

# **CURRICULUM VITAE**

## **Rachel E. Bollaert (Klaren), Ph.D., ACSM CEP**

### **Institutional Address**

Marquette University  
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### **Education**

2012 – 2017            University of Illinois, Urbana-Champaign, Ph.D., Kinesiology  
2008 – 2012            University of Iowa, B.S., Integrative Physiology

### **Professional Positions**

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

**Professional Memberships**

American College of Sports Medicine (ACSM), Member

**Scholarships**

CMSC-ACTRIMS Scholarship to Attend the Annual Meeting. National Harbor, MD, June 2016.

Paul D. Doolen Graduate Scholarship for the Study of Aging. University of Illinois. Spring 2016.  
CMSC-ACTRIMS Scholarship to Attend the Annual Meeting. Dallas, TX, May 2014.

### **Awards**

Way Klingler Teaching Enhancement Travel Award. Marquette University. September 2019.

Beckman Institute Postdoctoral Fellowship. Beckman Institute for Advanced Science and Technology. University of Illinois at Urbana-Champaign. Spring 2017.

Laura J. Huelster Award. University of Illinois Urbana-Champaign. Department of Kinesiology & Community Health. Spring 2017.

Benjamin H. Massey Memorial Award. University of Illinois Urbana-Champaign. Department of Kinesiology & Community Health. Spring 2016.

CMSC-ACTRIMS Best Platform Presentation in Patient and Family Rehabilitation. Dallas, TX, May 2014.

### **Funding**

Clinical & Translational Science Institute (CTSI) of Southeast Wisconsin Pilot Translational and Clinical Studies Program. Integrated Clinical and Research Ensembles (ICRE) Award. *The Long-term Effects of COVID-19 on Physical Function and the Best Practices for Clinical Rehabilitation*. Role: Co-Investigator. \$30,000.00. May 2021.

Clinical & Translational Science Institute (CTSI) of Southeast Wisconsin Pilot Translational and Clinical Studies Program. Integrated Clinical and Research Ensembles (ICRE) Award. *Feasibility of Yoga as Exercise for the Treatment of Posttraumatic Stress Disorder in Veterans*. Role: Primary Investigator. \$30,000.00. May 2021.

Public Health and Equity Minor Course Development Grant. Marquette University. \$400.00. December 2019.

Marquette University Athletic and Human Performance Research Center Pilot Award. *Exercise for Veterans with PTSD*. Role: Primary Investigator. \$15,000.00. October 2019.

National Institutes of Health (NIH) Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (F31). *Exercise Guidelines for Older Adults with Multiple Sclerosis*. April 2016. Impact Score: 32. (Application only – Not awarded).

### **Certificates**

Parkinson Wellness Recovery (PWR)!Moves Certified Therapist. July 2019.

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.

### **Presentations**

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 Wellness in Veterans with Posttraumatic Stress Disorder: A Conventional Content Analysis Approach. *American College of Sports Medicine*. San Diego, CA. June 2022.

Aging and MS. Session Chair. *MS Virtual 2020: 8<sup>th</sup> Joint ACTRIMS-ECTRIMS Meeting*. September 2020.

Exercise Benefits, Prescription, and Promotion for Individuals with Multiple Sclerosis. *American Congress of Rehabilitation Medicine*. Chicago, IL, November 2019.

The Intersection of Physical Function, Cognitive Performance, Aging, and Multiple Sclerosis: A Cross-Sectional Comparative Study. *American College of Sports Medicine*. Orlando, FL, June 2019.

Preliminary Validation of the Virtual Short Physical Performance Battery in Older Adults with Multiple Sclerosis. *American College of Sports Medicine*. Denver, CO, May 2017.

Comprehensive Profile of Cardiopulmonary Exercise Testing in Ambulatory Persons with Multiple Sclerosis. *Consortium of Multiple Sclerosis Centers*. National Harbor, MD, June 2016.

Levels and Rates of Physical Activity in Older Adults with Multiple Sclerosis. *Consortium of Multiple Sclerosis Centers*. National Harbor, MD, June 2016.

Impact of a home-based exercise intervention on fitness and walking outcomes in persons with MS: Preliminary results. *Consortium of Multiple Sclerosis Centers*. Indianapolis, IN, May 2015.

Effect of voluntary exercise on the pathogenesis of experimental autoimmune encephalomyelitis. *Consortium of Multiple Sclerosis Centers*. Indianapolis, IN, May 2015.

Impairment and disability in persons with MS: do functional performance or functional limitations matter? *Consortium of Multiple Sclerosis Centers*. Indianapolis, IN, May 2015.

Efficacy of a behavioral intervention for reducing sedentary behavior in persons with multiple sclerosis: A pilot examination. *Consortium of Multiple Sclerosis Centers*. Dallas, TX, May 2014.

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

### **Book Chapters**

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.

Motl, R.W. & Klaren, R.E. *Physical Activity Behavior in Multiple Sclerosis: Definition, Rates, Outcomes, and Safety*. Nutrition and Lifestyle in Neurological Autoimmune Diseases: Multiple Sclerosis. Elsevier, Academic Press, 2017.

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

### **Publications**

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 Multiple Sclerosis Project: Secondary, patient-reported outcomes. Contemporary Clinical Trials. 2022. In press.

Motl, R.W., Sandroff, B.M., Pilutti, L.A., Cutter, G.R., Aldunate, R., Kidwell-Chandler, A., Bollaert, R.E. Primary Results of a Phase-III, Randomized Controlled Trial of the Behavioral Intervention for increasing Physical Activity in Multiple Sclerosis. Contemporary Clinical Trials. 2022. In press.

Kim, J., Bollaert, R.E., Cerna, J., Adamson, B.C., Robbs, C.M., Khan, N.A., Motl, R.W. Moderate-to-vigorous physical activity is associated with retinal neuronal and axonal integrity in persons with multiple sclerosis. *Neurorehabilitation and Neural Repair*. 2022. In press.

Bollaert, R.E. As cited in Aging Well with MS: Exercise is Medicine. The Motivator. Multiple Sclerosis Association of America. Summer/Fall 2022. Pgs 17–20.

Bollaert, R.E., Jones, C.D., Silic, P., Motl, R.W. Depression, anxiety, and physical activity in older adults with multiple sclerosis. Journal of Aging and Physical Activity. 2022. In press.

Bahmani, D.S., Bollaert, R.E., Kidwell, A.L., Motl, R.W. Resilience among older adults with multiple sclerosis: Patterns and correlates. Multiple Sclerosis and Related Disorders. 2022;57:103360.

Hibner, B.A., Hilgenkamp, T.I.M., Schroeder, E.C., Motl, R.W., Bollaert, R.E., Griffith, G., Grigoriadis, G., Baynard, T., Fernhall, B. Physical activity and peak oxygen consumption are associated with walking in multiple sclerosis. Multiple Sclerosis and Related Disorders. 2020;40:101941.

Bollaert, R.E., Cook, D.B., Ng, A.V., Motl, R.W. Do persons with multiple sclerosis accurately perceive effort during exercise? Physiotherapy Practice and Research. 2020;41(1):43-51.

Motl, R.W. & Bollaert, R.E. Sedentary behavior in persons with multiple sclerosis: Is the time ripe for targeting a new health behavior? Kinesiology Review. 2019;8(1):63-69.

Bollaert, R.E., Sandroff, B.M., Stine-Morrow, E.A.L., Sutton, B.P., Motl, R.W. The intersection of cognitive performance, physical function, aging, and multiple sclerosis: a cross-sectional comparative study. Cognitive and Behavioral Neurology. 2019;32(1):1-10.

Bollaert, R.E. & Motl, R.W. Aging with multiple sclerosis: An agenda for examining the effects of physical activity behavior. Topics in Geriatric Rehabilitation. 2019;35(3):183-189.

Bollaert, R.E. & Motl, R.W. Self-efficacy and physical and cognitive function in older adults with multiple sclerosis. International Journal of MS Care. 2019;21(2):63-69.

Sebastiao, E., McAuley, E., Shigematsu, R., Adamson, B., Bollaert, R.E., Motl, R.W. Home-based, square-stepping exercise program among older adults with multiple sclerosis: results of a feasibility randomized controlled study. Contemporary Clinical Trials. 2018;73:136-144.

Motl, R.W., Sandroff, B.M., Wingo, B., McCroskey, J., Pilutti, L.A., Cutter, G., Bollaert, R.E., McAuley, E. Phase-III, Randomized Controlled Trial of the Behavioral Intervention for increasing Physical Activity in Multiple Sclerosis: Project BIPAMS. Contemporary Clinical Trials. 2018;71:154-161.

Bollaert, R.E., Poe, K., Hubbard, E.A., Motl, R.W., Pilutti, L.A., Johnson, C.L., Sutton, B.P. Associations of functional connectivity and walking performance in multiple sclerosis. Neuropsychologia. 2018;117:8-12.

Sebastiao, E., Bollaert, R.E., Hubbard, E.A., Motl, R.W. Gait variability and energy cost of over-ground walking in persons with multiple sclerosis: A cross-sectional study. American Journal of Physical Medicine & Rehabilitation. 2018;97(9):646-650.

Boes, M.K., Bollaert, R.E., Learmonth, Y.C., Kesler, R.M., Petrucci, M.N., Hsiao-Wecksler, E.T., Motl, R.W. Six-minute walk performance in persons with multiple sclerosis while using passive or powered ankle-foot orthoses. Archives of Physical Medicine and Rehabilitation. 2018;99(3):484-490.

Motl, R.W., Bollaert, R.E., Sandroff, B.M. Validation of the Godin Leisure-Time Exercise Questionnaire classification coding system using accelerometry in multiple sclerosis. Rehabilitation Psychology. 2018;63(1):77-82.

Kesler, R.M., Ensari, I., Bollaert, R.E., Motl, R.W., Hsiao-Wecksler, E.T., Rosengren, K.S., Fernhall, B., Smith, D., Horn, G.P. Physiological response to firefighting activities of

various durations using extended duration and prototype SCBA. Ergonomics. 2018;61(3):390-403.

Bollaert, R.E. & Motl, R.W. Physical and cognitive function, physical activity, and sedentary behavior in older adults with multiple sclerosis. Journal of Geriatric Physical Therapy. (2017, In press).

Motl, R.W., Hubbard, E.A., Bollaert, R.E., Adamson, B.C., Kinnett-Hopkins, D., Balto, J.M., Sommer, S.K., Pilutti, L.A., McAuley, E. Randomized controlled trial of an e-learning designed behavioral intervention for increasing physical activity behavior in multiple sclerosis. Multiple Sclerosis Journal – Experimental, Translational, and Clinical. 2017;3(4):2055217317734886.

Sandroff, B.M., Bollaert, R.E., Pilutti, L.A., Peterson, M.L., Baynard, T., Fernhall, B., McAuley, E., Motl, R.W. Multimodal exercise training in multiple sclerosis: A randomized controlled trial in persons in the second stage of the disease. Contemporary Clinical Trials. 2017;61:39-47.

Bollaert, R.E., Marsh, A.P., Cutter, G.R., Motl, R.W. The Virtual Short Physical Performance Battery: Psychometric properties and validation in older adults with multiple sclerosis. Journal of Applied Gerontology. 2017. 1-14.

Kesler, R.M., Klieger, A., Boes, M.K., Hsiao-Wecksler, E.T., Klaren, R.E., Learmonth, Y., Motl, R.W., Horn, G.P. Egress efficacy of persons with multiple sclerosis during simulated evacuations. Fire Technology. 2017;53(6):2007-2021.

Edwards, T., Klaren, R.E., Motl, R.W., Pilutti, L.A. Further characterization & validation of the oxygen uptake efficiency slope for persons with multiple sclerosis. Journal of Rehabilitation Medicine. 2017;49:234-240.

Motl, R.W., Sandroff, B.M., Pilutti, L.A., Klaren, R.E., Baynard, T., & Fernhall, B. Physical activity, sedentary behavior, and aerobic capacity in persons with multiple sclerosis. Journal of the Neurological Sciences. 2017;372:342-346.

Klaren, R.E., Sasaki, J.E., McAuley, E., Motl, R.W. Patterns and predictors of change in moderate-to-vigorous physical activity over time in multiple sclerosis. Journal of Physical Activity & Health. 2017;14(3):183-188.

Klaren, R.E., Hubbard, E.A., Wetter, N.C., Sutton, B.P., Motl, R.W. Objectively measured sedentary behavior and brain volumetric measurements in multiple sclerosis. Neurodegenerative Disease Management. 2017;7(1):31-37.

Klaren, R.E., Balto, J.M., Sandroff, B.M., Chaparro, G., Hernandez, M.E., Motl, R.W. Preliminary evidence for the effects of aging and multiple sclerosis on cognitive performance: An analysis based on effect size estimates. Experimental Aging Research. 2017;43(4):346-354.

Klaren, R.E., Sandroff, B.M., McAuley, E., Motl, R.W. Is aging associated with cognitive function in multiple sclerosis? Current Trends in Neurology. 2016;10:33-37.

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.

Sandroff, B.M., Balto, J.M., Klaren, R.E., Sommer, S.K., DeLuca J, Motl, R.W. Systematically-developed pilot randomized controlled trial of exercise and cognition in persons with multiple sclerosis. Neurocase. 2016;22(5):443-450.

Ensari I., Motl R.W., Klaren, R.E., Fernhall B., Smith, D.L., Horn, G.P. Firefighter exercise protocols conducted in an environmental chamber: Developing a laboratory based simulated firefighting protocol. Ergonomics. 2017;60(5):657-668.

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. Behavioural Neurology. 2015;2015:482536.

Pilutti, L.A., Sandroff, B.M., Klaren R.E., Learmonth, Y.C., Platta, M.E., Hubbard, E.A., Stratton, M., Motl, R.W. Physical fitness assessment across the disability spectrum in multiple sclerosis: a comparison of testing modalities. Journal of Neurologic Physical Therapy. 2015;39(4):241-9.



Ezeugwu, V., Klaren, R.E., Hubbard, E.A., Motl, R.W., Manns, P. Mobility disability and pattern of accelerometer-derived sedentary and physical activity behaviours in people with multiple sclerosis. Preventive Medicine. 2015;2:241-6.

Sandroff, B.M., Klaren, R.E., Motl, R.W. Relationships among physical inactivity, deconditioning, and walking impairment in persons with multiple sclerosis. Journal of Neurologic Physical Therapy. 2015;39(2):103-10.

Motl, R.W., Dlugonski, D., Pilutti, L.A., Klaren, R.E. Does the effect of a physical activity behavior intervention vary by characteristics of persons with multiple sclerosis? International Journal of MS Care. 2015;17(2):65-72.

Klaren, R.E., Pilutti, L.A., Sandroff, B.M., Motl, R.W. Impairment and disability in persons with MS: do functional performance or functional limitations matter? Psychology, Health & Medicine. 2015;27:1-7.

Sosnoff, J.J., Klaren, R., Dlugonski, D., Pilutti, L.A., Motl, R.W. Reliability of clinically feasible gait analysis in multiple sclerosis. Gait and Posture. 2015;41(3):860-2.

Griffith, G., Klaren, R.E., Motl, R.W., Baynard, T., Fernhall, B. Experimental protocol of a randomized controlled trial investigating exercise, subclinical atherosclerosis, and walking mobility in persons with multiple sclerosis. Contemporary Clinical Trials. 2015;41:280-6.

Horn, G.P., Kesler, R.M., Motl, R.W., Hsiao-Wecksler, E.T., Klaren, R.E., Ensari, I., Petrucci, M.N., Fernhall, B., Rosengren, K.S. Physiological responses to simulated firefighter exercise protocols in varying environments. Ergonomics. 2015;58(6):1012-21.

Kesler, R.M., Hsiao-Wecksler, E.T., Motl, R.W., Klaren, R.E., Ensari, I., Horn, G.P. A modified SCBA facepiece for accurate metabolic data collection from firefighters. Ergonomics. 2015;58(1):148-59.

Klaren, R.E., Hubbard, E.A., Motl, R.W. Efficacy of a behavioral intervention for reducing sedentary behavior in persons with multiple sclerosis: a pilot examination. American Journal of Preventive Medicine. 2014;47(5):613-6.

Klaren, R.E., Motl, R.W., Woods, J.A., Miller, S.D. Effects of exercise in experimental autoimmune encephalomyelitis (an animal model of multiple sclerosis). Journal of Neuroimmunology. 2014;274(1-2):14-9.

Learmonth, Y.C., Sandroff, B.M., Pilutti, L.A., Klaren, R.E., Ensari, I., Riskin, B.J., Holtzer, R., Motl, R.W. Cognitive motor interference during walking in multiple sclerosis using an alternate-letter alphabet task. Archives of Physical Medicine and Rehabilitation. 2014;95(8):1498-503.

Pilutti, L.A., Dlugonski, D., Sandroff, B.M., Klaren, R.E., Motl, R.W. Internet-delivered lifestyle physical activity intervention improves body composition in multiple sclerosis:

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 VO<sub>2</sub>peak 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.

Motl, R.W., McAuley E., Klaren, R. Reliability of physical activity measures over six months in adults with multiple sclerosis: implications for designing behavioral interventions. Journal of Behavioral Medicine. 2014;40(1):29-33.

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.

Sandroff, B.M., Klaren, R.E., Pilutti, L.A., Dlugonski, D., Benedict, R.H., Motl, R.W. Randomized controlled trial of physical activity, cognition, and walking in multiple sclerosis. Journal of Neurology. 2014;261(2):363-72.

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.

Motl, R.W., Pilutti, L.A., Sandroff, B.M., Klaren, R., Balantrapu, S., McAuley, E., Sosnoff, J.J., Fernhall, B. Rationale and design of a clinical trial investigating a comprehensive

exercise stimulus for improving walking outcomes in persons with multiple sclerosis. Contemporary Clinical Trials. 2013;35(1):151-8.

### **Submitted Manuscripts**

Jeng, B, Silic, P., Bollaert, R.E., Sandroff, B.M., Motl, R.W. Physical function across the lifespan in adults with multiple sclerosis: An application of the Short Physical Performance Battery. Multiple Sclerosis and Related Disorders.

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.