

## VITA

### William B. Karper

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### EDUCATION

New York University	Leadership in Physical Education for Handicapped Persons (sub-special interest: exercise physiology and therapeutic recreation)	1977	Ed.D.
Kean College of New Jersey (Formerly Newark State College)	Special Education (sub-special interest: education for children with emotional disturbance and social maladjustment)	1973	M.A.
East Stroudsburg University East Stroudsburg, PA (Formerly East Stroudsburg State College)	Health Education Physical Education	1969	B.S.
American College of Sports Medicine	Adult Health/Fitness	1984	Certified Health/ Fitness Instructor

### PROFESSIONAL EXPERIENCE

1978-present Assistant and Associate Professor, Full Graduate Faculty Member, Department of Exercise and Sport Science, University of North Carolina at Greensboro

- . Undergraduate and graduate faculty
- . Specialization: health/fitness, older adults/fitness, special populations/physical activity, applied exercise physiology

- . Co-director: Motor and Social Behavior Laboratory (1979-82)
  - . Co-Director: Exercise Program for adults with chronic lung disease (1985-86)
  - . assisted in directing establishment of university faculty/staff health/fitness program (1988-89)
  - . Coordinator: Exercise/Sport Science undergraduate and graduate internships (from 1989-1999)
  - . Director: Exercise/fibromyalgia-chronic fatigue syndrome Program (1998-present)
- 78 Associate Research Scientist/Adjunct Assistant Professor, Program in Physical Education & Sport, New York University.
- . graduate faculty: member of federally funded doctoral program project team
- 77 Teacher of Physical Education, Montville Public Schools, Montville, New Jersey
- . grades K-6 instruction (2 schools)
  - . director of intramurals (2 schools)
- 76 Graduate Assistant and Teaching Fellow, Program in Physical Education & Sport, New York University
- . graduate level and teacher certification team teaching
  - . organizer/administrator: university-based experiences/internships in physical education for handicapped persons.
  - . member: project team responsible for directing and managing federally funded prototype doctoral program in leadership in physical education for handicapped persons
- 73 Teacher of Special Education, Union County Educational Services Commission, Westfield, New Jersey
- . Classroom instruction for 10-13 year old children with learning disabilities/emotional disturbance
- 72 Teacher of Health Education and Physical Education, Red Bank Public School, Red Bank, New Jersey
- . grades 5-8 instruction (health and physical education)
  - . co-basketball coach (1971-72)

**TEACHING and ADVISEMENT at UNCG**

Courses taught (undergraduate):

- . Physical Education for Individuals with Special Needs
- . Physical Fitness for Life
  - Swimming for Non-Swimmers
- . Intermediate Swimming
- . Wrestling
- . Independent Study

Courses taught (graduate):

- Advanced Research Seminar in Exercise and Sport Science
- . Development/Implementation of Fitness Programs
- . Physical Education for Individuals with Special Needs (Advanced) – Clinic included
- . Needs Assessment of Handicapped Persons in Physical Education
- . Exercise and Older Adults: (Beginning Level)
- . Exercise and Older Adults: (Advanced)
- . Research Methods for Exercise & Sport Science
- . Independent Study
- . Exercise/Sport Science Internship (coordinator/supervisor) – offered to graduate and undergraduate students

Academic advisement load has normally consisted of approximately 15-35 undergraduates, 1-15 master's degree students (all non-thesis students, except for two) per year; and lately, 1-2 doctoral students.. Approximately 1-2 master's thesis committees, 1-2 capstone integrative experience committees for non-thesis students and 1 doctoral dissertation committee are served on per year. Two master's thesis committees and 3 doctoral program committees have been chaired:

Ruth Ann Wieser, MS, 1987

The Sitting Chair Step Test and the Cycle Ergometer Test: Problems in Exercise Testing Cerebral Palsied Adults.

Hank Bullard, MS, 1983

A Comparison of Cloth Angle Wrapping, Cloth Adhesive Taping and No Strapping on Ankle Injuries in Male High School Soccer Players

Pam Kocher Brown, Ed.D., 2003

A Comparison of Online Instruction versus Traditional Classroom Instruction in a Fitness for Life Course.

DeAnne Brooks, Ed.D., program in progress.

Ted Eaves, Ed.D., program in progress.

## **PROFESSIONAL ASSOCIATION MEMBERSHIPS**

Southeast American College of Sports Medicine  
American College of Sports Medicine  
Council for Exceptional Children  
Association for Worksite Health Promotion (now part of American College of Sports Medicine)  
National Consortium for Physical Education and Recreation for Individuals with Disabilities.  
Phi Delta Kappa  
American Association of University Professors  
The Gerontological Society of America  
International Association for Chronic Fatigue Syndrome

## **SERVICE (within the University)**

Level of service on University, School and Departmental committees has been similar to most professors who have been at a comprehensive/doctoral granting institution for many years. Numerous committees relating to undergraduate and graduate education have been served on in the capacity of chairperson. Since 1995, service has been provided to the Department of Exercise and Sport Science as chair of the undergraduate exercise science and sport studies (fitness leadership) program committee and chair of the appeals committee for that concentration. In the past, service has also been provided as convener of the exercise physiology group. Service has also been provided on the University Faculty Senate for three terms and on the University Institutional Review Board for a number of years.

## **SERVICE (outside the University)**

- 2007-08 Reviewer: Women's Health Issues, fibromyalgia manuscript.
- 2007-08 Reviewer: Archives of Physical Medicine and Rehabilitation, fibromyalgia manuscript..
- 2007-08 Reviewer: Seminars in Arthritis and Rheumatism, fibromyalgia manuscript..
- 2006-07 Reviewer: Future Science Group, London, fibromyalgia manuscript.

- 2006-07 Interview: New York Times, Retired athletes and fitness.
- 2005 Science Fair Judge: Alderman Elementary School, Greensboro, N.C.
- 2005 Book Reviewer: McGraw- Hill, Fahey, T.D. Fit & Well, 6<sup>th</sup> edition
- 2003-04 Reviewer: 8 research abstracts for presentation at SEACSM
- 2001 Book Reviewer: McGraw-Hill, Corbin et al. Concepts of Fitness & Wellness (new edition)
- 1999-00 Consultant: Abbots Wood – Irving Park (Greensboro, NC), All aspects of establishing an older adult wellness program for older adults in a residential setting  
Field Reviewer: Journal of Applied Gerontology  
Interview: Woman’s Sports & Fitness Magazine, exercise and arthritic older adults
- 98 Consultant: Chris Caruso, Pfeiffer College, Setting up and managing Internship programs.
- Consultant: Murphy/Wainer Orthopedic Specialists, Greensboro, N.C., Maximal and sub maximal cycle tests for professional hockey players.
- Consultant: Sportime Athletic & Racquet Club, Greensboro, N.C., Fitness evaluations for older adults
- 96 Field Reviewer: Journal of Applied Gerontology  
Field Reviewer: Quest
- 1994 Field Reviewer: Adapted Physical Activity Quarterly  
Field Reviewer: Journal of Applied Gerontology  
Manuscript Reviewer: Brown and Benchmark Publishers  
Manuscript Reviewer: Mosby  
Manager of all A-V equipment and staff needs for the 1994 Southeast American College of Sports Medicine Conference, Greensboro, N.C.
- Consultant: Guilford College Department of Sports Studies, Greensboro, N.C. – addressing the issues of future directions in exercise science as it applies to undergraduate education in exercise/sport science
- 1993 Invited paper for distribution to newspapers throughout NC: Exercise,

Immunity and Respiratory Tract Infections in Older Adults, NC  
Governor's Council on Physical Fitness and Health.

Consultant: Guilford County, NC Emergency Medical Personnel, training  
program for "pedal medics" (EMTs on bicycles)

Field Reviewer: Multiple research abstracts for the 1994 AAHPERD  
National Convention

Consultant: Kayser-Roth Corporation, Advice regarding start-up of  
executive wellness program.

1992 Manuscript Reviewer: WC Brown & Benchmark Publishers  
Book Reviewer: Ronald Adam's new edition of book (Games, Sports &  
Exercises for the Physically Handicapped)

1991 Field Reviewer: Journal of Teaching in Physical Education

1990 Manuscript Reviewer: Wm. C. Brown Publishers  
Field Reviewer: Quest  
Field Reviewer: Adapted Physical Activity Quarterly  
Field Reviewer: Journal of Teaching in Physical Education

1989 Field Reviewer: Wm. C. Brown Publishers – Computerize project  
Field Reviewer: Adapted Physical Activity Quarterly  
Field Reviewer: Journal of Teaching in Physical Education

1988 Book Reviewer: Research Quarterly for Exercise and Sport  
Consultant: High Point, NC public schools employee health/fitness  
program  
Field Reviewer: Adapted Physical Activity Quarterly  
Field Reviewer: Journal of Teaching in Physical Education

-88 Consultant: Guilford County, NC public health employee health/fitness  
program  
Consultant: Greensboro, NC public schools – group moderator: workshops  
in the Middle School Collaborative Project for Instructional  
Improvements in Physical Education

1987 Field Reviewer: Adapted Physical Activity Quarterly

1986 Consultant: Rowan County, NC public schools – workshops on  
physical education for students with disabilities

Field Reviewer: Adapted Physical Activity Quarterly

- 1985 Consultant: High Point, NC Memorial Hospital (proposed wellness center)
- 1980 Manuscript Reviewer: Mayfield Publishing Company
- 82 Consultant: NC Department of Public Instruction – workshops on physical education for students with disabilities
- 1978 and into the 1980's Consultant: Greensboro, NC public schools; New York University; Wake County, NC public schools; Walnut Cove, NC public schools; Central YMCA in Greensboro, NC – broad range of activities regarding physical activity/exercise testing/equipment purchase and programming for children and adults with and without disabilities

**SUMMER WORK**

- 2005 Chair, UNCG North Campus Committee—Health and Wellness Center formation
- 1999 Taught summer school at UNCG – Physical Fitness for Life course
- 1988 Evaluator: Foust Elementary School development summer kindergarten program, Greensboro, NC – motor testing for incoming children
- 1980 Visiting Lecturer: New York University – program in physical education and sport
- 1973 Teacher: Camp Union, Kean College of NJ – day camp for youngsters with multiple disabilities (ages 6-16), physical education instruction
- 1970 Teacher: Red Bank, NJ Public Schools – pre K-8 program, physical education instruction

**FUNDED PROJECTS**

- 2003 Central YMCA of Greensboro, NC  
\$6,000.00  
master's degree graduate student assistantship

2002	Central YMCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship
2001	Central YMCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship
1999-00	Central YMCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship
1998	Central YMCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship
1997	Central YMCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship (funds were unused due to inability to find suitable student)
-96	Central YMCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship with Weiser, A.
	YWCA of Greensboro, NC \$6,000.00 master's degree graduate student assistantship with Wieser. A.
1986-87	Metro YMCAs of Greensboro, NC \$4,500.00 master's degree graduate student assistantship (funds were unused due to inability to find suitable student)
	UNCG Research Council; Greensboro, NC Automobile Dealers; American Lung Association, Piedmont Region, NC \$3,500.00 Effects of exercise on asthmatic children (Research Project)
1985-86	UNCG Research Council and the American Lung Association, Piedmont Region, NC \$7,830.00

Effects of exercise on physiological & psycho-social functioning in adults with COPD  
(Research Project  
with Gayle, R., Spitler, D., Jaeger, R., & Fuller, L.

- 82 Greensboro, NC Jaycees  
\$1,000  
Motor & Social Behavior Laboratory  
With Martinek, T.
- 83 Proctor Foundation, Salisbury, NC  
\$47,000.00  
Motor & Social Behavior Laboratory  
With Martinek, T.
- 81 UNCG Research Council  
\$889.00  
Exercise habits among HPE personnel in higher education (Research Project)  
With Dignan, M.
- 80 UNCG Research Council  
\$300.00  
Effects of popular music on performance of a motor skill among handicapped children  
(Research project)
- 79 UNCG Research Council  
\$364.00  
Effects of music on motor skill performance (Research Project)

PRESENTATIONS (**outside** of the University)

- 2007-08 Karper, W.B., Two—1 hour., 15 minute presentations: Inflammation, disease and wellness, Shepherd Center of Greensboro.

- 2006-07 Karper, W.B., Presentation: Exercise and MS, MS Society Meeting.
- 2006-07 Karper, W.B, Taught 6-week course on older adults and exercise, Shepherd Center of Greensboro.
- 2006 Karper,W.B., Fitness and Older Adults, Friend's Home, Greensboro, N.C.
- Karper, W.B., Exercise and Fibromyalgia, Integrative Therapies, Inc., Greensboro, N.C.
- Karper, W.B., Wellness and Exercise, Pre-Retirement Workshop For Greensboro City Employees, Greensboro, N.C.
- Karper, W.B., Exercise and Fibromyalgia: Implications for Gulf War Illness, Salisbury, N.C. VA Medical Center Continuing Education Workshop, Salisbury. N.C.
- 2004-05 Karper, W.B., Exercise and Wellness, Alderman Elementary School Staff, Greensboro, N.C.
- Karper, W.B., Exercise and Health in Retirement, Greensboro N.C. City Employees
- Karper, W.B., Exercise, Weight Management and Older Adults, Shepherd Center, Greensboro, N.C., 6-session course
- Karper, W.B., Fibromyalgia/Chronic Fatigue: Exercise Intervention, Integrative Therapies staff, Greensboro, N.C.
- Karper, W.B., Exercise and Weight Management, Greensboro N.C. City Employees`
- 2003-04 Karper, W.B., Exercise, Health and Older Adults, Shepherd Center, Greensboro. N.C.,6-session course
- Karper, W.B., Older adults and Fitness, Greensboro Business Men's Club, Greensboro, N.C.

- Karper, W.B., Adult fitness, Gate City Kiwanis Club, Greensboro, N.C.
- Karper, W.B., Exercise and Weight Management, Alderman Elementary School, Greensboro, N.C.
- 2002 Karper, W.B., Exercise, Aging and Health, Shepherd Center, Greensboro, N.C., 3- session mini course
- Karper, W.B., Exercise & Older Age, Shepherd Center, Greensboro, NC
- Karper, W.B., Exercise & Independence, Shepherd Center, Greensboro, NC
- Karper, W.B., Exercise & Medicinal Herb Interaction, Shepherd Center, Greensboro, NC.
- Karper, W.B., Older Adult Fitness, Arber Acres Retirement Community, Winston Salem, NC
- Karper, W.B., Finding New Sources of Energy & Health, Congregational United Church of Christ Supper Study, Greensboro, NC
- Karper, W.B., Exercise & Weight Management, TOPS Weightloss group, Greensboro, NC
- 2001 Karper, W.B., Exercise & Weight Management, TOPS Weightloss group, Greensboro, NC
- Karper, W.B., Exercise of Older Adults (Apr.6-May 18) – Adult course (1 hour each week) Shepherd Center, Greensboro, NC
- 1999-0 Karper, W.B., Exercise and Older Adults, Greensboro, NC. (Sertoma Club, Gateway Tower Friendship Group, Association of Retired Business Men, Shepherd Center, Gateway Civitan, FMS/CFIDS Support Group, Parkinson’s Disease Support Group.
- Karper, W.B., Effects of Exercise on FMS/CFIDS, Triad American Association of Family and Consumer Services, Greensboro, NC
- Karper, W.B., Exercise Physiology Research and Qualitative Methodology, AAHPERD Research Consortium Symposium, Orlando, Fla.

- 99 Karper, W.B., Exercise and FMS/CFIDS, Jamestown FMS/CFIDS Support Group, Jamestown, NC
- Karper, W.B., Can Exercise Reduce the Need for Medication in Older Adults, Shepherd Center, Greensboro, NC
- Karper, W.B., Fitness and Older Adults, Greensboro Lion's Club, Greensboro, NC
- Karper, W.B., Exercise and Older Adults, Greensboro Optimist's Club, Greensboro, NC
- Karper, W.B., Exercise and Older Adults, Greensboro Civitan Club, Greensboro, NC (spoke two different times)
- Karper, W.B., Exercise and Older Adults, WELLSRING Retirement Community, Greensboro, NC
- Karper, W.B., Exercise and Older Adults, Friendship Day Older Adult Group – First Presbyterian Church, Greensboro, NC
- Karper, W.B., Exercise, Mental Stress and Health, Unemployment Security Exchange Commission, Greensboro, NC
- 1997 Karper, W.B., Exercise and Respiratory Infections in Older Adults, Wellspring Retirement Community, Greensboro, NC
- Karper, W.B., Exercise and Arthritis, Shepherd Center, Greensboro, NC
- Karper, W.B., Exercise and Older Adults, Friendly Sunshine Club, Greensboro, NC
- 1994 Karper, W.B., Exercise, Arthritis and Immune Function, Shepherd Center, Greensboro, NC
- Karper, W.B., Exercise and Arthritis, Grace Methodist Church, Greensboro, NC
- Karper, W.B., Exercise and Older Adults, Fidelis Alpha Delta Kapa (retired teachers), Greensboro, NC
- 1995 Karper, W.B., Exercise Guidelines for Older Adults, Brandywine

- Retirement Group, Greensboro, NC
- Karper, W.B., Careers in Exercise and Sport Science, Guilford College, Greensboro, NC.
- 1994 Karper, W.B., Immunity and Older Folks, Congregational United Church of Christ Retirement Group, Greensboro, NC.
- Karper, W.B., Exercise and Breast Center, NC Breast Cancer Coalition Annual Meeting, Burlington, NC
- Karper, W.B., Resistance Training, Connections 55 Older Adults Program, Wesley Long Community Hospital, Greensboro, NC
- Karper, W.B., Exercise and Immunity, Greensboro Business Club, Greensboro, NC
- 1993 Karper, W.B., Exercise and Nutrition, Connections, 55 Older Program, Wesley Long Community Hospital, Greensboro, NC
- Karper, W.B., Warm-up/Cool-down, Connections 55 Older Adults Program, Wesley Long Community Hospital, Greensboro, NC
- Karper, W.B., Exercise and Immunity, Starmount Study Club, Greensboro, NC
- Karper, W.B., Fitness and Physical Disability, Copymatic, Inc., Greensboro, NC
- Karper, W.B., Health-related Exercise for Older Adults, Connections 55 Older Adults Program, Wesley Long Community Hospital, Greensboro, NC
- Karper, W.B., Working with the Special Needs Child in Physical Education – Is There a Research Base for Instruction in the Mainstream? AAHPERD National Convention, March, Washington, D.C.
- 1992 Karper, W.B., Acute Upper and Lower Respiratory Tract Infections and Employee Illness: Can Exercise Help? Mid-Atlantic Association for Fitness in Business Annual Conference, Annapolis, MD
- 1991 Karper, W.B., Exercise and Immunity, Greensboro Sertoma Club, Greensboro, NC

Karper, W.B., Exercise and Older Adults, Kiwanis Club of O. Henry Golden K, Greensboro, NC

Karper, W.B., Exercise, Health and the Older Adult. The Presbyterian Home of High Point Lecture Series, High Point, NC

1990 Karper, W.B., Exercise, Health and the Older Adult, Shepherd Center, Greensboro, NC.

1989 Karper, W.B., Fitness Walking and Older People, Shepherd Center, Greensboro, NC.

1988 Karper, W.B., Exercise and Severe Asthma and AIDS and the Adapted Physical Educator, Total Commitment Conference – NC A&T State University, Greensboro, NC

Karper, W.B., Health/Fitness and Spinal Cord Injury, CAST (Continuing After Spinal Trauma) Support Group Meeting. Greensboro, NC

1987 Karper, W.B., Exercise Testing and Use of Results, Guilford County Public Health Department Staff Workshop, Greensboro, NC

Karper, W.B., Beginning and Continuing an Exercise Program, Guilford County Public Health Department Staff Workshop, Greensboro, NC

#### NORTH CAROLINA ASSOCIATION FOR RESEARCH IN EDUCATION ANNUAL CONFERENCES PRESENTATIONS

1985 Karper, W.B., Effects of Motor Activity on One Learning Disabled Boy, UNC-CH

1984 Karper, W.B. & Martinek, T.J., Results of a 3-year Research Project in Mainstreaming in Physical Education, Duke University

1983 Karper, W.B. & Martinek, T.J., Effects of Competition vs. Non-competition on Motor Performance Among Handicapped and Non-Handicapped Children in Mainstreamed Physical Education Classes, NC Central University

1982 Karper, W.B. and Martinek, T.J., The Differential Influence of Various Factors on Motor Performance and Self-Concept Between Handicapped

And Non-Handicapped Children in Mainstreamed Physical Education Classes, UNCG

- 1981 Karper, W.B., Effects of Music on Motor Performance in Learning Disabled Children, Wake Forest University.
- 1979 Karper, W.B., A Study of Physical Education Injuries Among Handicapped and Non-Handicapped Children, AAHPERD National Convention, New Orleans

Special Note: For a number of years, a funded middle-school physical education project had been directed from UNCG. Over the years, a number of presentations have been made in conjunction with this project regarding all aspects of physical education for disabled youngsters at university workshops , in courses offered for credit and in the public schools at in-service sessions.

## **PUBLISHED PAPERS**

Karper, W.B. Physical Activity and Older Adults, North Carolina Medical Journal, invited paper, under review.

Karper, W. B. Detraining and Fibromyalgia. Pain Management Nursing, under review.

Etnier, J.L., Karper, W.B., Gapin, J.I., Barella, L.A., Chang, Y.K., & Murphy, K. Exercise, Fibromyalgia and Fibrofog: The Effects of Physical Activity on Outcomes Associated with Fibromyalgia Syndrome. Journal of Physical Activity and Health, under review.

Karper, W. B. (2008). The Holistic Effects of Long-Term Exercise, Health Education, and Resource Assistance on One Woman with Multiple Debilitating Medical Problems. Holistic Nursing Practice, 22, 206-209.

Karper, W.B. (2007). Exercise Effects on Two Men With Fibromyalgia Syndrome. American Journal of Men's Health, 1, 278-283.

Karper, W.B. (2007). Fibromyalgia, Cognitive Problems and Independence: Physical Activity May Be Useful in Home Health Care. Home Health Care Services Quarterly, 26, 19-28.

Karper, W.B., Jannes, C.R.F., & Hampton, J.L. (2006). Evidence That An Appropriate Exercise Program Can Help People With Fibromyalgia Syndrome. Rehabilitation Nursing, 31, 193-198.

- Karper, W.B. & Murrill, C.D. (2005). Older Women, Fibromyalgia and Exercise: An Update. Activities, Adaptation, and Aging, 29, 61-67
- Karper, W.B. (2004). Exercise Effects on Interstitial Cystitis: Two Case Reports. Urologic Nursing, 24, 202-204.
- Karper, W.B. & Stasik, S.C. (2003). A Successful Long-Term Exercise Program for Women with Fibromyalgia Syndrome and Chronic Fatigue and Immune Dysfunction Syndrome. Clinical Nurse Specialist, 17, 243-248.
- Karper, W.G. (2002). When Understanding Is As Important As Exercise. Perspective, 28, 47-49.
- Karper, W.B. (2002). The Use of Physical Activity in Chronic Pain Management, Fitness Management, January, 38-41.
- Karper, W.B., Hopewell, R., & Hodge, M. (2001). Exercise Effects on Women with Fibromyalgia Syndrome, Clinical Nurse Specialist, 15, 1-7. (This was the feature article of the month. Clinical nurse specialists could read it and answer test questions about it for continuing education credits.)
- Karper, W.B., Hopewell, R. & Hodge, M. (2001). Effects of Exercise on One Woman With Dermatomyositis, Rehabilitation Nursing, 26, 129-131, 158-159.
- Karper, W.B. (2000). Providing Physical Activity for Older Women with Fibromyalgia, Activities Adaptation and Aging, 25, 67-75.
- Karper, W.B. (2000). Herbal Primer: Basics for Exercise Professionals, Fitness Management, 16, 50-51.
- Karper, W.B. and Hopewell, R. (1998). Exercise, Immunity, Acute Respiratory Infections and Homebound Older Adults, Home Care Provider, 3, (1), 41-46.
- Karper, W.B. (1997). Exercise Physiology Course Content – Is It Practical for Most Teachers?, JOPERD, 68, 46-48.
- Karper, W.B. (1995). Problems with Inclusive Elementary School Physical Education Taught By Classroom Teachers, Palaestra, 11, 32-35.
- Karper, W.B. and Goldfarb, A.H. (1995). Effects of Exercise on Acute Respiratory Tract Infections in Older Arthritic Adults: A Pilot Study, Activities, Adaptation & Aging, 19, 1-10.

- Karper, W.B. and Goldfarb, A.H. (1994). Effects of Exercise on Acute Respiratory Tract Infections in Older Adults, Therapeutic Recreation Journal, 28, 8-17.
- Karper, W.B. and Boschen, M.B. (1993). Effects of Exercise on Acute Respiratory Infections and Related Symptoms, Geriatric Nursing, 14, 15-18.
- Karper, W.B. (1991). Effects of Low-Intensity Aerobic Exercise on One Subject with Chronic-Relapsing Guillain-Barre Syndrome, Rehabilitation Nursing, 16, 96-98.
- Karper, W.B. (1991). Teaching the Atypical Child. (Pp. 111-124) In T.J. Martinek. Psychosocial Dynamics of Teaching Physical Education, Dubuque-Brown & Benchmark.
- Gayle, R.C., Spittler, D.L., Karper, W.B., Jaeger, R.M., and Rice, S.H. (1989). Psychological Changes in Exercising COPD Patients, International Journal of Rehabilitation Research, 11, 335-342.
- Karper, W.B. (1988). Effects of Walking on Peak Expiratory Flow Rate in Four Asthmatic Children, Perceptual and Motor Skills, 67, 847-852.
- Karper, W.B. (1988). Support Systems for Successful Collaboration, Journal of Teaching in Physical Education, 7, 259-263.
- Gayle, R.C., Karper, W.B., Spittler, D.L., and Jaeger, R.M. (1987). Health Related Exercise Effects for Chronic Obstructive Pulmonary Disease Patients, The North Carolina Journal, 23, 17-19.
- Gayle, R., Karper, W., Spittler, D., Jaeger R., and Fuller L. (1987). A Second Wind for COPD Patients, AARC Times: American Journal for Respiratory Therapist, 11, 50-56.
- Karper, W.B. (1987). Childhood Asthma and Physical Education, The Physical Educator, 44, 250-254..
- Karper, W.B. (1986). The Effects of Gross Motor Training on Attention Deficit in One Learning Disabled Child., Perceptual and Motor Skills, 63, 219-225.
- Karper, W.B. and Evans, B.W. (1986). Cycling Program Effects on One Rheumatoid Arthritic, American Journal of Physical Medicine, 65, 167-172.

- Martinek, T.J. and Karper, W.B. (1986). Motor Ability and Instructional Contexts: Effects on Teacher Expectations and Dyadic Interactions in Elementary Physical Education Classes, The Journal of Classroom Interaction, 21, 16-25.
- Karper, W.B. and Martinek, T.J. (1985). A Study of Teachers' Expectations for Handicapped and Non-Handicapped Children in A Physical Activity Program, Palaestra, 3, 19-21, 41.
- Karper, W.B., Martinek, T.J., and Wilkerson, J.C. (1985). Effects of Competitive vs. Non-Competitive Learning Environments on Motor Skill Performance Among Handicapped and Non-Handicapped Children in Main streamed Physical Education Classes, American Corrective Therapy Journal, 39, 10-15.
- Karper, W.B. and Martinek, T.J. (1985). Integration of Handicapped and Non-Handicapped Children in Elementary Physical Education, Adapted Physical Activity Quarterly, 2, 314-319.
- Karper, W.B. and Martinek, T.J. (1985). Problems with Mainstreaming Research: Some Personal Observations, Adapted Physical Activity Quartely, 2, 347-350.
- Martinek, T.J. and Karper, W.B. (1984). Multivariate Relationship in Specific Impression Cues with Teacher Expectations and Dyadic Interactions in Elementary Physical Education Classes, Research Quarterly for Exercise and Sport, 55, 32-40.
- Martinek, T.J., and Karper, W.B. (1984). The Effects of Non-Competitive and Competitive Instructional Climates on Teacher Expectancy Effects in Elementary Physical Education Classes, Journal of Sport Psychology, 6, 408-421.
- Karper, W.B. and Dignan, M.B. (1983). Exercise Habits: Do Physical Education Professionals in Higher Education Practice What They Teach?, Journal of Physical Education, Recreation and Dance, .54, 27-29.
- Karper, W.B., and Martinek, T.J. (1983). Motor Performance and Self-concept of Handicapped and Non-Handicapped Children in Integrated Physical Education Classes, American Corrective Therapy Journal, 37, 91-95.
- Karper, W.B. and Martinek, T.J. (1983). The Differential Influence of Various Instructional Factors on Motor Performance Among Handicapped and Non-Handicapped Children in Mainstreamed Physical Education Classes, Educational Research Quarterly, 9, 40-46.

- Martinek, T.J. and Karper, W.B. (1983). A Research Model for Determining Causal Effects of Teacher Expectations in Physical Education Instruction, Quest, 35, 155-168.
- Martinek, T.J. and Karper, W.B. (1983). The Influence of Teacher Expectations on ALT in Physical Education Instruction, Journal of Teaching in Physical Education, Monograph, 48-52.
- Karper, W.B. (1982). Effects of Music on Motor Performance by Learning Disabled Children in Elementary School, International Journal of Rehabilitation Research, 5, 74-75.
- Karper, W.B. and Dignan, M.B. (1982). Workload Description of Physical Educators in Higher Education, The North Carolina Journal, 18, 11-15.
- Karper, W.B. and Martinek, T.J. (1982). Differential Influences of Various Instructional Factors on Self-Concepts of Handicapped and Non-Handicapped Children in Mainstreamed Physical Education Classes, Perceptual and Motor Skills, 54, 831-835.
- Karper, W.B. and Martinek, T.J. (1982). Learning About Physical Education Instruction: Laboratory vs. Field Research, Journal of Physical Education, Recreation and Dance, 53, 75-77.
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