

## VITAE

### KATHLEEN WILLIAMS

PRESENT POSITION: Associate Dean for Academic Programs and Professor, University of North Carolina at Greensboro, School of Health & Human Performance. Phone: (336) 256-0218, Email: k\_willia@uncg.edu

#### EDUCATION:

Bachelor of Science, Physical Education, University of North Carolina-Greensboro. May, 1974.

Master of Science, Motor Development and Physical Education, University of Wisconsin-Madison. August, 1979.

Ph.D., Motor Development/Motor Learning and Control, University of Wisconsin-Madison. May, 1982.

#### PROFESSIONAL EXPERIENCE

##### *Current Appointment*

2007- Associate Dean for Academic Programs, School of Health & Human Performance, University of North Carolina at Greensboro

##### *Related Professional Experience*

2000-2007 Department Head, Department of Exercise and Sport Science, University of North Carolina at Greensboro

1999 Promotion to Full Professor, Department of Exercise and Sport Science, University of North Carolina at Greensboro

1998-2000 Director, Graduate Program in Gerontology

1998-2000 Coordinator of Graduate Studies, Department of Exercise and Sport Science, UNCG

1997 (Fall) Interim Head, Department of Dance, UNCG

1990-1994 Director, YES!PE

- 1988 Associate Professor, Department of Exercise and Sport Science, University of North Carolina at Greensboro. (Tenure granted 1992)
- 1984-88 Assistant Professor, Department of PELS, Kansas State University. (Tenure granted and promoted to Associate Professor 1988)
- 1982-84 Assistant Professor, Department of HPER, University of Oklahoma

### AWARDS & HONORS

- 1999 Fellow, University of North Carolina Institute on Aging
- 1998 Fellow, American Academy of Kinesiology and Physical Education
- 1996 Jacobs Institute Prize Award (with D. Gill, L. Williams, B. Butki, & B. Jun-Kim).
- 1987 Fellow of the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance.
- 1983 Elected to Sigma Xi, The Scientific Research Society.

### RESEARCH PUBLICATIONS – REFEREED JOURNALS

Williams, K., Poole, K.A., & McCready, V (2009). Hiring, promoting, & valuing non-tenure track faculty. Academic Leadership: The Online Journal, [http://www.academicleadership.org/emprical\\_research/Hiring\\_Promoting\\_and\\_Valuing\\_Non-Tenure\\_Track\\_Faculty.shtml](http://www.academicleadership.org/emprical_research/Hiring_Promoting_and_Valuing_Non-Tenure_Track_Faculty.shtml).

Thomas, J., Thomas, K., & Williams, K. (2008). Motor development and elementary physical education should be compatible partners. JOPERD, 79 (7), 40-43.

Williams, K., Hinton, V.A., Bories, T., Kovacs, C. (2006). Age and Function Differences in Shared Task Performance: Walking and Talking, Research Quarterly for Exercise and Sport, 77, 137-141.

Kovacs, C. & Williams, K. (2004). Sensory training effects on obstacle avoidance capabilities in healthy older adults. Physical & Occupational Therapy in Geriatrics, 22, 1-17.

Williams, K., (2004). What's motor development got to do with physical education?. Journal of Physical Education, Recreation and Dance, 75, 35-39.

Williams, K., Gill, D.L., Kovacs, C.R., & Williams, L. (2003). Intralimb coordination of

older adults during stair climbing and descent: Fallers and nonfallers. Journal of Human Movement Studies, 45, 233-255.

Williams, K., Mustian, K., & Kovacs (2002). A home-based intervention to improve balance, gait and self-confidence in older adults. Activities, Adaptation and Aging, 27, 1-16.

Williams, K. & Kovacs, C. (2001). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. Journal of Physical Education, Recreation and Dance, 72, 54-58.

Williams, K., Gill, D.L., Butki, B., & Kim, B.J. (2000). A home-based intervention to improve balance, gait, and self-confidence in older women. Activities, Adaptation, and Aging, 24, 57-70.

Williams, K. (1998). Intralimb coordination of older adults during locomotion: Stair descent. Journal of Human Movement Studies, 34, 95-117.

Gill, D., Williams, K., & Williams L. (1998). Multidimensional correlates of falls in older women. International Journal of Aging and Human Development, 47, 35-51.

Williams, K., Haywood, K., & VanSant, A. (1998). Changes in throwing by older adults: A longitudinal investigation. Research Quarterly for Exercise and Sport, 69, 1-10.

Barrett, K., Williams, K., McLester, J., & Ljundkvist, S. (1997). Developmental sequences for the vertical cradle in lacrosse: An exploratory study. Journal of Teaching in Physical Education, 18, 469-489.

Gill, D., Williams, K., Williams, L., Butki, B. & Jun-Kim, B. (1997). Physical activity and psychological well-being in older women. Women's Health Issues, 7, 1-7.

Williams, K., Haywood, K., & Painter, M. (1996). Environmental and biological influences on gender differences in the overarm throw for force: Dominant and non-dominant arm throws. Women in Sport and Physical Activity Journal, 5, 29-50.

Williams, K. (1996). Intralimb coordination of older adults during locomotion: Stair climbing. Journal of Human Movement Studies, 30, 269-84

Williams, K., Haywood, K., & VanSant, A. (1996). Force and accuracy throws by older adults: II. Journal of Aging and Physical Activity, 4, 194-202.

Haywood, K., & Williams, K. (1995). Age, gender and flexibility differences in tennis serving among experienced older adults. Journal of Aging and Physical Activity, 3, 54-66.

Gill, D.L., Kelley, B.C., Williams, K., & Martin, J.J. (1994). Stair climbing and physical activity in older adults: Preliminary report on psychological factors. Research Quarterly for Exercise and Sport, 65, 367-371.

Williams, K., Williams, L., & Strohmeyer, H.S. (1994). Stair climbing in young boys: A longitudinal study. Pediatric Exercise Science, 6, 246-256.

Cox, R. & Williams, K. (1993). The emergence of the concept of middlelessness in children: Response timing and complexity. Perceptual and Motor Skills, 77, 1275-1281.

Williams, K., Haywood, K., & VanSant, A. (1993). Force and accuracy throws by older adults. Journal of Aging and Physical Activity, 1, 2-12.

Green, L.N., & Williams, K. (1992). Differences in developmental movement patterns used by active versus sedentary middle-aged adults coming from a supine position to erect stance, Physical Therapy Journal, 72, 560-568.

Williams, K. (1992). Intralimb coordination of older adults during locomotion: Stair climbing. In M. Woollacott & F. Horak (Eds.), Posture and gait: Control mechanisms (Vol. II, pp. 208-211). Eugene, OR: University of Oregon Books.

Williams, K., & Bird, M. (1992). The aging mover: A preliminary report on constraints to action. International Journal of Aging and Human Development, 34, 241-255.

Williams, K., Haywood, K., & VanSant, A. (1991). Throwing patterns of older adults: A follow-up study. International Journal of Aging and Human Development, 33, 279-294.

Strohmeyer, H.S., Williams, K., & Schaub-George, D. (1991). Developmental sequence for catching a small ball: A prelongitudinal screening. Research Quarterly for Exercise & Sport, 62, 257-266.

Haywood, K., Williams, K., & VanSant, A. (1991). Qualitative assessment of the backswing in older adult throwing. Research Quarterly for Exercise and Sport, 62, 340-343.

Williams, K. (1989). Age differences in timing and coordination of the forward roll. Journal of Human Movement Studies, 16, 149-160.

Williams, K. (1987). The temporal structure of the forward roll: Intralimb coordination. Human Movement Science, 6, 373-387.

Williams, K. (1986). Age differences in the contribution of selected kinematic characteristics to timing accuracy. Journal of Human Movement Studies, 12, 237-249.

VanSant, A., & Williams, K. (1986). Incidence of associated reactions in young boys: Objectivity of observations. Physical and Occupational Therapy in Pediatrics, 6, 41-53.

Williams, K. (1985). Age differences on a coincident anticipation task: Influence of stereotypic or "preferred" movement speed. Journal of Motor Behavior, 17, 389-4

Halverson, L.E., & Williams, K. (1985). Developmental sequences for hopping over distance: A prelongitudinal screening. Research Quarterly for Exercise and Sport, 56, 37-44.

Williams, K. (1980). Developmental characteristics of a forward roll. Research Quarterly, 51, 703-713.

Robertson, M.A., Williams, K., & Langendorfer, S. (1980). Prolongitudinal screening of motor development sequences. Research Quarterly, 51, 724-31.

Robertson, M.A., Halverson, L.E., Langendorfer, S., & Williams, K. (1979). Longitudinal changes in children's overarm throw ball velocity. Research Quarterly, 50, 256-64.

#### REVIEWS AND INVITED PAPERS/CHAPTERS (refereed)

Branta, C., Williams, K., Langendorfer, S., Payne, G., Bories, T. Looking at physical education from a developmental perspective: A guide for teaching (2<sup>nd</sup> Ed). Reston, VA: NASPE, in press.

Williams, K., & Payne, V.G. (2010). Motor development. In B. Mohnsen (Ed.), Concepts of physical education: What every student should know (3<sup>rd</sup> Edition, pp 65-112). Reston, VA: NASPE.

Williams, K. (2009). Why is this issue of *RQES* so big? Research Quarterly for Exercise and Sport, 80, vi (editorial).

Williams, K. & Chang, Yu Kai. (2008). Aging and motor behavior. In Introduction to motor development (V.G. Payne & P. Geng, Eds). 322-344 (in Mandarin).

Williams, K. (2007). *RQES* goes live with *Manuscript Central*. Research Quarterly for Exercise and Sport, 78, iii (editorial).

Williams, K., & Payne, V.G. (2003). Motor development. In B. Mohnsen (Ed.), Concepts of physical education: What every student should know (2<sup>nd</sup>. Edition, pp 65-102). Reston, VA: NASPE.

Williams, K., & Payne, V.G. (1998). Motor development. In B. Mohnsen (Ed.),

Concepts of physical education: What every student should know (pp. 39-72). Reston, VA: NASPE.

Williams, K., Gill, D.L., & Williams, L. (1997). Age differences in psychological well-being and mobility. Proceedings of the Congress "Healthy aging, activity and sports".

Barrett, K.B., Williams, K., Bell, R., & Allison, P. (1997). Observer agreement/disagreement on an intratask developmental sequence using videotape and high speed film. In J.E. Clark & J. Humphrey (Eds.), Motor Development: Research and Reviews (Vol. 1, pp. 86-98). Reston, VA: NASPE Publications.

Williams, K., Barrett, K., Clark, J., French, K., Langendorfer, S., & Whittall, J. (1995). Looking at physical education from a developmental perspective: A guide for teaching. Reston, VA: NASPE.

Barrett, K., Williams, K., & Whittall, J. (1992). What does it mean to have a "developmentally appropriate physical education program?". Physical Educator, 114-118.

Williams, K. (1992) Review of Growth, Maturation, and Physical Activity (Malina & Bouchard) for the Journal of Physical Education and Recreation.

Barrett, K.R., & Williams, K. (1991). Comments to COPEC's Position Statement: Developmentally appropriate physical education for children. Teaching Elementary Physical Education, 2, 5.

Williams, K., Haywood, K., & VanSant, A. (1990). Movement characteristics of older adult throwers. In J.E. Clark & J. Humphrey (Eds.), Advances in motor development research (Vol. 3, pp. 29-44). New York: AMS Press.

Williams, K. (1989). What is motor development? An introduction. Quest, 41, 179-182.

Williams, K., & Spray, J. (1987). Absolute and relative consistency in the use of preferred movement speed by children and adults. In J.E. Clark & J. Humphrey (Eds.), Advances in motor development research (Vol. 1, pp. 121-132). New York: AMS Press.

Williams, K. (1987). Development of object interception. In J. Clark & J. Humphrey (Eds.). Advances in motor development research (Vol. 2, pp. 201-217). New York: AMS Press.

Williams, K. (1983). Characteristics of young children's movements: Influence of stereotypic movement speeds. OAHPERD Journal, 16.

Williams, K. (1982). Consistency in curriculum building: An interactive model of the

teaching/learning process. Motor Skills: Theory into Practice, 6, 47-56.

ABSTRACTS (refereed)

Kovacs, C. & Williams, K. (2003). Variability in kinematic measures of gait in healthy older adults. Medicine and Science in Sport and Exercise (Supplement).

Williams, K., Hinton, V., Kovacs, C., & Bories. (2003) Effects of age differences on simultaneous task performance: Walking and Talking. Research Quarterly for Exercise and Sport (supplement).

Bories, T., Riemann, B., Williams, K., & Schmitz, R. (2003). Intrasession reliability of lower extremity kinematics during three sloped walking conditions. Research Quarterly for Exercise and Sport (supplement).

Gill, D.L., Williams, K. & others. (2003). Physical activity behaviors and values for older women. Journal of Sport and Exercise Psychology, (Supplement).

Bories, T., Riemann, B., Schmitz, R., & Williams, K. (2002) Lower Extremity Walking Kinematics During Three Sloped Conditions. Journal of Sport and Exercise Psychology, (Supplement).

Hinton, V., Williams, K., Bories, T., & Kovacs, C. (2002). Walking and Talking: Shared Task Performance in Older Women. Journal of Sport and Exercise Psychology, (Supplement),.

Gill, D.L., Williams, K., Williams, L., & Kim, B.J. (1997). Age differences among older women on psychological, activity and mobility measures. Medicine and Science in Sports and Exercise, 29 (Supplement), S276.

Gill, D.L., Williams, K., & Williams, L. (1996). Psychological and motor predictors of fall status in older women. Research Quarterly for Exercise and Sport, 67 (Supplement), 68.

Williams, K., Gill, D.L., & Williams, L. (1996). Interlimb coordination in older adult women during stair climbing and descent. Research Quarterly for Exercise and Sport, 67 (Supplement), 72.

Williams, K., Haywood, K., & VanSant, A. (1995). Force and accuracy throws in older adults: A follow-up investigation. Journal of Sport and Exercise Psychology, 17 (Supplement), S107.

Williams, K. (1995). Intralimb coordination in older adults: Stair descent. Journal of Sport and Exercise Psychology, 17 (Supplement), S108.

Haywood, K., & Williams, K. (1994). Developmental change in overarm tennis serving by older adult tennis players. Journal of Sport and Exercise Psychology, 16 (Supplement), S64.

Williams, K. (1994). Intralimb coordination in adult stair climbers: Age, speed and context. Journal of Sport and Exercise Psychology, 16 (Supplement), S124.

Cox, R.H., & Williams, K. (1992). The emergence of the concept of middleness in children: Response timing and complexity. Research Quarterly for Exercise and Sport, 63 (Supplement), A-56.

VanSant, A., & Williams, K. (1987). Incidence of associated reactions in young boys: Objectivity of observations. In A. Szumski (Ed.) Yearbook of rehabilitation. 1987 Edition. Chicago, IL: Yearbook Medical Publishers.

Williams, K., & Turpin, B.A.M. (1982). Age differences in short term memory: Retention of location and distance cues. Madison, WI: University of Wisconsin (ERIC Document Reproduction Service No: SP 020253).

GRANTS FUNDED (principal investigator underlined)

- 2001 NC Institute on Aging. (with V. A. Hinton). Walking and talking. Shared task performance in older women (\$7,309).
- 1999 American Alliance for Health, Physical Education, Recreation and Dance. A home-based intervention to improve gait, balance, and self-confidence in older adults. (\$14,784).
- 1996 Summer Excellence Research Grant. Pilot intervention study to improve balance, gait, and self-confidence in older women. (\$4000)
- 1996 Research Council Regular Faculty Grant (with D. Gill). Pilot intervention study to improve balance, gait, and self-confidence in older women. (\$4000)
- 1996 School of Education. Cases for Teaching Undergraduate Motor Development. A proposal for case development. (\$500)
- 1995 Automation of digitizing equipment (with L. Gilchrist & D. Morgan). Advancement of Curriculum and Teaching. (\$3000)
- 1994 AARP, Andrus Foundation (co-Principal Investigator with D. Gill). Psychological and biomechanical correlates of physical activity and falls. (\$73,339)

- 1992 United States Tennis Association (with K. Haywood). Serving technique and effectiveness in older adult tennis players. (\$300)
- 1992 Motor coordination and balance in older women: Stair climbing. Summer Excellence Research Grant. (\$4000)
- 1991 University of North Carolina at Greensboro, Advancement of Curriculum and Teaching. Acquisition of instructional material for course with motor development content. (\$370)
- 1990 University of North Carolina at Greensboro, Research Council Grant. Regulation of balance and application of force: Biomechanical risk factors for falling. (with J. Hudson) (\$4000)
- 1989 A cross-sectional investigation of age differences in stair climbing. (internally-- Summer Excellence Research Grant). (\$4000)
- 1989 ACT Grant (with K. Barrett and T. Martinek). Development of visual instruction materials. (\$3128)
- 1988 University of North Carolina at Greensboro, New Faculty Research Council Grant. Longitudinal investigation of the characteristics of older throwers. (\$2000)
- 1987 Kansas State University, Bureau of General Research. Ontogenesis of timing in the forward roll.
- 1985 KAHPERD, (with R. Cox). Emergence of the concept of middleness in children.
- 1985 Kansas State University, Bureau of General Research. Segmental contributions for a simple timing task.
- 1984 Kansas State University, Bureau of General Research. Limitations of adult's accuracy on an anticipatory timing task for "fast" moving stimuli.
- 1984 Oklahoma University, Research Funds. Age differences in kinematic characteristics and accuracy for an anticipatory timing task.
- 1982 Sigma Xi, The Scientific Research Society Grant-in-Aid. Age differences in performance on a coincident anticipation task: Application of a "mixed" processing model. (\$300)

#### REFEREED RESEARCH PRESENTATIONS

Bories, T. & Williams, K. (2005). Age-Related Changes in Ankle-Knee Coordination While Walking Sloped Surfaces of Various Grades. North American Society for the Psychology of Sport and Physical Activity , held in 2005, Florida, June.

Williams, K. & Tucker, D. (2005). Physical activity levels in patients with tinnitus. North American Society for the Psychology of Sport and Physical Activity , held in St. Pete Beach, Florida, June.

Williams, K. & Satern, M. Body Component Approach to Studying the Development of Sport Skills. American Alliance for Health, Physical Education, Recreation and Dance , held in Chicago, Illinois, April 2005.

Kovacs, C. & Williams, K. (2003). Variability in kinematic measures of gait in healthy older adults. Paper presented at the American College of Sports Medicine National Conference, San Francisco, CA. May.

Gill, D.L., Williams, K. & others. (2003). Physical activity behaviors and values for older women. NASPSPA, Savannah, GA. June.

Williams, K., Hinton, V., Kovacs, C., & Bories. (2003) Effects of age differences on simultaneous task performance: Walking and Talking. Southern Gerontological Society, Richmond, VA. April .

Williams, K., Hinton, V., Kovacs, C., & Bories. (2003) Effects of age differences on simultaneous task performance: Walking and Talking. AAHPERD, Philadelphia, PA. April.

Bories, T., Riemann, B., Williams, K., & Schmitz, R. (2003). Intrasection reliability of lower extremity kinematics during three sloped walking conditions. AAHPERD, Philadelphia, PA. April.

Bories, T., Riemann, B., Schmitz, R., & Williams, K. (2002) Lower Extremity Walking Kinematics During Three Sloped Conditions. North American Society for the Psychology of Sport and Physical Activity. Baltimore, MD, June.

Hinton, V., Williams, K., Bories, T., & Kovacs, C. (2002). Walking and Talking: Shared Task Performance in Older Women. North American Society for the Psychology of Sport and Physical Activity. Baltimore, MD, June.

Williams, K., Gill, D.L., Kovacs, C., & Williams L. (2001). Intralimb Coordination of Fallers and Nonfallers during Stair Climbing and Descent. North American Society for the Psychology of Sport and Physical Activity. St. Louis, MO, June.

Williams, K., Kovacs, C., & Mustian, K. (2001). A home-based intervention to improve

gait, balance, and self-confidence in older adults. Presented to the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, OH, March.

Williams, K. & Kovacs, C. (2001). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. Presented to the Motor Development Academy of the American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, OH, March.

Williams, K. & Kovacs, C. (2000). In home balance and mobility interventions for older adults. Motor Development Academy of AAHPERD. Orlando, FL. April.

Kovacs, C. & Williams, K. (2000). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. Southern Gerontological Society. Raleigh, April.

Hogue, C., Williams, K., et al. (1998). Maintenance of physical activity after the study ends: Issues and prospects for success. Symposium presented to the Gerontological Society of America, Philadelphia, PA, November.

Williams, K., Gill, D.L., Williams, L., & Kim, B.J. (1998). Intralimb coordination during stair ascent: Fallers and non fallers. Gerontological Society of America, Philadelphia, PA, November.

Gill, D.L., Williams, K., Williams, L., & Kim, B.J. (1997). Age differences among older women on psychological activity and mobility measures. American College of Sports Medicine, Denver, CO, May.

Williams, K., Gill, D.L., Williams, L., & Kim, B.J. (1996). Changes in balance and mobility in older women with a history of falls. North Carolina Association for Health, Physical Education, Recreation, and Dance. Greensboro, November.

Gill, D., Williams, K., & Williams, L. (1996). Age differences in psychological well-being and mobility. North Carolina Association for Health, Physical Education, Recreation, and Dance. Greensboro, November.

Williams, K., Gill, D.L., Williams, L., & Kim, B.J. (1996). Changes in balance and mobility in older women with a history of falls. Gerontological Society of America. Washington, D.C., November.

Williams, K., Gill, D., & Williams, L. (1996). Age differences in psychological well-being and mobility. Fourth International Conference: Physical Activity, Aging, Heidelberg, Germany, August.

Williams, K., Gill, D., & Williams, L. (1996). Interlimb coordination in older adult

women during stair climbing and descent. American Alliance for Health, Physical Education, Recreation & Dance, Atlanta, GA, April.

Gill, D., Williams, K., & Williams, L. (1996). Psychological and motor predictors of fall status in older women. American Alliance for Health, Physical Education, Recreation & Dance, Atlanta, GA, April.

Hale, W., Delaney, M., Gill, D., & Williams, K. (1995). Relationship of clinical and laboratory measures of mobility with activity and falls in elderly women. Paper presented at the North American Primary Care Research Group Meeting, Houston, TX, Nov.

Haywood, K., Williams, K. & VanSant, A. (1995). Force and accuracy throws in older adults: A follow-up investigation. Paper presented to the North American Society for the Psychology of Sport and Physical Activity, Asilomar, CA, June.

Williams, K. (1995). Intralimb coordination in older adults: Stair descent. Paper presented to the North American Society for the Psychology of Sport and Physical Activity, Asilomar, CA, June.

Williams, K., Gill, D., & Williams, L. (1995). Psychological and motor coordination correlates of physical activity and falls in older women. Presented at the Annual Convention of the American Alliance for Health, Physical Education, Recreation and Dance, Portland, OR, March.

Haywood, K. & Williams, K. (1994). Developmental changes in overarm tennis serves by older adult tennis players. Presented to the North American Society for the Psychology of Sport and Physical Activity, Clearwater Beach, FL, June.

Williams, K. (1994). Intralimb coordination in older adult stair climbers: Age, speed and context. Presented to the North American Society for the Psychology of Sport and Physical Activity, Clearwater Beach, FL, June.

Williams, K. (1994). Intralimb coordination of adult stair climbers: Are pattern differences related to movement speed or age? Presented to the Southern Gerontological Society, Charlotte, NC, April.

Veal, M.L., Martinek, T.J., Barrett, K., & Williams, K. (1994). Assessing fundamental motor skills in middle school children. Symposium presented at the American Alliance for Health, Physical Education, Recreation, and Dance Annual Convention, Denver, CO, April.

Painter, M., Haywood, K., & Williams, K. (1992). Gender differences in overarm

throwing: Ball velocities produced by the dominant and the non-dominant arm. Presented to the North American society for the Psychology of Sport and Physical Activity, Pittsburgh, PA, June.

Williams, K. (1992). Intralimb coordination of older adults during locomotion: Stair climbing. Presented to the XIth International Symposium of the Society for Postural and Gait Research, Portland, OR, May.

Cox, R. & Williams, K. (1992). The emergence of the concept of middleness in children: Response timing and complexity. Presented at the American Alliance for Health, Physical Education, Recreation and Dance, Indianapolis, IN, April.

Williams, K. & Strohmeyer, H.S. (1991). Stair climbing in young boys: A longitudinal study. Presented at the Annual Meeting of the North American Society for the Psychology of Sport & Physical Activity, Asilomar, CA.

Williams, K. (1991). The aging mover: A preliminary report on task constraints. Presented to the Motor Development Academy of AAHPERD, San Francisco, CA, April.

Williams, K., Hudson, J., & Bird, M. (1990). The aging mover: Interlimb coordination of walking & stair climbing. Presented to the Research Section of the North Carolina Association for Health, Physical Education, Recreation & Dance, Greensboro, NC, November.

Haywood, K., Williams, K. & VanSant, A. (1990). Qualitative assessment of the overarm throw in older adults. Paper presented to the North American Society for the Psychology of Sport and Physical Activity, Houston, TX, May.

Strohmeyer, H.S., Williams, K., & Schaub-George, D. (1990). Validating a developmental sequence for catching: A prelongitudinal screening. Presented to the Research Consortium of the American Alliance for Health, Physical Education, Recreation & Dance, New Orleans, LA. March.

Williams, K., Phillips, S.J., & Clark, J.E. (1989). Changes in muscular stiffness in a simple movement sequence as a function of age and task complexity. Paper presented at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity, Kent, OH, June.

Williams, K., Phillips, S.J., & Clark, J.E. (1988). Coupling movements to form a simple sequence. Paper presented at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity, Knoxville, TN.

Williams, K. (1987). What motor development research means to the practitioner:

Interception skills. Paper presented to the Research Section, Kansas Association for Health, Physical Education, Recreation, and Dance, Hays, KS.

Williams, K. (1987). Perceiving and acting: Coordination of a simple movement sequence. Paper presented to the Motor Development Research Consortium, Bloomington, IN.

Williams, K. (1987). Interlimb coordination in the forward roll. Paper presented at the Annual Meeting of the North American Society of the Psychology of Sport and Physical Activity, Vancouver, B.C.

Williams, K. (1986). Limb segment invariants in the forward roll: Intralimb coordination. Paper presented to the Annual Meeting of the Motor Development Research Consortium, Kent, OH.

Williams, K. (1986). Relative timing invariances in forward rolling. Paper presented at the Annual Meeting of North American Society for the Psychology of Sport and Physical Activity, Phoenix, AZ.

Williams, K. (1986). The development of interception skills. Paper presented to the Motor Development Academy of NASPE at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Cincinnati, OH.

Williams, K. (1985). Contribution of selected kinematic parameters to age differences in accuracy of a simple timing movement. Presented at the Annual Conference of North American Society for the Psychology of Sport and Physical Activity, Gulfport, MS.

Williams, K. (1985). Age differences in kinematic characteristics of simple timing movements. Presented to the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance, Atlanta, GA.

Williams, K. (1984). Age differences in visual discrimination of linear velocities. Presentation to the Research Consortium of American Alliance for Health, Physical Education, Recreation, and Dance, Anaheim, CA.

Williams, K. (1983). Age differences on a coincident anticipation task: "Preferred" movement speed and response strategy use. Presentation to the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance, Minneapolis, MN.

Williams, K. & Turpin, B.A. (1982). Age differences in the retention of location and distance information for a simple arm movement. Presentation to the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance, Houston, TX.

Robertson, M.A., Williams, K., & Langendorfer, S. (1980). Motor development

sequences: Methodological concerns. North American Society for the Psychology of Sport and Physical Activity, Boulder, CO.

#### NON-REFEREED PRESENTATIONS

Donier, L., Williams, K., Pitts, B., & Smith, D. (2010). Administrative Skill Set: Making good decisions from a female perspective. American Alliance for Health, Physical Education, Recreation & Dance, held in Indianapolis, IN, April.

Williams, K., Payne, V.G., Branta, C., Liang, G. (2009). Teaching motor development: A 4 day workshop for teachers. Wuxi, CN.

Williams, K., Krane, V & Dornier, L. (2009). Women in administration. American Alliance for Health, Physical Education, Recreation & Dance, held in Tampa, FL, April.

Williams, K. (2007). AAHPERD writer's workshop. American Alliance for Health, Physical Education, Recreation & Dance, held in Fort Worth, TX, April.

Williams, K. (2008). Motor development: An overview. Shanghai University of Sport, Shanghai, CN.

Williams, K., Clark, J., & Whitall, J. (2007). Fitness in children and older adults. Shanghai Megafei, Shanghai, CN

Williams, K., Clark, J., & Whitall, J. (2007). Introduction to motor development. Shang Hai Jioa Tong University, Shanghai, CN.

Williams, K., Clark, J., & Whitall, J. (2007). Introduction to motor development. East China Normal University, New Campus. Shanghai, CN.

Williams, K., Clark, J., & Whitall, J. (2007). Introduction to motor development. East China Normal University, old campus, Parts I & II. Shanghai, CN.

Williams, K., Clark, J., & Whitall, J. (2007). Introduction to motor development. Henan University, Parts, I, II, & III. Kaifeng, CN.

Williams, K., Clark, J., & Whitall, J. (2007). Introduction to motor development. Peking University, Parts I & II. Beijing, CN.

Williams, K., Clark, J., & Whitall, J. (2007). Introduction to motor development. Seminar for People's Education Press. Beijing CN.

Williams, K. (2007). AAHPERD writer's workshop. American Alliance for Health, Physical Education, Recreation & Dance, held in Baltimore, MD, April.

Williams, K. (2006). Publishing in RQES and other English Language Journals. 2006 International Sport Science conference, Seoul, S. Korea, August.

Williams, K. (2006). Physical Activity & Aging: Is change always bad? 2006 International Sport Science conference, Seoul, S. Korea, August.

Williams, K. (2006). First Annual RQES Lecture: Where are we now? Where are we going? American Alliance for Health, Physical Education, Recreation & Dance, held in Salt Lake City, UT, April.

Williams, K. (2005). I Wish I Could Fly: An Appreciation of Dr. Lolas E. Halverson . American Alliance for Health, Physical Education, Recreation & Dance, held in Chicago, Illinois, April.

Williams, K. (2004) , Problem Based Learning, Innovations in Instruction, held in Elon, North Carolina, August.

Williams, K. (2004). Balance and Mobility Activities for Older Adults. Rockingham County Area Agency on Aging, held in Wentworth, North Carolina, October.

Williams, K. (2004). Teaching with cases. Presentation at the Elon College Teaching Technology Conference. August.

Williams, K. & Kovacs, C. (2000). In home balance and mobility interventions for older adults. Paper presented to the Motor Development Academy of the American Alliance for Health, Physical Education, Recreation, and Dance. Orlando, April.

Williams, K. & Kovacs, C. (1999). In home balance and mobility interventions for older adults. Motor Development Research Consortium. Madison, WI. October.

Williams, K., Kovacs, C., & Justice, M. (1999). The success of exercise interventions with older adults. North Carolina Summer Symposium on Aging, Fayetteville, NC. July.

Williams, K., Gill, D.L., Butki, B., & Kim, B.J. (1997). A pilot intervention study to improve balance, gait and self-confidence in older women. Motor Development Research Consortium, East Lansing, MI., October.

Williams, K., Barrett, K., Langendorfer, S., & Robertson, M.A. (1997). Developmental sequences meet dynamical systems: Is it time for a change? Symposium presented to the North American Society for the Psychology of Sport and Physical Activity, Denver, CO, May.

Williams, K., Gill, D., & Williams, L. (1995). Coordination in older adults. Motor Development Research Consortium, DeKalb, IL, October.

Haywood, K., & Williams, K. (1994). Problems of analyzing longitudinal data: When subjects drop out and drop back in. Presented to the Motor Development Research Consortium, Baltimore, MD, October.

Williams, K. (1994). Older women and mobility. Presented to the Motor Development Research Consortium, Baltimore, MD, October.

Williams, K. (1993). Intralimb coordination of adult stair climbers: Are pattern differences related to movement speed or age. Presented to the Motor Development Research Consortium, Bowling Green, OH, October.

Williams, K. (1993). Critical components of a quality physical education program -- motor development. Presented at the American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, Washington, D.C., March.

Williams, K. (1992). Older adults: Stair climbing and descent. Presented to the Motor Development Research Consortium, North Myrtle Beach, SC, October.

Williams, K. (1991). Age differences in task constraints to locomotion. Colloquium speech to the School of HPER, Bowling Green State University, February.

Williams, K. (1991). Fetal & infant development. Invited presentation to undergraduate exercise science majors, Guilford College, February.

Williams, K. (1990). The aging mover. Graduate Seminar, Department of Kinesiology, University of Maryland.

Williams, K., Weiss, M., et al. (1990). I.M. Tenured & U.R. Promoted: Issues related to professional development and survival in academe. Symposium participant at North American Society for the Psychology of Sport and Physical Activity, Houston, TX, May.

Williams, K. (1990). Task constraints on the aging stair climber. Paper presented to the Motor Development Research Consortium, Madison, WI, September.

Williams, K. (1990). Coordination and control of a short movement sequence. Presentation to the Department of Exercise and Sport Science, University of South Carolina, November.

Williams, K. (1989). Knowledge of learners and their characteristics. Presented at the Annual Convention of the American Alliance for Health, Physical Education, Recreation and Dance, Boston, MA, April.

Williams, K., Haywood, K.M., & VanSant, A.F. (1989). Characteristics of older adult throwers: A second year of data collection. Paper presented to the Motor Development Research Consortium, Greensboro, NC, October.

Williams, K. (1988). What is motor development? Paper presented to the Motor Development Academy of NASPE at the American Alliance for Health, Physical Education, Recreation, and Dance Annual Convention, Kansas City, MO.

Williams, K. (1988). Motor ability assessment instruments: Test of motor ability. Paper presented to a Pre-convention Symposium of the Motor Development Academy of NASPE at the American Alliance for Health, Physical Education, Recreation, and Dance Annual Convention, Kansas City, MO.

Williams, K., Haywood, K.M., & VanSant, A.F. (1988). Movement characteristics of older adult throwers. Presented at the Annual Meeting of the Motor Development Research Consortium, Champaign, IL.

Clark, J.E., Williams, K., et al., (1986). Laboratory experiences in teaching concepts about interception skills. Paper presented to a Pre-convention Meeting of the Motor Development Academy of NASPE at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Cincinnati, OH.

Williams, K. (1986). Assessment of the motor domain. Paper presented to a Pre-convention Meeting of NASPE and COPEC at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Cincinnati, OH.

Williams, K. (1985). Age-related invariances for simple timing movements. Paper presented to the Motor Development Research Consortium, St. Louis, MO.

Williams, K. (1984). Kinematic characteristics of simple timing movements. Presented to the Mid-East Motor Development Conference, Madison, WI.

Halverson, L.E. & Williams, K. (1983). Research on development sequences: Methodological considerations. Presented to the Mid-East Motor Development Conference, Bloomington, IN.

Halverson, L.E., Robertson, M.A., Williams, K. (1979). Motor development for children WAHPER, Madison, WI.

Halverson, L.E., Robertson, M.A., Harper, C., & Williams, K. (1979). Motor development for children. American Association for Health, Physical Education, and Recreation, New Orleans, LA.

## INVITED PRESENTATIONS: PROFESSIONAL AND ACADEMIC

Williams, K. & Kovacs, C. (2000). Balance and Mobility Training for Older Adults: An Undergraduate Service Learning Experience. School of HES Seminar Series, March.

Williams, K. (1999). In home balance and mobility interventions for older adults. UNCG School of Nursing Colloquium Series, November.

Williams, K., Gill, D.L., Butki, B., & Kim, B.J. (1997). A pilot intervention study to improve balance, gait and self-confidence in older women. UNCG Department of Human Development and Family Studies Colloquium Series, October.

Pate, R., Williams, K., et al. (1996). Motor skillfulness: Crucial component in achieving a nation of physically active people. Paper presented as part of "The Great Debate: Activity Promotion: From theory to practice and physical education emphasis: Skillfulness vs. Physical Activity." American Alliance for Health, Physical Education, Recreation & Dance, Atlanta, GA, April.

Williams, K. (1995). Intralimb coordination in older adults: Application to physical educators. Presented to the Department of Physical Education, Western Carolina University, Cullowhee, NC, April.

Williams, K. (1995). Balance and coordination in older adults: Research findings and applications for physical therapy. Presented to the Department of Physical Therapy, Temple University, Philadelphia, PA, March.

Williams, K. (1994). Motor development: What is it and what can you do with it? Presented to the Department of Sports Medicine, Guilford College, Greensboro, NC, October.

Williams, K. (1994). Motor coordination in older adults. Presented to the Human Development Research Institute, UNCG, Greensboro, NC, June.

Williams, K. (1992). Evaluation of fundamental motor skills. Presented to the Middle Schools Workshop, UNCG, April.

Williams, K. (1984). Age differences on coincident timing tasks: Product and process measures. Graduate seminar, Department of Physical Education, University of Maryland.

## INVITED PRESENTATIONS: COMMUNITY AND OTHER GROUPS

Williams, K. (2010). I've fallen and I CAN get up. Shepherd Center, May, Greensboro, NC.

Williams, K. (2009). Physical activity for older adults. Optimist Club, May, Greensboro NC.

Williams, K. (2006) Keeping both feet on the ground: Reducing falls in older adults. Greensboro AHEC. Greensboro, NC.

Williams, K. (2005). Geriatrics Best Practices: Proactive Approaches to Promoting Independence and Function in Elderly Clients. Greensboro AHEC, November, Greensboro, NC.

Williams, K. (2000). (Pit)Falls and danger: Assessing balance and falls risk in older adults. UNCG Open House for New Students. March and April.

Williams, K. (2000). Activity for Healthy Aging. Parkinson's Disease Support Group. Abbotswood Retirement Community. February.

Williams, K. (2000). Healthy Aging. New Garden Friends Meeting, Adult Education Group. January.

Williams, K. (1999). Help, I've Fallen and I CAN Get UP! SHEPHERD's Center of Greensboro, October.

Williams, K. (1999). Help, I've Fallen and I CAN Get up! Robinwood Retirement Community, October.

Williams, K. (1999). Introducing the UNCG Graduate Program in Gerontology. Triad Retirement Living Association. September.

Williams, K. (1999). Light Activities for Better Balance. Friends Homes at Guilford. August.

Williams, K. (1998). Graduate Program in Gerontology at UNCG. Department of Human Development and Family Studies Colloquium Series, October. Principal Presenter.

Williams, K. (1997). Help, I've Fallen and I Can Get Up! Presentation of information on how to decrease the risk of falls for older adults presented to Joy Fellowship of Gethsemane United Methodist Church, September.

Williams, K. (1997). Help, I've Fallen and I Can Get Up! Presentation of information on how to decrease the risk of falls for older adults presented to O. Henry Golden Kiwanis, October.

Williams, K. & Gill, D.L. (1996). Fuller life through fitness. National Science Center Fitness Fiesta, February.

Williams, K. (1994). Falling women. Presented to the Shepherd Center, Greensboro,

NC, September.

Williams, K. (1992). Development of motor skills in children. Presented to the Wesley Long Parents' Exchange, May.

### PROFESSIONAL SERVICE

- 2005-2009 Editor in Chief, Research Quarterly for Exercise and Sport
- 2000-02 President, North American Society for the Psychology of Sport and Physical Activity.
- 2000-2005 Section Editor, Growth and Motor Development, Research Quarterly for Exercise and Sport
- 1999 Review Panel, Center for Scientific Review Special Emphasis Panel, NIH.
- 1998 Planner/organizer, Motor Development Research Consortium Annual Meeting, Greensboro, NC, October.
- 1995 Delegate Assembly, NASPE representative, American Alliance for Health, Physical Education, Recreation & Dance Annual Convention, Portland, OR, March.
- 1994-96 Secretary/Treasurer, North American Society for the Psychology of Sport and Physical Activity.
- 1993 Review panel, teacher education, Research Consortium of AAHPERD.
- 1993 Ad hoc reviewer for Minority Biomechanical Research Support Subcommittee NIGMS, NIH.
- 1993-1994 Task Force Chair, Motor Development Academy, Developmentally Appropriate Physical Education Position Paper.
- 1992 Review Panel, Motor Behavior, Research Consortium of AAHPERD.
- 1991 Motor Development Program Committee Chair, North American Society for the Psychology of Sport and Physical Activity.
- 1990 Review Panel Chair, Motor Behavior, Research Consortium of AAHPERD.
- 1990 Past-chair, Motor Development Academy - Elections Committee.

- 1989 Chair, Motor Development Academy of AAHPERD.
- 1989 Editor, Special Feature of Quest, entitled What is motor development?
- 1989 Planner/organizer, Motor Development Research Consortium Annual Meeting, Greensboro, NC, October.
- 1989 Presider, Research Consortium Session: Motor Development, Learning, and Control, 1989 AAHPERD, Boston, MA.
- 1987-88 Research Section Chairperson-elect, Kansas Association for Health, Physical Education, Recreation, and Dance.
- 1987 Program Committee for the 1987 Annual Conference of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, B.C.
- 1986-88 Editor, Motor Development Academy Newsletter (National Association for Sport and Physical Education and the American Alliance for Health, Physical Education, Recreation, and Dance).
- 1986-91 Executive Committee, Motor Development Academy of National Association for Sport and Physical Education and the American Alliance for Health, Physical Education, Recreation and Dance.
- 1985 Central District Representative, Nominating Committee of the Motor Development Academy of the American Alliance for Health, Physical Education, Recreation, and Dance.
- 1985 KSU Representative to Big 8 Chairpersons' Meeting, University of Nebraska-Lincoln, Spring.
- 1983 Coordinator/Supervisor of Physical Activity Program, Little Axe Head Start, Little Axe, OK.
- 1983 Southern District Representative, Nominating Committee of the Motor Development Academy of the American Alliance for Health, Physical Education, Recreation, and Dance.

#### ADVISORY COMMITTEES

- 1998-2001 Retired and Senior Volunteer Program Advisory Committee

- 1998- Friends Homes Advisory Committee
- 1998 Kate B. Reynolds Grant Advisory Committee
- 1998- Institute on Aging Statewide Aging Advisory Committee

#### JOURNAL REVIEWS

- 1998-present Journals of Gerontology: Medical Sciences.
- 1996-present Choice.
- 1995 Pediatric Physical Therapy.
- 1994 Gerontology Review.
- 1992-present Journal of Aging and Physical Activity.
- 1991 Journal of Teaching in Physical Education.
- 1991 Abstracts, Research Consortium of AAHPERD.
- 1990-present International Journal of Aging & Human Development.
- 1988 Journal of Sport and Exercise Psychology
- 1987 Advances in motor development research Vol. 3, J.E. Clark & J. Humphrey (Eds.). New York: AMS Press.
- 1986-present Journal of Physical Education, Recreation, and Dance.
- 1985-86 Advances in motor development research Vols. 1 and 2, J.E. Clark & J. Humphrey (Eds.). New York: AMS Press.
- 1984-present Research Quarterly for Exercise and Sport.
- 1984 Current selected research in motor development, J.E. Clark & J. Humphrey (Eds.). Princeton, NJ: Princeton Book Co.

#### INVITED REVIEWS OF SELECTED BOOKS AND BOOK CHAPTERS

- 1997 Review of prospectus for: Early childhood development through kinesensory play for McGraw-Hill Higher Education Publishers.

- 1997 Review of K. Haywood's Lifepan Motor Development, Human Kinetics, in preparation for revisions for third edition.
- 1994 Ad hoc member Minority Biomedical Research Support Review Subcommittee of NIH.
- 1994 C. Gabbard, Lifelong motor development (2nd ed.), Brown & Benchmark.
- 1993 K. Haywood, Lifespan motor development (2nd ed.), Human Kinetics.
- 1991 Laboratory manual prospectus, Wm. C. Brown.
- 1990 Review of Woollacott & Shumway-Cook (Eds.). Development of posture and gait throughout the lifespan for Research Quarterly in Exercise and Sport.
- 1985 S.A. Leme, Heartland gross motor evaluation (University of Iowa).
- 1985 J.E. Clark, The development of voluntary motor skill. In M. Gazzaniga (Ed.), The handbook of biologic development.
- 1983 Textbook reviewer for the Journal of Physical Education, Recreation, and Dance.
- 1980 Special reviewer: Perceptual and Motor Skills, Psychological Reports.

#### PROFESSIONAL MEMBERSHIPS

American Academy for Kinesiology and Physical Education

North American Society for the Psychology of Sport and Physical Activity

American Alliance for Health, Physical Education, Recreation, and Dance

North Carolina Association for Health, Physical Education, Recreation, and Dance

#### GRADUATE THESIS and DISSERTATION COMMITTEES (M.S. & Ph.D.)

- 2010 Craig Eilbacher, Ed.D. (Co-Chair)
- 2010 Sara Migliarese, Ph.D. (Chair, Motor Behavior)
- 2004 Tamara Bories, Ph.D. (Chair, Motor Behavior)

- 2001 Christopher Kovacs, Ph.D. (Chair, Motor Behavior)
- 1998 Milton Thomas, M.S. (Chair, Motor Development)  
The effects of visual-verbal modeling on qualitative form and performance outcome in basketball foul shooting novices
- 1997 Gareth Griffith, M.S. (Co-Chair, Biomechanics)  
An Electromyographic Comparison of Seated and Standing Up-hill Cycling.
- 1996 Brian Bolt, Ph.D. (Pedagogy)  
The influence of case discussions of physical education preservice teachers: reflection in an educational games class
- 1995 Lavon Williams, Ph.D. (Sport Psychology)  
Situational and contextual influences on goal orientation
- 1995 H. Scott Strohmeyer, Ph.D. (Chair, Biomechanics)  
Kinetic and temporal correlates to skillfulness in vertical jumping
- 1994 Sharon Castleberry, M.S. (Chair, Motor Development)  
Cross-sectional study of joint angle displacement in spontaneous kicking of 6 to 10 month olds
- 1991 Adrian Turner, M.S. (Pedagogy)  
A model for developing effective decision-making during game participation
- 1990 Michael Bird, Ph.D. (Biomechanics)  
The relationship between load and elasticity in the power squat
- 1988 Laurel Green, M.S. (Chair, Motor Development)  
Differences in developmental movement patterns used by active versus sedentary middle-aged adults coming from a supine position to erect stance
- 1988 Valis McClean, Ph.D. (School of Education)  
Modeling influences on athletic performance and attitude
- 1987 Bing Yu, M.S. (Biomechanics)  
Determination of cutoff frequency in digital filter data smooth procedure
- 1987 Gary Miller, M.S. (Exercise Physiology)  
The training effect on muscle soreness following downhill running of varying durations

- 1987 Chad Harris, M.S. (Biomechanics)  
Kinematic analysis of the tying phase of calf roping
- 1986 Jeff Walkuski, M.S. (Motor Learning)  
Kinesthetic sensitivity and the learning of two novel motor tasks
- 1986 Terry Duncan, M.S. (Sport Psychology)  
The effect of efficacy expectations on perceptions of causality in motor performance