

3/25/2018

A. PERSONAL

Daniel Palac
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University of Illinois at Urbana-Champaign
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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 University
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., Cohen, J. D., Bullard, T., North, J. D., Phansikar, M., & Mullen, S. P. A summary of treatment effectiveness following concussion: A descriptive pilot survey.

Palac, D., Cohen, J. D., Bullard, T., Phaniskar, M., North, J. D., Mudar, R. A., & Mullen, S. P. Effects of exergaming on sedentary adults' wayfinding efficacy and spatial-memory.

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.** (2017). 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., Cohen, J. D., Bullard, T., Kramer, A. F., McAuley, E., & Mullen, S. P. (April, 2018). *Personality profiles, exercise trial attrition and adherence: Do the Big Five matter?* A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

Bullard, T., Cohen, J. D., **Palac, D.**, Kramer, A. F., McAuley, E., & Mullen, S. P. (April, 2018). *Exercise self-efficacy growth trajectories after 20 hours of cognitive training*. A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

Cohen, J. D., **Palac, D.**, Bullard, T., North, J. R., Phansikar, M. Mullen, S. P. (April, 2018). *Relationships among affect, memory, perceptions, and physical function in older adults with cancer*. A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

Mullen, S. P., Cohen, J., **Palac, D.**, Bullard, T., Phansikar, M., North, J., Wong, B., & Wilund, K. (April, 2018). A pilot RCT testing effects of steam-room usage after exercise on cardiovascular functioning among pre-hypertensive adults. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

North, J., Cohen, J., **Palac, D.**, Bullard, T., Phansikar, M., Wong, B., Wilund, K., & Mullen, S. P. (April, 2018). Increased sleep efficiency through heat therapy and exercise. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Phansikar, M., **Palac, D.**, Cohen, J. D., Bullard, T., North, J. R., Wilund, K., Wong, B., Mullen, S. P. (April, 2018). Complementary effects of exercise and heat therapy on

mindfulness and cognition. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Palac, D., & Mullen, S. P. (March, 2017). *Self-efficacy for exercise-specific memory and prospective mobile health application use*. Poster 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 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 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

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

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 Medicine. Washington D. C. Abstract retrieved from 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

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. (November, 2017). "An introduction to the field of sport psychology: An applied approach." Invited classroom presentation at the University of Illinois at Urbana-Champaign. Urbana, IL.

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.

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.

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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. 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.

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

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F. SERVICE

F1. Professional

Ad-hoc Reviewer

2017

The Gerontologist

Scientific Review Committee Member

2017

Centre for Behaviour Change Digital Health Conference

Student Delegate

2012 – 2014

Association for Applied Sport Psychology

F2. College

Treasurer

2012 – 2013

Adler Sport and Health Association

Newsletter Contributor

2013

Adler Sport and Health Association Annual Newsletter

G. AWARDS

Travel Award

Spring 2018

University of Illinois at Urbana-Champaign

Award to assist graduate students presenting research at national conferences in meeting travel-related expenses

Teachers Ranked as Excellent

2017, University of Illinois at Urbana-Champaign

KIN 140; Lecturer

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

KIN 140; Teaching Assistant

2015, University of Illinois at Urbana-Champaign

GS 101; Lecturer (General Studies)

H. ASSOCIATION MEMBERSHIP

3/25/2018

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

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