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TEACHING AND ADVISING:

Teaching Schedule

Term	Course No.	Section	Course Hours	Session	Course Description	Enroll
2009/Spring	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	24
2009/Spring	ESS220	01	3		Physical Fitness for Life	18
2009/Spring	ESS751	01	3		Adv Research Seminar in ESS	7
2008/Fall	ESS799	01	1		Dissertation	1
2008/Fall	ESS695	01	1		Independent Study	2
2008/Fall	ESS579	01	3		Exercise and Older Adults	10
2008/Fall	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	8
2008/Fall	ESS220	01	3		Physical Fitness for Life	36
2008/Spring	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	33
2008/Spring	ESS220	05	3		Physical Fitness for Life	17
2008/Spring	ESS694	01	3		Internshp in Exrc & Sport Sci	1
2008/Spring	ESS695	01	3		Independent Study	1
2007/Fall	ESS695	01	3		Independent Study	1
2007/Fall	ESS579	01	3		Exercise and Older Adults	9
2007/Fall	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	24
2007/Fall	ESS220	01	3		Physical Fitness for Life	37
2007/Fall	ESS694	01	3		Internshp in Exrc & Sport Sci	1
2007/Spring	ESS713	01	3		Adv Research Seminar in ESS	8
2007/Spring	ESS695	01	1		Independent Study	1
2007/Spring	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	13
2006/Fall	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	12
2006/Fall	ESS220	04	3		Physical Fitness for Life	29
2006/Fall	ESS220	01	3		Physical Fitness for Life	35
2006/Spring	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	20
2006/Spring	ESS220	01	3		Physical Fitness for Life	17
2005/Fall	ESS695	01	1		Independent Study	1
2005/Fall	ESS570	01	3		Dev Implemnt of Phy Ftncs Prog	12
2005/Fall	ESS579	01	3		Exercise and Older Adults	8

2005/Fall	ESS695	02	1	Independent Study	1
2005/Fall	ESS220	01	3	Physical Fitness for Life	26
2005/Fall	ESS695	01	1	Independent Study	1
2005/Fall	ESS220	01	3	Physical Fitness for Life	26
2005/Fall	ESS570	01	3	Dev Implemnt of Phy Ftncs Prog	12
2005/Fall	ESS579	01	3	Exercise and Older Adults	8
2005/Fall	ESS695	02	1	Independent Study	1
2005/Spring	ESS570	1	3	Dev Implemnt of Phy Ftncs Prog	23
2005/Spring	ESS220	1	3	Physical Fitness for Life	15
2004/Fall	ESS570	01	3	Dev Implemnt of Phy Ftncs Prog	10
2004/Fall	ESS579	01	3	Exercise and Older Adults	8
2004/Fall	ESS695	01	1	Independent Study	1
2004/Fall	ESS220	01	3	Physical Fitness for Life	31
2004/Spring	ESS220	01	3	Physical Fitness for Life	25
2004/Spring	ESS570	01	3	Dev Implemnt of Phy Ftncs Prog	17
2003/Fall	ESS220	6	3	Physical Fitness for Life	30
2003/Fall	ESS570	1	3	Dev Implemnt of Phy Ftncs Prog	16
2003/Fall	ESS220	1	3	Physical Fitness for Life	34
2003/Fall	ESS695	1	1	Independent Study	2
2003/Spring	ESS475	1	1	Independent Study	1
2003/Spring	ESS220	1	3	Physical Fitness for Life	18
2003/Spring	ESS799	1	1	Dissertation	0
2003/Spring	ESS695	1	1	Independent Study	2
2003/Spring	ESS570	1	3	Dev Implemnt of Phy Ftncs Prog	32
2003/Spring	ESS475	2	1	Independent Study	1
2002/Fall	ESS220	1	3	Physical Fitness for Life	33
2002/Fall	ESS695	1	1	Independent Study	2
2002/Fall	ESS579	1	3	Exercise and Older Adults	11
2002/Fall	ESS799	1	1	Dissertation	1
2002/Fall	ESS570	1	3	Dev Implemnt of Phy Ftncs Prog	12
2002/Spring	ESS475	2	1	Independent Study	1
2002/Spring	ESS220	1	3	Physical Fitness for Life	11
2002/Spring	ESS570	1	3	Dev Implemnt of Phy Ftncs Prog	29
2002/Spring	ESS475	1	1	Independent Study	2
2002/Spring	ESS695	1	1	Independent Study	2

Other Teaching Activities

Doctoral Committee Chair

2010 - Doctoral Committee Chair. doctoral committee chair--3 students

Doctoral Committee Member

2010 - Doctoral Committee Member. Doctoral committee member--10 students

Student Assign-Independent Studies

2007 - Student Assign-Independent Studies. 1 student, Supervised doctoral student internship--college level student teaching and an independent study (ESS 694 and 695)--6 credits total

Student Assign-Students Advised (GRAD)

2005 - Student Assign-Students Advised (GRAD). 7 students, Advisor to 5 M.S. students and 2 Ed.D. student. Member of 2 Ed.D. committees, 3 Ph.D. committees and 1 M.S. committee.

Student Assign-Students Advised (UG)

2007 - Student Assign-Students Advised (UG). 67 students, 67 undergraduate student advisees. Individually advised 4 students--group advised many students.

2005 - Student Assign-Students Advised (UG). 43 students, Advisor to 40-47 students

Student Assign-Supervised Research (GRAD)

2008 - Student Assign-Supervised Research (GRAD). 18 students, PhD--1 Nursing student (committee); PhD--3 ESS students (committee); EdD--6 ESS students (committee); EdD--2 ESS students (Chair); MS--4 ESS students (advisor)--non thesis; MS--1 student RTHM (committee)--project; MS--1 student ESS (committee)

Masters Project Committee Member

2007 - Masters Project Committee Member. Master's project committee--2 students (one in RTH)

Other Teaching Activities

2007 - Other Teaching Activities. Non-thesis master's committee advisor--4 students

RESEARCH:

Refereed Articles

Karper, W. B. (2009). Polymyalgia rheumatica & exercise: A single case report for one woman. *Activities, Adaptation and Aging, 33 (4)*, 256-262.

Letvak, S. & Karper, W. B. (2009). Nurses and back problems: How exercise can help with prevention and treatment. *Nursing Magazine 2009*.

Etnier, J. L., Karper, W. B., Gapin, J. I., Barella, L. A., Chang, Y. K., Karen Murphy, (2009). Exercise, fibromyalgia and fibrofog: The effects of physical activity on outcomes associated with fibromyalgia syndrome. *Journal of Physical Activity and Health, 6*, 239-246.

Karper, W. B. (2008). Physical Activity and Older Adults. *North Carolina Medical Journal, 69 (5)*, 398-400.

Karper, W. B. (2008). The holistic effects of long-term exercise, health education and resource assistance on one woman with multiple debilitating medical problems: A case report. *Holistic Nursing Practice, 22 (4)*, 206-209.

Karper, W. B. (2007). Exercise effects on two men with fibromyalgia syndrome. *American Journal of Men's Health, 1 (4)*, 278-283.

Karper, W. B. (2006). Fibromyalgia, cognitive problems and independence: Physical activity may be useful in home health care. *Home Health Care Services Quarterly*.

Karper, W. B., Jannes, C. R., & Hampton, J. L. (2006). Evidence that an appropriate exercise program can help people with fibromyalgia syndrome. *Rehabilitation Nursing, 31*, 193-198.

Karper, W. B. & Murrell, C. (2005). Exercise and fibromyalgia syndrome: An update. *Activities, Adaptation and Aging, 29 (4)*, 61-67.

Karper, W. B. (2004). Exercise effects on interstitial cystitis: Two case reports. *Urologic Nursing, 24*, 202-204.

Presentation of Refereed Papers

International

Jamieson, K. M., Murphy, K. J., & Karper, W. B. (2006, May). *Biology and culture: The body inside out*. Conference on Representing Sport, Liverpool, Great Britain.

Regional

Karper, W. B. (2006, May). *Exercise effects on fibromyalgia--implications for gulf war illness treatment*. W.G. Hefner VA Medical Center, Salisbury, North Carolina.

Presentation of Non-Refereed Papers

Regional

Etnier, J. I., Karper, W. B. , Barella, L. A. , Chang, Y. K. , Jamieson, K. M. , Karen J. Murphy, (2006, April). *Participation in an exercise program leads to gains in cognitive performance by fibromyalgia syndrome patients*. Women's Health Research Day, Chapel Hill, North Carolina.

Research Grants

Funded

2005 - Etnier, J. L., Karper, W.B., & Jamieson, K.M., Effects of a 3-component rehabilitation program on fibromyalgia (\$9,998), Research Grant Proposal--funded--Etnier, Karper, Jamieson, UNCG-Internal.

Not Funded

2009 - Etnier, J. L., Karper, W.B., Burdette, ., & Laurienti, ., ApoE and physical activity effects on cognition and cerebral structure, This study will test the causal relationship between physical activity and cognition relative to ApoE genetic type with an interest in Alzheimer's Disease risk. I am a co-investigator responsible for delivering the exercise treatment. We are requesting \$240,000 over 3 years., PRI-Alzheimer's Association.

2008 - Etnier, J. L., Karper, W.B., Taylor, M., Goldfarb, A.H., & Lundgren, K., 4-health: A multi-component program to mitigate age-related cognitive decline, I am a co-investigator (along with the principal investigator and 3 other co-investigators) on this RO1 submission. My role is to plan and manage the exercise treatment portion of the project. Requesting \$732,375 over 3 years., GOV-National Institute of Neurological Disorders and Stroke (NINDS).

2005 - Karper, W. B., Effects of exercise on interstitial cystitis (\$139,500), Research Grant Proposal-- not funded--Karper, Nat'l Institutes of Health.

2004 - Karper, W. B. & Jamieson, K.M., Effect of a Three-Component Program on Fibromyalgia Syndrome (\$193,500), Research grant Proposal--not funded--Karper. Presently collecting more data for resubmission., Nat'l Institutes of Health.

Research Reports

Melly, R. & Karper, W.B., Physical activity habits and stress in police officers.

Papers Under Review

Karper, W. B. (2010). "Moderate exercise may positively affect intestinal permeability-related health concerns and function in older adults," initial submission to *Activities, Adaptation and Aging*.

Etnier, J. L., Karper, W. B. , Jamieson, K. J. , Barella, L., & Chang, Y. K. (2005). "Participation in an exercise program leads to gains in cognitive performance by fibromyalgia syndrome patients," initial submission to *Women's Health Research Day*.

Other Research Activities

2006 - Other Research Activities. During 2004-06, a continued, uncontrolled fibromyalgia/exercise study(with women), a new controlled fibromyalgia/exercise study(with women) and a new uncontrolled fibromyalgia/exercise study(with men).

SERVICE AND OTHER EXPERIENCE:

Service to the University

Department Assignments

Chair:

2008-2009: ESSS Committee

2008-2009: HHP Senate

2007-2008: Chair--Departmental Search Committee: Chaired departmental search committee for two faculty positions in pedagogy/teacher education

2005-2006 through 2008-2009: Post Tenure Review for Tom Martinek

2005-2006 through 2007-2008: Ed.D.Program Committee (Co-Chair)

2004-2005: Ed.D. Program Committee

2004-2005: ESSS Program Committee
2000-2001: Berlin Award
2000-2001: ESSS PROGRAM COMMITTEE
1998-1999: North Campus Planning Committee

Member:

2008-2009: Performance Review
2008-2009: Ed.D.Program Committee
2007-2008: Committee on department liability insurance policy: We met to decide how the department should proceed regarding liability insurance coverage for students in all concentrations. We will bring our recommendations to the faculty.
2005-2006: Search Committee for Applied Professional Track position: Search Committee for a broad-based AP Track position--the position Pam Brown currently holds
2005-2006 through 2007-2008: Berlin Writing Award

Other Institutional Service Activities:

2009-2010: Guest speaker--KIN 220: Spoke about the fitness leadership concentration and what a person in that concentration is trained to do upon graduation.
2007-2008: Service: Guest speaker: ESS 250--two sections (2 1/2 hours total)--career possibilities with an ESS degree
2006-2007: Panel Discussion: Participated in a small panel discussion in ESS 630 regarding the obesity epidemic in the U.S.--science or politics
2006-2007: Guest Presentation: Gave presentation in ESS 250 regarding career opportunities with an ESS degree
2006-2007: Guest Speaker: ESS 669 (Advanced Exercise Prescription)--spoke about exercise programming and testing with clients who have fibromyalgia/chronic fatigue syndromes
2006-2007: Guest lecturer--ESS 250: Spoke to class about career options for ESS majors--1 hr./15 min.
2005-2006: Distination UNCG Program: Two hour program advising prospective students and their parents about our concentrations in ESS

College Assignments

Faculty Advisor:

2007-2008: Advising prospective freshmen and their parents: Distination UNCG,--March 17 and 30--3 hrs. each time(advised incoming freshmen and parents)

Other Institutional Service Activities:

2009-2010: Presentation: Exercise and Stroke/Traumatic Brain Injury: One hour presentation about exercise and stroke/traumatic brain injury-----Aphasia Support Group, Speech and Hearing Clinic, Gateway University Research Park, UNCG/NCA&T
2007-2008: Guest speaker---Gerontology Program (graduate): Guest Speaker--GRO 501--2 1/2 hrs.--Exercise, older adults and health

University Assignments

Member:

2008-2009: Honors Council and associated search committee: The Honors Council meets regularly to advise the Director of the UNCG Honors Program/College on all Program/College matters. I am also on a search committee for a full-time position in the Program/College.
2006-2007: Elections Committee of the Faculty Senate
2006-2007 through 2008-2009: Faculty Senate
2006-2007 through 2008-2009: Reseach Policies
2005-2006 through 2006-2007: Committee on Due Process
2004-2005: University Senate
2004-2005: Outstanding Dissertation Award Committee: Read 5 dissertations and decide on the award
2004-2005: Institutional Review Board (IRB): IRB Member
2004-2005: University Senate: Senator

Other Institutional Service Activities:

2009-2010: Guest speaker--GRO 501: Guest speaker in GRO 501(Seminar: Critical Issues of Aging) regarding exercise, wellness and successful aging. Lecture: 3 hours

- 2007-2008: Guest Speaker: CED 574--Contemporary Topics on Counseling--1 1/2 hr. wellness lecture
- 2006-2007: Guest Speaker: Guest lecturer in GRO 501--3 hours--Exercise, Health and Older Adults
- 2006-2007: Guest Speaker: CED 688-Contemporary Topic in Counseling--Presentation: Exercise and Wellness--2 hrs.
- 2005-2006: Guest Speaker: Lectured in CED 574 (Contemporary Topics in Counseling)--2 1/2 hrs.-- about how exercise is at the core of wellness
- 2005-2006: Guest speaker: Guest speaker in GRO 501--3 hrs.--exercise and older adults
- 2004-2005: Appeared on UNCG TODAY: This is a TV show which highlights UNCG programs. I was interviewed about the fibromyalgia program at the request of the Dean.

Service to the Profession

Reviewer - Article / Manuscript

- 2009: Archives of Physical Medicine and Rehabilitation, Reviewed a manuscript for the Archives of Physical Medicine and Rehabilitation (International).
- 2009: peer review for a journal, Reviewed a paper for publication for the Journal of Pain Research, international, Unknown (International).
- 2009: Elsevier Publications, Reviewed revised manuscript for the journal: Archives in Physical Medicine and Rehabilitation. (International).
- 2008: Elsevier Publications, Reviewed a paper for publication in the journal: Archives in Physical Medicine and Rehabilitation (International).
- 2008: Women's Health Issues, Reviewed and later re-viewed a fibromyalgia research paper for the journal: Women's Health Issues (National).
- 2007: Archives of Physical Medicine and Rehabilitation, Reviewed paper on concurrent strength and endurance training effects in postmenopausal fibromyalgia subjects (International).
- 2007: Elsevier Publications, I reviewed a research paper on fibromyalgia from Israel for publication in Seminars in Arthritis and Rheumatism--an international journal (International).
- 2007: Future Science Group, London, Reviewed a paper dealing with a new fibromyalgia treatment, London, Great Britain (International).

Reviewer: Book / Textbook

- 2005: McGraw-Hill Publishing, Reviewed Fahey, T.D., et al textbook, Fit & Well, 6th ed., all chapters (National).

Service to the Community

Other Community Service Activities

- 2008: A Call to Action: Working Together to Solve NC's Obesity Crisis, A state conference held at Koury Convention Center. I moderated/facilitated a breakfast roundtable discussion about how community resources can be used to help with the obesity problem in NC.
- 2006: Shepherd Center of Greensboro, Taught a 6-week course on exercise and health
- 2006: Interview: New York Times, Jill Agostino-reporter for the N.Y. Times contacted me for an interview for an article regarding how past athletes (who are now deconditioned) might approach becoming fit again.
- 2005: Wellspring Retirement Community, Greensboro, N.C., Presentation at the men's breakfast about exercise and aging
- 2005: Presentation for Alderman Elementary School staff, Greensboro, N.C., Presentation to the professional staff about exercise and health within a total wellness framework
- 2005: Alderman Elementary School, Greensboro, N.C., Judged K-5 science fair-- 3 hrs.

Speech / Presentation at a Community Meeting

- 2010: 2010 Pre-retirement planning meeting--Greensboro City Employees, Spoke to city employees about the importance of being physically active during their retirement years and taught them how to become/remain fit and healthy--- presentation was 90 minutes in length.
- 2009: Adventures in Learning, I am teaching 6 one-hour classes for the Shepherd Center of Greensboro. The students are older adults and the general topic is wellness and health enhancement in older age.
- 2009: City of Greensboro sponsored workshop, Safe, Sound and Fit Workshop for Seniors in Greensboro, Smith Senior Center, Greensboro, NC---Presentation: Taking control of your health (1 hr. and 15 min.)

- 2009: Health forum---Friend's Home Retirement Commintuy, Presented the new national physical activity guidelines for older adults and helped the group learn how to implement them at Friend's Home.
- 2008: Conference: Morton Wealth Manage--Successful Retirement, Morton Wealth Management Conference at Grandover Resort, Greensboro. Invited to speak about the impact of exercise and being physically activity on successful retirement.
- 2008: Shepherd Center of Greensboro Education Program, Taught a 6-week (6-session) course: Integrative Wellness for Older Adults. Each session was one hour on Thursdays.
- 2007: Shepherd Center 20th Anniversary, Two-- 1 hr.15 min presentations. Inflammation, disease and wellness
- 2007: Multiple Sclerosis Society Meeting, Presentation: exercise, wellness and multiple sclerosis
- 2006: City of Greensboro, City of Greensboro Pre-Retirement Program--guest speaker--exercise and wellness
- 2006: Integrative Therapies, Greensboro, N.C., Spoke about the effects of a comprehensive exercise program on fibromyalgia/chronic fatigue syndromes
- 2006: Friend's Home, Greensboro, N.C., Spoke to an older adult group about appropriate exercise and health
- 2005: Health/fitness presentation-11/2 hours-Greensboro City Employees Pre-retirement Workshop, Presentation about exercise, older age and health
- 2005: Shepherd Center of Greensboro, N.C.--Adventures in Learning, 6-hr. course: Exercise, Weight Management and Older Adults
- 2005: Integrative Therapies, Greensboro, N.C., Staff Inservice Workshop--Topic: Fibromyalgia/Chronic Fatigue: Exercise Intervention
- 2005: Student Recreation Center, UNCG, Energize Your Life Program, Lecture--Topic: Exercise and Weight Management
- 2005: City of Greensboro, City of Greensboro Pre-retirement Planning Program--Topic: Exercise and Weight Management
- 2005: City of Greensboro, City of Greensboro Pre-retirement Program--guest speaker--Exercise and Health in Retirement
- 2005: Wellspring Retirement Community, Greensboro, N.C., Presentation about the worth of remaining physically active in older age
- 2005: Golden K Kiwanis Club, Talked about exercise, health and aging- 1 hr.
- 2005: Professional Medical Coders Meeting, Spoke to professional medical coders about exercise and chronic pain-- 2 hrs.(provided 2 continuing ed.credits for these people)
- 2003: City of Greensboro, City of Greensboro Pre-retirement Planning Program--Topic: Health/Wellness in Older Age
- 2003: Gate City Kiwanis Club, Greensboro, N.C., Lecture topic: Exercise and Older Adults
- 2003: Golden K Kiwanis Club, Greensboro, N.C., Lecture Topic: Exercise and Older Adults

Faculty Development

Other Professional Development

- 2006: Read papers and passed tests on the content for 20+ continuing education credits to maintain my ACSM certification. Greensboro, North Carolina.
- 2004: 56 CECs from reading and being tested on articles in ACSM journals and from attending the state cardio-pulmonary conference. Greensboro, North Carolina.

Other Work

- 1978: UNCG, Assistant/Associate Professor, ESS 1978-present
- 1977: New York University, Worked on federally funded project, coordinated all field experiences/internships and taught graduate courses. Dept. of Physical Education and Sport

Other Activities

- 2005 - Other : Guest speaker in CED 574, summer, 2005
- 2005 - Other : Guest speaker in ESS 250 about careers in ESS
- 2005 - Other : Guest speaker at UNCG in various classes: ESS250(twice), 389, GRO501
- 2004 - Other : Guest speaker at UNCG in various classes:ESS250,341(twice),669,CED574(summer, 2004)

Last update by member: 08-Mar-10 (08:50 AM)