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EDUCATION

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| 2008 | Doctor of Philosophy (PhD), Exercise Science - Motor Development, Motor Control & Rehabilitation, Arnold School of Public Health, University of South Carolina |
| 2013 | Certified in Public Health, Certification NBPHE Number: 9631, Certification by the National Board of Public Health Examiners, Washington, DC |
| 1996 | Certified Feldenkrais practitioner after completing the Feldenkrais Professional Training Program, Malmö, Sweden; Certification by the International Feldenkrais Federation, Paris |
| 1978 | Diploma in Education (Master of Education in Adult & Youth Development and Education), Philipps-University Marburg, Germany |

PROFESSIONAL APPOINTMENTS

2013 - 2017	Research Assistant Professor, University of Memphis, School of Public Health, Division of Social and Behavioral Sciences
2005 - 2012	Evaluator and consultant for the Department of Health and Environmental Control, Columbia, SC: Implementation, dissemination and evaluation of evidence-based health education programs
2010 - 2011	Post-Doctoral Fellow (1-year temporary position), Department of Public Health Sciences, College of Health, Education and Human Development, Clemson University, SC
2005 - 2010	Research Associate, Department of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia, SC
1998 – 2005	Instructor, College of Arts and Letters, Michigan State University, East Lansing, MI
1978 – 1998	Instructor and project manager for the Senat der Freien und Hansestadt Hamburg (public authority of the State of Hamburg), and various institutes & companies, including Deutsch-Institut http://www.did.de , Beiersdorf http://www.beiersdorf.com , and BP http://www.bp.com in Hamburg, Germany

RESEARCH INTERESTS

- Effects of physical activity on health
- Healthy aging
- Effects of mind-body exercises on health
- Motor development & motor control across the life span
- Implementation and dissemination of health behavior and chronic disease management programs

RESEARCH GRANTS FUNDED

National Institute on Aging

R15AG058225, Effects of mindful Feldenkrais exercises & strength training on cognitive executive function in independent living older adults (2018-2021)

This study responds to the urgent need to identify strategies which can enhance and/or maintain cognitive vitality in older adults. Independent living older adults (N=90) age 65 to 85 will be randomized to a (1) Feldenkrais group, (2) strength training and (3) no-intervention control group. The study will examine the effects of both the mind-body exercise Feldenkrais and strength training on cognitive executive function. Outcomes of the study could provide a novel strategy for reducing age-related cognitive decline and thereby impact the development of programs and guidelines for combatting such declines.

Role: PI

Tennessee Health Foundation

FitKids: A Community-Clinic Linked Interactive Tool For Pediatric Obesity Screening and Intervention

This eHealth tool responds to the childhood obesity epidemic. The tool allows parents to assess their child's risk for overweight/obesity, receive recommendations on family-based behavioral strategies and community resources to reduce risk, and share information with healthcare providers. FitKids includes Geographic Information Systems (GIS) technology to provide parents with information about resources in their neighborhood to promote physical activity, healthy eating, and healthy weight.

Role: Project Director

State of Tennessee Health Department

Project Diabetes RFA 34351-16214 Increasing Physical Activity in Schools

The project responds to the call of the Institute of medicine to implement physical activity (PA) throughout the school day and to integrate PA into the curriculum beyond physical education courses.

Role: Project Director

McCausland Center for Brain Imaging Grant, University of South Carolina

Cognitive Executive Function, Mobility, and Brain Activity in Older Adults

Pilot study Cognitive Executive Function, Mobility, and Brain Activity in Older Adults. The purpose was to examine relationships among cognitive executive function, mobility and patterns of brain activity in two groups of older adults (younger seniors age 60-75 and older seniors age 76 and older).

Role: Principal Investigator

Esther Thelen Research and Education Fund

Randomized controlled trial to assess the efficacy of Feldenkrais in improving balance, mobility and health related factors in older adults.

Role: Principal Investigator

A Matter of Balance (MOB) funded by the Center of Disease Control and Prevention
MOB is an evidence-based program to reduce fear of falls in older adults. This project was a collaboration between the University of South Carolina (USC) School of Public Health with the South Carolina Department of Health and Environmental Control (DHEC) and the Lt. Governor's Office on Aging (LGOA).

Role: Evaluator

Stay In Balance (SIB)

SIB is a fall prevention program designed to improve balance and mobility in older adults. SIB programs are offered in community centers and retirement communities in the Greater Columbia area in South Carolina.

Role: Project Coordinator and Evaluator

Ambassador Program funded by the Center of Disease Control and Prevention

The Ambassador Program is an outreach strategy to increase participation in community health programs such as Better Choices, Better Health, and Chronic Disease Self-Management Program. Ambassadors have the advantage to know their community, can better relate to the people, and generate greater awareness greater awareness and interest through word of mouth for these programs.

Role: Evaluator

RESEARCH GRANTS: UNFUNDED

National Institute of Health; R15AG039871, Does exergaming improve balance and mobility in older adults? (2011-2014); PI

National Institute of Health; R21AT005455, Feldenkrais: Mind-body Technique and Fall Prevention in Older Adults (2010-2013), PI

National Institute of Health; RC1AG035847, Do mind-body activities prevent mobility and cognitive disabilities in adults? (2009-2011), PI

PEER-REVIEWED PUBLICATIONS

- Ullmann G**, Kedia SK, Homayouni R, Akkus C, Schmidt M, Klesges LM, Ward KD. Memphis FitKids: implementing a mobile-friendly web-based application to enhance parents' participation in improving child health. 2018.
<https://bmcpublichealth.biomedcentral.com/track/pdf/10.1186/s12889-018-5968-6>
- Ullmann G**, Williams HG. The Feldenkrais Method® can enhance cognitive function in independent living older adults: A case-series. *J of Bodywork & Movement Therapies*. 2016;20(3):512-517. PMID: 27634072.
- Ullmann G**. Case Report: Outcomes of Feldenkrais Movements on Self-reported Cognitive Decline in Older Adults. *Adv Mind Body Med*. Spring 2016;30(2):19-23. PMID: 27250213.
- Ullmann G.**, Williams HG. Effect of Feldenkrais exercises on dual task postural control in older adults. *Clin Interv Aging*. 2014;9:1039-1042.
- Ullmann, G**. Dialogue on JAPA's Mission: Mind-Body Exercises Are "Physical Activity" *J Aging Phys Act*, 2012, 20(4):399-401. PMID: 23180492.
- Ullmann G.**, Williams HG, Plass, CF. Dissemination of an Evidence-based Program to Reduce Fear of Falling, South Carolina, 2006-2009. *Prev Chronic Dis*. May 2012;9:E103. PMC3457761; PMID: 22632740
- Williams HG, **Ullmann G**. Development of a community-based fall prevention program: Stay In Balance. *J Phys Act Health* May, 2012, 9(4): 571-580. PMID: 21946291.
- Ullmann G**, Williams HG. Can Feldenkrais exercises ameliorate subclinical depressive symptoms in older adults? A Pilot Study. *The eJournal SC Med Assoc*. 2011, 107(Supplement I):9-10. PMID: 22057592.
- Ullmann G**, Williams HG, Hussey JR, Durstine LJ, McClenaghan BA. Effects of Feldenkrais Exercises on Balance, Mobility, Balance Confidence, and Gait Performance in Community-Dwelling Adults Age 65 and Older. *J Altern Complement Med* 2010; 16(1):97-105. PMID: 20070145.
- Ullmann G**, Williams HG, The relationships among gait and mobility in community-dwelling older adults. *Aging Clin Exp Res*. Sep 21 2010. PMID: 20859069.
- Williams HG, **Ullmann G.**, Lindsey A., Gait Characteristics of Children with Developmental Coordination Disorders: A Case Study. *European Psychomotricity Journal*. 2010; 3(1): 4-14;
<http://www.psychomotor.gr/contents/archive/vol-3/first-issue/49-gait-characteristics-of-children-with-developmental-coordination-disorders-a-case-study.html>
- Williams HG, **Ullmann G**, Gossard JL, Hussey JR, Brotherton SS, Laditka J, Cornman C. Functional Status Assessment for Community Long-Term Care: Preliminary Observations. *Home Health Care Serv Q* 2009; 28(4):151-171. PMID: 23098288.

PEER-REVIEWED PUBLICATIONS IN PREPARATION OR REVIEW

Ullmann G, Li Y. Effects of seated tai chi interventions: a systematic review. *European Journal of Integrative Medicine* (in preparation)

OTHER PUBLICATIONS

Ullmann G. Non-Pharmacological Interventions for Individuals with Attention Deficit Hyperactivity Disorder (ADHD). White Paper, 2011, Clemson University, Clemson, SC.

Ullmann G. Effects of a Five Week Feldenkrais Intervention on Balance, Mobility and Health related Outcomes in Community-dwelling Older Adults. In Touch. 2008; Fall 2008:15.

Williams HG, **Ullmann G**, Ho LS. Functional Assessment of Older Adults: An Introduction to Tools, Techniques, Writing Profiles and Describing Activities, University of South Carolina, Columbia, SC.

PUBLISHED ABSTRACTS AND CONFERENCE PRESENTATIONS

Ullmann G. Health-related Outcomes of the Feldenkrais Method in Children and Adults: State of the Art and Future Perspectives. *World Congress Integrative Medicine & Health 2017, May 3 - 5, 2017, Berlin, Germany* (Poster); BMC Complementary and Alternative Medicine 2017, 17(Suppl 1):317. DOI 10.1186/s12906-017-1783-3

Ullmann G, Li Y. Health Benefits of Seated Tai Chi. *World Congress Integrative Medicine & Health 2017, May 3 - 5, 2017, Berlin, Germany* (Poster); BMC Complementary and Alternative Medicine 2017, 17(Suppl 1):317. DOI 10.1186/s12906-017-1783-3

Schmidt M, **Ullmann G**, Kedia SK, Homayouni R, Akkus C, Klesges LM, Ward KD. Memphis FitKids: Using Graphic Design and Media to Enhance Parents' Participation in Improving Child Health. *2017 Student Research Forum, March 27, 2017, Memphis, TN*. (Poster)

Martindale T, **Ullmann G**, Krull L, Stockton MB, Yli-Piipari S, Ward KD. Designing and Managing an Instructional, User-Contributed Web Resource for Preventing Childhood Obesity. *Annual Meeting of the Association for Educational Communications and Technology, October 19, 2016, Las Vegas, NV*.

Stockton MB, **Ullmann G**, Martindale T, Krull LJ, Yli-Piipari S, , McClanahan BS, Ward KD. Formative Evaluation of a Web-Based Professional Development Program to Increase Physical Activity in K-12 Classrooms. *American College of Sports Medicine (ACSM) 63rd Annual Meeting, 7th World Congress on the Basic Science of the Energy Balance, May 31 – June 4, 2016, Boston, MA*. Medicine and Science in Sports and Exercise, 48(5 Suppl 1) ,769. PMID: 27361376

Yli-Piipari S, **Ullmann G**, Krull L, Martindale T, Stockton MB, Ward KD. Teachers' Attitudes toward In-Class Physical Activity: FitWizard Web-Based Professional Development. *2016 SHAPE America National Convention & Expo, April 5-9, 2016, Minneapolis, MN*. (Poster)

PUBLISHED ABSTRACTS AND CONFERENCE PRESENTATIONS - CONT'D

Clayton M, McDonald SL, Homayouni R, Kedia S, **Ullmann G**, Mayfield BC, Collins CA, Alexander AC, Schmidt M, Akkus C, Williams C, Ward KD. FitKids: A Web-Based mHealth Tool to Enhance Parents' Participation in Improving Child Health. *The Food and Nutrition Conference and Expo (FNCE)*, October 3-6, 2015, Nashville, TN. (Poster)

Ullmann G. Physical Activity and Functioning across the Life Span. *Department of Preventive Medicine, University of Tennessee Health Science Center*, April 18, 2013, Memphis, TN. (Oral presentation)

Becofsky K., **Ullmann G.**, Newman-Norlund R., Williams HG. An fMRI Investigation of the Relationship Between Physical Activity and Executive Function in Older Adults. *American College of Sports Medicine (ACSM) Annual Meeting*, May 29 - June 2, 2012, San Francisco, California. (Poster)

Becofsky K, **Ullmann G**, Newman-Norlund R, & Williams HG. (2012). An fMRI Investigation of the Relationship between Physical Activity and Executive Function in Older Adults (Abstract). *Med Sci Sports Exerc* 2012, 44(Supplement 2): 953.

Weber L., **Ullmann G**, Falta D. The Impact of Self-Esteem and Social Confidence on Dual Role of Student Athletes. *College of Health, Education and Human Development, "The Engaged College with a Personal Touch" HEHD Clemson Research Forum*, Spring 2011, Clemson, SC. (Poster)

Ullmann G. Get Moving with Feldenkrais. *PrimeTimes, Palmetto Health Baptist Auditorium*, February 4, 2011, Columbia, SC. (Oral presentation)

Ullmann G. Health Benefits of Mind-Body Exercises. *Health & Wellness, Providence Hospitals, - Monthly Meeting*, April 6, 2010, Columbia, SC. (Oral presentation)

Ullmann G, Tina Shadley. A Functional Look at Fall Prevention. *South Carolina Home Care & Hospice Association Research - Annual Conference: Singing a New Song*, December 10, 2009, Columbia, SC. (Oral presentation)

Ullmann G. Cognitive Balance training. *South Carolina Association of Non-Profit Homes (SCANPHA) – Wellness Forum Meeting*, October 15, 2009, Columbia, SC. (Oral presentation)

Ullmann G. Effect of a 5-week Feldenkrais Intervention on Balance, Mobility and Health related Outcomes in Community-dwelling Older Adults. *2008 Feldenkrais Method Annual Conference, University Memorial Center, University of Colorado*, July 25 - August 1, 2008, Boulder, Colorado. (Poster)

Williams HG, **Ullmann G.**, Hardy R. Strategies to Reduce Fall Risk Among Older Adults. *South Carolina Aging Research Conference: Movement and Mobility*, March 30 - April 1, 2008, Clemson, SC. (Oral presentation)

Ullmann G. Effect of a Feldenkrais Intervention on Balance, Mobility and Health related Outcomes in Community-Dwelling Older Adults - Preliminary Findings. *South Carolina Aging Research Conference: Movement and Mobility*, March 30 - April 1, 2008, Clemson, SC. (Poster)

Plass C., Williams HG, Whirrett T., **Ullmann G**. et. al. A MATTER OF BALANCE - Lee County Fall Prevention Partnership Project. *National Association of Chronic Disease Directors, Healthy Aging Council Workshop*, October 22-23, 2007, Austin, TX. (Poster)

REVIEW PANEL MEMBER

2018 Special Emphasis Panel to conduct the scientific peer review of Prevention Research Center applications responding to FOA RFA DP19-001 on the behalf of the National Center for Chronic Disease Prevention and Health Promotion.

AD HOC REVIEWER FOR FOLLOWING JOURNAL

American Journal of Health Behavior
BMC Complementary and Alternative Medicine
Cancer Management and Research
Clinical Interventions in Aging
Current Sports Medicine Reports
Diabetes Research and Clinical Practice
European Journal of Integrative Medicine
Health Education Research
International Journal of Women's Health
International Journal of Obesity
Journal of Aging and Physical Activity
Journal of Alternative and Complementary Medicine
Journal of Applied Gerontology
Journal of Attention Disorders
Journal of Pain Research
Journal of Physical Activity and Health
Journal of Psychology Research and Behavior Management
Medicine & Science in Sports & Exercise
Patient Preference and Adherence

ABSTRACT REVIEWER FOR

American Public Health Association Annual Meetings
The Gerontological Society of America Annual Meetings

PROFESSIONAL SOCIETIES

American College of Sports Medicine
American Public Health Association
The Feldenkrais Guild of North America
The Gerontological Society of America
International Society for Complementary Medicine and Research

TEACHING

University of Memphis, School of Health Studies	ESMS 3803, Motor Learning, FS 2017
University of Memphis, School of Public Health	PUBH 8341, Physical Activity and Public Health, Summer II 2013 Online course
Exercise Science University of South Carolina	Sections of EXSC 303, Perceptual Motor Development, FS 2009 EXSC 563, Physical Activity and Age, SS 2010 EXSC 563, Physical Activity and Age, SS 2009
College of Arts and Letters Michigan State University	GRM 202 02 Second Year German II, SS 2005 GRM 101 01 Elementary German I, SS 2005 GRM 102 01 Elementary German I, FS 2004 GRM 102 02 Elementary German I, FS 2004 MSU Evening College: German Conversation Basic, FS 2004 GRM 101 02 Elementary German I, SS 2004 GRM 102 03 Elementary German I, SS 2004 MSU Evening College: German Conversation Advanced, SS 2004 GRM 102 01 Elementary German I, FS 2003 GRM 102 02 Elementary German I, FS 2003 GRM 301 01 Advanced German Language & Culture I, SS 2003 GRM 302 02 Advanced German Language & Culture II, SS 2003 GRM 301 01 Advanced German Language & Culture I, FS 2002 GRM 202 02 Second Year German II, FS 2002 GRM 301 01 Advanced German Language & Culture I, SS 2002 GRM 302 02 Advanced German Language & Culture II, SS 2002 GRM 301 01 Advanced German Language & Culture I, FS 2001 GRM 202 01 Second Year German II, FS 2001 MSU Evening College: German Conversation Basic, FS 2001 GRM 302 02 Advanced German Language & Culture II, SS 2001 GRM 202 01 Second Year German II, SS 2001 MSU Evening College: German Conversation Basic, SS 2001 GRM 301 01 Advanced German Language & Culture I, FS 2000 THR 450 Movement Studio – Feldenkrais, FS 2000 GRM 302 02 Advanced German Language & Culture II, SS 2000 THR 490 Independent Study – Feldenkrais, SS 2000 GRM 301 01 Advanced German Language & Culture I, FS 1999 GRM 202 02 Second Year German II, FS 1999 THR 450 Movement Studio – Feldenkrais, FS 1999

COMMITTEE MEMBER

2017/18	Emma Chase	MS Exercise Science Thesis: Disordered balance: the causes, prevalence, and impact on the health related quality of life and motor performance within adult survivors of pediatric central nervous system tumors - UoM
2016/17	Kaitlyn Downing	MS Exercise Science Thesis: Motor skill execution of 4-year old children from three different cultural backgrounds - UoM
2011	Carolyn Jackson	MS Exercise Science University of South Carolina Thesis: The Impact of Tai Chi on Reducing Fall Risk in Older Adults: A Synthesis of Current Research - USC

UoM – University of Memphis
USC - University of South Carolina