
Marquette University
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2012 – 2017 University of Illinois, Urbana-Champaign, Ph.D., Kinesiology

2008 – 2012 University of Iowa, B.S., Integrative Physiology

2018 – current Clinical Assistant Professor
Program in Exercise Science
Department of Physical Therapy
Marquette University

Fall 2022 Instructor – EXPH 3180: Exercise Testing and Prescription
Instructor – EXPH 3600: Contemporary Issues in Sport and Exercise Science

Spring 2022 Instructor – EXPH 1020: Personal Health and Wellness
Instructor – EXPH 3500: Health Behavior

Spring 2021 Instructor – EXPH 1020: Personal Health and Wellness
Instructor – EXPH 3500: Health Behavior
Instructor – EXPH 3600: Contemporary Issues in Sport and Exercise Science

Fall 2020 Instructor – EXPH 2045: Principles of Human Physiology
Instructor – EXPH 2046: Principles of Human Physiology Lab

Summer 2020 Instructor – EXPH 1020: Personal Health and Wellness

Spring 2020 Instructor – EXPH 1020: Personal Health and Wellness

Fall 2019 Instructor – HOPR 3957: Mission to Mars

Laboratory Assistant – EXPH 2115 Section 403: Exercise Physiology & Bioenergetics
 Clinical Instructor – EXPH 3986 Practicum: Neuro Recovery Clinic

Spring 2019 Instructor – EXPH 2931: Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance
 Clinical Instructor – EXPH 2931: Children’s Wellness
 Laboratory Instructor – BISC 2015: Surface Anatomy & Palpation

Fall 2018 Laboratory Assistant – EXPH 2115 Section 403: Exercise Physiology & Bioenergetics

2021 – current Faculty advisor – Marquette University Women’s Strength Club

2017 – 2018 Postdoctoral Research Fellow
 Beckman Institute for Advanced Science and Technology
 University of Illinois, Urbana-Champaign

2012 – 2017 Graduate Research Assistant
 Exercise Neuroscience Research Laboratory
 Department of Kinesiology & Community Health
 University of Illinois, Urbana-Champaign

2015 – 2017 Graduate Teaching Assistant
 KIN 122: Physical Activity & Health

2014 – 2015 KIN 448: Exercise & Health Psychology
 Department of Kinesiology & Community Health
 University of Illinois, Urbana-Champaign

2015 – 2016 Graduate Research Assistant
 Immunophysiology and Behavior Laboratory
 Department of Animal Sciences
 University of Illinois, Urbana-Champaign

2012 – 2014 Research Assistant
 Fire Service Institute
 University of Illinois, Urbana-Champaign

ACSM Certified Exercise Physiologist (CEP). February 2018.

Certificate in Foundations of Teaching. Center for Innovation in Teaching and Learning.
University of Illinois Urbana-Champaign. May 2016.

Neurostatus Expanded Disability Status Scale assessor. July 2013.

Preparedness, Motivation, and Barrier Self-efficacy for Physical Activity in a Sample of United States Veterans. *Society of Behavioral Medicine*. Phoenix, AZ. April 2023.

Understanding Physical Activity and Well-being. *Society of Behavioral Medicine*. Phoenix, AZ. April 2023.

Objectively Quantified Physical Activity in Persons with MS. *Consortium of Multiple Sclerosis Centers*. Orlando, FL, May 2013.

Klaren, R.E. & Motl, R.W. *Sedentary Behavior in Multiple Sclerosis*. Advances in Medicine and Biology. Volume 111. Nova Science Publishers, Inc., Hauppauge, NY, 2017.

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Motl, R.W., Learmonth, Y.C., Klaren, R.E., & Hilligoss, M. *Using the Exercise Arrow to Hit the Target of Multiple Sclerosis*. Doing Exercise Psychology. Human Kinetics, Champaign, IL, 2014.

Motl, R.W., Sandroff, B.M., Pilutti, L.A., Cutter, G.R., Aldunate, R., Kidwell-Chandler, A., Bollaert, R.E. Phase-III, randomized controlled trial of the behavioral intervention for increasing physical activity in people with multiple sclerosis. *Journal of Neurological Rehabilitation*, 2014, 28(1), 1-10.

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Sebastiao, E., Klaren, R.E., Hubbard, E.A., Motl, R.W. Fitness and its association with fatigue in persons with multiple sclerosis. Scandinavian Journal of Medicine and Science in Sports. 2017;27(12):1776-1784.

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Klaren, R.E., Stasula, U., Steelman, A.J., Hernandez J., Pence, B.D., Woods, J.A., Motl, R.W. Effects of exercise in a relapsing-remitting model of experimental autoimmune encephalomyelitis. Journal of Neuroscience Research. 2016;94(10):907-14.

Klaren, R.E., Sandroff, B.M., Fernhall, B., Motl, R.W. Comprehensive profile of cardiopulmonary exercise testing in persons with multiple sclerosis. Sports Medicine. 2016;46(9):1365-79.

Klaren, R.E., Hubbard, E.A., Zhu, W., Motl, R.W. Reliability of accelerometer scores for measuring sedentary and physical activity behaviors in persons with multiple sclerosis. Adapted Physical Activity Quarterly. 2016;33:195-204.

Motl, R.W., Sebastiao, E., Klaren, R.E., McAuley, E., Stine-Morrow, E.A.L., Roberts, B.W. Physical activity and healthy aging with multiple sclerosis: Literature review and research directions. European Neurological Review. 2016;12(1):29-33.

Klaren, R.E., Sebastiao, E., Chiu, C.Y., Kinnett-Hopkins, D., McAuley, E., Motl, R.W. Levels and rates of physical activity in older adults with multiple sclerosis. Aging & Disease. 2016;7(3):278-84.

Klaren, R.E., Hubbard, E.A., Motl, R.W., Pilutti, L.A., Wetter, N.C., Sutton, B.P. Objectively measured physical activity is associated with brain volumetric measurements in multiple sclerosis.

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Preliminary evidence from a randomized controlled trial. Archives of Physical Medicine and Rehabilitation. 2014;95(7):1283-8.

Motl, R.W., Learmonth, Y.C., Pilutti, L.A., Dlugonski, D., Klaren, R. Validity of minimal clinically important difference values for the multiple sclerosis walking scale-12? European Neurology. 2014;71(3-4):196-202.

Klaren, R.E., Horn, G.P., Fernhall, B., Motl, R.W. Accuracy of the VO₂peak prediction equation in firefighters. Journal of Occupational Medicine and Toxicology. 2014;9:17.

Sandroff, B.M., Klaren, R.E., Pilutti, L.A., Motl, R.W. Oxygen cost of walking in persons with multiple sclerosis: disability matters, but why? Multiple Sclerosis International. 2014;2014:162765.

Sandroff, B.M., Motl, R.W., Pilutti, L.A., Learmonth, Y.C., Ensari, I., Dlugonski, D., Klaren, R.E., Balantrapu, S., Riskin, B.J. Accuracy of StepWatch (TM) and ActiGraph accelerometers for measuring steps taken among persons with multiple sclerosis. BioMed Central Neurology. 2014;9(4):e93511.

Pilutti, L., Dlugonski, D., Sandroff, B., Klaren, R., Motl, R. Randomized controlled trial of a behavioral intervention targeting symptoms and physical activity in multiple sclerosis. Multiple Sclerosis Journal. 2014;20(5):594-601.

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Motl, R.W., Sosnoff, J.J., Dlugonski, D., Pilutti, L.A., Klaren, R., Sandroff, B.M. Walking and cognition, but not symptoms, correlate with dual task cost of walking in multiple sclerosis. Gait Posture. 2014;39(3):870-4.

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Klaren, R.E., Motl, R.W., Dlugonski, D., Sandroff, B.M., Pilutti, L.A. Objectively quantified physical activity in persons with multiple sclerosis. Archives of Physical Medicine and Rehabilitation. 2013;94(12):2342-8.

Learmonth, Y.C., Dlugonski, D., Pilutti, L.A., Sandroff, B.M., Klaren, R., Motl, R.W. Psychometric properties of the Fatigue Severity Scale and the Modified Fatigue Impact Scale. Journal of the Neurological Sciences. 2013;331(1-2):102-7.

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Contemporary Clinical Trials. 2013;35(1):151-8.

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Baynard, T., Griffith, G.J., Wee, S.O., McMillian, N.J., Bollaert, R.E., Motl, R.W., Fernall, B. Exercise, subclinical atherosclerosis and walking mobility in multiple sclerosis. Medicine & Science in Sports & Exercise.