

## Daniel Palac

Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign / Exercise Technology and Cognition Lab  
Email: palac1@illinois.edu

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### A. EDUCATION

#### Graduate

- 2014 – 2019 (Anticipated)      Doctor of Philosophy in Kinesiology, UIUC
- 2012 – 2014                      Master of Arts in Counseling Psychology  
Adler University, Chicago, IL

#### Undergraduate

- 2008 – 2012                      Bachelor of Science in Psychology, UIUC

### B. SCHOLARLY ACTIVITY

#### Chapters in Books

1. 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.
2. 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.

#### Conference Abstracts

1. **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.
2. **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.
3. 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>
4. 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>
5. 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>

6. 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)
7. 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](http://www.sbm.org/UserFiles/file/am16-final_v15-lores_forwebsite.pdf)
8. 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)
9. **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\\_v15lores\\_forwebsite.pdf](http://www.sbm.org/UserFiles/file/am16-final_v15lores_forwebsite.pdf)
10. 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.
11. 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.
12. **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.
13. 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. Poster presented at the annual meeting for the Society of Behavioral Medicine.
14. 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*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.
15. 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. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
16. 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. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.

17. 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*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

18. **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?* Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

19. **Palac, D.** & Mullen, S. P. (March, 2019). *Relationships among concussion history and subsequent physical activity, memory, and mindfulness*. Poster to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

### **Invited Presentations**

**Palac, D.** (November, 2018). “The role of physical activity and exercise in molding healthy minds.” Keynote presentation at North Central College “Health Awareness Week”. Naperville, IL.

**Palac, D.** (November, 2017). “An introduction to the field of sport psychology: An applied approach.” Presentation in KIN 160 Introduction to Kinesiology 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.” 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.

## **E. TEACHING EXPERIENCE**

### **Instructor of Record**

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

2018, University of Illinois at Urbana-Champaign

Kinesiology 247: Introduction to Sport Psychology

### **Graduate Teaching Instructor**

2015, University of Illinois at Urbana-Champaign

General Studies 101: Exploring General Studies

## **F. PROFESSIONAL SERVICE**

### **Ad-hoc Reviewer**

BMC Geriatrics  
The Gerontologist  
Psychology of Sport & Exercise

### **Scientific Review Committee Member**

2017, Centre for Behaviour Change Digital Health Conference

### **Student Delegate**

2012 – 2014  
Association for Applied Sport Psychology

## **G. COLLEGE SERVICE**

### **Graduate Mentor**

2018-2019, Undergraduate Research Apprenticeship Program at UIUC

## **H. AWARDS**

### **Travel Award**

Spring 2018, University of Illinois at Urbana-Champaign

### **Teachers Ranked as Excellent**

2014 - 2016, University of Illinois at Urbana-Champaign  
KIN 140; Teaching Assistant

2017, University of Illinois at Urbana-Champaign  
KIN 140; Lecturer

## **I. ASSOCIATION MEMBERSHIP**

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