

## **Lyndsie M. Koon, Ph.D.**

**Position:**

Assistant Research Professor, Associate Director,  
Research and Training Center on Independent Living  
Life Span Institute  
University of Kansas  
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Courtesy Assistant Professor, Health, Sport, & Exercise Science

Affiliate Faculty Member, Division of Physical Activity & Weight  
Management, Department of Internal Medicine, University of Kansas  
Medical Center

Associate Member and Fellow, Landon Center on Aging, University of  
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1000 Sunnyside Ave.  
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Lawrence, KS, 66045

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**Education:**

2012 - 2017  
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:**

2017-2019  
Post-Doctoral Research Associate  
Human Factors & Aging Laboratory  
Kinesiology & Community Health  
Applied Behavioral Health  
University of Illinois, Urbana-Champaign

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, disability, cognitive function, aging, aging with/into disability, assistive technology, motivation.

Research Areas/Interests:

Exercise and physical activity engagement for people with disability across a lifespan, 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 for individuals with and without disability.

**Publications**

Remillard, E.T., **Koon, L.M.**, Mitzner, T., & Rogers, W.A. (in press) Everyday challenges for individuals aging with vision impairment: Technology implications. *The Gerontologist*.

**Koon, L.M.** Hall, J.P. Arnold, K.A. Donnelly, J.E. Heinrich, K.M. (2023) High-Intensity Functional Training: Perceived Functional and Psychosocial Health-Related Outcomes from Current Participants with Mobility-Related Disabilities. *Sports*, 11, 116. <https://doi.org/10.3390/sports11060116>

Schulz, J. A., **Koon, L. M.**, Greiman, L., Steinlage, H.A., Hall, J. P. (2023) Understanding Successful Transition to Independent Living: A Qualitative Study of Young Adults with Disabilities. *Children and Youth Services Review*. 145, 106691.

Gorczyca, A.M., Washburn, R.A., Smith, P., Montgomery, R.N., **Koon, L.M.**, Hasert, M., Suire, K.B., & Donnelly, J.E. (2022) Feasibility and Comparative Effectiveness for the Delivery of the National Diabetes Prevention Program through Cooperative Extension in Rural Communities. *International Journal of Environmental Research and Public Health*. 19, 9902. <https://doi.org/10.3390/ijerph19169902>.

- Eskandar, M., W. C.W. Giang, S. Motamedi, H. Devos, **L. Koon**, A. E Akinwuntan, A. Kondyli. (2022). Designing a Reminders System in Highly Automated Vehicles' Interfaces for Individuals with Mild Cognitive Impairment. *Frontiers in Future Transportation – Connected Mobility and Automation*. <https://doi.org/10.3389/ffutr.2022.854553>
- Koon, L.**, Greiman, L., Schulz, J., Goddard, K., Nzuki, I., & Hall, J. P. (2021). Examining the effects of the COVID-19 pandemic on community participation for people with mobility disabilities. *Disability and Health Journal*, 101212. doi: <https://doi.org/10.1016/j.dhjo.2021.101212>.
- Greiman, L., **Koon, L.**, Schulz, J. A., & Nary, D. (2021). A usable home: A qualitative investigation of the relationship between home usability and community participation for people with disabilities. *Disability and Health Journal*, 101211. doi: <https://doi.org/10.1016/j.dhjo.2021.101211>
- Remillard, E. T., Campbell, M. L., **Koon, L. M.**, & Rogers, W. A. (2021). Transportation challenges for persons aging with mobility disability: Qualitative insights and policy implications. *Disability and Health Journal*, 101209. <https://doi.org/10.1016/j.dhjo.2021.101209>
- Beer, J. M., Mackin, T. E., Mois, G., **Koon, L. M.**, Datta, A., Mitzner, T. L., & Rogers, W. A. (2021). User attitudes and implementation requirements of a tele-exercise intervention for people aging with lower body mobility impairment. *Gerontechnology*, 20:2. doi: <https://doi.org/10.4017/gt.2021.20.2.6.429.09>
- Schulz, J. A., Ramaswamy, M., Collie-Akers, V., Jordan, S., **Koon, L. M.**, & Tryanski, R. (2021). Understanding the Impact of an Integrated Crisis Team: A Qualitative Study of Emergency Department Staff. *Community Mental Health Journal*, 1-10.
- Koon, L. M.**, Remillard, E. T., Mitzner, T. L., & Rogers, W. A. (2020). Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) for adults aging with a long-term mobility disability. *Disability and Health Journal*, 13(4), 100936.
- Nie, Q., **Koon, L. M.**, Khamzina, M., & Rogers, W. A. (2020, December). Understanding exercise challenges and barriers for older adults with mobility disabilities. In *Proceedings of the Human Factors and Ergonomics Society Annual Meeting* (Vol. 64, No. 1, pp. 1297-1301). Sage CA: Los Angeles, CA: SAGE Publications.
- Blocker, K. A., Kadylak, T., **Koon, L. M.**, Kovac, C. E., & Rogers, W. A. (2020, December). Digital Home Assistants and Aging: Initial Perspectives from Novice Older Adult Users. In *Proceedings of the Human Factors and Ergonomics Society Annual Meeting* (Vol. 64, No. 1, pp. 1367-1371). Sage CA: Los Angeles, CA: SAGE Publications.
- Koon, L. M.**, Khaleighi, R., Blocker, K. A., Rogers, W. A., & Sreenivas, R. S. (2020) On integrating voice-activated digital assistants with smart home technologies to support people with long-term mobility disabilities: Needs assessment, product-selection, and implementation. *Proceedings of the International Conference on Industrial Engineering and Operations Management*.
- Koon, L. M.**, Brustad, R. J., & Babkes Stellino, M. (2019). Social Engagement and Task Complexity: Physical Activity Characteristics and Executive Function among Older Adults. *OBM Integrative and Complementary Medicine. Special Issue: Research of Exercise and Cognitive Function*, 4, 18.
- Koon, L. M.**, McGlynn, S. A., Blocker, K. A., & Rogers, W. A. (2019). Perceptions of Digital Assistants from Early Adopters Aged 55+. *Ergonomics in Design*, 28, no. 1: 16-23.
- 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. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*. (Vol. 63, No. 1, pp. 11-15). Sage CA: Los Angeles, CA: SAGE Publications.
- Koon, L.**, Beer, J., Mitzner, T., Mackin, T., Mois, G., & Rogers, W. (2018). ASSESSING ATTITUDES & USABILITY OF A TELE-TECHNOLOGY EXERCISE PLATFORM FOR PERSONS AGING WITH A MOBILITY IMPAIRMENT. *Innovation in Aging*, 2(Suppl 1), 905.
- 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*. (Vol. 61, No. 1, pp. 21-25). Sage CA: Los Angeles, CA: SAGE Publications.

- 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*, 39(3), 239.
- Davies, M.J., Babkes Stellino, M., Nichols, B.A., & **Coleman (Koon), L.M.** (2015) Other-initiated motivational climate and youth hockey players' good and poor sport behaviors. *Journal of Applied Sport Psychology*, 28, no. 1. pp 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 and submitted)

- Koon, L. M.**, Nzuki, I., & Hall, J. P. (in prep). High-intensity functional training: Effects on functional independence and psychological well-being among adults with disability.
- Koon, L. M.**, Bondarowicz, A., & Rogers, W. A. (in prep). Exploring Exercise Challenges and Solutions for Adults Aging with a Mobility Impairment.
- Koon L. M.**, Mullen, S. & Rogers, W. A. (in prep). Self-Determination through Technology: Increasing Physical Activity for Older Adults

### Technical Reports

- Remillard, E.T., **Koon, L. M.**, Bayles, M. A., Mumma, K. T., Singleton, J.L., & Rogers, W.A. *Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) Phase 2 Development* (TechSage-TR-2301). Rehabilitation Engineering Research Center on Technologies to Support Aging-in-Place for People with Long-Term Disabilities (www. TechSageRERC.org).
- Bayles, M. A., Remillard, E. T., **Koon, L. M.**, Singleton, J. L., & Rogers, W. A. (2021). Subject matter expert interviews for the ACCESS extension to new participant groups (TechSage-TR-2103). Rehabilitation Engineering Research Center on Technologies to Support Aging-in-Place for People with Long-Term Disabilities.
- Shende, S.A., Bayles, M.T., **Koon, L.M.**, Singleton, J.L., & Rogers, W.A. (2021). Coding Scheme for the Deaf Older Adults in the Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) Study (TechSage-TR-2101). Rehabilitation Engineering Research Center on Technologies to Support Aging-in-Place for People with Long-Term Disabilities.
- Koon L. M.**, Khaleghi, R., Sreenivas, R. S., Rogers, W. A. (2019). *Environmental control applications for voice-activated digital home assistants*. (TechSage-TR-1906). Rehabilitation Engineering Research Center on Technologies to Support Aging-in-Place for People with Long-Term Disabilities.
- Koon, L. M.**, Remillard, E. T., Mitzner, T. L., & Rogers, W. A. (2019). Coding for the Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) study. (TechSage-TR-1902). 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. (2020). 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)

- Shende, S. A., **Koon, L.M.**, Singleton, J.L., & Rogers, W.A. (Accepted for 2023, November). *Understanding Challenges and Solutions for Deaf Older Adults*. Gerontological Society of America Annual Scientific Meeting, Tampa, FL.
- Wagner, Gerit; **Koon, Lyndsie M.**; Smith, Patricia; Suire, Kameron B.; Hastert, Mary; Donnelly, Joseph E.; Gorczyca, Anna M. *Rural participant insights into implementation of the National Diabetes Prevention Program*. (2023) To be presented at the Department of Internal Medicine's Research Day, University of Kansas Medical Center.
- Danon, Jessica; Ptomey, Lauren; Helsel, Brian; **Koon, Lyndsie**; Sherman, Joseph; Rice, Annie; Donnelly, Joseph. (2023) *The feasibility of a healthy lifestyle group intervention to promote physical activity and independent cooking skills in young adults with intellectual and development disabilities*. To be presented at the Department of Internal Medicine's Research Day, University of Kansas Medical Center.
- Koon, L.M.**, McDaniel, R.M., Sherman, J., Hall, J.P., Washburn, R.W., & Donnelly, J.E. (2023) *High intensity functional training: Perspectives from current adaptive athletes and coaches*. As part of symposium: CrossFit for Adults with Physical Disabilities. Presented at the American College of Sports Medicine Central States annual meeting. March, 2023.
- Koon, L.**, Sharp, B., Remillard, E., & Rogers, W.A. *Aging with multiple sclerosis: Exploring everyday activity challenges and technology user needs*. As part of symposium: Designing User-Centered Technology to Support People Aging with Disability. Presented at the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) Remote Conference. July, 2022.
- Koon, L.**, A. Akinwuntan, S. Bhattacharya, A. Davidow, A. Davidson, C. Depcik, H. Devos, M. Eskandar, W. Giang, J. Haug, B. Hu, E. Jain, A. Kondyli, D. Kumar, Y. Liu, S. Motamedi, H. Yao, X. Zhao. "Optimizing Automated Driving Systems for People with Cognitive Impairments". Presented at the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) Conference, July, 2022.
- Koon, L. M.**, Nzuki, I., & Hall, J. P. *High-intensity functional training: Effects on functional independence and psychological well-being among adults with disability*. Presented at the 2021 American Public Health Association Annual Meeting and Expo, Denver, CO. October 2021.
- Koon, L. M.**, Remillard, E. T., & Rogers, W. A. *Exploring exercise challenges and response strategies among adults aging with long-term vision disabilities*. Presented at the 2021 American Public Health Association Annual Meeting and Expo, Denver, CO. October 2021.
- Shende, S.A., **Koon, L.M.**, Bayles, M.A., Singleton, J., & Rogers, W.A. *Exploring Health Challenges & Response Strategies Among Older Deaf Adults*. Oral presentation by SAS at the Human Factors and Ergonomics Society International Symposium, Virtual Symposium. April, 2021.
- Koon, L. M.**, Mullen, S. P., & Rogers, W. A. *Self-Determination through Technology: Understanding Physical Activity Engagement for Older Adults*. As part of symposium: Evidence-based Exercise Interventions and Fitness Technologies for Older Adults with Intact or Impaired Cognition. Presented at the Gerontological Society of America (GSA), Virtual Conference, November, 2020.
- Rogers W.A., **Koon L.M.**, & Remillard, E.T. *Understanding everyday activity challenges for individuals aging with multiple sclerosis*. Presented at the American Congress of Rehabilitation Medicine (ACRM) Annual Conference. Virtual Conference, October, 2020
- Koon, L. M.**, Bondarowicz, A. & Rogers, W. A. *Exploring Exercise Challenges & Response Strategies among Adults Aging with Long-Term Mobility Disability*. To be presented at the American Public Health Association (APHA) Annual Conference, San Francisco, CA. Remote, October, 2020
- Kadylak, T., Blocker, K.A., **Koon, L.M.**, Gowrishankar, S., Ramadhani, W.A., Khaleghi, R., Kovac, C., Sreenivas, R.S., & Rogers, W.A. (2020, September). *Developing a suite of voice activated digital home assistant*

*health applications and instructional materials for older adults with mobility disability.* Presented at the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) 2020 Virtual Conference. Arlington, Virginia.

- Nie Q., **Koon, L. M.**, Khamzina, M. & Rogers, W. A. *Understanding exercise challenges and barriers for older adults with mobility disabilities.* Presented at the Human Factors and Ergonomics Society (HFES) Annual Conference. Chicago, IL. Virtual Conference, October, 2020
- Blocker, K. A., Kadylak, T., **Koon, L. M.**, Kovac, C. E., & Rogers, W. A. *Digital home assistants and aging: Initial perspectives from novice older adult users.* Presented at the Human Factors and Ergonomics Society (HFES) Annual Conference. Chicago, IL. Remote, October, 2020
- Koon, L. M.**, Schulz, J. A., & Hall, J. P. *Understanding Successful Transition to Independent Living: A Qualitative Study for Youth with Disability.* Presented at the National Association of Rehabilitation Research and Training Centers (NARRTC) Annual Conference. Arlington, VA. November, 2020.
- Koon, L. M.**, Blocker, K. A., & Rogers, W. A. (November 2019) *Voice-Activated Digital Assistants: Perceptions from Novice Users with Long-Term Mobility Disability.* As part of symposium: Utilizing Technology Networks to Support Social Networks for People Aging with Disability. Gerontological Society of America (GSA) 2019 Annual Conference, Austin, TX.
- Koon, L. M.**, & Rogers, W. A., (November 2019) *Challenges with Managing Health and Basic Daily Activities among People Aging with a Long-Term Mobility Disability: Opportunities for Technology-based Solutions.* 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.
- Blocker, K.A., **Koon, L.M.**, Kadylak, T., Ramadhani, W., Khaleghi, R., Kovac, C., Sreenivas, R.S., & Rogers, W.A. *Smart Home Technologies for Older Adults with Mobility Disabilities: Potential and Challenges.* To be presented at the Gerontological Society of America (GSA), Austin, TX, November, 2019.
- 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. (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 11<sup>th</sup> 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., Stoepker, 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, 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)

Helsel, B., Bodde, A., Dannon, J., Sherman, J., Quaipe, S., & **Koon, L.**, Adapting Physical Activity Measurement and Promotion Strategies for Individuals with Down Syndrome. An AdaptX webinar. October, 2023.

**Koon, L. M.**, Schulz, J. A., & Hall, J. P. *Understanding Successful Transition to Independent Living: A Qualitative Study for Youth with Disability*. Life Span Institution Collaboratory. University of Kansas, Lawrence, KS. January, 2020.

**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

*Disability and Health Journal*

*Research on Aging*

*Sport, Exercise, and Performance Psychology*

*Technology in Society*

*Research Quarterly for Exercise and Sport*

*Psychology of Sport and Exercise Science*

*Geriatric Nursing*

Abstract Reviewer – Association for Applied Sport Psychology Annual Conference



### Grants and Funded Projects

**Koon, L. (2023-2024)** *Exploring the effects of a community-based functional fitness program on frailty among adults aging with mobility disability: A pilot study.* Landon Center on Aging, University of Kansas Medical Center - Pilot Project [\$50,000].

**Koon, L. (2023-2024)** *Functional training for overweight/obese adults with mobility-related disability.* NIH Centers for Biomedical Research Excellence (COBRE) Kansas Center for Metabolism and Obesity Research - Pilot Project [\$50,000].

**Koon, L. (2022-2023)** *Effects of functional fitness for adults with mobility-related disability: A pilot study.* Research Grant Opportunity (GO), Office of Research, University of Kansas [\$30,000].

**Koon, L. M., (2021-2023)** *Self-Determination through Technology: Understanding Physical Activity Engagement for Manual Wheelchair Users.* New Faculty General Research Fund, Office of Research, University of Kansas. [\$20,000].

90REGE0006-01-11 HHS Administration on Community Living 10/01/2018-09/30/2023  
Wendy Rogers (PI), Role: Co-Investigator (**Koon**)  
Technologies to Support Aging-in-Place for People with Long-Term Disabilities (TechSAge)

R61 AG078967-01 Lauren Ptomey (PI), Role: Co-Investigator (**Koon**) 07/01/2022-06/30/2027  
The Impact of Weight Loss on Alzheimer's Disease Risk in Adults with Down Syndrome

R01 DK116669 Joseph Donnelly (PI), Role: Co-Investigator (**Koon**) 04/01/2018-03/31/2024  
Weight Management for Adults with Mobility Related Disabilities

*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 Sport & Exercise Science Conference & Travel Grant [\$500]

2015 University of Northern Colorado Undergraduate Research Grant

2013, 2014, 2015, 2016 University of Northern Colorado Graduate School - Research & Conference Grants

### Professional Consultations & Service

<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

2014-2018	Real Sociedad Athletic Club San Sebastian, Spain	Consultant in psychological development program for professional soccer club
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**Service**

<u>Year(s)</u>	<u>Institution/Organization/Person</u>	<u>Role</u>
2022-Present	Down Syndrome Association for Families of NE	Board Member
2021-Present	High-Intensity Functional Training (Down syndrome)	Founder/Coach
2021-Present	National Down Syndrome Society	Athlete Ambassador
2020-Present	Special Olympics (Kansas/Nebraska)	Volunteer
2021-2022	Mentoring Circles for Disability Inclusion, University	
2019-2021	Mentoring Circles for Disability Inclusion, University of Kansas	Mentor/Mentee
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

2022-present CrossFit Level 1 – Certified Trainer  
2019-present Adaptive and Inclusive Trainer – Adaptive Training Academy (www.ata.fit)  
2010-present National Soccer Coaches Association of America (NSCAA) – National & Advanced National  
2011-present United States Soccer Federation (USSF) / US Youth Soccer – National Youth License  
2005-2014 ACSM, Certified Personal Trainer  
2005-present American Heart Association

**Teaching  
University of Kansas**

Guest Lecture

HSES 798	Advanced Writing in Sport & Exercise Psychology	Spring 2020
ABSC 893	Special Topics in Disability Policy	Spring 2020

**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

**Mentor**

Rylie McDaniel, Undergraduate and Graduate Research Assistant. University of Kansas. Awarded Undergraduate Research Award (UGRA; \$1,000). *Exploring Exercise Challenges and Response Strategies Among Adults Aging with Long-Term Vision Disabilities*, Spring, 2023

Bethanie Sharp, Undergraduate and Graduate Research Assistant. University of Kansas, Student Employee of the Year Nominee and Finalist, Spring 2022.

Alyse Bondarowicz, Undergraduate Research Symposium. *Exercise and Technology Intervention Strategies to Support Aging in Older Adults with Mobility Disability*. University of Illinois, Urbana-Champaign, Spring 2020

Jennifer Lee, Student Aging Researchers in Training (START). *Understanding Challenges and Solutions of Maintaining Diet and Nutrition for Adults Aging with a Mobility Disability* University of Illinois, Urbana-Champaign, Spring 2019

Edward Lam, Master's in Public Health. *Exploring Older Adults Motivations and Managements through Physical Activity Technology*. University of Illinois, Urbana-Champaign, Spring 2018

**References**

Dr. Jean P. Hall – Professor  
University of Kansas, Life Span Institute  
Director, Research and Training Center on Independent Living [www.rtcil.org](http://www.rtcil.org)  
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Dr. Wendy A. Rogers – Professor & Post-Doctoral Advisor  
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Human Factors and Aging Laboratory – [www.hfaging.org](http://www.hfaging.org)  
(217) 300-1470 [wendyr@illinois.edu](mailto:wendyr@illinois.edu)

Dr. Sean Mullen – Associate Professor & Research Advisor  
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Department of Kinesiology & Community Health  
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(217) 244-4502 [spmullen@illionis.edu](mailto:spmullen@illionis.edu)

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