the utility of the dot-task as a measure of agility, balance, and mobility.

### Chapters in Books

Mullen, S. P., Cohen, J., & **Palac, D.** (accepted). Physical activity and sedentary behavior. In S. R. Waldstein, M. F. Muldoon, J. M. Satterfield, D. H. Novack, & S. Cole (Eds.), *Behavioral and social science in medicine: Principles and practice of biopsychosocial care*. NY: Springer.

Mullen, S. P., **Palac, D.**, & Bryant, L. (2016). Maps to apps: Evaluation of wayfinding technology. In R. Hunter, L. Anderson, B. Belza, & S. Hooker (Eds.), *Community wayfinding: Pathways to understanding*. NY: Springer.

### Abstracts

**Palac, D.**, & Mullen, S. P. (March, 2017). *Self-efficacy for exercise-specific memory and prospective mobile health application use*. Poster to be presented at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA.

Cohen, J. D., Bullard, T., **Palac, D.**, Kramer, A. F., McAuley, E., & Mullen, S. P. (March, 2017). *Revised model for predicting attrition from exercise*. Poster to be presented at the Annual Meeting for the Society of Behavioral Medicine. San Diego, CA.

Bullard, T., Rebar, A., Cohen, J., **Palac, D.**, Wichman, A.L., Kramer, A.F., McAuley, E., & Mullen, S.P. (March, 2017). *Exercise-related attitudinal changes after 20 hours of cognitive training*. Poster to be presented at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA.

**Palac, D.**, Hua, A. K., Cohen, J. D., Bullard, T., Kramer, A., McAuley, E., & Mullen, S. P. (April, 2016). *Short and long-term effects of multi-modal cognitive training on processing speed*. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. Washington D. C. Abstract retrieved from [http://www.sbm.org/UserFiles/file/am16-final\\_v15-lores\\_forwebsite.pdf](http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf)

Cohen, J. D., **Palac, D.**, Bullard, T., Hua, A. K., Shroyer, R., Wong, B., Wilund, K., Woods, J., Kramer, A. F., & Mullen, S. P. (April, 2016). *Chronic cognitive effects of sauna following aerobic exercise on processing speed*. Poster submitted to the Annual Meeting for the Society for Behavioral Medicine. Washington D. C. Abstract retrieved from [http://www.sbm.org/UserFiles/file/am16-final\\_v15-lores\\_forwebsite.pdf](http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf)

Bullard, T., Cohen, J. D., **Palac, D.**, Hua, A. K., Kramer, A. F., McAuley, E. & Mullen, S. P. (April, 2016). *Inter-individual differences in self-regulation of exercise: A latent profile analysis*. Poster submitted to the Annual Meeting for the Society for Behavioral

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Medicine. Washington D. C. Abstract retrieved from  
[http://www.sbm.org/UserFiles/file/am16-final\\_v15-lores\\_forwebsite.pdf](http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf)

Hua, A. K., Bullard, T., Cohen, J. D., **Palac, D.**, McAuley, E., Kramer, A. F., & Mullen, S. P., (April, 2016). *A novel cognitive training intervention reduces back pain in middle-aged adults*. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. Washington D. C. Abstract retrieved from  
[http://www.sbm.org/UserFiles/file/am16-final\\_v15-lores\\_forwebsite.pdf](http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf)

Cohen, J. D., Bullard, T., **Palac, D.**, & Mullen, S. P. (April, 2015). *Physical and cognitive benefits associated with exercise and sauna use*. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. Abstract retrieved from <http://www.sbm.org/UserFiles/file/SBM2015FinalProgram.pdf>

Bullard, T., Banducci, S., Cohen, J. D., **Palac, D.**, Erickson, K., Bherer, L., Kramer, A. F., McAuley, E., & Mullen, S. P. (April, 2015). *Effects on cognitive functioning from 20-hr training: Secondary outcomes from the CORTEX trail*. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. Abstract retrieved from <http://www.sbm.org/UserFiles/file/SBM2015FinalProgram.pdf>

Mullen, S. P., Bullard, T., Cohen, J. D., **Palac, D.**, Hua, A., Johnson, A., & Mudar, R. (March, 2015). *A comparison of traditional and tablet-delivered Trails A & B in three samples*. Poster presented at the Annual Meeting for the Cognitive Neuroscience Society. San Francisco, CA. Abstract retrieved from  
<https://www.cogneurosociety.org/wordpress/wpcontent/uploads/2015/03/CNS2015Program.pdf>

**Palac, D.** (June, 2013). *Partners in Community Building: Financial literacy*. Poster presented at the Annual Meeting for the Community Engagement Symposium. Chicago, IL.

**Palac, D.** & Brodhead, T. (October, 2013). *Money over equity: An Adlerian perspective examining individual and social effects of athlete exploitation*. Poster presented at the Annual Meeting for the Association for Applied Sport Psychology. New Orleans, LA.

**Palac, D.** & Kerulis, M. (April, 2013). *Classroom management and advocacy for concussions: Head injury in schools part two*. Workshop presented at the Illinois School Counselor Association. Skokie, IL.

### Invited Presentations

**Palac, D.** (April, 2014). "Psyche of the injured athlete: Importance of stress management, goal setting, social support, and mental imagery." Invited classroom presentation at North Central College. Naperville, IL.

## **D. PROFESSIONAL EXPERIENCE**

### **Graduate Research Assistant**

2014 – Present      University of Illinois at Urbana-Champaign

Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. Research focuses on the understanding of factors facilitating long-term physical activity behavior and self-regulation across the lifespan. Study responsibilities have included administration of cognitive, neuropsychological, and fitness testing as well as data collection and analysis. Research projects include:

*Cognitive Regulation Training and Exercise (CORTEX)-II Trial*: CORTEX-II was designed as a parent study of the CORTEX Trial to test the efficacy of a dual site (at-lab and at-home) 4-week pre-exercise booster training to enhance adherence and engagement to a 12-month exercise program among middle-aged adults (35-64 years).

*Mobile Health App Behavior and Information Technology Survey (mHABITS)*: mHABITS was designed to assess mobile user's experience, usage, and engagement in mobile health applications. The primary aim was to develop and validate a scale using theoretical constructs that can be used to better understand the prototypical user of mHealth technology.

*Heat and Aerobic Training (HEAT-II/STEAM)*: STEAM implemented a randomized control trial to compare two groups that exercise for 14 weeks and receive either sauna treatment post-exercise or quiet sitting. The primary aims were to reduce blood pressure, inflammation, and psychosocial stress.

*Cognition, Agility, and Fitness (CALF)*: CALF was designed to examine the interrelationships among physical fitness, motor speed, cognitive control, and psychosocial variables using a scientifically rigorous motion detection device to deliver a set of tasks that require agile physical movement, balance, coordination, and spatial memory processes.

*Wayfinding, Exergaming, and Spatial-memory Training (WEST)*: WEST was designed to test the efficacy of a 10-week exer-gaming intervention program to enhance exercise adherence and cognition functioning among middle-aged adults aged 45 to 64 years.

*Voice iPad-Corrective Exercise (VOICE)*: VOICE aimed to determine the effects of vocal exercise training among older adults aged 65 and older using an 8-week, randomized controlled pilot intervention comparing two methods of iPad-delivered programs for enhancing vocal functioning.

*Sauna Attitudes, Use, Norms, and Symptoms (SAUNAS)*: SAUNAS was a survey-based study aimed to better understand perceptions and beliefs about an individual's sauna experience.

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*Cognitive Regulation Training and Exercise (CORTEX) Trial:* CORTEX was designed to test the efficacy of a 4-week pre-exercise booster training to enhance adherence and engagement to a 4-month exercise program among middle-aged adults aged 45 to 65 years.

*Heat & Aerobic Training (HEAT):* HEAT was an 8-week randomized controlled trial designed to test the effectiveness of bi-weekly iPad-enhanced 50-minute aerobic exercise sessions followed by 10-15 minute sauna sessions relative to an exercise-only control.

2012 – 2014

Adler School of Professional Psychology

Under the direction of Dr. Leeja Carter. Research focused on the socio-cultural belief systems underling physical activity engagement, perceptions of ability and adaptive physical activity, and cultural competence in sport and exercise psychology. Research project included:

*Imagery and the Marathon:* This study examined the application of imagery techniques in marathon runners through use of individualized imagery scripts.

Under the direction of Dr. Yuri Feito and Dr. Tanya Prewitt. Research focused on the effects of high intensity interval training exercises and exercise self-regulation among middle-aged women. Primary responsibilities included transcription of participant interviews.

Under the direction of Dr. Michele Kerulis. Research focuses on the intervention and management of mild traumatic brain injury (mTBI), specifically sport-acquired head injuries, from a school-counselor perspective and scope of practice. Research project included:

*Classroom Management and Advocacy for Concussions: Head Injury In Schools:* Research focused on symptomology and management of mTBIs in adolescent individuals. Primary responsibilities included prevalence data collection on sport-acquired concussions and psychodiagnostic education on sport-acquired head injuries.

### **Undergraduate Research Assistant**

2011 – 2012

University of Illinois at Urbana-Champaign

Espelage Research Laboratory, under the direction of Dr. Dorothy Espelage. Research focused on a large-scale, randomized longitudinal evaluation of Second Step: Student Success Through Prevention (Second Step – SSTP) examining underlying risk and protective factors for bullying, sexual harassment, and dating aggression. Research project included:

*Multi-site Evaluation of Second Step: Student Success Through Prevention (Second Step – SSTP) in Preventing Bullying and Sexual Violence:* Primary responsibilities include administration of Second Step – SSTP intervention testing and data collection.

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## **E. TEACHING EXPERIENCE**

### **Lead Instructor**

2017 University of Illinois at Urbana-Champaign  
Kinesiology 140: Social Sciences of Human Movement

### **Teaching Assistant**

2014 – 2016 University of Illinois at Urbana-Champaign  
Kinesiology 140: Social Science of Human Movement

### **Graduate Teaching Instructor**

2015 University of Illinois at Urbana-Champaign  
General Studies 101: Exploring General Studies

## **F. SERVICE**

### **F1. Professional**

#### **Student Delegate**

2012 – 2014 Association for Applied Sport Psychology

Primary responsibilities included dissemination of information about AASP to students and schools in the surrounding area and serving on the Internship and Practicum Database (IPD) student initiative, as well as attending the Student Open and Student Delegate meetings at the annual AASP conference.

#### **Student Contributor**

2013 Association for Applied Sport Psychology

Primary responsibilities included attending keynote presentations at the annual AASP conference in New Orleans, LA and creating questions from presentations to be used in the AASP Student Challenge.

### **F2. College**

#### **Treasurer**

2012 – 2013 Adler Sport and Health Association

Primary responsibilities included financial management of student organization funds allocated toward the education, community engagement, and social committees.

#### **Newsletter Contributor**

2013 Adler Sport and Health Association Annual Newsletter

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## **G. AWARDS**

Teachers Ranked as Excellent

2014, 2015, 2016      University of Illinois at Urbana-Champaign  
KIN 140

2015                      University of Illinois at Urbana-Champaign  
GS 101

## **H. ASSOCIATION MEMBERSHIP**

2016 – Present          Association for Psychological Science  
2016 – Present          American College of Sports Medicine  
2014 – Present          Society of Behavioral Medicine  
2014 – 2015              Cognitive Neuroscience Society  
2012 – 2014              Association for Applied Sport Psychology  
2013 – 2014              Illinois Counselor Association

## **I. REFERENCES**

Sean Mullen, PhD  
Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign  
332 Freer Hall  
906 S. Goodwin Ave  
Urbana, IL 61801  
Telephone: (217) 244-4502  
Email: spmullen@illinois.edu

Leeja Carter, PhD  
Division of Athletic Training, Health, and Exercise Science  
Long Island University-Brooklyn  
Email: leeja.carter@liu.edu