

Curriculum Vitae

A. PERSONAL

Tiffany Bullard
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University of Illinois at Urbana-Champaign
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B. EDUCATION

B1. Degrees

Graduate

Doctor of Philosophy in Kinesiology 2014 – 2019 (Anticipated)
University of Illinois at Urbana-Champaign

Undergraduate

Bachelor of Science in Community Health 2010 – 2014
University of Illinois at Urbana-Champaign

C. SCHOLARLY ACTIVITY

C1. Peer-reviewed Presentations

20. **Bullard, T.**, Lussier, M., & Mullen, S.P. (April 2019). *Optimizing a profile for predictive classification of physical activity among adults*. Poster to be presented at the Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

19. **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.
**Received Meritorious Abstract Award*

18. **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 of Behavioral Medicine. San Diego, CA.

17. **Bullard, T.**, Cohen, J., Palac, D., Hua, A., Kramer, A. F., McAuley, E., & Mullen, S.P. (March 2016). *Inter-individual differences in self-regulation of exercise: A latent profile*

analysis. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

16. **Bullard, T.**, Banducci, S., Cohen, J., 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 trial*. Paper presented at the Annual Meeting for the Society of Behavioral Medicine. San Antonio, TX.

15. 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. New Orleans, LA.

14. 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.

13. Phansikar, M., Cohen, J., Palac, D., **Bullard, T.**, North, J., Wilund, K., & Wong, B. (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.

12. 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.

11. 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.

10. Mullen, S. P., **Bullard, T.**, An, R., Trinh, L., and Mackenzie, M. (June 2017). *A call for a precision behavioral medicine perspective in physical activity promotion and maintenance*. Poster presented at the annual meeting for the International Society for Behavioral Nutrition and Physical Activity. Victoria, CAN.

9. Mullen, S. P., **Bullard, T.**, & An, R. (March 2017). *A systematic review of adherence to RCTs involving physical activity interventions targeting three chronic diseases*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. San Diego, CA.

8. 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.

7. Mullen, S. P., Cohen, J. D., **Bullard, T.**, Woods, J., Wilund, K., Schroyer, R., Angadi, S. S.,

Buman, M., & Wong, B. (March 2016). *Effects of exercise combined with thermal therapy on blood pressure and psychosocial outcomes: A pilot RCT*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC.

6. Cohen, J. D., Palac, D., **Bullard, T.**, Hua, A. K., Schroyer, R., Wong, B., Wilund, K., Woods, J., Kramer, A. F., & Mullen, S. P. (March 2016). *Chronic cognitive effects of sauna following aerobic exercise on processing speed*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC.

5. Palac, D., Hua, A., Cohen, J., **Bullard, T.**, Kramer, A., McAuley, E., & Mullen, S. P. (March 2016). *Short and long-term effects of multi-modal cognitive training on processing speed*. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

4. Hua, A.K., **Bullard, T.**, Cohen, J.D., Palac, D., McAuley, E., Kramer, A.F., & Mullen, S.P. (March 2016). *A novel cognitive training intervention reduces back pain in middle-aged adults*. Paper presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, D.C.

3. Cohen, J., **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 of Behavioral Medicine. San Antonio, TX.

2. Mullen, S. P., Cohen, J., **Bullard, T.**, Erickson, K., Bherer, L., Kramer, A. F., & McAuley, E. (April 2015). *CORTEX: A randomized controlled trial to test cognitive training effects on 4-month exercise adherence*. Paper presented at the Annual Meeting for the Society of Behavioral Medicine. San Antonio, TX.

1. Mullen, S., **Bullard, T.**, Cohen, J., 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.

D. PROFESSIONAL EXPERIENCE

Graduate Research Assistant

2014 – Present

Exercise, Technology, and Cognition Laboratory
University of Illinois at Urbana-Champaign

Research focuses on the understanding of factors facilitating long-term physical activity behavior, maintenance, and self-regulation across the lifespan. Study responsibilities include administration of and training other assistants to administer cognitive, neuropsychological, and functional fitness testing; supervision of aerobic exercise sessions; data analysis; abstract and manuscript writing. Research projects include:

Cognitive Regulation Training and Exercise (CORTEX)-II Trial: The CORTEX-II trial is a study designed to test the efficacy of a 4-week pre-exercise booster training (both in-lab and at-home)

to enhance adherence and engagement to a 12-month exercise program, among middle-aged adults.

Activity Maintenance Profile Survey (AMPS): The AMPS study is a survey designed to predict both short- and long-term physical activity levels through established psychosocial, cognitive, and physical measures. The aim of the AMPS study is to determine profiles that are predictive of physical activity behavior.

Heat and Aerobic Training II (HEAT II): The design of HEAT II is to examine the effects of heat therapy combined with exercise for pre-hypertensive, middle-aged adults. The primary aim is to enhance physical activity and reduce blood pressure through a 14-week aerobic exercise program with steam room treatment. Secondary aims examine the effects of this combined therapy on psychosocial factors and cognition function.

Cognition, Agility & Fitness (CALF): CALF is a cross-sectional study examining the relationships among aerobic fitness, agility, and cognitive functioning. The CALF study uses a novel device with the aim of improving methods for measuring physical agility, spatial memory, and lower-body mobility, coordination, and speed.

Vocal iPad-Corrective Exercise (VOICE): In collaboration with the Speech and Hearing Science Department, VOICE is examining the effects of an 8-week i-Pad vocal training program on vocal functioning in older adults. Secondary aims examine how vocal training influences psychosocial stress.

Wayfinding, Exergaming, and Spatial-memory Training (WEST): The aim of this study is to examine the efficacy of an aerobic exercise-gaming intervention to enhance exercise adherence and cognitive functioning in middle-aged adults with mild cognitive impairments. The WEST study is randomized controlled pilot intervention comparing a 10-week exergaming intervention vs. an exercise-only control.

Heat and Aerobic Training (HEAT): The HEAT study tests 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 (followed by sitting) in college-aged young adults.

Cognitive Regulation Training and Exercise (CORTEX) Trial: The CORTEX trial is a study 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.

Spring 2014 Academic Research Internship

Exercise, Technology, and Cognition Laboratory
University of Illinois at Urbana-Champaign

Completion of 150 scholarly hours for the Community Health Department as an intern under the supervision of Dr. Sean Mullen. Responsibilities involved assisting with project coordination such as scheduling staff and participants' testing appointments. As a blinded outcome assessor, I also administered cognitive and neuropsychological tests.

2011-2014 Undergraduate Research Assistant

Exercise, Technology, and Cognition Laboratory
University of Illinois at Urbana-Champaign

Responsibilities included administration of cognitive, neuropsychological, and functional fitness tests.

2013-2014 Undergraduate Research Lab Coordinator

Exercise, Technology, and Cognition Laboratory
University of Illinois at Urbana-Champaign

Duties included scheduling participants and research assistants for cognitive and exercise sessions.

E. TEACHING EXPERIENCE

Teaching Assistant

University of Illinois at Urbana-Champaign

Kinesiology 140: Social Science of Human Movement*

Fall 2016 – Spring 2017

Kinesiology 247: Introduction to Sports Psychology

Spring 2017

**Received Teacher Ranked as Excellent Award for both semesters*

F. SERVICE

F1. Professional

Leadership Positions in Professional Organizations

Society of Behavioral Medicine

Student SIG Membership and Communications Director

2018

Aging SIG Social Media Liaison

2016-2018

Aging SIG Student Liaison

2016-2018

Ad Hoc Reviewer

Journal of Physical Activity and Health, Psychology of Sport and Exercise, and Translational Behavioral Medicine

Abstract Reviewer

2018

Society of Behavioral Medicine

F2. Department, College, and Campus Service

Graduate Student Mentor

2018

Undergraduate Research Apprenticeship Program

University of Illinois at Urbana-Champaign

Founding Member 2018
Applied Health Sciences Graduate Student Association
University of Illinois at Urbana-Champaign

Graduate Student Member 2018
Student Health Insurance Advisory Committee
University of Illinois at Urbana-Champaign

G. AWARDS

Aging SIG Student Abstract Award Society of Behavioral Medicine 2015

Graduate College Student Travel Award 2015, 2017, 2018

Departmental Conference Travel Award 2015, 2017, 2018

H. ASSOCIATION MEMBERSHIP

Cognitive Neuroscience Society 2014-2016
Society of Behavioral Medicine 2014-Present
Association for Psychological Science 2016-2018
American College of Sports Medicine 2017-Present

I. REFERENCES (upon request)