

Lyndsie M. Koon, Ph.D.

Position: Post-Doctoral Research Associate
Human Factors and Aging Laboratory
Kinesiology and Community Health
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Education: 2012 - 2016
Ph.D. Sport and Exercise Science
Doctorate Major - Social Psychology of Sport & Physical Activity
Doctorate Minor - Applied Statistics and Research Methods
Dissertation: *The Influence of Participation in Socially Engaging or Complex Physical Activities on Executive Function among Older Adults*
Graduate Teaching Assistant
School of Sport and Exercise Science
College of Natural and Health Sciences
University of Northern Colorado
Greeley, CO 80639

2007
M.S.
University of Memphis
Memphis, TN
Exercise Science

2005
B.S.
Arkansas State University
Jonesboro, AR
Exercise Science

Academic Work Experience: 2012-2016
University of Northern Colorado
School of Sport & Exercise Science
Teaching Assistant, upper level undergraduate and activity courses

2006-2007
University of Memphis
School of Exercise Science
Research Assistant
Motor Learning Laboratory: Yuhua Li, Ph.D., Professor, Health Studies, University of Memphis
Sport & Exercise Psychology Laboratory: Mary Fry, Ph.D., Associate Professor, Health, Sport & Exercise Sciences, University of Kansas

- Non-Professional Work Experience: 2006-2012
University of Memphis
Memphis, TN
Personal Training (Faculty/Staff, Students, Special Populations)
Group Fitness Instructor / Fitness Assessments
- 2006-2012
Collierville Soccer Association
Collierville, TN
Soccer Coach / College Soccer Counselor / Technical Trainer
TOPSoccer Program Volunteer (The Outreach Program for Soccer)
- 2005-2006
Lyon College
Batesville, AR
NAIA Assistant Coach – Men’s & Women’s Soccer Program
- Area of Specialization: Social psychology of physical activity and exercise, cognitive function, aging, aging with disability, technology, motivation.
- Research Areas/Interests: Exercise and physical activity engagement, cognitive function and older adult populations; technology potential to support motivation for physical activity in older adult populations; everyday challenges and solutions of adults aging with sensory or mobility impairments; promotion of psychosocial development through exercise and physical activity across a lifespan.

Publications

- Koon, L. M.**, McGlynn, S. A., Blocker, K. A., & Rogers, W. A. (in press). Perceptions of Digital Assistants from Early Adopters Aged 55+. *Ergonomics in Design*.
- Mois, G., Mackin, T., Datta, A., **Koon, L.**, Rogers, W. A., Mitzner, T. L., & Beer, J. M. (in press) Perceptions from People Aging with a Mobility Impairment towards using Tele-Technology for Exercise. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*.
- Koon, L.M.**, Brustad, R.J., Babkes Stellino, M. (2017). A taxonomy to aid in the design of complex physical activities for older adults. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*.
- Davies, M., **Koon (Coleman), L.M.**, & Babkes Stellino, M. (2016). The relationship between basic psychological need satisfaction and behavioral regulation in CrossFit. *The Journal of Sport Behavior*.
- Davies, M.J., Babkes Stellino, M., Nichols, B.A., & **Coleman, L.M.** (2015) Other-initiated motivational climate and youth hockey players’ good and poor sport behaviors. *Journal of Applied Sport Psychology*, 1-19.
- Li, Y., Coleman, D., Ransdell, M., **Coleman (Koon), L.**, Irwin, C. (2014). The effect of a sport stacking intervention on handwriting with second grade students. *The Physical Educator*, 71(1), 101-113.
- Li, Y., Coleman, D., Ransdell, M., Irwin, C., **Coleman (Koon), L.** (2011). Sport stacking activities in school children’s motor skill development. *Perceptual and Motor Skills*, 113(2), 431-438.

Publications (in preparation)

- Koon, L. M.**, Remillard, E., Mitzner, T. L., & Rogers, W. A. (in prep) Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) for Adults Aging with a Long-Term Mobility Impairment.
- Koon, L. M.**, Brustad, R. J., & Babkes Stellino, M. (submitted). The influence of participation in socially engaging or complex physical activities on executive function among older adults. Manuscript submitted for publication.

Koon, L. M., Mitzner, T. L., & Rogers, W. A. (in prep). Exploring Exercise Challenges and Solutions for Adults Aging with a Mobility Impairment.

Koon L. M., Blocker, K. A., & Rogers, W. A. (in prep). The Potential of Voice-Activated Digital Assistants: Perceptions from Novice Older Adults.

Technical Reports

Koon, L. M., Remillard, E. T., Mitzner, T. L., & Rogers, W. A. (in prep). Coding for the Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) study. (TechSage-TR-1901). RERC-Technologies to Support Aging-in-Place for People with Long-term Disabilities RERCTechSage.org).

Remillard, E. T., Mitzner, T. L., Singleton, J., **Koon, L. M.**, & Rogers, W. A. (2018). Developing the Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) study. (TechSage-TR-1801). RERC-Technologies to Support Aging-in-Place for People with Long-term Disabilities (RERCTechSage.org).

Book Chapters

Harrington, C., **Koon L. M.**, & Rogers, W. A. (in press). Designing Information and Communication Technologies to Support Healthcare Needs of Older Adults. In Sethumadhaven, & Farzan (Eds.) *Design for Healthcare*.

Stellino, M. B., Vazou, S., & **Koon, L. M.** Motivational and social influence factors in CSPAP implementation. In R. L. Carson, & C. A. Webster (Eds.), *Comprehensive school physical activity programs: Handbook of research and practice*. Champaign, IL: Human Kinetics.

Professional Presentations

Presentations at Professional Conferences (juried)

Koon, L. M., & Rogers, W. A., (accepted for November 2019) *Exercise Challenges and Solutions for People Aging with a Long-Term Mobility Disability*. As part of symposium: *Rehabilitation Technologies to Support Aging-In-Place for People with Long-Term Mobility Disabilities*. American Congress of Rehabilitation Medicine (ACRM) 2019 Annual Conference, Chicago, IL.

Mois, G., Mackin, T., Datta, A., **Koon, L.**, Rogers, W. A., Mitzner, T. L., & Beer, J. M. (2019) *Perceptions from People Aging with a Mobility Impairment towards using Tele-Technology for Exercise*. Human Factors and Ergonomics Society's Annual Meeting 2019. Seattle, WA.

Koon, L. M., Mitzner, T., Harris, M., & Rogers, W. A. *Aging, Disability, and Needs for Physical Activity Interventions*. Presented at the Human Factors and Aging Health Care Symposium (HFES Health), Chicago, IL, March 2019.

Blocker, K., **Koon, L. M.**, McGlynn, S. A., & Rogers, W. A., *The Potential of Digital Assistants to Support Health Self-Management for Older Adults*. Presented at the Human Factors and Aging Health Care Symposium (HFES Health), Chicago, IL, March 2019.

Mitzner, T., Remillard, E., **Koon, L. M.**, Beer, J., Rogers, W. A. *The Potential of Tele-Technology for Delivering Wellness Interventions to Adults Aging with Mobility Impairments*. Presented at the Human Factors and Aging Health Care Symposium (HFES Health), Chicago, IL, March 2019.

Harris, M. T., Remillard, E., **Koon, L. M.**, Mitzner, T., & Rogers, W. A., *Understanding Health Technology Use challenges for Older Adults with Mobility or Visual Impairments*. Presented at the Human Factors and Aging Health Care Symposium (HFES Health), Chicago, IL, March 2019.

Koon, L., Beer, J., Mitzner, T., Mackin, T., Mois, G., & Rogers, W. *Assessing Attitudes & Usability of a Tele-Technology Exercise Platform for Persons Aging with a Mobility Impairment*. Gerontological Society of America (GSA), Boston, MA, November 2018.

Rogers, W. A., **Koon, L. M.**, Hartley, J. Q., Mitzner, T. L., Harris, M. T., Remillard, E. T., & Singleton, J. L. *Aging Concerns, Challenges, and Everyday Solutions Strategies (ACCESS)*. Gerontological Society of America, Boston, MA. November 2018.

- Mois, G., Mackin, T., Datta, A., **Koon, L.**, Rogers, W. A., Mitzner, T. L., & Beer, J. M. (accepted for July 2019) *The feasibility of a Tai Chi tele-exercise intervention for persons aging with mobility impairment*. Georgia Gerontology Society Annual Conference. Greensboro, GA.
- Koon, L. M.**, Remillard, E. T., Mitzner, T. L., Singleton, J. L., Rogers, W. A. *Aging Concerns, Challenges, and Solution Strategies (ACCESS) for Individuals with Impairments*. Presented at the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA), Washington, D.C., July 2018.
- Mitzner, T., **Koon, L.**, Beer, J., Dupuy, L., Mackin, T., Rogers, W. A. *Developing a Feasibility Study for a Tele-Technology Group Exercise Class for Adults Aging with Mobility Impairments*. Presented at the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA), Washington, D.C., July 2018.
- Koon, L. M.**, Harris, M. T., Rogers, W. A. *Understanding Exercise Challenges and Solutions for Older Adults Aging with a Mobility Impairment*. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO, June 2018.
- Koon, L. M.** & Rogers, W. A. *The Potential for Smart and Connected Communities to Support Transportation Needs of Adults Aging with Sensory or Mobility Impairments*. Presented at the National Science Foundation and Research Coordination Network Workshop: Smart and Connected Communities (S&CC) and Aging Population. Stony Brook, NY, April 2018.
- Koon, L. M.**, Shirahama, T., Rogers, W. A. *Exploring Healthcare Information Access Challenges for Older Adults with a Visual Impairment*. Presented at the Health Communication: Barriers, Breakthroughs, and Best Practices (HCB3), Online Health Communication Conference. University of Illinois, Urbana-Champaign, March 2018.
- Harris, M. T., **Koon, L. M.**, Rogers, W. A. (2018). *The Potential for Technology to Support Managing One's Health while Aging with an Impairment*. Presented at the International Society for Gerontechnology 11th World Conference, St. Petersburg, Florida, May 2018.
- McGlynn, S. A., **Koon, L. M.**, Blocker, K. A., Shishegar, N., Rogers, W. A. *Investigating the Potential of Digital Home Assistants to Promote Physical Activity and Social Engagement for Older Adults*. Presented at the Cognitive Aging Conference (CAC), Atlanta, GA, May 2018.
- Koon, L. M.**, Brustad, R.J., Babkes Stellino, M. *A Taxonomy to Aid in the Design of Complex Physical Activities for Older Adults*. Presented at the Human Factors and Ergonomics Society (HFES), Austin, TX, October 2017.
- Brustad, R. J., **Koon, L. M.**, Babkes Stellino, M. *The Influence of Task Complexity and Social Engagement during Physical Activity on Executive Functioning in Older Adults*. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, CA, June 2017.
- Koon, L.**, Harris, M., Rogers, W. A., *Taxonomy of Everyday Support Needs*. Presented at the Chittenden Symposium, University of Illinois, Urbana-Champaign, March 2017.
- Babkes Stellino, M., **Koon, L. M.**, Chavarria Soto, M., Stoecker, P., Pulling Kuhn, A.C. *Exploring the Impact of Physical Activity Breaks in College Classrooms*. Presented at the Society of Health and Physical Educators (SHAPE), Boston, MA, March 2017.
- Koon (Coleman), L.M.**, Brustad, B., Babkes Stellino, M., Akbar, A., Lalonde, M. *Executive function as a predictor of success among collegiate baseball players*. Presented at the Association for Applied Sport Psychology (AASP) Conference, Phoenix, AZ, October 1, 2016.
- Coleman (Koon), L.**, Brustad, R.J., Babkes Stellino, M., Akbar, A., Lalonde, A. *An exploration of executive function among older adult athletes and non-athletes*. Presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Portland, OR, June 5, 2015.
- Coleman (Koon), L.**, & Brustad, R.J. *A coach's role in fostering positive youth development and executive function within youth sport*. Presented at the National Coaching Conference (NCC). Washington, DC, June 19, 2014.

- Coleman (Koon), L.**, & Brustad, R.J., Babkes Stellino, M. *Coaching strategies to promote executive function among youth athletes*. Presented at the Association for Applied Sport Psychology (AASP), Las Vegas, NV. October 18, 2014.
- Coleman (Koon), L.**, Davies, M., & Babkes Stellino, M. “*CrossFit*” participation: *Goal involvement and perceived motivational climate*. Presented at the Association for Applied Sport Psychology (AASP). Las Vegas, NV. October 18, 2014.
- Babkes Stellino, M., **Coleman (Koon), L.**, Davies, M.J., & Nichols, B. *Other-initiated motivational climate and youth soccer players’ good and poor sport behaviors*. Presented at the Association for Applied Sport Psychology (AASP). Las Vegas, NV. October 18, 2014.
- Nichols, B., Davies, M., **Coleman (Koon), L.**, & Babkes Stellino, M. *Guidelines for effective coach-initiated motivational climate: Relationship to good and poor sport behavior*. Presented at the National Coaching Coalition (NCC). Washington, DC. June 4, 2014.
- Davies, M.J., **Coleman (Koon), L.**, & Babkes Stellino, M. *Why CrossFit? A qualitative analysis of participant motives*. Presented at the North American Society for Sport Management (NASSM), Pittsburgh, PA. May 28, 2014.
- Coleman (Koon), L.**, & Brustad, R.J. *The effects of a season-long street soccer intervention on a competitive youth soccer player’s enjoyment, motivation and social development*. Presented at the Association of Applied Sport Psychology (AASP) Southwest Regional Student Conference. Denver, CO. April 6, 2013.

University Conference Presentations (nonjuried)

- Koon, L. M.**, Remillard, E., Mitzner, T., & Rogers, W. A. *Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS): Understanding Exercise Challenges & Responses for Adults Aging with a Mobility Impairment*. Presented for the University of Alabama Birmingham/Lakeshore Research Collaborative, Birmingham, AL, January, 2019.
- Koon, L. M.**, Sreenivas, R. S., & Rogers, W. A. *Exploring the Potential of Voice-Activated Digital Assistants for Older Adults’ Health Management*. Health Care Engineering Systems Symposium, College of Engineering at the University of Illinois, Urbana-Champaign. September, 2018.
- Koon, L. M.**, Sreenivas, R. S., McGlynn, S. A., Shishegar, N., Rogers, W. A. *Collaborations in Aging, Research and Technology Symposium (CHART) Pilot Project: Examining the Potential of Digital Home Assistant Technologies for Older Adults* (CHART Symposium), Urbana-Champaign, November, 2017.
- Coleman (Koon), L.**, & Brustad, R.J. *The influence of Physical Activity and Sport on Cognitive Functioning*. Presented at The University Andres Bello: Santiago, Chile, April, 2016.
- Coleman (Koon), L.**, & Brustad, R.J., Babkes Stellino, M. *Coaching strategies to promote executive function among youth athletes*. Presented at the Tenth Annual College of Natural Health and Sciences’ Student Research Celebration, Greeley, CO. April 9, 2015.

Journal Guest Reviewer

Technology in Society
Research Quarterly for Exercise and Sport
Psychology of Sport and Exercise Science
Geriatric Nursing
Sport, Exercise and Performance Psychology
 Abstract Reviewer – Association for Applied Sport Psychology Annual Conference (2016)

Grants and Funded Projects

Voice-Activated Digital Home Assistants to Support Health & Independence of People Aging-in-Place with Long-Term Mobility Impairments (10/1/18 - 9/30/23)

Lyndsie Koon and RS Sreenivas Co-Principal Investigators, Subcontract from Georgia Institute of Technology (\$382,618) as part of Rehabilitation Engineering Research Center (RERC) Technologies to Support Aging-in-Place for People with Long-Term Disabilities from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR, Grant 90REGE0006-01-00).

Koon, L. M., (2017; 2018) Self-Determination through Technology: Understanding Physical Activity Engagement for Older Adults. National Institute of Health (NIH) PA-16-307 Ruth R. Kirschstein National Research Service Award Individual Postdoctoral Fellowship (F32), National Institute on Aging (NIA) [Not funded]

Koon, L. M. & Sreenivas, R. S., (2017) Collaborations in Health, Aging, Research and Technology (CHART) Pilot Grant. *Examining the Facilitators and Barriers to Using a Digital Home Assistant Technology for Older Adults* [\$4,715]

Coleman (Koon), L., Stellino, M.B., & Massey, W. (2016) AASP Research Grant. *Learning through play: The impact of a peer-leadership program on cognitive control in low-income elementary school students* [\$1,374.00]

Coleman (Koon), L., Stellino, M.B., & Brustad, R.J. (2014). AASP Research Grant. *Executive Function as a Predictor of Success among Collegiate Baseball and Volleyball Players* [\$675.00]

2014, 2015 SES Conference & Travel Grant [\$500]

2015 UNC Undergraduate Research Grant

2013, 2014, 2015, 2016 UNC Graduate School - Research & Conference Grants

Professional Consultations in Sport Psychology

<u>Year(s)</u>	<u>Institution/Organization/Person</u>	<u>Role</u>
2013–2016	University of Northern Colorado	Sport psychology consultant to various UNC athletes and teams
2014-Present	Real Sociedad Athletic Club San Sebastian, Spain	Consultant in psychological development program for professional soccer club

Service

<u>Year(s)</u>	<u>Institution/Organization/Person</u>	<u>Role</u>
2018	Brunswick - Treadmill Interface Development/Testing	Consultant (paid)
2017	University of Illinois - Technology, Health, & Aging	Project Consultant
2016	Association for Applied Sport Psychology (AASP)	Abstract Reviewer
2012-2013	Soccer without Borders Greeley, CO	Consultant and Coach
2012-2014	UNC Sport Team & Individual Consultations Greeley, CO	Consultant

Coaching (Paid)

Collierville Soccer Association (Memphis, TN) 2006-2012

Lyon College (Batesville, AR) 2005-2006 Assistant Coach Men's & Women's Soccer

Certifications

National Soccer Coaches Association of America (NSCAA) – National & Advanced National

United States Soccer Federation (USSF) / US Youth Soccer – National Youth License

ACSM, Certified Personal Trainer

American Heart Association

Teaching
University of Illinois, Urbana-Champaign

Guest Lecture

KIN 543	Physical Activity & Cognition	Spring 2019
KIN 247	Introduction to Sport Psychology	Spring 2018

Project Consultant / Grant Reviewer

CHLH 494	Technology, Health and Aging	Fall 2017, 2018
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University of Northern Colorado

Activity Courses Taught:

SES 111	Bowling	Fall 2012
SES 145	Stress Management	Spring 2013 - 2 Sections
SES 146	Group Fitness	Fall 2012, 2014 - 2 Sections

Major Courses Taught:

SCI 291	Scientific Writing	Fall 2016
SES 318	Coaching & Officiating Soccer	Spring 2013
SES 333	Psychological Analysis of Sport, Exercise, & Physical Activity	Fall 2012; Spring 2015
SES 323	Motor Learning (Lecture)	Fall 2013, 2014, 2015, 2016
		Spring 2014, 2015, 2016
SES 323	Motor Learning (Labs)	Fall 2013, 2014, 2015
		Spring 2013, 2014, 2015
		Summer 2014, 2015, 2016
SES 436	Sociology of Sport and Physical Activity (Guest Lecturer)	Fall 2014, Spring 2015
SES 600	Introduction to Graduate Research (Guest Lecturer)	Spring 2015
SES 635	Exercise and Sport Psychology (Guest Lecturer)	Fall 2015

Courses Developed:

SES 323	Motor Learning Labs (Memory, Motor Performance & Vision)	Fall 2014
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References

Dr. Wendy A. Rogers – Professor & Post-Doctoral Advisor
University of Illinois Urbana-Champaign
Department of Kinesiology & Community Health
Human Factors and Aging Laboratory – www.hfaging.org
(217) 300-1470 wendyr@illinois.edu

Dr. Sean Mullen – Associate Professor & Research Advisor
University of Illinois Urbana-Champaign
Department of Kinesiology & Community Health
Exercise, Technology, & Cognition Laboratory – www.exercisetechnologylab.com
(217) 244-4502 spmullen@illinois.edu

Dr. Robert Brustad – Professor & Former Co-Advisor
University of Northern Colorado
School of Sport & Exercise Science – Social Psychology of Sport & Physical Activity
(970)351-1737 bob.brustad@unco.edu

Dr. Megan Babkes Stellino – Professor & Former Co-Advisor
University of Northern Colorado
School of Sport & Exercise Science – Social Psychology of Sport & Physical Activity
(970)351-1737 megan.stellino@unco.edu

Dr. Mary D. Fry – Associate Professor & Former Advisor
University of Kansas
Health, Sport, & Exercise Sciences
(785)864-1862 mfry@ku.edu

Dr. Rena Kirkland – Assistant Professor & Former Committee Member
Adams State University
Psychology
(719)587-7010 rkirkland@adams.edu