

Ro Di Brezzo, Ph.D.

University Professor of Kinesiology and Director, Human Performance Lab
Health, Human Performance and Recreation

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Interim Vice Provost for Academic Affairs

Degrees:

Ph.D., Texas Woman's University, Biomechanics, 1983

M.S., Indiana University, Adapted Physical education, 1972

B.S., Brooklyn College, Health and Physical Education, 1971

Teaching Areas:

Biomechanics

Exercise Applications for Special Populations

Instrumentation

Research Interests:

Kinematics of Performance

Women's Health Issues

Aging

Professional Biography:

Ro Di Brezzo is a University Professor of Kinesiology and Director of the Human Performance Lab. In addition, she is currently Co-Director of the Office for Studies on Aging. During her tenure at the University of Arkansas, Dr. Di Brezzo has served as Co-Director and Co-Founder for the Teaching and Faculty Support Center for the University (1992-98). She served as Interim Department Head for Health, Kinesiology, Recreation and Dance (renamed Health, Human Performance and Recreation), Program Coordinator, and Chancellor's Lecturer. Before coming to the University of Arkansas, Dr. Di Brezzo taught and coached at Ball State University in Muncie, Ind., and Central Michigan University in Mount Pleasant, Mich.

Academic Interests and Accomplishments:

Ro Di Brezzo has co-authored over 50 publications and made over 75 presentations related to academic interests. Dr. Di Brezzo has been the principal or co-principal investigator for over 15 grants and awards. Dr. Di Brezzo has received the College of Education and Health Professions Outstanding Research Award (1990) and the Research Award from the Southern Academy of Women in Physical Activity, Sport and Health in 1997 and 2002. In addition, Dr. Di Brezzo has received the College of Education and Health Professions Outstanding Teaching Award in 1998, and 1985. In 1999, Dr. Di Brezzo was voted the Charles and Nadine Baum Teaching Award winner for the University of Arkansas. Active in university committees, Ro Di Brezzo has, at various times, been a member of the Faculty Senate, Campus Council,

Athletics Committee, Faculty Grievance Committee, Committee on Committees, Financial Advisory Committee, and the Institutional Review Board for the Protection of Human Subjects.

Her professional memberships include:

- American College of Sport Medicine
- American Alliance for Health, Physical Education, Recreation and Dance
- Arkansas Association for Health, Physical Education, Recreation and Dance
- AAHPERD Research Consortium
- International Society of Biomechanics in Sports
- Sigma Xi Research Fraternity
- National Strength and Conditioning Association
- Southern Academy for Women in Physical Activity, Sport, and Health (SAWPASH)
- Research Council of Southern District, AAHPERD
- Melpomene Institute

Honors and awards include:

- Academic Excellence Award – Athletics Department, University of Arkansas, 2008
- Faculty Teacher Appreciation Award – Associated Student Government and Alumni Board, University of Arkansas, 2004
- Outstanding Service Award – College of Education and Health Professions, University of Arkansas, 2002
- Outstanding Research Award – Southern Academy for Women in Physical Education, Sport and Health, 2002
- Baum Faculty Outstanding Teaching Award – University of Arkansas, 1999
- Outstanding Teaching Award – College of Education and Health Professions, University of Arkansas, 1998
- Outstanding Teaching Award – Department of Health Science, Kinesiology, Recreation and Dance, 1998
- Outstanding Research Award – Southern Academy for Women in Physical Activity, Sport and Health, 1997
- Award of Excellence, Member – University of Arkansas Teaching Academy, 1993
- Outstanding Research Award – College of Education, University of Arkansas, 1990
- Research Award – Southern Association of Physical Education for College Women, 1988
- Outstanding Service Award – College of Education, University of Arkansas, 1988
- Outstanding Teacher Award – College of Education, University of Arkansas, 1985
- Outstanding Young Women of America, 1982
- Indiana High School Athletic Association Award, 1976
- Fort Wayne Hall of Fame, 1975

Di Brezzo, R., Glave, A., Fort, I. (2009). Men play women work. *The Journal of Physical Education, Recreation and Dance* 80(9): 11-21.

Leszczak, T., Di Brezzo, R. (2009) Balance measures using the Biodex Balance System in physically active and non-active women. *Arkansas Journal of Health and Physical Education* 44,(1)25-29.

Turner, L., Hunt, S., Di Brezzo, R., Jones, C. (2009). Design and Implementation of an Osteoporosis Prevention Program Using the Health Belief Model. In : *Introduction to Health Behavior Theory*. Sudbury, MA: Jones and Bartlett Publishers.

Oliver, G., Di Brezzo, R. (2009). Functional balance training in collegiate women athletes. *Journal of Strength and Conditioning Research* 23(7): 2124-2129.

Powers, M., Gray, M., Shadden, B.B., & Di Brezzo, R. (2007). Mood and memory changes following exercise in older adults. *The Gerontologist*, 47 (Special Issue II), 615.

Di Brezzo, R., & Fort, I. (2006). Biomechanics. In: *Berkshire Encyclopedia of World Sport*. Great Barrington, MA: Berkshire Publishing Group.

Di Brezzo, R., Fort, I., Gray, M. (2006). Effects of varying exercise programs on bone mineral density and muscular strength for untrained older women. *Research Quarterly for Exercise and Sport*, 77(1), A-92 Supplement.

Di Brezzo, R., Gray, M., & Powers, M. (2005). Healthy knees for active women. In: Ransdell, L., & Petlichkoff L. (Eds), *Ensuring the health of active and athletic girls and women*. Reston, VA: AAHPERD Publications.

Di Brezzo, R. (2005). Who wants to be a millionaire? A tool for review (and fun). In: Rhiner, M., Turner, L. W., & Hedley, M., *Instructors manual for Whitney and Rolfes's Understanding Nutrition* (10th ed.). Belmont, CA: Thompson Wadsworth.

Shadden, B., Powers, M., & Di Brezzo, R. (2005). Working caregivers: Defining the burden of resource utilization. *College and University Personnel Association for Higher Education Journal*. 55(2), 21-29.

Di Brezzo, R., Shadden, B., Raybon, B., & Powers, M. (2005). Exercise intervention designed to improve strength and dynamic balance among community-dwelling older adults. *Journal of Physical Activity and Aging*, 13, 198-209.

Shadden, B., Di Brezzo, R., & Fort, I. (2004). Impact of caregiving on employee health: Gender and work classification as factors. *The Southwest Journal on Aging*, 19, 13-23.

Di Brezzo, R., & Brunen, K. (2004). Relationship between quadriceps/hamstring strength ratio and explosive power in collegiate female gymnasts. *Arkansas Journal*, 39(1).

Turner, L., Di Brezzo, R., Hunt, S., & Jones, C. (2004). Design and implementation of an osteoporosis prevention program using the health belief model. *American Journal of Health Studies*, 19(3).

Di Brezzo, R. (2003). Using humor in the classroom. *Arkansas Journal*, 38(1), 16-18.

Balkin, R., & Di Brezzo, R. (2003). Self efficacy: Gender differences in sport. *Arkansas Journal*, 38(1), 38-42.

Bass, M., Enochs, W., & Di Brezzo, R. (2002). Comparison of two exercise programs on general well being of college students. *Psychological Reports*, 91, 1193-1201.

Di Brezzo, R., Fort, I L., & Hoyt, G.L., III. (2002). Frequency of training on strength development in women, 40-65 years of age. *Women in Sport and Physical Activity Journal*, 11(1) 49-63.

Di Brezzo, R., & Fort, I.L. (2001). Biomechanics. *International Encyclopedia of Women and Sport*, 1, 135-139.

Di Brezzo, R., Fort, I. L., Swearingin, B. L., & Ferguson, R. (2001). A comparison of concentric and eccentric resistive strength exercises on women 30 to 50 years of age. *Arkansas Journal*, 36(1), 35-40.

Ford, A., Turner, L., Di Brezzo., R., & Hong-Kwan, C. (2001). Bone densitometry in assessment of bone mineral density. *Journal of The Arkansas Medical Society*, 98(3), 86-88.

Di Brezzo, R., & Oliver, G. (2000). ACL Injuries in Active Girls and Women, *Journal of Health and Physical Education*, 71(6), 24-28.

Turner, L. W., Fitch-Hilgenberg, M., Di Brezzo, R., & Bleeker, J. (2000). Enhancing the quality of later years: Nutrition and aging. *The Health Education Monograph Series* 2000, 18(2), 44-50.

Di Brezzo, R., Fort, I. L., & Hogan, B. (2000). Q-angle as a predictor of performance in Division I college football players. *Arkansas Journal*, 35(1), 40-45.

Di Brezzo, R., & Fort, I. L. (2000). To lift or not to lift: Resistive exercise for mature women. *Proceedings of the Southern Academy of Women in Physical Activity, Sport, and Health*, 64, 40-43.

Turner, L. W., Perry, B., Fort, I. L., & Di Brezzo, R. (1999). Arkansas women and osteoporosis: Informed but still at risk. *The Journal of the Arkansas Medical Society*, 95(11), 493-494.

Fort, I., & Di Brezzo, R. (1999). Menstrual cycle alterations with aging. *Journal of Health Studies: Women's Health Special Issue*, 15(1), 41-46.

Ang, S., Di Brezzo, R., Thomas, S., & Brazil, S. (1998). *Nutrition/exercise: A simple approach to health and exercise*. Fayetteville, AR: SVT Publishing.

Turner, L., Leaver-Dunn, D., Di Brezzo, R., & Fort, I. (1998). Physical activity and osteoporotic fracture among older women. *Journal of Athletic Training*, 33(3), 207-210.

Di Brezzo, R., Fort, I. L., & Hall, K. (1996). Q-angle: The relationship with selected dynamic performance variables in women. *Clinical Kinesiology*, 50(3), 65-71.

Di Brezzo, R., & Fort, I. L. (1996). The race for promotion and tenure: Sprint or marathon? *Proceedings of the Southern Association for Physical Education of College Women*, 60, 33-40.

Fort, I. L., & Di Brezzo, R. (1996). The influence of state and trait anxiety on perceived exertion of a 30-minute treadmill run. In: J. H. Humphrey (Ed.), *Human Stress: Current Selected Research*, Volume 5. New York: AMS Press, Inc., pp. 135-145.

Di Brezzo, R., Fort, I. L., Boorman, M., Oglesby, B., & Hall, K. (1994). Dynamic strength and perceived exertion in active and sedentary women throughout the menstrual cycle. *Clinical Kinesiology*, 47(4) 84-89.

Lirgg, C., Di Brezzo, R., & Smith, A. (1994). Influence of gender of coach on perceptions of basketball and coaching self-efficacy and aspirations of high school female basketball players. *Journal of Women in Sport and Activity*, 3(1), 1-14.

Fort, I. L., Di Brezzo, R., & Forbess, J. (1993). Activity level and menstrual cycle function. *Melpomene Journal*, 12(2), 18-20.

Di Brezzo, R., & Fort, I. L. (1993). Principles related to training and performance. In: B. Schultz (Ed.), *The high school female athlete*. Reston, VA: AAHPERD Publications, pp. 23-41.

Di Brezzo, R. (1993). Being professional . . . how does research fit into the formula? *Journal for Physical Education, Recreation and Dance*, 64(7), 48-49.

Di Brezzo, R. (Editor). (1992). *Southern Association for Physical Education of College Women Proceedings*.

Di Brezzo, R. (1992). Women's voices: The perspective of the researchers. Southern Association for Physical Education of College Women Proceedings, pp. 92-95.

Di Brezzo, R., & Fort, I. L. (1991). Survey of physical activity and menstrual function. Southern Association for Physical Education of College Women Proceedings, 94-105.

Shadden, B., Burnette, R., & Di Brezzo, R. (1991). All discourse tasks are not created equal. *Clinical Aphasiology*, 20, 327-342.

Di Brezzo, R., Fort, I., & Brown, B. (1991). Relationships among strength, endurance, weight and body fat during three phases of the menstrual cycle. *Journal of Sports Medicine and Physical Fitness*, 31(1), 89-94.

Gorman, D., Zody, J., Brown, B., Di Brezzo, R., & Edwards, W. (1990). Multivariate relationships of IQ with motor performance in children referred to a diagnostic motordevelopment clinic. *Clinical Kinesiology*, 44(4).

Woolfolk, K., Brown, B., Stuckey, J., Di Brezzo, R., Gorman, D., Fort, I., & Yalowitz, S. (1990). Changes in explosive power following strength, power, plyometric, and task specific training. Proceedings, National Strength and Conditioning Association Conference.

Di Brezzo, R., & Fort, I. L. (1990). Survey on Women and Physical Activity. *Melpomene Journal*, 9(3), 15.

Di Brezzo, R., & Fort, I. L. (1990). Dynamic upper body strength in female athletes versus untrained females. *Clinical Kinesiology*, 44(2), 48-52.

Fort, I. L., & Di Brezzo, R. (1990). Nutritional strategies for women participating in competitive and recreational sports. ERIC Clearinghouse on Teacher Education. American Association of Colleges of Teacher Education, ED 316 531, 27 pp.

Di Brezzo, R., Fort, I., & Ramsdale, S. (1989). A comparative view of body image and eating disorders in college women athletes versus nonathletes. *Arkansas Journal*, 24, 7-10.

Brown, B. S., Di Brezzo, R., Fort, I., & Gorman, D. (1989). Mojump! Coaching Women's Basketball, 2(4), 24-26.

Brown, B. S., Di Brezzo, R., Fort, I., & Gorman, D. (1989). Mojump! Coaching Volleyball, 2(5), 28-29.

Di Brezzo, R., & Fort, I. (1989). 1988 SAPECW Research Award Recipients' Study: Dynamic strength and work variations during three stages of the menstrual cycle.

Proceedings, Southern Association for Physical Education of College Women, 53, 7 pp.

Di Brezzo, R., & Fort, I. (1989). The risks of getting older and the revelation of getting better. Proceedings, Southern Association for Physical Education of College Women, 53, 6 pp.

Di Brezzo, R., Fort, I., & Brown, B. (1988). Dynamic strength and work variations during three stages of the menstrual cycle. *Journal of Orthopaedic and Sports Physical Therapy*, 10(4), 113-116.

Di Brezzo, R., Fort, I., & Diana, R. (1988). The effects of a modified plyometrics program on jr. high female basketball players. *Journal of Applied Research in Coaching and Athletics*, 3(3), 172-181.

Di Brezzo, R. (1988). A matter of balance: Muscle stretch vs. muscle strength. *The Reporter: Journal of the New Jersey Association for Health, Physical Education, Recreation and Dance*, 61(2), 11-12.

Brown, B., Gorman, D., Di Brezzo, R., & Fort, I. (1988). Anaerobic power changes following dynamic, static and functional overload training. *Journal of Applied Sports Science Research*, 2(2), 35-38.

Di Brezzo, R., & Hughes, H. (1988). The abused and neglected child: Strategies for the teacher. *Journal for Physical Education, Recreation and Dance*, 59(1), 22-24.

Di Brezzo, R., & Fort, I. (1987). Strength norms for the knee in women 25 years and older. *Journal of Applied Sports Science Research*, 1(3), 45-47.

Fort, I., & Di Brezzo, R. (1987). A comparison of three weight training programs for women for reduction of body weight, body fat, and girth measurements. *Arkansas Journal*, 22, 16-18.

Di Brezzo, R., Fort, I., Brown, B., & Gorman, D. (1987). Correlations of body fat, body weight and strength for women 25 and older. *American Corrective Therapy Journal*, 41(3), 69-72.

Di Brezzo, R., & Hughes, H. (1987). Physical and emotional abuse and motor development: A program for health and physical educators. *Arkansas Journal for Health, Physical Education, Recreation and Dance*, 21, 7-8.

Di Brezzo, R., Brown, B., Young, M., & Gorman, D. (1986). Evaluation of the perceived importance of the Ph.D. in physical education. *The Physical Educator*, 43(3), 159-161.

Gorman, D., Brown, B., & Di Brezzo, R. (1985). Necessary competencies for corporate wellness professionals. Resources in Education, Fall.

Brown, B. Gorman, D., & Di Brezzo, R. (1985). The analysis of body composition. Journal of Clinical Computing, XIV(1), 1-10.

Di Brezzo, R. Gench, B., Hinson, M., & King, J. (1985). Peak torque values of the knee extensor and flexor muscles of females. The Journal of Orthopaedics & Sports Physical Therapy, 7(2), 65-68.

Brown, B., Gorman, D., & Di Brezzo, R. (1984). Visual feedback and strength improvement. National Strength and Conditioning Association Journal, 24, 71-77.

Brown, B., Gorman, D., & Di Brezzo, R. (1984). Prolonged maximum voluntary exertion with and without feedback. Medicine and Science in Sports and Exercise, 16(2), 145.

Grants:

Di Brezzo, R., Applegate, P. (2008). Analysis of Force Distribution in Two Breeds of Broilers. Cobb-Vantress, Inc. \$47,570.

Devareddy, L., Di Brezzo, R. (2008-11). Role of Anti-Oxidants Rich Berries in Prevention of Bone Loss in Postmenopausal Women. \$120,000. (\$45,000 for first year)

Di Brezzo, R., Shadden, B. (2007) Caregiving; Care for the Giver. Women's Giving Circle, University of Arkansas, Fayetteville, AR. \$10,500.

Di Brezzo, R. (2006-7). RazorFIT, University of Arkansas Employee Wellness Program, Fayetteville, AR. \$80,435

Di Brezzo, R., Gray, M. (2006-8). The Evaluation of traditional vs Alternative Physical Education Programs. PE4LIFE, Kansas City MO. \$64,700

Di Brezzo, R., Gray, M. (2006). Analysis of Selected Kinematic Variables in Two Breeds of Broilers. Cobb Vantress, Silom Springs, AR. \$29,724

Di Brezzo, R., Shadden, B. (2006). Salivary Cortisol as a Biomarker of the Stress of Managing Employment and Caregiving. Arkansas Bioscience Institute, Little Rock AR. \$37,464

Di Brezzo, R. (2005). The Josephine P. Clark Scholarship. C & C Services, Fayetteville, AR. \$1,500

Di Brezzo, R., Accuf, M., Applegate, P., & Tubbs, L. (2005). The Effect of a 12-week lifestyle education program on participation in knowledge of and attitudes towards

health and physical activity. Melpomene Institute Research Grant, Minneapolis, MN. \$7,000

Di Brezzo, R. (2004). Effects of caregiving on cortisol levels and risk factors for cardiovascular disease. C & C Services, Fayetteville, AR. \$1,500

Lawson, G., & Di Brezzo, R. (2004) Community assessment screening for peripheral arterial disease: Preventing immobility and limb loss in older adults through strengthening self-care Agency. Society for Vascular Nursing. \$5,014

Di Brezzo, R., Shadden, B., & Fort, I. (2003). Project urging senior health (PUSH). Community Care Foundation. \$39,495

Fort, I.L., Di Brezzo, R., & Powers, M. (2000-2001). Assessing body composition in elderly females: A comparison of two methods. College of Education and Health Professions Mini-Grant. \$975

Di Brezzo, R., & Shadden, B. (1999 - 2001). Office for studies on aging. College of Education and Health Professions. \$19,800

Shadden, B., & Di Brezzo, R. (1999 - 2001). Office for studies on aging. University of Arkansas Graduate School. \$20,000

Shadden, B., & Di Brezzo, R. (2000). Charles and Nadine Baum Teaching Grant. University of Arkansas Teaching Academy. \$1,800

Di Brezzo, R., Fort, I., Morgan, T., & Turner, L. (1997). The impact of resistive exercise programs on health considerations in women over 30 years of age. College of Education and Health Professions Mini-Grant. \$1,055.

Di Brezzo, R., & Fort, I. (1997). Charles and Nadine Baum Teaching Grant. University of Arkansas Teaching Academy. \$945

Turner, L., Di Brezzo, R., & Fort, I. (1997). The effects of physical activity on bone density, osteoporosis and osteoporotic fracture among a national sample of women. College of Education and Health Professions Mini-Grant. \$1,500

Di Brezzo, R., & Gustavson, R. (1996). The effect of selected variables on the trajectory of a soccer ball. College of Education and Health Professions Mini-Grant. \$500

Fort, I., Di Brezzo, R., Buckwalter, J., & Moore, S. (1995). The acute response of secretory immunoglobulin A levels to moderate exercise in women. College of Education, Mini-Grant. \$970

Di Brezzo, R., & Ruble, S. (1995). Physiological responses to ingestion of glycerol, carbohydrate and placebo fluids during a cycle ergomotor endurance exercise trial. College of Education Mini-Grant. \$1,167

Love, P., Kluka, D., & Di Brezzo, R. (1995). The effect of blood glucose levels on contrast sensitivity function in female athletes. Women's Sports Foundation. \$5,000

Di Brezzo, R. & Hall, K. (1994). Teaching Grants Program University of Arkansas Teaching Academy. \$2,000

Di Brezzo, R., Fort, I., & Hall, K. (1993). The relationship between peak torque, pelvic width, and Q angle in women. College of Education Mini-Grant. \$1,105

Flocks, C. J., Di Brezzo, R., & Fort, I. L. (1992). Establishment of upper body strength norms for pre & post employment screening. Dean's Mini-Grant, College of Education, \$1,997.50

Di Brezzo, R., Hall, K., & Fort, I. L. (1992). The relationship of the q-angle with selected dynamic performance variables. Dean's Mini-Grant, College of Education. \$1,548

Di Brezzo, R., & Fort, I. L. (1990). The effects of eating patterns and exercise on menstrual cycle alterations. Dean's Mini-Grant, College of Education. \$1,997.50

Di Brezzo, R., & Fort, I. L. (1989). A survey of the influence of the menstrual cycle on exercise and nutritional habits. Dean's Mini-Grant, College of Education. \$1,314

Di Brezzo, R., & Oglesby, B. (1989). Cinemagraphic analysis of selected motor skills. Dean's Mini-Grant, College of Education. \$1,700

Di Brezzo, R. (1989). Leadership training in physical education for moderately and severely handicapped seminar. Oregon State University by the U.S. Department of Education. \$700

Di Brezzo, R., Fort, I. L., Brown, B., & Riggs, C. (1988). The influence of hormonal changes on dynamic strength, cardiovascular response and perceived exertion during the menstrual cycle. Dean's Mini-Grant, College of Education. \$1,637.90

Shadden, B., & Di Brezzo, R. (1988). Predictive validity of selected physiological and biomechanical measures in determining linguistic and communicative performance in older women. Dean's Mini-Grant, College of Education. \$2,000

Riggs, C., Brown, B., Di Brezzo, R., & Fort, I. (1988). Macintosh Computer & Printer. Dean's Project for Support of Research, College of Education.

Program Assistant, Preparation of special educators: adapted physical education pre-service training project. Grant #G008630207, July, 1986 - June, 1989. U.S. Department of Education, \$169,509 (D. Gorman, Director)

Di Brezzo, R. (1987). An investigation of the motor proficiencies of physically and emotionally abused children, aged 4 to 12 years. Dean's Mini-Grant, College of Education. \$500