

NAME Julian A. Reed	POSITION TITLE Professor
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EDUCATION/TRAINING

INSTITUTION	DEGREE	YEAR(s)	FIELD OF STUDY
Hobart and William Smith Colleges	B.A.	1996	Environmental Studies
University of Miami	M.S. Ed.	1998	Exercise/Sport Science
University of Northern Colorado	Ed.D.	2002	Kinesiology & Phy. Ed.
University of South Carolina	MPH	2008	Health Serv. Pol. Man.

POSITIONS:

- 2002 - Pres. Furman University-Professor in the Department of Health Sciences
- 2008 - Pres. Affiliate Faculty-Prevention Research Center, Arnold School of Public Health, University of South Carolina
- 2001 - 2002 University of Northern Colorado-Instructor in the School of Education
- 2001 - 2002 University of Northern Colorado-Part-time Instructor in the School of Kinesiology and Physical Education
- 1999 - 2002 University of Northern Colorado-Assistant Women's Soccer Coach
- 1997 - 1998 Lewis and Clark College-Intern Athletic Trainer

MEMBERSHIPS:

- Full Member of American Academy of Health Behavior (AAHB)
- American College of Sports Medicine (ACSM)
- American Public Health Association (APHA)
- South East Chapter of the American College of Sports Medicine (SEACSM)

COURSES CURRENTLY TAUGHT

- HSC 101: Wellness Concepts**
- HSC 200: Physical Activity and Health Education**
- HSC 221: Motor Development**
- HSC 302: Physical Activity and Public Health**
- HSC 307: Health Systems, Services and Policy Administration**
- HSC 313: Medical Aspects of Athletics**
- CEM 650: Health Policy**

COURSE DEVELOPMENT

HSC 302: Physical Activity and Public Health

Regular physical activity has long been regarded as an important component of a healthy lifestyle. Scientific evidence links regular activity to a wide array of physical and mental benefits. Examination of the well-documented public health implications associated with leading an active lifestyle.

HSC 251/200: Physical Activity and Health Education

Health Education and Physical Activity is a revision of HSC 39 Elementary School Health. This course has been revised to update content in keeping with current practice/research and to meet the

new Elementary Health NCATE standards for candidates seeking elementary teaching licensure. This course provides elementary teacher candidates with a variety of integrative teaching experiences that incorporate movement concepts into health education. Each candidate will understand the importance of physical activity and lifelong movement to enhance the quality of life for elementary students.

HSC 313: Fundamentals of Physical Rehabilitation

A significant percentage of HSC majors pursue graduate studies in a variety of Allied Health professions. This course will provide authentic rehabilitative experiences to better prepare our majors who choose to pursue careers in physical therapy, occupational therapy, motor development and sports medicine. Principles of rehabilitation will specifically address the neurological, behavioral and physical aspects of rehabilitation in a clinical setting.

HSC 195: Tying it altogether: Integrating Movement into the Classroom

This course will provide graduate students currently employed as elementary and middle school teachers with a variety of integrative teaching experiences to incorporate movement concepts in the classroom. Each candidate will understand the importance of physical activity and lifelong movement to enhance student learning.

BOOKS

Reed, J. A. (2018). *Activating the modern classroom*. Charlotte, North Carolina: IAP.

Reed, J. A. (2009). *Active education: Lessons for integrating physical activity with language arts, math, science and social studies*. New York, New York: Nova Science Publishers.

PUBLICATIONS (Peer Reviewed) all student co-authors identified in parenthesis after student name.

Erwin, H., Centeio, E., **Reed, J.**, & Stoecker, P. (2022). Physical activity during the school day. *Journal of Physical Education, Recreation & Dance*, 93(5), 13-19.

Webster, C. A., McLoughlin, G., Starrett, A., Papa, J., Erwin, H., **Reed, J. A.**, ... & Burgeson, C. (2021). Parents' perceptions and engagement regarding school-based physical activity promotion. *American Journal of Health Promotion*, 35(8), 1125-1128.

Reed, J. A., Ballard, R. M., Hill, M., Berrigan, D. (2020) Identification of Effective Programs to Improve Access to and Use of Trails among Youth from Under-Resourced Communities: A Review. *International journal of environmental research and public health*;17(21). doi:10.3390/ijerph17217707.

Hughey, S. M., **Reed, J. A.**, King, S. B. (2021). Daily physical education linked to higher youth aerobic fitness levels: A 4 year longitudinal study. *Journal of Physical Activity and Health*, 18(10), 1261-1268.

Webster C. A., McLoughlin G, Starrett, A., Papa J, Erwin H, **Reed J. A.**, et al. Parents' Perceptions and Engagement Regarding School-Based Physical Activity Promotion. *American Journal of Health Promotion : AJHP* [Internet]. 2021 May 28 [cited 2021 Aug 8];8901171211020987.

Pate, R. R., Clennin, M., Shull, E. R., **Reed JA.**, Dowda, M. Poverty Status Moderates the Relationship between Cardiorespiratory Fitness and Academic Achievement. *The Journal of School Health*. 2020;90(8):630-640. doi:10.1111/josh.12913

Fair, M. L., (former student) **Reed, J. A.**, Hughey, S. M., (former student) Powers, A. R., & King, S. (former student) (2017). The association between aerobic fitness and academic achievement among elementary school youth. *Translational Journal of the American College of Sports Medicine*, 2(9), 44-50.

Hughey, S. M. (former student), Walsemann, K. M, Child, S. T., Powers, A., **Reed, J. A.**, & Kaczynski, A. T. (2016). Quality matters: Examining the relationship between neighborhood socioeconomic disadvantage and park availability and quality. *Landscape and Urban Planning*. 148, 159-169.

Hughey, S. M. (former student), **Reed, J. A.**, Kaczynski, A. T., & Clennin, M. (2016). Pathways to health: Association between weight status, trail-use and self-rated health in Greenville County, South Carolina, 2014. *Preventing Chronic Disease*, 13.1606197.

Hughey, S. M., Kaczynski, A. T., & **Reed, J. A.** (2015). Demographic differences in reported reasons for non-use of a prominent community trail. *Journal of Outdoor Recreation and Tourism*, 10, 78-83.

Reed, J. A., Kilpatrick, E. (former student), Malafronte, N. (former student), & King, S (former student) (2015). Examining the Impact of Daily Physical Education on Perceptual Speed among Underserved Elementary and Middle School Youth. *Int J Sch Cog Psychol* 2: 140. doi:10.4172/ijscp.1000140

Hughey, S. M. (former student), **Reed, J. A.**, & Kaczynski, A. T. (2015). Demographic differences in reported reasons for non-use of a prominent community trail. *Journal of Outdoor Recreation and Tourism*, 10 (Special Issue on Well Being), 78-83.

Price, A. E. (former student and colleague) & **Reed, J. A.** (2014). Use and non-use of a rail-trail conversion for physical activity. *American Journal of Health Education*. Volume 45(4), 249-256.

Price, A. E. (former student and colleague), **Reed, J. A.**, Grost, L., Harvey, C., & Martinan, K. (2013). Travel to, and use of, twenty-one Michigan trails. *Preventive Medicine*, 56(3), 234-236.

Reed, J. A., Maslow, A., (former student) Long, S., (former student) & Hughey, M. (former student) (2013). Examining the impact of 45 minutes of daily physical education on the cognitive ability, fitness performance and body composition of African American youth. *Journal of Physical Activity and Health*, 10, 185-197.

Meyers, D. C., Wilson, D. K., Kugler, K. A., Colabianchi, N., McKenzie, T. L., Ainsworth, B. E., **Reed, J. A.**, & Schmidt, S. C. (2012). Assessing urban walking trail use and changes in the trail environment using systematic observational protocols. *Health & Place*. doi: 10.1016/j.healthplace.2012.06.008.

Reed, J. A., & Price, A. E. (former student and colleague) (2012). Demographic characteristics and physical activity behavior of park-visitors versus non-visitors. *Journal of Community Health*, 37,1264-1268.

Price, A. E., (former student and colleague) **Reed, J. A.**, & Mutukrishnan, S. (2012). Trail user demographics, physical activity behaviors, and perceptions of a newly constructed greenway trail. *Journal of Community Health*, 37(6), 1264-1268.

Reed, J. A., & Hooker, S. P. (2012). Where are youth physically active? A descriptive examination of 45 Parks in a southeastern community. *Childhood Obesity*, 8(2), 124-131.

Maslow, A. L., (former student) **Reed, J. A.**, Price, A. E., & Hooker, S. P. (2012). Associations between sociodemographic characteristics and perceptions of the built environment with the frequency, type, and duration of physical activity among trail users. *Preventing Chronic Disease* 2012;9:110114. DOI: <http://dx.doi.org/10.5888/pcd9.110114>.

Price, A. E. (former student and colleague), **Reed, J. A.**, Maslow, A. (former student and colleague) & Hooker, S. P. (2012). The association of natural elements with physical activity intensity during trail use by older adults. *Journal of Physical Activity and Health*, 9, 718-723.

Reed, J. A., Price, A. E. (former student and colleague), Grost, L., & Martinah, K. (2012). Demographic characteristics and physical activity behavior in sixteen Michigan parks. *Journal of Community Health*, 37(2), 505-512.

Price, A. E. (former student and colleague), **Reed, J. A.**, & Hooker, S. P. (2012). The association of natural elements and trail use by adults. *Preventing Chronic Disease*, 9,110177. DOI: <http://dx.doi.org/10.5888/pcd9.110177>.

Reed, J. A., Powers, A., Greenwood, M., (former student) Smith, W. (former student), & Underwood, R. (2011). Using point of decision messages to intervene on college students' eating behaviors. *American Journal of Health Promotion, 25*(5), 298-300.

Reed, J. A., Hooker S. P., Muthukrishan, S., & Hutto, B. (2011). User demographics and physical activity behaviors on a newly constructed urban rail/trail conversion. *Journal of Physical Activity and Health, 8*, 534-542.

Reed, J. A., Einstein, G., Hahn, E., Hooker, S., Gross, G. (former student), & Kravitz, J. (former student) (2010). Examining the impact of integrating physical activity on fluid intelligence and academic performance in an elementary school setting: A preliminary investigation. *Journal of Physical Activity and Health, 7*, 343-351.

Troped, P. J., Whitcomb, H. A., Hutto, B., **Reed, J. A.,** & Hooker, S. P. (2009). Reliability of a brief intercept survey for trail use behaviors. *Journal of Physical Activity and Health, 6*, 775-780.

Reed, J. A. (2009). Examining the impact of a weekly email intervention campaign to promote walking and intent to exercise among women. *International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPERD) Journal of Research, 4*(1), 64-69.

Reed, J. A., Morrison, A. (former student and colleague), & Arant, C. A. (former student) (2009). Profile differences of users of paved versus natural surface trails. *Journal of Physical Activity and Health, 6*(1), 1-8.

Reed, J. A., Arant, C. A. (former student), Wells, P. (former student), Stevens, K. (former student), Hagen, S. (former student), & Haring, H. (former student) (2008). A descriptive examination of the most frequently used activity settings in 25 community parks using direct observation. *Journal of Physical Activity and Health, 5*(s1), s183-s195.

Reed, J. A., Malvern, L., Hardy, R. (former student), & King, L. (former student) (2008). Using an ecological approach combined with primary care counseling to promote physical activity. *Journal of Physical Activity and Health, 5*(1), 169-183.

Reed, J. A., & Ainsworth, B. E. (2007). Perceptions of sidewalk presence, maintenance and safety from crime on the physical activity behaviors of university males and females. *Journal of American College Health, 56*(2), 199-204.

Reed, J. A., Beighle, A., Phillips, D. A., & Pangrazi, R. P. (2007). Promoting lifelong physical activity. Official Journal of the *International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD) XLIII*(3), 5-9.

Reed, J. A., Brittenham, S. W., Phillips, D. A., & Carlisle, C. (2007). Preliminary examination of the fitness levels of children who meet the president's council physical activity recommendation. *The Physical Educator, 64*(3), 159-168.

Reed, J. A., Malvern, L., Muthukrishnan, S., Hardy, R. (former student), & King, L. (former student) (2007). A descriptive examination of a novel approach to primary care counseling for physical activity in a community health center in upstate South Carolina. *The EJournal of the South Carolina Medical Association, 103*(March), 40-43.

Reed, J. A., McKenzie T. L., Hagen, S., (former student) & Haring, H. (former student) (2007). Using direct observation methodology to measure trail-use. Official Journal of Research for the *International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPERD) Journal of Research, 2*(2), 33-39.

Reed, J. A. (2007). Awareness of recreational facilities on a university campus. *Journal of American College Health, 55*(4), 189-194.

Reed, J. A., & Phillips, D. A. (2005). Relationships between physical activity and the proximity of exercise facilities and home exercise equipment utilized by university students. *Journal of American College Health, 53*(6), 285-290.

Reed, J. A., & Wilson, D. K. (2006). Awareness and use of a university recreational trail. *Journal of American College Health, 54*(4), 227-230.

Reed, J. A., Wilson, D. K., Ainsworth, B. E., & Bowles, H. (2006). Perceptions of neighborhood sidewalks on walking and physical activity patterns in a southeastern community in the United States. *Journal of Physical Activity and Health, 3*(2), 243-253.

Lei, W., Phillips, D. A., & **Reed, J. A.** (2005). An investigation of the relationships between environmental factors and physical activity among Taiwanese high school students. *Official Journal of the International Council for Health, Physical Education, Recreation, Sport and Dance, XL* (4), 43-49.

Reed J. A. (2005). Strength and conditioning strategies to reduce the risk of lower back injuries associated with the golf swing. *Strength and Conditioning Journal, 27*(2), 10-13.

Reed, J. A., Ainsworth, B. E., King, D. K., Mixon, G., & Cook, A. (2004). Awareness and use of community walking trails. *Preventive Medicine, 39*, 903-908.

Reed, J. A., Metzker, A., & Phillips, D. A. (2004). Analysis of the relationships between physical activity and motor skills in middle school children. *Perceptual and Motor Skills, 99*, 483-494.

Banks, A. L., & **Reed, J. A.** (2004). Creative mass media ideas for the gymnasium. *Strategies, 17*(3), 7-10.

Reed, J. A., Banks, A. L., & Carlisle, C. S. (2004). Knowing me, knowing who? Getting to know your students' preferred learning style. *Teaching Elementary Physical Education, 15*(4), 25-27.

Reed, J. A., & Phillips, D. A. (2004). Physical activity and the university environment. *South Carolina Journal of Health, Physical Education, Recreation and Dance, 34*(1), 28-35.

Brittenham, S., & **Reed. J. A.** (2004). Physical activity and physical fitness. What is the difference? *South Carolina Journal of Health, Physical Education, Recreation and Dance, 34*(1), 36-39.

Reed, J. A., Banks, A. L., & Brathwaite, R. E. (2004). Benefits of a sport-specific warm-up in the gymnasium. *Strategies, 18*(2), 13-15.

Banks, A. L., & **Reed, J. A.** (2003). Applying mass media to self-defense instruction in physical education. *Journal of Physical Education, Recreation and Dance, 74*(2), 40-45, 52.

Reed, J. A., & Bertelsen, S. L. (2003). The relationship between the perceptions of students and instructors of the importance of their objectives in physical education activity classes. *The Physical Educator, 60*(1), 19-27.

McDaniel, L., Brathwaite, R., & **Reed, J. A.** (2003). Gender differences within stages of exercise change. *CAHPERD Journal Times, 66*(2), 12-16.

Reed, J. A. (2002). Putting anatomy into action. *Strategies, 4*, 35-36.

Mullane, S. P., & **Reed, J. A.** (2000). Prevention of back injuries in golf. *Journal of Physical Education, Recreation and Dance, 47*(7), 37-40.

PROCEEDINGS (Peer Reviewed)

Reed, J. A., & Maslow, A. (former student) (2011). The impact of daily physical education on cognition and fitness among underserved African American youth. ACSM Conference on Physical Activity, Cognitive Function, and Academic Achievement: Moving Students to Learn. Washington, DC.

Reed, J. A., Hooker, S. P., & Long, S. (former student) (2010). Patterns of physical activity by children and teens on an urban rail/trail. 3rd International Congress of Physical Activity and Public Health, Toronto, Canada.

Reed, J. A., Grost, L., & Martinah, K. (2010). Building Healthy Communities: A model for environmental approaches to increasing trail usage. 3rd International Congress of Physical Activity and Public Health, Toronto, Canada.

Reed, J. A., Talbot-Metz, M., & Hooker, S. P. (2008). Policy and program recommendations following the evaluation of an urban rail-trail conversion project. Active Living Research: Investigating Policies and Environments to Support Active Communities Conference. Active Living Research, San Diego State University.

Reed, J. A., McKenzie, T. L., Hagen, S., (former student) & Haring, H. (former student) (2005). Developing a user profile of a community recreational trail via direct observation. Walking for Health: Measurement and Research Issues and Challenges. ACSM-UIUC Kinesmetrics Symposium Series, University of Illinois, Urbana-Champaign.

Metzker, A. L., **Reed, J. A.**, Li, W., & Phillips, D. A. (2002). Results of stage based transtheoretical intervention on selected known determinants and barriers to physical activity. Proceedings 44th ICHPER-SD World Congress.

PUBLISHED ABSTRACTS (Peer Reviewed)

Brown, D. R., Berrigan, D., Do, V., Hill, M. A., & **Reed, J. A.** (2022). Evaluation Of Practice-based Programs To Increase Use Of Trails Among Youth From Under-resourced Communities: 951. *Medicine & Science in Sports & Exercise*, 54(9S), 233-234.

Finnan, M., (student) **Reed, J. A.**, Stanton, C. (student) (2019). Investigating the Impact of Daily Physical Education on Fitness Levels of Underserved Minority Youth. *Medicine & Science in Sports & Exercise (MSSE)*, 51(5S), 1942. Poster and Published in MSSE supplement.

Stanton, C., (student) **Reed, J. A.**, Huhn, B. (student) (2018). Investigating the Impact of Daily Physical Education on Fitness Levels of Underserved Minority Youth. *Medicine & Science in Sports & Exercise (MSSE)*, 50(5S), 404. May 30th, 2019. Poster and Published in MSSE supplement.

Huhn, B., (student), **Reed, J. A.**, Stanton, C. (student). (2018). Longitudinal Investigation of Daily Physical Education on Fitness Levels and Processing Speed among Minority Youth. *Medicine & Science in Sports & Exercise (MSSE)*, 50(5S), 403. May 30th, 2019. Poster and Published in MSSE supplement.

Holan, H.K., (former student) **Reed, J. A.**, Short, A.C. (former student) (2017). The impact of daily physical education on perceptual speed and pacer laps over time. *Medicine & Science in Sports & Exercise*, 49(5S), 209-210.

Short, A.C., (former student) **Reed, J. A.**, & Holan, H.K. (former student) (2017). Examining the associations between daily physical education, fluid intelligence, and fitness levels of underserved middle school youth. *Medicine & Science in Sports & Exercise*, 49(5S), 210.

Kilpatrick, E.P., (former student) **Reed, J. A.**, King, S.B. (former student) (2016). Longitudinal examination of the impact of daily physical education on the fitness of underserved youth. *Medicine & Science in Sports & Exercise*: May 2016 - Volume 48 Issue 5S.

King, S.B., (former student) **Reed, J. A.**, Kilpatrick, E.P. (former student) (2016). Longitudinal investigation between daily physical education and perceptual speed of elementary school youth. *Medicine & Science in Sports & Exercise*: May 2016 - Volume 48 – Issue 5S.

Richardson, C., (former student) **Reed, J. A.**, & Thompson, R. (former student) (2013). Impact of daily physical education on the body composition of African American youth: A longitudinal analysis. *Medicine & Science in Sports & Exercise*, Volume 45:5 Supplement.

Reed, J. A., Thompson, R., (former student) & Richardson, C. (former student) (2013). Impact of daily physical education on fluid intelligence of African American youth: A longitudinal analysis. *Medicine & Science in Sports & Exercise*, Volume 45:5 Supplement.

Reed, J. A., Price, A. E. (former student and colleague), Grost, L., & Martinah, K. (2012). Demographic characteristics and physical activity behavior in sixteen Michigan parks. *Annals of Behavioral Medicine*, 43(s1), s120.

Hooker, S., **Reed, J. A.**, & Long, S. (former student) (2010). Time of day and seasonal variations in use of an urban rail-trail. *Medicine & Science in Sports & Exercise* 42(5) s174.

Reed, J. A., Einstein, G., Hahn, E., Gross, G. (former student), Kravitz, J. (former student), & Krankowski, E. (former student) (2009). Examining the impact of physical activity on fluid intelligence in an elementary school setting. *Medicine & Science in Sports & Exercise*, 41(5), s34.

Hooker, S., **Reed, J. A.**, & Liebschwager, M. (former student) (2009). Measuring the demography of physical activity on an urban rail/trail. *Medicine & Science in Sports & Exercise*, 41(5), s52.

Reed, J. A., Malvern, L., Muthukrishnan, S., Hardy, R., (former student) & King, L. (former student) (2007). An ecological approach combined with primary care counseling to promote physical activity. *Medicine & Science in Sports & Exercise*, 39(5), s80.

Reed, J. A., & Ainsworth, B. E. (2006). Perceptions of sidewalks and safety from crime on the physical activity behaviors of university students. *Medicine & Science in Sports & Exercise*, 38(5), s249.

Reed, J. A. (2006). Perceptions of the availability of recreational physical activity facilities on a university campus. International Congress of Physical Activity and Public Health (sponsored by the Centers for Disease Control and Prevention), 1(1).

Reed, J. A., Hagen, S. (former student) & Haring, H. (former student) (2005). Observation of a community recreational trail. South East Chapter of the American College of Sports Medicine (SEACSM) Abstracts.

Reed, J. A., & Wilson, D. K. (2005). Awareness and use of a university recreational trail. *Research Quarterly for Exercise and Sport (RQES)*, 76(1).

Reed, J. A., Wilson, D. K., Ainsworth, B. E., & Bowles, H. (2005). Perceptions of neighborhood sidewalks on walking and physical activity patterns in a southeastern community in the United States. *Medicine & Science in Sports & Exercise*, 37(5), s332.

Reed, J. A., Brittenham, S. W. & Phillips, D. A. (2004). Examining physical activity patterns of elementary school children via accelerometry and pedometry. National Association Physical Education Higher Education (NAPEHE) HMS, Volume VI.

Reed, J. A., Metzker, A., & Phillips, D. A. (2004). Analysis of the relationships between physical activity and motor skills in sixth grade boys and girls. National Association Physical Education Higher Education (NAPEHE) HMS, Volume VI.

Phillips, D. A., **Reed, J. A.**, & Metzker, A. (2004). An analysis of the relationships by gender between physical activity and selected physical fitness items in sixth grade children. National Association Physical Education Higher Education (NAPEHE) HMS, Volume VI.

Reed, J. A., Metzker, A., & Phillips, D. A. (2004). Analysis of the relationships between physical activity and motor skills in sixth grade children. *Research Quarterly for Exercise and Sport (RQES)*, 74(1).

Caterisano, A., **Reed, J. A.**, & Price, A. (former student and colleague) (2004). Comparison of estimating energy expenditures using Caltrac and three aerobic field tests. *Medicine & Science in Sports & Exercise*, 36(5), s33.

Reed, J. A., Metzker, A. L., & Phillips, D. A. (2003). Relations between physical activity and selected environmental variables as well as the proximity of the activity episode. National Association Physical Education Higher Education (NAPEHE) HMS, Volume VI.

Reed, J. A., Brittenham, S., & Phillips D. A. (2003). Analysis of relationships between physical activity levels and physical fitness/health-related variables for first through fifth grade students. National Association Physical Education Higher Education (NAPEHE) HMS, Volume VI.

Metzker, A. L., **Reed, J. A.**, & Phillips, D. A. (2003). Effects of stage based transtheoretical intervention on physical activity levels in high school females in the United States and in Taiwan. National Association Physical Education Higher Education (NAPEHE) HMS, Volume VI.

Reed, J. A. (2003). Relationships between physical activity and the proximity of exercise facilities utilized by university students. South East Chapter of the American College of Sports Medicine (SEACSM) Abstracts.

Reed, J. A., & Phillips, D. A. (2003). Relationships between physical activity and the proximity of exercise facilities and home exercise equipment utilized by university students. *Research Quarterly for Exercise and Sport (RQES)*, 74(1).

Lei, W., Phillips, D. A., & **Reed, J. A. (2003).** An investigation of the relationships between environmental factors and physical activity among Taiwanese high school students. *Research Quarterly for Exercise and Sport (RQES)*, 74(1).

Brittenham, S., **Reed, J. A., & Phillips D. A. (2003).** Analysis of relationships between physical activity levels and physical fitness for elementary school students. *Research Quarterly for Exercise and Sport (RQES)*, 74(1).

Reed, J. A., Metzker, A. L., & Phillips, D. A. (2002). Relations between physical activity and selected environmental variables such as the quality of home, school and neighborhood physical activity environments. 44th ICHPER-SD World Congress.

Metzker, A. L., **Reed, J. A., Li, W., & Phillips, D. A. (2002).** Results of stage based transtheoretical intervention on selected known determinants and barriers to physical activity. 44th ICHPER-SD World Congress.

CONFERENCE PRESENTATIONS (Peer Reviewed)

Reed, J. A., The Science Behind Movement: The Benefits of Walkabouts in the Classroom The South Carolina Community Action Partnership (SCCAP) and South Carolina State Head Start Association (SCSHSA) 2022 Annual Statewide Virtual Spring Training Conference to be held on April 11 – 14, 2022.

Brown, D. R., Berrigan, D, Do, V, Hill, MA, Reed JA. Evaluation Of Practice-based Programs To Increase Use Of Trails Among Youth From Under-resourced Communities. Poster presented at the American College of Sports Medicine 2022 Annual Meeting and World Congress, San Diego, CA, June 2, 2022. [or if you prefer the full date range of the conference rather than June 2, the day our poster is presented, ACSM runs May 31 – June 4, 2022]

Reed, J. A., Brown. D., Berrigan, D. & Hill, M. (2021) Scientific and Practice-based Findings from Reviews Related to the Importance of Trails for Physical Activity among Under-resourced Communities. Active Living Conference (Virtual) April 6-9th, 2021 (Oral Slide Presentation).

Paget-Brown, H., **Reed, J. A.,** Radziewicz, S., Lang, J., & Kennedy, L. (2020). Impact Of 45 Minutes of Daily PE On Fitness And Processing Speed Overtime: 2273 Board# 192 May 28 2: 00 PM-3: 30 PM. *Medicine & Science in Sports & Exercise*, 52(7S), 610.

Finnan, M. C., **Reed, J. A., & Stanton, C. (2019).** Investigating the Impact of Daily Physical Education on Fitness Levels of Underserved Minority Youth: 1942 Board# 98 May 30 3: 30 PM-5: 00 PM. *Medicine & Science in Sports & Exercise*, 51(6S), 519.

The, N.S., Slining, M.M., Holt, EW., Criss, S., Cass, A., & **Reed, J.A. (2021).** *Integrating Coursework with Applied Learning Experiences at a Liberal Arts Institution: The Public Health Major at Furman University.* APHA Annual Conference, Denver, CO, October, 2021.

Reed, J. A., Fair, M.L., Kaczynski, A.T., Swanson, N., Perry, L., Barry, B. (2019). Objective baseline physical activity assessment in a school-based obesity prevention intervention. International Active Living Conference, February 17-20, 2019, Charleston, South Carolina, USA.

Fair, M.L., **Reed, J. A.,** Swanson, N., Perry, L., Barry, B. Rusnak, S. (student), Kaczynski, A.T. (2019). Get Moving: Patterns of physical activity among 3rd through 5th grade students participating in a school-based policy, systems, and environment change intervention in Spartanburg County, SC. International Active Living Conference, February 17-20, 2019, Charleston, South Carolina, USA.

Reed, J. A. (2018). A longitudinal investigation of the impact of daily physical education on processing speed and PACER laps among elementary school youth. *Nurturing Developing Minds 2018: Building Resiliency.* February, 22nd.

Reed, J. A. (2018). Heathy body, healthy mind: Links between daily physical education and the fluid intelligence and fitness levels of underserved middle school youth. Nurturing Developing Minds 2018: Building Resiliency. February, 22nd.

Holan, H.K., (former student) **Reed, J.A.**, Short, A.C. (former student) (2017). The impact of daily physical education on perceptual speed and pacer laps over time. American College of Sports Medicine 64th Annual Meeting, 8th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise. Denver, Colorado, May 28th-June 2nd.

Short, A.C., (former student) **Reed J.A.**, Holan, H.K. (former student) (2017). Links between daily physical education and fluid intelligence and fitness levels of underserved middle school youth. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine. February 16th-18th, Greenville, SC.

Short, A.C., (former student) **Reed, J.A.**, & Holan, H.K. (former student) (2017). Examining the associations between daily physical education, fluid intelligence, and fitness levels of underserved middle school youth. American College of Sports Medicine 64th Annual Meeting, 8th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise. Denver, Colorado, May 28th-June 2nd.

Kilpatrick, E.P., (former student) **Reed, J.A.**, King, S.B. (former student) (2016). Longitudinal examination of the impact of daily physical education on the fitness of underserved youth. American College of Sports Medicine 63rd Annual Meeting, 7th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise. Boston, MA, May 31st-June 4th.

King, S.B., (former student) **Reed, J.A.**, Kilpatrick, E.P. (former student) (2016). Longitudinal investigation between daily physical education and perceptual speed of elementary school youth. American College of Sports Medicine 63rd Annual Meeting, 7th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise. Boston, MA, May 31st-June 4th.

Hughey, S.M. (former student), Kaczynski, A.T., **Reed, J. A.**, & Hibbert, J. (2015). A new lens on environmental justice: Examining disparities in park availability, features, and quality across Greenville County, SC. Presented at the U.S. Play Coalition Conference, Clemson, SC.

Kilpatrick, E. (former student) **Reed, J. A.**, Malafronte, N (former student) (2015). The results of daily physical education on fitnessgram pacer laps among middle school youth: A longitudinal examination. American College of Sports Medicine 62nd Annual Meeting, 6th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. San Diego, California, May 28th-June 2nd.

Reed J. A., Kilpatrick, E. (former student), Malafronte, N. (former student) (2015). Links between daily physical education and perceptual speed of elementary and middle school youth. American College of Sports Medicine 62nd Annual Meeting, 6th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. San Diego, California, May 28th-June 2nd.

Fair, S.M., (former student) Hughey, M., (former student) Stevens, D., The, N., **Reed, J.A.**, Powers, A.R. (2015, November). Examining the association between Fitnessgram PACER laps and academic achievement among 3th-5th elementary youth. Presented at 143rd the American Public Health Association Annual Meeting & Exposition, Chicago, IL. *Nominated for Student Oral Presentation Winner in Physical Activity Section.

Malafronte, N., (former student), **Reed, J. A.**, Kilpatrick, E. (former student) (2015). Investigating daily physical education on fitness gram pacer laps among African American middle school students. American College of Sports Medicine 62nd Annual Meeting, 6th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. San Diego, California, May 28th-June 2nd.

Hill, L. (former student) **Reed, J. A.** & Rimmler, S. (former student) (2014). The results of daily physical education on the bmi of African American middle school aged-youth: A longitudinal analysis. Global Summit on the Physical Activity of Children, Toronto, Canada.

Reed, J. A., Rimmler, S. (former student) & Hill, L. (former student) (2014). A longitudinal analysis examining daily physical education and cognition among African American youth: Is there a link? Global Summit on the Physical Activity of Children, Toronto, Canada.

Rimmler, S., (former student) **Reed, J. A.**, & Hill, L. (former student) (2014). Impact of daily physical education on the bmi of elementary aged African American youth: A longitudinal analysis. Global Summit on the Physical Activity of Children, Toronto, Canada.

Reed, J. A. (2014). Active kids have active brains: Examining the links between classroom-based activity on the cognitive abilities of youth. 11th Annual Elementary School Conference, NC.

Hughey, S.M. (former student), **Reed, J. A.**, & Kaczynski, A.T. (2014) Demographic differences in reported reasons for non-use of a prominent community trail. Presented at the 14th Annual American Academy of Health Behavior Scientific Meeting, March 2014, Charleston, SC.

Hughey, S.M. (former student), Hibbert, J., **Reed, J. A.**, & Kaczynski, A.T. (2014). Exploring disparities in obesogenic environments: Park availability, features, and quality in Greenville County, SC. Presented at 2nd Annual Southeastern Conference Obesity Symposium, Atlanta, GA.

Hughey, S.M. (former student) **Reed, J. A.**, Mutukrishnan, S., Child, S., Clennin, M., & Kaczynski, A.T. (2014). Differences in active transportation versus recreational users on a prominent community trail. Presented at 142nd American Public Health Association Annual Meeting & Exposition, New Orleans, LA.

McCann, T., Muthukrishnan, S., & **Reed, J. A.** (2014). User demographics and patterns of use of the GHS Swamp Rabbit Trail in Greenville, South Carolina, American Association of Geographers Annual Meeting, Tampa, FL, 8-12.

Hughey, S.M. (former student), **Reed, J. A.** & Kaczynski, A.T. (2014) Demographic differences in reported reasons for non-use of a prominent community trail. Presented at the 14th Annual American Academy of Health Behavior Scientific Meeting, March 2014, Charleston, SC.

Hughey, S.M. (former student), Hibbert, J., **Reed, J. A.**, & Kaczynski, A.T. (2014). Exploring disparities in obesogenic environments: Park availability, features, and quality in Greenville County, SC. 2nd Annual Southeastern Conference Obesity Symposium, Atlanta, GA.

Hughey, S.M. (former student), **Reed, J. A.**, Mutukrishnan, S., Child, S., Clennin, M., & Kaczynski, A.T. (2014). Differences in active transportation versus recreational users on a prominent community trail. 142nd American Public Health Association Annual Meeting & Exposition, New Orleans, LA.

Richardson, C. (former student), **Reed, J. A.**, & Thompson, R. (former student) (2013). Impact of daily physical education on the body composition of African American youth: A longitudinal analysis. American College of Sports Medicine National Conference, May 28-June 1, 2013.

Reed, J. A., Thompson, R. (former student), & Richardson, C (former student). (2013). Impact of daily physical education on fluid intelligence of African American youth: A longitudinal analysis. American College of Sports Medicine National Conference. May 28-June 1, 2013.

Reed, J. A., Price, A. E. (former student and colleague), Grost, L., & Martinah, K. (2012). Demographic characteristics and physical activity behavior in sixteen Michigan parks. 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. April 11-14, in New Orleans, LA.

Hooker, S. P., & **Reed, J. A.** (2012). Differences in rail-trail use among youth by gender and ethnicity. Active Living Research Annual Conference. March 12-14, in San Diego, CA

Howell, S. A., (former student) & **Reed, J. A.** (2012). Examining links between daily physical education and cognition and fitness among African American youth. Southeast Chapter of the American College of Sports Medicine. February 9-11 in Jacksonville, FL.

Price, A. E. (former student and colleague), **Reed, J. A.**, Long, S (former student), Maslow, A. L., (former student) & Hooker, S. P. (2011). The association of natural elements and trail use by older adults. The Gerontological Society of America's Annual Meeting. November 18-22 in Boston, MA.

Reed, J. A. (2010). Building Healthy Communities: A plan to promote active lifestyles. 20th American Trails National Symposium. November 14-17 in Chattanooga, TN.

Reed, J. A., Mantinan, K. D., & Grost, L. (2010). Strategies for increasing park usage: Findings from Michigan's Building Healthy Communities initiative. American Public Health Association (APHA). 138th Annual Meeting & Exposition of the (November 6-10) in Denver, CO.

Hooker, S., **Reed, J. A.**, & Long, S. (former student) (2010). Time of day and seasonal variations in use of an urban rail-trail. American College of Sports Medicine National Conference, June 1-3, Baltimore, MD.

Reed, J. A., Hooker, S. P., & Long, S. (former student) (2010). Patterns of physical activity by children and teens on an urban rail/trail. 3rd International Congress of Physical Activity and Public Health, May 5-8, Toronto, Canada.

Reed, J. A., Grost, L., & Martinah, K. (2010). Building Healthy Communities: A model for environmental approaches to increasing trail usage. 3rd International Congress of Physical Activity and Public Health, May 5-8, Toronto, Canada.

Reed, J. A., Einstein, G., Hahn, E., Gross, G., (former student) Kravitz, J. (former student) , & Krankowski, E. (former student) (2009). Examining the impact of physical activity on fluid intelligence in an elementary school setting. American College of Sports Medicine National Conference, May 27-30, Seattle, WA.

Hooker, S., **Reed, J. A.**, & Liebschwager, M. (former student) (2009). Measuring the demography of physical activity on an urban rail/trail. American College of Sports Medicine National Conference, May 27-30, Seattle, WA.

Reed, J. A., Talbot-Metz, M., & Hooker, S.P. (2008). Policy and program recommendations following the evaluation of an urban rail-trail conversion project. Active Living Research: Investigating Policies and Environments to Support Active Communities Conference, Washington, DC, April 10-12.

Reed, J. A., Hooker, S., Arant, C. A., (former student) & Price, A. (former student and colleague) (2007). Analyzing contextual elements impacting the physical activity levels of trail users on a two-mile rail/trail conversion by direct observation. American Public Health Association (APHA). Selected for Oral presentation during the 135th Annual Meeting & Exposition of the (November 3-7) in Washington, DC.

Hooker, S., **Reed, J. A.**, Arant, C. A. (former student), & Price, A. (former student and colleague) (2007). Comparing demographic features of trail-users obtained via direct observation with current census data. American Public Health Association (APHA). Selected for Oral presentation during the 135th Annual Meeting & Exposition of the (November 3-7) in Washington, DC.

Hooker, S., **Reed, J. A.**, Arant, C. A. (former student), & Price, A. (former student and colleague) (2007). Evaluating the Impact of an Urban Rail/Trail Conversion Project: Comparing Demographic Characteristics of Rail/Trail Users with Census Data of Adjacent Neighborhoods. Selected for Breakout Oral Presentation at Walk21 TORONTO 2007 - PUTTING PEDESTRIANS FIRST 8th Annual International Conference on Walking and Livable Communities October 1-4, Toronto, Canada.

Reed, J. A., Malvern, L., Muthukrishnan, S., Hardy, R. (former student), & King, L. (former student) (2007). Using an ecological approach combined with primary care counseling to promote physical activity. American College of Sports Medicine National Conference, May 31-June 3, New Orleans, LA.

Reed J. A., Morrison, A. (former student), Arant, C. A. (former student) (2007). Comparing profile differences among natural surface and paved trail users using direct observation and survey methods. American Academy of Health Behavior National Conference, March 25-28, Savannah, GA.

Reed, J. A. (2006). Perceptions of the availability of recreational physical activity facilities on a university campus. International Congress of Physical Activity and Public Health (sponsored by the Centers for Disease Control and Prevention), April 17-20, Atlanta GA.

Reed, J. A., & Ainsworth, B. E. (2006). Perceptions of sidewalks and safety from crime on the physical activity behaviors of university students. American College of Sports Medicine (ACSM) National Conference, May 31-June 3, Denver, CO.

Reed, J. A., Hagen, S. (former student) & Haring, H. (former student) (2005). Observation of a community recreational trail. South East Chapter of the American College of Sports Medicine (SEACSM), Charlotte, NC.

Reed, J. A., & Wilson, D. K. (2005). Awareness and use of a university recreational trail. American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium) National Conference, Chicago, IL.

Reed, J. A., Wilson, D. K., & Ainsworth, B. E. (2005). Perceptions of neighborhood sidewalks on walking and physical activity patterns in a southeastern community in the United States. American College of Sports Medicine (ACSM) National Conference, Nashville, TN.

Reed, J. A., McKenzie, T. L., Hagen, S. (former student) & Haring, H. (former student) (2005). Developing a user profile of a community recreational trail via direct observation. Walking for Health: Measurement and Research Issues and Challenges. ACSM-UIUC Kinesmetrics Symposium Series, University of Illinois, Urbana-Champaign, IL.

Reed, J. A., Brittenham, S. W. & Phillips, D. A. (2004). Examining physical activity patterns of elementary school children via accelerometry and pedometer. National Association Physical Education Higher Education (NAPEHE) National Convention, Clearwater, FLA.

Reed, J. A., Metzker, A., & Phillips, D. A. (2004). Analysis of the relationships between physical activity and motor skills in sixth grade boys and girls. National Association Physical Education Higher Education (NAPEHE) National Convention, Clearwater, FLA.

Phillips, D. A., **Reed, J. A.,** & Metzker, A. (2004). An analysis of the relationships by gender between physical activity and selected physical fitness items in sixth grade children. National Association Physical Education Higher Education (NAPEHE) National Convention, Clearwater, FLA.

Reed, J. A. (2004). Physical activity and motor skills: What is the relationship? South East Chapter of the American College of Sports Medicine (SEACSM) Regional Chapter, Atlanta, GA.

Reed, J. A., Metzker, A., & Phillips, D. A. (2004). Analysis of the relationships between physical activity and motor skills in sixth grade children. American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium) National Conference, New Orleans, LA.

Caterisano, A., **Reed, J. A.,** & Price, A. (former student and colleague) (2004). Analysis of the relationships between energy expenditures using Caltrac and three aerobic field tests. Medicine and Science in Sport and Exercise. American College of Sports Medicine National Conference, Indianapolis, IN.

Miller, A. W., Farrier, M., & **Reed, J. A.** (2004). Sportsmanship attitudes of high school soccer players. Western College Physical Education Society (WCPES) 48th Annual Conference, Reno, NV.

Brittenham, S., **Reed, J. A.,** & Phillips, D. A. (2003). Relationships between physical activity and physical fitness. Physical Activity and Teacher Education: A Seminar Focused on Issues Related to K-12 Physical Education, University Park, PA.

Reed, J. A., Metzker, A. L., & Phillips, D. A. (2003). Relations between physical activity and selected environmental variables as well as the proximity of the activity episode. National Association Physical Education Higher Education (NAPEHE) National Convention, Long Beach, CA.

Reed, J. A., Brittenham, S., & Phillips, D. A. (2003). Analysis of relationships between physical activity levels and physical fitness/health-related variables for first through fifth grade students. National Association Physical Education Higher Education (NAPEHE) National Convention, Long Beach, CA.

Metzker, A. L., **Reed, J. A.**, & Phillips, D. A. (2003). Effects of stage based transtheoretical intervention on physical activity levels in high school females in the United States and in Taiwan. National Association Physical Education Higher Education (NAPEHE) National Convention, Long Beach, CA.

Reed, J. A. (2003). Relationships between physical activity and the proximity of exercise facilities utilized by university students. South East Chapter of the American College of Sports Medicine (SEACSM), Atlanta, GA.

Metzker, A. L., & **Reed, J. A.** (2003). Examination of relations between physical activity and physical fitness among middle school females. South West District AHPERD Regional Chapter, Reno, NV.

McDaniel, L., Brathwaite, R., & **Reed, J. A.** (2003). Gender differences within stages of exercise change. American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium), National Conference, Philadelphia, PA.

Reed, J. A., & Phillips, D. A. (2003). Relationships between physical activity and the proximity of exercise facilities and home exercise equipment utilized by university students. American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium) National Conference, Philadelphia, PA.

Lei, W., Phillips, D. A., & **Reed, J. A.** (2003). An investigation of the relationships between environmental factors and physical activity among Taiwanese high school students. American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium) National Conference, Philadelphia, PA.

Brittenham, S., **Reed, J. A.**, & Phillips, D. A. (2003). Analysis of relationships between physical activity levels and physical fitness for elementary school students. American Alliance for Health, Physical Education, Recreation and Dance (Research Consortium) National Conference, Philadelphia, PA.

Reed, J. A. (2003). Physical activity and physical fitness: What is the relationship? South Carolina Association of Health, Physical Education, Recreation and Dance (SCAHPERD) Convention, Myrtle Beach, SC.

Reed, J. A., Metzker, A. L., & Phillips, D. A. (2002). Relations between physical activity and selected environmental variables such as the quality of home, school and neighborhood physical activity environments. 44th ICHPER-SD World Congress, Taipei, Taiwan.

Metzker, A. L., **Reed, J. A.**, Li, W., & Phillips, D. A. (2002). Results of stage based transtheoretical intervention on selected known determinants and barriers to physical activity. 44th ICHPER-SD World Congress, Taipei, Taiwan.

Metzker, A. L., & **Reed, J. A.** (2002). A comparison of steps completed and performance on fitnessgram items. Western College Physical Education Society 47th Annual Conference (WCPE), Reno, NV.

Reed, J. A. (2002). Physical activity and the university environment. South Carolina Association of Health, Physical Education, Recreation and Dance (SCAHPERD) Convention, Myrtle Beach, SC.

Reed, J. A., & Bertelsen, S. L. (2001). Examination of student and instructor objectives in physical education activity classes. University of Northern Colorado Research Day, Greeley, CO.

Reed, J. A., & Bertelsen, S. L. (2001). The relationship between students perceived objectives and instructor objectives in physical education activity classes. Colorado Association of Health, Physical Education, Recreation and Dance (CAHPERD) Convention, Denver, CO.

Reed, J. A., & Bertelsen, S. L. (2001). Analysis of student needs and instructor objectives in a university basic activity program. Northern Rocky Mountain Educational Research Association (NRMERA), Jackson Hole, WY.

INVITED PODCASTS

1. **Dr. Julian Reed and Holly Owens on the EdUp EdTech Podcast as they discuss using movement to foster social emotional learning.**
2. **Dr. Julian Reed, joined Robert Martellacci of MindShare Learning to talk about healthy, active learning and living.**
3. **Dr. Julian Reed's insights on exercise and learning in his conversation with Scott Cameron of Teacher's Workshop on The Joys of Teaching Literature Podcast.**
4. **On an episode of the School Behaviour Secrets Podcast, Dr. Julian Reed discussed the benefits of regular exercise on students' focus and behavior.**
5. **Dr. Julian Reed's conversation with Drew Garner of the Health Science Coach Podcast about how to activate elementary lessons with movement.**
6. **Lisa Navarra of the Student Success Beyond Expectations Podcast talked with Dr. Julian Reed, about how Walkabouts improve student outcomes.**
7. **How does movement impact classrooms and students? Dr. Julian Reed discussed that and more on The Teacher Nerdz Podcast.**
8. **Dr. Julian Reed discussed moving to learn and learning to move on the Education on Fire Podcast. Hear his conversation with Taylor Mapps.**
9. **Listen in as Dr. Julian Reed talks with Anna-Lisa Mackey, M.Ed. of the Social Emotional Us podcast about how movement improves learning.**

INVITED PRESENTATIONS/TRAINING WORKSHOPS/BLOG(S)

Reed, J. A. (2023). Region IV Head Start Conference in Atlanta, Georgia. Region IV (AL, FL, GA, KY, MS, NC, SC and TN): How Physical Activity Improves the Cognition of Children.

Reed, J. A. (2023). SC DHEC, SC Governor's Council of Physical Fitness and Wholespire on May 17th, 2023 as part of SC Connecting Communities and School Webinar Series. The Science Behind Walkabouts.

Reed, J. A., (2021). "Advancing Youth and Community Well-Being through Cycling". Over 100 people were in attendance for my talk via Zoom. *Outride, 2021 Summit*. The summit was on July 28th.

Reed, J. A., et al. "Effective Programs to Improve Access and Use of Trails for Youth from Under-Resourced Communities." April 22nd, 2021. American Trails.

Reed, J.A. (2017). Community and economic development. *South Carolina Mayor's Bike Walk Summit*, May 4th-May 5th, Columbia, SC.

Reed, J.A. (2017). Why movement matters: Links between physical activity, cognition, fitness and academic achievement. LiveWell Greenville Principal's Summit, July 18th, 2017.

Reed, J.A. (2017). Greenville health system swamp rabbit trail: Brief report-year 4 findings. January, 10th.

Reed J.A. (2015). Examining the impact of 45 minutes of daily physical education on cognition, body composition and fitness performance of elementary and middle school youth. Legacy Charter School Press Event, Tuesday, October 27th, 2015, Greenville, SC (Year 6 and Longitudinal Data).

Reed J. A. (2016). Examining the impact of 45 minutes of daily physical education on cognition, body composition and fitness performance of elementary and middle school youth. Legacy Charter School Press Event, Tuesday, November 1st, 2016, Greenville, SC (Year 7 and Longitudinal Data).

Reed, J. A. (2015). Active kids learn better. Healthy School Summit, June 2nd, Spartanburg, SC.

Reed, J. A. (2015) Identifying the User-Profile of the Greenville Health System Swamp Rabbit Trail. Presentation to Greenville Health System administration on January 14th.

Reed, J. A., Houck, T, & Turner, D. (2014). Small town to trail town. Featured Symposium at the National Parks and Recreation Association Annual Congress. Charlotte, NC, October 15th.

Reed, J.A. (2014). Health Impacts of the Swamp Rabbit Trail "Who, When and Where: Identifying the User and Non-User Profiles of the Greenville Health System Swamp Rabbit Trail." Greenville Forward Progression Series, November 18th.

Reed, J. A. (2014). The Greenville Health System Swamp Rabbit Trail Year 3 Results Presentation. Sidewall Pizza, Travelers Rest, December 3rd.

Reed, J. A. (2014) Fifth-year findings of Furman University's study on the positive relationship between physical education and students' cognition and overall health. Invited Guest Speaker, Legacy Charter School, November 4th.

Reed, J. A. (2012). Economic Development Study: The Greenville Hospital System Swamp Rabbit Trail. Carolina Thread Trail Conference. Mooresville, NC.

Reed, J. A. (2012). Examining the impact of the Greenville Hospital System Swamp Rabbit Trail on adjacent businesses. Easley Chamber of Commerce. Easley, SC.

Reed, J. A. (2012). Evaluating year 1 results on the Greenville Hospital System Swamp Rabbit Trail. The Mobility Sub-Committee of The Green Ribbon Advisory Council for the City of Greenville. Greenville, SC.

Reed, J. A., Powers, A., Greenwood, M., (former student) Smith, W. (former student), & Underwood, R. (2011). Using point of decision messages to intervene on college students' eating behaviors. *American Journal of Health Promotion* Authors' Series Webinar.

Reed J. A. (2011). Who, when, where: Examining the benefits of objective assessment of parks and trails. Southern Leisure Management and Trends Institute. Rock Hill, SC.

Hooker, S. P., & **Reed J. A.** (2011). Evaluating the impact of an urban trail project: Lessons learned and practical applications. Southern Leisure Management and Trends Institute. Rock Hill, SC.

Reed J. A. (2010). Evaluating policy and environmental change interventions. National Society of Physical Activity Practitioners in Public Health funded by the Centers for Disease Control and Prevention. Baltimore, MD.

Reed, J. A. (2010). Discussing the Fuller Normal Physical Activity Program. Leadership Greenville, Class of 34, Greenville, SC.

Reed, J. A. (2010). Active kids, active brains. FYI-High Noon Series, Furman University and Greenville YMCA, Greenville, SC.

Reed, J. A. (2009). Active education: Integrating physical activity to reduce childhood obesity and promote the academic achievement and academic performance of elementary school children. Youth Learning Institute, Clemson University, Pickens, SC.

Reed, J. A. (2009). Physical activity and health: The role of schools. HHMI-INBRE Presentation Series, Greenville, SC.

Reed, J. A. (2009). The impact of recreational trails on public health. Professional Trail-Builders Association. Asheville, NC.

Reed, J. A. (2009). SOPARC training. Michigan State University, Building Health Communities, Lansing, MI.

Reed, J. A. (2008). SOPARC training and evaluation. University of South Carolina, Obesity Research Group, Columbia, SC.

Reed, J. A. (2008). Objective assessment of parks and trails. Preconvention Workshop. Michigan's Designing Healthy Livable Communities Conference, Lansing, MI.

Reed, J. A. (2008). Increase physical activity by knowing the users of your parks and trails. Michigan's Designing Healthy Livable Communities Conference, Lansing, MI.

Reed, J. A. (2008). SOPARC training: Objective assessment of parks and trails. Prevention Research Center, Arnold School of Public Health, University of South Carolina-Sumter Project, Sumter, SC.

Reed, J. A. (2005). Direct observation of physical activity: Developing park user-profiles. NCRPA/SCRPA Joint Conference, hosted by Asheville Parks & Recreation Department & NCRPA Region 9 in Asheville, NC.

NATIONAL CONSORTIUM OF UNDERGRADUATE RESEARCH (NCUR) PRESENTATIONS (ALL STUDENT PRESENTATIONS)

Greenwood, M., Smith, W., & Bare, B. (2008). Using point of decision messages to intervene on college students' eating behaviors. (**Sponsors: Drs. Julian A. Reed & Alicia Powers**). Salisbury, MD, April 10-12.

Arant, C. A. (2007). Comparing profile differences of natural surface and paved trail users using direct observation and survey methods (**Sponsor: Dr. Julian A. Reed**). New Rafael, CA, April 12-14.

Wells, P., & Stevens, K. (2006). Examination of the most frequently used activity settings in seven county parks (**Sponsor: Dr. Julian A. Reed**). Asheville, NC, April 6-8.

Hardy, R., & King, L. (2006). Intervening on the risky behavior of physical inactivity utilizing physician counseling and an ecological approach to behavior change (**Sponsor: Dr. Julian A. Reed**). Asheville, NC, April 6-8.

Woods, E., Kendrick, C., Windley, A., Dendy, K., Peeples, A., Fortenberry, E., & Haring, H. (2005). Examination of the intensity of physical activity (via pedometers steps) during physical education (Sponsor: **Dr. Julian A. Reed**). Lexington, VA, April 21-23.

Haring, H., & Hagen, S. (2005). Direct observation of a community recreational walking trail. (Sponsor: **Dr. Julian A. Reed**). *Lexington, VA*, April 21-23.

Norbet, S. E., & Alexander, K. E. (2004) Relationships between physical activity and motor skills in sixth grade boys and girls. (**Sponsor: Dr. Julian A. Reed**). Indianapolis, IN.

Price, A. (2004). Analysis of the relationships between energy expenditures using Caltrac and three aerobic field tests. (**Sponsors: Dr. Julian A. Reed & Dr. Anthony Caterisano**). Indianapolis, IN.

NON-PEER REVIEWED PUBLICATIONS/PRESENTATIONS

Reed, J. A., Evans, S., Duncan, C. (2019). 5 Ways to Integrate Movement into Elementary Lessons. EdWeb.Tuesday, October 22, 2019

Reed, J. A., (2019) Move to Learn | Brain Benefits of Movement in the Classroom. December 8, Invited Guest Blog: <https://100mileclub.com/move-to-learn-brain-benefits-of-movement-in-the-classroom/>

Reed, J. A. (2018). We built the Swamp Rabbit Trail, we must now maintain it. *Greenville News*, February 6th.

Reed, J. A. (2016). Greenville health system swamp rabbit trail: Year 4 findings.

Reed, J. A. (2015). Greenville health system swamp rabbit trail: Year 3 findings.

Reed, J. A. (2014). Greenville health system swamp rabbit trail: Year 2 findings.

Reed, J. A. (2013). Greenville health system swamp rabbit trail: Year 1 findings.

Reed, J. A. (2007, January Edition). Overcoming barriers to participate in physical activity. *Greenville Magazine*, 30-31.

Reed, J. A. (2007). Kids need recess to learn being active is fun. *Greenville News*, May 15th.

Reed, J. A. (2007). Parents teach their children to be overweight. *Greenville News*, March 21st.

Reed, J. A. (2006). University of Miami's top priority. *Greenville News*, November 2nd.

Reed, J. A. (2006). Greenville should take steps to reduce secondhand smoke. *Greenville News*, September 12th.

Reed, J. A. (2006). Separating teacher, coach roles would improve phys ed. *Greenville News*, March 4th.

Reed, J. A. (2005). Take the first step and get acquainted with Greenville Parks. *Greenville News*, March 8th.

GRANTS

2016-2019 Mary Black Foundation

Co-PI: Julian A. Reed, Ed.D., MPH
Project Title: Spartanburg Healthy Schools Initiative
Funding requested: \$119,000.00
Status: Funded

2015-2019 National Institutes of Health

Kaczynski, **Reed (PIs)** R01
Status: Rejected
Funding requested: \$2,560,307.00
Project Title: Impact of a targeted trail promotion campaign to improve minority physical activity and health

2015-2016 Greenville County Recreation District and Greenville Pickens Area Transportation Study

Co-PI: Julian A. Reed, Ed.D., MPH
Evaluation of the GHS Swamp Rabbit Trail: A 4 Year Investigation
Status: Funded
Funding Requested: \$86,000.00

2013-2015 Greenville County Recreation District and Greenville Pickens Area Transportation Study

Co-PI: Julian A. Reed, Ed.D., MPH
Evaluation of the GHS Swamp Rabbit Trail: A 4 Year Investigation
Status: Funded
Funding Requested: \$86,000.00

2013-2015 Campbell Young Leaders

PI: Julian A. Reed, Ed.D., MPH
Status: Funded
Funding Requested: \$59,376.00
Project Title: Legacy Charter School Health and Physical Activity Program

2012 Bikes Belong

Co-Investigator
Project Title: Swamp Rabbit Trail Impact Study
Status: Funded
Funding Requested: \$10,000.00

2010-2012 Sustainable Skylines Initiative: EPA-OAR-OAQPS-08-08

Co-Investigator
Project Title: Examining Environmental and Economical Impacts of a 9-mile Trail
Status: Funded
Funding Request: \$90,000.00

2010-2012 Mary Black Foundation

Co-Investigator
Partners for Active Living
Overview of Project: A Community Initiative to Increase Use of the Mary Black Foundation Rail Trail and Wadsworth Trail
Status: Funded
Funding Requested: \$410,681.00

- 2011-2012 Greenville County Recreation District and Greenville Pickens Area Transportation Study**
 Co-PI: Julian A. Reed, Ed.D., MPH
 Evaluation of the GHS Swamp Rabbit Trail: A 3 Year Investigation
 Status: Funded
 Funding Requested: \$86,000.00
- 2009-2012 National Institute of Health**
 PATH; R01 DK067615
 PI: Dawn Wilson
 Project Title: Positive Action for Today's Health
 Status: Funded
 Role: Consultant
- 2008-2011 Michigan Department of Community Health Building Healthy Communities**
 Lead Project Evaluator
 Overview of Project: Michigan's Department of Community Health (MDCH) in collaboration with Building Healthy Communities (BHC) has funded 25 health departments to develop interventions to create and enhance access for physical activity.
 Status: Funded
 Funding Requested: \$1,505,179 (local, state and federal funding)
- 2011 Campbell Young Leaders**
 PI: Julian A. Reed, Ed.D., MPH
 Status: Funded
 Funding Requested: \$43,174.00
 Project Title: Legacy Charter School Health and Physical Activity Program
- 2010 Campbell Young Leaders**
 PI: Julian A. Reed, Ed.D., MPH
 Status: Funded
 Funding Requested: \$43,017.00
 Project Title: Legacy Charter School Health and Physical Activity Program
- 2009 Campbell Young Leaders**
 PI: Julian A. Reed, Ed.D., MPH
 Status: Funded
 Funding Requested: \$28,680.00
 Project Title: Fuller Normal Advanced Technology Charter School Physical Activity Program
- 2009 NIHBRE Program**
 PI: Julian A. Reed, Ed.D., MPH
 Status: Funded
 Funding Requested: \$19,718.00
 Project Title: Integrating Physical Activity to Reduce Childhood Obesity And Promote the Academic Achievement and Performance of Elementary School Children
- 2008 Building Healthy Communities for Active Aging: Training and Demonstration Projects. EPA-AO-OCHP-08-01**
 PI: Julian A. Reed, Ed.D., MPH
 Project Title: Examining Environmental and Economical Impacts of a 9-mile Greenway Trail on the Quality of Life for Persons of All Ages with a Specific Focus on Elderly Residents of Upstate South Carolina

Status: Rejected
 Funding Request: \$98,670.00
2008 SC Recreational Trail Program
 PI: Julian A. Reed, Ed.D.
 Developing Entrance Points for Citizens of Traveler's Rest, Greenville and the Furman University Community to Access the Swamp Rabbit Rail/Trail Conversion
 Status: Funded (\$54,452.00)
 Funding Requested: \$80,000.00
2008-2010 Mary Black Foundation
 Co-Investigator
 Prevention Research Center
 Arnold School of Public Health
 University of South Carolina
 Overview of Project: Impact of Urban Rail-Trail Conversion in Spartanburg (year 2)
 Status: Funded
 Funding Requested: \$100,050.00 (Revised 5-year total)
2006-2007 Mary Black Foundation
 Co-Investigator
 Prevention Research Center
 Arnold School of Public Health
 University of South Carolina
 Overview of Project: Impact of Urban Rail-Trail Conversion in Spartanburg
 Status: Funded
 Funding Requested: \$80,050.00 (5-year total)
2008 Research and Professional Growth
Furman University
 PI: Julian A. Reed, Ed.D., MPH
 Co-Investigators: Gil Einstein, Ph.D., & Erin Hahn, Ph.D.
 Examining the Cognitive Effects of Integrating Movement in the Classroom
 Status: Funded
 Funding Requested: \$5,585.00
 Funding Received: \$4,380.00
2006 Andrew W. Mellon Foundation
 CREATIVE ADVANCE PLANNING (CAP) GRANTS
 CAP Fellowship
 Overview of Project: Public Health Training for MPH
 Status: Funded
 Funding Requested: \$10,000.00
2006 Active Living Research
 PI: Julian A. Reed, Ed.D.
 Status: Rejected
 Funding Requested: \$61,000.00
 Overview of Project: Identifying Environmental Supports Associated with the Youth Physical Activity in 18 Community Parks
2006 NIH R21 Mechanism
 PI: Julian A. Reed, Ed.D.
 Status: Rejected
 Funding Requested: \$262,000.00

- Overview of Project: Physician Counseling with an Ecological Approach to Promote Physical Activity
- 2005 SC Recreational Trail Program**
 PI: Julian A. Reed, Ed.D.
 Implementing Furman University's Trail Master Plan
 Status: Rejected
 Funding Requested: \$100,000.00
- 2005 NIHBRE Program**
 PI: Julian A. Reed, Ed.D.
 Status: Funded
 Funding Requested: \$19,413.00
 Overview of Project: Combining physician counseling with an ecological model of behavior change to increase physical activity patterns of underserved and minority subjects at a federally funded Community Health Center.
- 2005 Duke Endowment**
 Health Care Division Grant
 PI: Julian A. Reed, Ed.D. & Lori Malvern, MD
 Status: Rejected
 Funding Requested: \$203,000.00
 St. Francis Health System, New Horizon Family Health Services, Furman University, Greenville Parks and Recreation Department
- 2003 Active Living by Design**
 Active Living Lunch Program
 Status: Rejected
 Funding Requested: \$75,000.00
 Team: Clemson University's Center for Community Growth and Change, Julian A. Reed (Furman University), Greenville Parks and Recreation Department
- 2003 Active Living Policy in Environmental Studies (ALPES)**
 New Investigator Grant
 PI: Julian Reed
 Status: Rejected
 Funding Requested: \$91,200.00
- 2003 South Carolina EPSCoR and BRIN Programs**
 Collaborative Research Program (CRP)
 Collaborative
 PI: Julian A. Reed, Ed.D., & Barbara E. Ainsworth, Ph.D., MPH
 Status: Rejected
 Funding Requested: \$75,000.00
- 2003 American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)**
 Collaborative Research Grant
 PI: Julian A. Reed, Ed.D., & Dawn Wilson, Ph.D.
 Status: Phase II (rejected)
 Funding Requested: \$15,000.00
- 2003 SC-BRIN**
 Summer Research Grant
 PI: Julian A. Reed, Ed.D.
 Status: Awarded
 Funding Requested: \$5,000.00

Overview of Project: Systematically observed physical activity behavior in 10 city parks using the System for Observing Play and Recreation in Communities (SOPARC) to develop a user-profile for all activity settings by gender, race, day of the week, time of day and temperature.

2003 Associated Colleges of the South (ACS)

Campus Community Partnership Grant

PI: Julian A. Reed, Ed.D.

Status: Awarded

Funding Requested: \$3,500.00

Overview of Project: Built and promoted a university recreational walking trail.

2002 American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

Seed Grant

PI: Julian A. Reed, Ed.D.

Status: Rejected

Funding Requested: \$5,000.00

2002 Furman University

Research and Professional Growth Grant

Status: Awarded

Funding Requested: \$500.00

Overview of Project: Purchased 10 Caltrac Accelerometers for a pilot study examining caloric expenditures of female university students.

2001-2002 University of Northern Colorado-Greeley, CO

Research Grant

Status: Awarded

Funding Requested: \$500.00

Overview of Project: Dissertation

2001-2002 University of Northern Colorado-Greeley, CO

Dissemination Grant

Status: Awarded

Funding Requested: \$400.00

Overview of Project: Dissemination of research findings at a regional conference

AWARDS, FELLOWSHIPS, AND SCHOLARSHIPS

2014 InnoVision Awards Program

Received the InnoVision Award for Education Technology for web app. called Walkabouts. The InnoVision Awards Program, founded in 1999 by Deloitte and presented by McNair Law Firm, P.A., is South Carolina's premier organization dedicated to advancing technology in the state through communication, education and recognition of the spirit of innovation and technological progress. For 17 years, The InnoVision Awards have been the mark of distinction for outstanding leadership, innovation and technological excellence. As the only awards program of its kind, The InnoVision Awards distinguish businesses, individuals and educators who set new standards for innovation in identifying, developing and promoting profitable new business opportunities. Walkabouts, focuses on providing highly engaging supplementary lessons for the PreK-2nd grade learner that are fully aligned with National and State Standards, using physical movements to enhance the classroom learning experience. These 7-10 minute web deployed lessons can be used in a variety of ways and are designed to enable teachers to best meet the learning preferences of their students.

Walkabouts have been highlighted in the Upstate Business Journal, Greenville Journal and the Greenville Business Magazine. I was also featured on SC NPR.

- 2002 University of Northern Colorado-Greeley, CO**
Awarded Graduate Dean's Citation for Excellence
Awarded Graduate Dean's Citation for Outstanding Dissertation
- 2001-2002 University of Northern Colorado-Greeley, CO**
Graduate Fellowship Award
- 1999-2000 University of Northern Colorado-Greeley, CO**
Graduate Fellowship Award
- 1997-1998 University of Miami (FL)-Miami, FL**
Award of Academic Merit
Honors Recipient

SERVICE

- 2019 Active Schools**
Coordinated School Physical Activity Program (CSPAP) Outcomes Committee
- 2018-Pres. Active Schools**
Data and Research Working Group
- 2016-Pres. Furman University**
Academic Discipline Committee
- 2013-2016 Greenville Transit Authority Board**
Vice-Chairman of the Greenville Transit Authority (GTA) appointed by the City of Greenville that oversees Greenlink. This Board meets once a month with frequent work sessions outside of monthly meetings. Additional responsibilities related to GTA require me to Chair the Development Committee that also meets once a month.
- 2014-2017. Furman University**
Graduate Council
- 2012-2014 Furman University**
Chair, Discipline Committee
Historically, the responsibilities of the Chair of this committee were modest. The Chair was only responsible for randomly selecting panel members to hear cases and thanking the panel prior to each adjudication for their service. However, with the subsequent development of the Student Conduct Board to adjudicate cases not requiring a full panel of the University Discipline Committee, the Chair of University Discipline Committee was required to hear all Student Conduct Board appeals.
- 2010-2012 Furman University**
Research and Professional Growth Committee
- 2008-2010 Furman University**
Appeals Committee
- 2007-2008 Zest Quest**
Research Advisory Committee
The vision of Zest Quest is to create an environment that inspires children to lead physically, emotionally, and intellectually healthier lives through an interactive coaching and mentoring model. This initiative is funded by Jim Anthony, owner/developer of the Cliffs Communities and Cliffs Wellness Centers.
- 2004-Pres. Ad Hoc Manuscript Reviewer**
Journal of Science and Medicine in Sport
American Journal of Health Behavior

International Journal of Behavioral Nutrition and Physical Activity
 American Journal of Health Promotion
 Journal of Physical Activity and Health
 Preventive Medicine
 Mental Health and Physical Activity
 Perceptual and Motor Skills
 Health and Place
 Environment and Behavior
 Learning and Individual Differences
 Jornal De Pediatria
 BMC Public Health
 Ethnicity and Health
 Pediatrics
 Public Health
 Leisure Sciences
 Biology of Sport

- 2005 Furman University**
 Guest Speaker-GIS Day
- 2005-2008 Governor's Council on Physical Fitness**
 Board Member
 Public Policy Committee
- 2005-2008 South Carolina Coalition for Promoting Physical Activity (SCPPA)**
 Board Member
 President-Elect
- 2005-2008 Greenville County Schools**
 Developed workshop series for classroom teachers to learn how to integrate movement into the classroom.
- 2004-2008. SC Journal of Health, Physical Education, Recreation and Dance**
 Editor-in-Chief
- 2004-2005 Furman University-Greenville, SC**
 Discipline Committee
 Panel #1
 Chair, Adjudicated Sexual Assault Case
- 2004-Pres. Greenville Walks/Get Fit Greenville**
 Co-director (Bill Pierce) of a media base promotion campaign to encourage walking in Greenville. 2,000 walkers enrolled in a 5-week walking program in year one and year two.
- 2005-2011 Furman University-Greenville, SC**
 Research and Professional Growth (2009-2011)
 Appeals Committee (2005-2008)
 Swamp Rabbit Rail/Trail Steering Committee (2006-2008)
 Teaching Internship Committee (2002-2008)
 Teaching Field Experience Committee (2002-2008)
 Graduate Council (2004-2008)
 Parking and Traffic Board Committee (2004-2008)
 Sexual Harassment and Rape Prevention Task Force (SHARP) (2005-2008)
 Discipline Committee (2005 to present; Chair as of 2009)
 Tobacco Focus Group (2008)
 Faculty Development Mentor Program (untenured mentor participant) (2007-2008)

- 2002-2008 Furman University-Greenville, SC**
Supervisor: HSC Majors Club
- 2003-2005 National Association Physical Education Higher Education (NAPEHE)**
Elections Committee
- 2004-2006 Future Professionals of South Carolina (SCAHPERD)**
Faculty Sponsor
Director of Annual Superstars Competition at our State Convention
2004 (20 teams-120 students participated)
2005 (21 teams-126 students participated)
- 2004-2007 SCAHPERD-Columbia, SC**
Chair of Publications Committee
- 2003-2004 SCAHPERD-Columbia, SC**
Vice President
South Carolina Physical Education and Sports (SCAPES)
- 2002-2003 SCAHPERD-Columbia, SC**
Vice President Elect
South Carolina Physical Education and Sports (SCAPES)
- 2002-2004 SCAHPERD-Columbia, SC**
Higher Education Committee
- 2002-2004 SCAHPERD-Columbia, SC**
Chair, Membership Committee
- 2003 Furman University-Greenville, SC**
Sports Medicine
Volunteer Athletic Trainer
- 2002 AAHPERD-Reston, VA**
Research Consortium Reviewer for National Convention
Research Consortium Reviewer examining presentation proposals for the Pedagogy Section of the Research Consortium at the National Convention in Philadelphia, Pennsylvania April 1-5, 2003.
- 1999-2002 Greeley Central High School-Greeley, CO**
Guest Lecturer-Health and Science Department
Guest lecturer at Greeley Central High School in Human Anatomy, Anatomy and Physiology, and Care and Prevention of Athletic Injuries. Lectures focused on how these areas relate to physical education.
- 1999-2000 Greeley Central High School-Greeley, CO**
Assistant Athletic Trainer
Assisted the head trainer with all aspects of sports medicine: injury prevention; taping and bracing; preparing athletes for practice and competition and overseeing the rehabilitation and reconditioning of athletes in football and men's soccer.

CERTIFICATIONS

Certified Athletic Trainer (ATC)
CPR/Adult First Aid/AED