
Matthew A. Ladwig

Curriculum Vitae

(Updated October 2025)

Assistant Professor of Integrative Human Health

Department of Biological Sciences

Purdue University Northwest

2200 169th Street

Hammond, IN, 46323

Office: Nils K. Nelson Bioscience Innovation Building – 340B

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EDUCATION

2015 – 2019

Doctor of Philosophy (Ph.D.), Kinesiology

Iowa State University, Ames, IA, USA

Concentrations: Exercise Psychology; Youth Physical Activity Promotion

Dissertation title: *Dorsolateral prefrontal cortical hemodynamics, cognitive inhibition, and affective responses to exercise among children: Implications for pediatric exercise prescription.*

2013 – 2015

Master of Science (M.S.), Kinesiology

Ball State University, Muncie, IN, USA

Majors: Sport and Exercise Psychology; Cognitive and Social Processes

Thesis title: *Toward a better peak: Does a pre-workout warm-up improve the exercise affective experience? Implications for subsequent behavioral decision-making.*

2008 – 2013

Bachelor of Arts (B.A.) with Distinction, General Psychology

Purdue University – Calumet, Hammond, IN, USA

ACADEMIC EMPLOYMENT

2022 –

Assistant Professor of Integrative Human Health

Department of Biological Sciences

Purdue University Northwest, Hammond, IN, USA

2019 – 2022 Postdoctoral Scholar
 Department of Medicine
 Division of General Internal Medicine
 Pennsylvania State University College of Medicine, Hershey, PA, USA

2015 – 2019 Graduate Teaching Assistant
 Department of Kinesiology
 Iowa State University, Ames, IA, USA

2013 – 2015 Graduate Teaching and Research Assistant
 Department of Psychological Science
 Ball State University, Muncie, IN, USA

TEACHING EXPERIENCE

Purdue University Northwest

IHH 10800: First Year Experience in Integrative Human Health **(3 semesters)**
 IHH 30400: Practicum **(1 semester)**
 IHH 35200: Human Lifespan Development **(3 semesters)**
 IHH 35800: Cultural Diversity in Health and Illness **(3 semesters)**
 IHH 36600: Psychology of Physical Activity **(3 semesters)**
 IHH 36700: Psychology of Health Behavior **(3 semesters)**
 IHH 44800: Stress, Health, and Behavior **(3 semesters)**

Iowa State University

KIN 158: Tennis **(2 semesters)**
 KIN 164: Walking for Fitness **(2 semesters)**
 KIN 166: Weight Training **(1 semester)**
 KIN 366: Exercise Psychology **(1 semester)**
 KIN 467/567: Exercise and Health: Behavior Change **(Guest lecturer; 3 semesters)**

Ball State University

PSYS 100: Introduction to Psychological Science **(Guest lecturer; 2 semesters)**
 PSYS 301: Health Psychology Science **(Guest lecturer; 1 semester)**

Purdue University – Calumet

PSY 12000: Elementary Psychology – Supplemental Instructor (SI)

RESEARCH FUNDING (★ = funded)

- 2025 Leveraging the inherent drive for intermittent social play to rehabilitate physical activity behavior among adults.**
Source: National Institutes of Health (NIH)
Role: Principal Investigator (Co-Is: Andrew Skibski; John J. Durocher)
Total costs: **\$396,544**
- 2025 Promoting healthy autonomic control and sleep quality with acute mindfulness in midlife adults.**
Source: National Institute on Aging (NIA)
Role: Co-Investigator (PI: John J. Durocher)
Total costs: **\$395,233**
- 2024 Acute meditation, sympathetic regulation, and overnight sleep in midlife adults.**
Source: National Institute on Aging (NIA)
Role: Co-Investigator (PI: John J. Durocher)
Total costs: **\$395,233**
- 2024 Equipment for kinesiology instruction and outreach.**
Source: Subaru of Indiana Automotive Foundation (SIA)
Role: Co-Investigator (PI: John J. Durocher)
Total costs: **\$12,922**
- ★2024 Developing a Brightspace career guidance resource to support the success of first- and continuing-generation Integrative Human Health students.**
Source: Purdue University Northwest Center for Faculty Excellence
Role: Principal-Investigator (Co-I: John J. Durocher)
Total costs: **\$3,000**
- 2023 Evaluation and implementation of lifestyle changes and Life's Simple 7 in northwest Indiana.**
Source: Indiana Department of Health: Epidemiology and Laboratory Capacity Extension
Role: Co-Investigator (PI: John J. Durocher)
Total costs: **\$50,000**
- ★2022 The development of novel methods to better predict health-related behaviors.**
Source: Purdue University Northwest Catalyst Grant
Role: Principal Investigator (Co-I: Matthew J. Bauman)
Total costs: **\$11,249**
- 2022 Fitness opportunities for students in need.**
Source: Subaru of Indiana Automotive Foundation (SIA)
Role: Principal Investigator (Co-I: John J. Durocher)
Total costs: **\$14,386**
- ★2022 Evaluation and implementation of lifestyle changes and Life's Simple 7 in northwest Indiana.**
Source: Indiana Department of Health
Role: Co-Investigator (PI: John J. Durocher)
Total costs: **\$133,000**

- 2021 How can we promote physical activity among adolescents with below-average movement skill competency?**
Source: National Institute of Child Health and Human Development (NICHD)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$445,994**
- 2021 Designing enjoyable physical activity for adults with low physical activity enjoyment.**
Source: National Heart, Lung, and Blood Institute (NHLBI)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$445,994**
- 2020 Identifying the optimal home prescription of functional exercises for older adults in primary care.**
Source: National Institute on Aging (NIA)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$2,174,963**
- 2020 Impact of automatic enrollment into a digital physical activity program for older adults in primary care.**
Source: National Institute on Aging (NIA)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$2,246,497**
- 2020 Impact of ultra-brief functional exercise prescriptions on physical performance among older adults in primary care.**
Source: National Institute on Aging (NIA)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$1,974,963**
Impact Score: **45**; Percentile: **39**
- 2020 Adolescents and parents playing together: A dyadic approach to physical activity promotion.**
Source: National Institute of Child Health and Human Development (NICHD)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$432,450**
- 2020 Developing more enjoyable exercise for adolescents with low tolerance of exercise intensity.**
Source: National Institute of Child Health and Human Development (NICHD)
Role: Postdoctoral Scholar (PI: Christopher N. Sciamanna)
Total costs: **\$435,344**
- *2019 Development of a novel exercise program to maximize youth enjoyment.**
Source: Pennsylvania Department of Health: Commonwealth Universal Research Enhancement (CURE) Program
Role: Co-Investigator (PI: Christopher N. Sciamanna)
Total costs: **\$150,000**
- 2018 Affective and neurophysiological responses to physical activity among children: Implications for subsequent physical activity behavior.**
Source: American Psychological Foundation (APF) Visionary Grant
Role: Principal Investigator (Co-I: Panteleimon Ekkekakis)
Total costs: **\$14,492**

- 2018 Affective and neurophysiological responses to graded exercise in children: What are the mechanisms?**
Source: American College of Sports Medicine (ACSM) Foundation Doctoral Student Research Grant
Role: Principal Investigator (Co-I: Panteleimon Ekkekakis)
Total costs: **\$4,486**
- *2015 The psychological effects of a pre-workout warm-up: An exploratory study.**
Source: Ball State University Thesis Grant Competition
Role: Graduate Student Investigator
Total costs: **\$300**
- *2015 The psychological effects of a pre-workout warm-up: An exploratory study.**
Source: Ball State University ASPIRE Travel Grant
Role: Graduate Student Investigator
Total costs: **\$100**
- 2014 Toward a better peak: Does a pre-workout warm-up improve the exercise affective experience? Implications for subsequent behavioral decision-making.**
Source: Association for Applied Sport Psychology (AASP): Student Research Grant
Role: Graduate Student Investigator
Total costs: **\$2,100**

MANUSCRIPTS IN PEER-REVIEWED JOURNALS

- 18) Limmeroth, J., Leisterer, S., Hagemann, N. & **Ladwig, M. A.** (2025). Last in line, lasting in mind? A retrospective investigation of the relationship between physical education experiences and adult physical activity. *Journal of Sport and Exercise Psychology*.
- 17) **Ladwig, M. A.**, Mutai, E. K., Thivierge, G. S., & Durocher, J. J. (2025). Service-learning for trainees through health education and screening for cardiometabolic risk. *Advances in Physiology Education*. <https://doi.org/10.1152/advan.00062.2025>
- 16) Ekkekakis, P., Hartman, M. E., & **Ladwig, M. A.** (2024). When studying affective responses to exercise, the definition of “intensity” must reference homeostatic perturbations: A retort to Vollaard et al. *Journal of Sport and Exercise Psychology*, 46(2). <https://doi.org/10.1123/jsep.2024-0064>
- 15) **Ladwig, M. A.**, Sciamanna, C. N., Luzier, G., Blaker, J. M., Agans, J. P., Visek, A. J. (2023). Improving reflective evaluations of sport through repeated experiences of fun – Rationale, design, feasibility, and acceptability of the PlayFit Youth Sport Program. *Pilot and Feasibility Studies*, 9(1). <https://doi.org/10.1186/s40814-023-01350-x>
- 14) **Ladwig, M. A.** (2023). Fostering weight status understanding among exercise science and health students by simulating common physical activities with additional body mass. *Advances in Physiology Education*, 47(3), 399-408. <https://doi.org/10.1152/advan.00255.2022>
- 13) Sciamanna, C. N., Lemaster, K. A., Danilovich, M. K., Conroy, D. E., Schmitz, K. H., Silvis, M. L., **Ladwig, M. A.**, & Ballentine, N.H. (2023) Accuracy of self-reported physical capacities as a clinical screening test for older adults with mobility disability. *Gerontology and Geriatric Medicine*, 9. <https://doi.org/10.1177/23337214231167979>

- 12) Ekkekakis, P., Hartman, M. E., & **Ladwig, M. A.** (2023). A methodological checklist for studies of pleasure and enjoyment responses to high-intensity interval training: Part II. Intensity, timing of assessments, data modeling and interpretation. *Journal of Sport and Exercise Psychology*, 45, 92-109. <https://doi.org/10.1123/jsep.2022-0029>
- 11) Ekkekakis, P., Hartman, M. E., & **Ladwig, M. A.** (2023). A methodological checklist for studies of pleasure and enjoyment responses to high-intensity interval training: Part I. Participants and measures. *Journal of Sport and Exercise Psychology*, 45, 77-91. <https://doi.org/10.1123/jsep.2022-0027>
- 10) **Ladwig, M. A.**, Sciamanna, C. N., Auer, B. J., Oser, T. K., Stine, J. G., & Agans, J. P. (2021). When American adults *do* move, *how* do they do so? Trends in physical activity intensity, type, and modality: 1988-2017. *Journal of Physical Activity & Health*, 18(9), 1181-1198. <https://doi.org/10.1123/jpah.2020-0424>
- 9) **Ladwig, M. A.**, Sciamanna, C. N., Rovniak, L. S., Conroy, D. E., Auer, B. J., Gottschall, J. S., Silvis, M. L., Smyth, J. M., & Wang, M. (2021). Adult group sport play during a pandemic: Feasibility, acceptability, and program adherence results from a study of modifications to mitigate COVID-19 risk. *Preventive Medicine Reports*, 101476. <https://doi.org/10.1016/j.pmedr.2021.101476>
- 8) **Ladwig, M. A.**, Sciamanna, C. N., Rovniak, L. S., Conroy, D. E., Auer, B. J., Gottschall, J. S., Silvis, M. L., Smyth, J. M., & Wang, M. (2021). Comparative effectiveness of social physical play versus traditional group exercise for adherence and fitness: Protocol for a randomized-controlled trial. *Contemporary Clinical Trials Communications*, 21, 100736. <https://doi.org/10.1016/j.conctc.2021.100736>
- 7) Hartman, M. E., **Ladwig, M. A.**, & Ekkekakis, P. (2021) Contactless differentiation of pleasant and unpleasant valence: Assessment of the acoustic startle eyeblink response with infrared reflectance oculography. *Behavior Research Methods*, 53, 2092-2104. <https://doi.org/10.3758/s13428-021-01555-z>
- 6) Sciamanna, C. N., **Ladwig, M. A.**, Conroy, D. E., Schmitz, K. H., Silvis, M. L., Ballentine, N. H., Auer, B. J., & Danilovich, M. K. (2021). Feasibility and impact of a 1-minute daily functional exercise regimen prescribed to older adults by their primary care physician. *Preventive Medicine Reports*, 21, 101307. <https://doi.org/10.1016/j.pmedr.2020.101307>
- 5) Vazou, S., Mischo, A., **Ladwig, M. A.**, Ekkekakis, P., & Welk, G. (2019). Psychologically informed physical fitness practice in schools: A field experiment. *Psychology of Sport & Exercise*, 40, 143-151. <https://doi.org/10.1016/j.psychsport.2018.10.008>
- 4) **Ladwig, M. A.**, Ekkekakis, P., & Vazou, S. (2018). "My best memory was when I was done with it": PE memories are associated with adult physical activity. *Translational Journal of the American College of Sports Medicine*, 3(16), 119-129. <https://doi.org/10.1249/TJX.0000000000000067>
- 3) Ekkekakis, P., Hartman, M. E., & **Ladwig, M. A.** (2018). Mass media representations of the evidence as a possible deterrent to recommending exercise for the treatment of depression: Lessons five years after the extraordinary case of TREAD-UK. *Journal of Sports Sciences*, 1-12. <https://doi.org/10.1080/02640414.2018.1423856>
- 2) **Ladwig, M. A.**, Hartman, M. E., & Ekkekakis, P. (2017). Affect-based exercise prescription: An idea whose time has come? *ACSM's Health & Fitness Journal*, 21(5), 10-15. <https://doi.org/10.1249/FIT.0000000000000332>

- 1) **Ladwig, M. A.** (2013). The psychological effects of a pre-workout warm-up: An exploratory study. *Journal of Multidisciplinary Research*, 5(3), 79-87.

IN PREPARATION OR UNDER REVIEW

Ladwig, M. A. (*in preparation*). Generational stagnation in physical education: Childhood experiences, adult perceptions, and the case for enjoyment-first curricular design

Dandekar, S., Kurth, J., Shang, Y., Stine, J. G., **Ladwig, M. A.**, Conroy, D. E., Schmitz, K., Rovniak, L. S., Silvis, M., Danilovich, M., Ballentine, N., Pierwola-Gawin, N., Zhou, S., & Sciamanna, C. (*under review*). Brief daily functional strength training to improve functional performance in older adults with mobility disability: A randomized trial.

Ladwig, M. A., Rovniak, L. S., Conroy, D. E., Gottschall, J. S., Silvis, M. L., Smyth, J. M., Auer, B. J., Kurth, J. D., Sciamanna, C. N. (*under review*). Enhancing exercise enjoyment and adherence among adults: Results from a randomized-controlled trial of social physical play versus traditional group exercise. *Communications in Kinesiology*.

Zenko, Z., Jones, L., Miller, M., & **Ladwig, M. A.** (*under review*). *Exercise moves me: Physical activity and its relation to affect, emotions, and mood*.

BOOK CHAPTERS

- 5) Zenko, Z., & **Ladwig, M. A.** (2021). *Affective responses to exercise: Measurement considerations for practicing professionals*. In Z. Zenko & L. Jones (Eds.), *Essentials of exercise and sport psychology: An open access textbook* (pp. 271–293). Society for the Transparency, Openness, and Replication in Kinesiology. <https://doi.org/10.51124/B1012>
- 4) Ekkekakis, P., Hartman, M.E., & **Ladwig, M. A.** (2019). *Affective responses to exercise*. In G. Tenenbaum & R.C. Eklund (Eds.), *Handbook of sport psychology* (4th ed.). New York: Wiley. <https://doi.org/10.1002/9781119568124.ch12>
- 3) Ekkekakis, P., Hartman, M.E., & **Ladwig, M. A.** (2019). *Conceptual foundations of exercise psychology: Facilitators, inhibitors, and a roadmap towards establishing societal relevance*. In M.H. Anshel (Ed.), *Handbook of sport and exercise psychology* (Vol 2). Washington, DC: American Psychological Association. <https://doi.org/10.1037/0000124-002>
- 2) Ekkekakis, P., **Ladwig, M. A.**, & Hartman, M.E. (2018). *Physical activity and the "feel-good" effect: Challenges in researching the pleasure and displeasure people feel when they exercise*. In S.R Bird (Ed.), *Research methods in physical activity and health*. New York: Routledge. <https://doi.org/10.4324/9781315158501-20>
- 1) Ekkekakis, P., Zenko, Z., **Ladwig, M. A.**, & Hartman, M.E. (2018). *Affect as a potential determinant of physical activity and exercise: Critical appraisal of an emerging research field*. In D.M. Williams, R.E. Rhodes, & M. Conner (Eds.), *Affective determinants of health behavior*. New York: Oxford University Press. <https://doi.org/10.1093/oso/9780190499037.001.0001>

PUBLISHED ABSTRACTS

- 9) Kurth, J., Sciamanna, C., Herrell, C., Danilovich, M., Conroy, D. Schmitz, K., Silvis, M., & **Ladwig, M.** (2023). Older US adults prefer short, frequent resistance training programs, especially those with difficulty walking. *Innovation in Aging*, 7(S1), 1091-1092. <https://doi.org/10.1093/geroni/igad104.3506>
- 8) Kurth, J., Sciamanna, C., Stine, J., **Ladwig, M.**, Conroy, D., Schmitz, K., & Herrell, C. (2023). Impact of a 4-minute strength training program on lower body function in older adults with mobility disability. *Innovation in Aging*, 7(S1), 1061. <https://doi.org/10.1093%2Fgeroni%2Ffigad104.3410>
- 7) Thivierge, G. S., **Ladwig, M. A.**, Mutai, E., Bishop, R., & Durocher, J. J. (2023). Evaluation and implementation of lifestyle habits and Life's Simple 7™ in northwest Indiana. *Physiology*, 38(S1). <https://doi.org/10.1152/physiol.2023.38.S1.5795484>
- 6) **Ladwig, M. A.**, & Sciamanna, C. N. (2020). Adults want to play too: Social play versus group training for exercise enjoyment and adherence: Preliminary data from a randomized-controlled trial. *Journal of Sport & Exercise Psychology*, 42, S89-S89. <https://doi.org/10.1123/jsep.2020-0172>
- 5) Hartman, M. E., **Ladwig, M. A.**, & Ekkekakis, P. (2019). Prefrontal hemodynamics and affective responses to incremental exercise. *Medicine & Science in Sports & Exercise*, 51(6S), 785. <http://doi.org/10.1249/01.MSS.0000562842.07652.9C>
- 4) **Ladwig, M. A.**, Vazou, S., & Ekkekakis, P. (2019). Childhood prefrontal development and affect during fitness tests: Should we reconsider current practice norms? *Journal of Sport & Exercise Psychology*, 41, S275-S275. <https://doi.org/10.1123/jsep.2019-0082>
- 3) **Ladwig, M. A.**, Vazou, S., & Ekkekakis, P. (2018). Childhood experiences in physical education may have long-term implications. *Medicine & Science in Sport & Exercise*, 50(5), S319. <http://dx.doi.org/10.1249/01.mss.0000536130.78614.ad>
- 2) **Ladwig, M. A.**, & Ekkekakis, P. (2017). Are physical education experiences associated with physical activity attitudes and intentions in adulthood? *Journal of Sport & Exercise Psychology*, 39, S276-S276. <https://doi.org/10.1123/jsep.39.3.s1>
- 1) **Ladwig, M. A.**, & Razon, S. (2014). The psychological effects of a pre-workout warm- up. *Journal of Sport & Exercise Psychology*, 36, S98-S98. <https://doi.org/10.1123/jsep.36.s1.s79>

ACADEMIC PRESENTATIONS (* = undergraduate mentee; ** = graduate mentee)

- 25) Durocher, J. J., **Ladwig, M. A.**, Skibski, A., Mutai, E. K., & Naji, H. (2025, October). *Exercise is medicine on campus: Physical and mental health benefits across the lifespan*. Presented at the Midwest American College of Sports Medicine Conference, Grand Rapids, MI, USA.
- 24) **Ladwig, M. A.** (2025, April). *From childhood enjoyment to adult perceptions of societal importance: A cross-sectional, multigenerational investigation of physical education experiences*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 23) ** Norise-Muhammad, K., **Ladwig, M. A.**, Bigalke, J. A., & Durocher, J. J. (2025, April). *Trait anxiety is weakly associated with arterial stiffness in healthy adults*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 22) * Richman, J., & **Ladwig, M. A.** (2025, April). *Embracing lifelong learning: The journey of older adults*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.

- 21) **Stinnett, A. J., & **Ladwig, M. A.** (2025, April) *Development of a novel portable and wireless device to elicit and measure the startle eyeblink reflex*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 20) *Hernandez, L., **Ladwig, M. A.**, & Durocher, J. J. (2025, April). *Assessing the validity of the PNOE metabolic analyzer during treadmill exercise*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 19) **Norise-Muhammad, K., **Ladwig, M. A.**, Bigalke, J. A., & Durocher, J. J. (2025, April). *Trait anxiety is weakly associated with arterial stiffness in healthy adults*. Presented at the American Physiology Summit, Baltimore, MD, USA.
- 18) *Amador, E. S., & **Ladwig, M. A.** (2024, April). *Potential approaches to reduce healthcare barriers among the northwest Indiana Hispanic/Latinx community*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 17) **Ladwig, M. A.**, Mutai, E. K., *Rigot, J., *Wells, D., & Durocher, J. J. (2024, April). *From Life's Simple 7™ to Life's Essential 8™ in northwest Indiana*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 16) Kurth, J. D., Sciamanna, C. N., Stine, J. G., **Ladwig, M. A.**, Conroy, D. E., Schmitz, K. H., Danilovich, M. K., & Herrell, C. (2023, November). *Impact of a 4-minute strength training program on lower body function in older adults with mobility disability*. Presented at the Gerontological Society of America annual meeting, Tampa, FL, USA.
- 15) Kurth, J. D., Sciamanna, C. N., Herrell, C., Danilovich, M. K., Conroy, D. E., Schmitz, K. H., Silvis, M., & **Ladwig, M. A.** (2023, November). *Older US adults prefer short, frequent resistance training programs, especially those with difficulty walking*. Presented at the Gerontological Society of America annual meeting, Tampa, FL, USA.
- 14) Thivierge, G. S., **Ladwig, M. A.**, Mutai, E., Bishop, R., & Durocher, J. J. (2023, April). *Evaluation and implementation of lifestyle habits and Life's Simple 7™ in northwest Indiana*. Presented at the American Physiology Summit, Long Beach, CA, USA.
- 13) Mutai, E. K., Del Rio, B. I., **Ladwig, M. A.**, Thivierge, G. S., Bishop, R. E., & Durocher, J. J. (2023, April). *Evaluation and implementation of lifestyle habits and Life's Simple 7™ in northwest Indiana*. Presented at the Days of Discovery Conference, Purdue University Northwest, Hammond, IN, USA.
- 12) **Ladwig, M. A.**, & Sciamanna, C. N. (2020, June). *Adults want to play too: Social play versus group training for exercise enjoyment and adherence: Preliminary data from a randomized-controlled trial*. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) annual meeting, **Virtual conference due to SARS-CoV-2 pandemic**.
- 11) **Ladwig, M. A.**, Vazou, S., & Ekkekakis, P. (2019, June). *Childhood prefrontal development and affect during fitness tests: Should we reconsider current practice norms?* Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) annual meeting, Baltimore, MD, USA.
- 10) Hartman, M. E., **Ladwig, M. A.**, & Ekkekakis, P. (2019, June). *Prefrontal hemodynamics and affective responses to incremental exercise*. Presented at the American College of Sports Medicine (ACSM) annual meeting, Orlando, FL, USA.
- 9) **Ladwig, M. A.**, Ekkekakis, P., & Vazou, S. (2018, June). *Childhood experiences in physical education may have long-term implications*. Presented at the American College of Sports Medicine (ACSM) annual meeting, Minneapolis, MN, USA.

- 8) **Ladwig, M. A.**, Ekkekakis, P. (2017, June). *Are childhood physical education experiences associated with adult physical activity attitudes and intentions?* Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) annual meeting, San Diego, CA, USA.
- 7) **Ladwig, M.A.**, & Razon, S. (2015, February). *Toward a better peak: Does a pre- workout warm-up improve the exercise affective experience? Implications for subsequent behavioral decision-making: Initial thoughts and results.* Presented at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Ball State University, Muncie, IN, USA.
- 6) **Ladwig, M. A.**, & Razon, S. (2014, June). *The psychological effects of a pre-workout warm-up.* Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) annual meeting, Minneapolis, MN, USA.
- 5) Devia, M., Connor, B.D., **Ladwig, M.A.**, Phillips, C.M., Cook, L.M., Alves, K., & Butler, D.L. (2014, April). *What do you believe? Developing accurate measures of myths and misconceptions.* Presented at the 19th Student Symposium at Ball State University, Muncie, IN, USA.
- 4) Alves, K., **Ladwig, M. A.**, Pierce, J., Strzok, N., & Butler, D. (2014, April). *Student attitudes toward concept map, essay, and multiple-choice testing.* Presented at the Butler University Research Conference, Indianapolis, IN, USA.
- 3) **Ladwig, M. A.**, & Razon, S. (2014, February). *Does a pre-workout warm-up facilitate performance on a concentration task?* Presented at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Bowling Green University, Bowling Green, OH, USA.
- 2) **Ladwig, M. A.** (2013, February). *Differential effects of repetition counting techniques in weightlifting: Can they help reduce perceived exertion?* Presented at the Midwest Sport and Exercise Psychology Symposium (MSEPS), Hope College, Holland, MI, USA.
- 1) **Ladwig, M. A.** (2012, May). *The psychological effects of a pre-workout warm-up.* Presented to the Purdue University-Calumet Interdisciplinary Studies Program, Hammond, IN, USA.

INVITED PRESENTATIONS

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|--------------------|--|
| 2023 – 2025 | <i>“The Miracle Drug: Exercise to Improve Mental Health.”</i> Presented for Purdue University Northwest Exercise is Medicine® Month |
| 2023 – 2025 | <i>“Stress Management and Mental Health”</i> – Presented to Purdue University Northwest First-Year Experience in Biology (BIOL 10700) |
| 2024 | <i>“Dorsolateral prefrontal cortical hemodynamics, cognitive inhibition, and affective responses to exercise among children”</i> Presented for PNW Biological Sciences Senior Capstone (BIOL 42600)/Graduate Seminar (BIOL 60100) courses, Hammond, IN |
| 2022 | <i>“Careers Related to Integrative Human Health.”</i> Presented for TRIO Upward – Purdue University Northwest |

SELECT NEWS COVERAGE OF RESEARCH

- 4) Achauer, Hilary. (2023, August 9). For a better workout, think like a kid. *The New York Times*. Available from: <https://www.nytimes.com/2023/08/09/well/move/exercise-workout-childhood-kids.html>

- 3) Platzman Weinstock, C. (2018, September 3). Negative memories of gym class may impact adults' lifestyle. *Reuters*. Available from: <https://www.reuters.com/article/us-health-fitness-phys-ed/negative-memories-of-gym-class-may-impact-adults-lifestyle-idUSKCN1LJ1UH>
- 2) Staff (2018, October 10). 'Getting people off the couch': ISU researchers look at how PE memories still effect adults. *Ames Tribune*. Available from: <https://www.amestrib.com/story/news/2018/10/10/8216-getting-people-off/9587064007/>
- 1) Reynolds, G. (2018, August 22). How you felt about gym class may impact your exercise habits today. *The New York Times*. Available from: <https://www.nytimes.com/2018/08/22/well/move/how-you-felt-about-gym-class-may-impact-your-exercise-habits-today.html>

REVIEWER FOR ACADEMIC JOURNALS AND PUBLISHERS

- 16) *Research in Human Development*
- 15) *BMC Sports Science, Medicine and Rehabilitation*
- 14) *Psychology in the Schools*
- 13) *Cognella Academic Publishing*
- 12) *Journal of American College Health*
- 11) *International Journal of Obesity*
- 10) *International Review of Sport and Exercise Psychology*
- 9) *Research Quarterly for Exercise and Sport*
- 8) *Adapted Physical Education Quarterly*
- 7) *Journal of Aging and Physical Activity*
- 6) *Journal of Behavioral Medicine*
- 5) *Journal of Medical Internet Research: Formative Research*
- 4) *Journal of Medical Internet Research: Research Protocols*
- 3) *Journal of Sport & Exercise Psychology*
- 2) *PLoS One*
- 1) *Psychology of Sport and Exercise*

SERVICE

- 2024 –** Chair of the New Student Orientation and First Year Experience Faculty Senate Subordinate Committee – Purdue University Northwest
- 2024 –** Director, *Exercise is Medicine®* – On Campus – Purdue University Northwest
- 2024 –** Member of Biological Sciences *Curriculum Committee* – Purdue University Northwest
- 2024** Facilitated Integrative Human Health roundtable discussion at United States Hispanic Leadership Institute (USHLI) Rising Stars event – Purdue University Northwest

- 2024** Search Committee member for Integrative Human Health and Kinesiology tenure-track Assistant Professor search, Purdue University Northwest, Department of Biological Sciences
- 2024** Judge for Anatomy and Physiology section. Science Olympiad – Purdue University Northwest
- 2023** Search Committee member for Integrative Human Health and Kinesiology tenure-track Assistant Professor search, Purdue University Northwest, Department of Biological Sciences
- 2023** Judge for Anatomy and Physiology section. Science Olympiad – Purdue University Northwest
- 2022 –** Faculty Co-Advisor for the Purdue University Northwest *Cycling Club*
- 2022 –** Member of Biological Sciences *Outreach Committee* – Purdue University Northwest

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- 2014 –**
 - North American Society for the Psychology of Sport and Physical Activity (NASPPA)
- 2017 –**
 - American College of Sports Medicine (ACSM)
- 2021 –**
 - Society for Transparency, Openness, and Replication in Kinesiology (STORK)

ACADEMIC HONORS AND AWARDS

- 2024**
 - *Tri-Alpha Inductee: The National Honor Society for First-Generation Students* – Theta Rho Chapter
 - 2019**
 - *University Research Excellence Award* – Iowa State University
 - 2018**
 - *Alice Ford Family & Consumer Science Scholarship* – Iowa State University
 - *Barbara E. Forker Graduate Scholarship* – Iowa State University
 - 2015**
 - *Pease Family Doctoral Scholarship* – Iowa State University
 - *Graduate Student Researcher of the Year* – Ball State University
 - *Most Recognizable Graduate Student* – Ball State University
 - 2014**
 - *Most Recognizable Graduate Student* – Ball State University
 - 2013**
 - *Graduated with Distinction* – Purdue University – Calumet
 - 2012**
 - *Outstanding Senior* – Purdue University–Calumet, Liberal Arts and Social Sciences
 - 2010**
 - *Psi Chi Inductee: The International Honor Society in Psychology*
-

GRADUATE STUDENT ADVISING

- 1) *Kaylan Norise-Muhammad*
M.S., Biological Sciences
Purdue University Northwest Thesis defense scheduled for spring 2025.
Role: Committee Member