

RESEARCH AND PROFESSIONAL EXPERIENCE

Research Scientist

June 2007 – Present

The Institute on Aging, University of North Carolina at Chapel Hill, North Carolina

- Project Lead for developing and managing the “Falls Practice Improvement Network” a statewide initiative to improve clinical practice across disciplines and settings around falls screening, assessment, and intervention. This initiative is funded by the Carolina Geriatric Education Consortium, a Health and Human Services HRSA funding initiative.
- Primary Investigator The UNC Institute on Aging “Bringing Basic Scientist to Aging” Internal Grant: “Adapting and assessing the Wii Fit as an effective balance improvement intervention for older adults”. Total funding: \$20,000. Tiffany Shubert, PI. This pilot study will develop and evaluate software games appropriate for older adults and then will assess the effect on cognition and balance after participation in a twelve-week intervention.
- Project coordinator for “Get Some Balance In Your Life”, a pilot study to assess the effects of an exercised-based balance intervention based at the Seymour Center in Chapel Hill, North Carolina
- Course instructor for UNC Chapel Hill School of Medicine and Division of Physical Therapy, responsible for developing and teaching the geriatric content for the entry level and transitional DPT programs. Developed core geriatric content for the UNC SOM including the creation and piloting of an “Objective Structured Clinical Exam” for third and fourth year medical students to assess geriatric functional assessment and falls risk skills.
- UNC Physical Therapy Faculty Practice: Responsible for developing satellite geriatric specialty clinic at the Chapel Hill Seymour Center, mentoring physical therapy and medical students during observations and clinical rotations, and contributing to the development of a multi-disciplinary falls risk assessment clinic. Currently practicing in the “Geriatric Evaluation Clinic”, responsible for evaluating and treating patients and mentoring geriatric fellows.
- Lead author and project coordinator for the North Carolina Roadmap for Healthy Aging. Responsible for developing and teaching workshops to train multi-agency healthy aging teams to implement and sustain evidence-based health promotion program in 20 counties in 2009, and disseminating the Roadmap to community and healthcare providers to facilitate the implementation of evidence-based health promotion programs throughout the state.

Research Fellow

August 2006 – May 2007

The Institute on Aging, University of North Carolina at Chapel Hill, North Carolina

- Project coordinator for SENIOR grant, a joint interagency project between the Institute on Aging, the North Carolina Division of Public Health and Division of Adult and Aging Services to develop and disseminate the North Carolina Roadmap for Healthy Aging.
- Course instructor for UNC Chapel Hill School of Medicine, responsible for developing and teaching geriatric functional assessment to third year medical students. This interactive course is held at local retirement communities, and provides opportunities for students to interact with older adult volunteers.
- Course instructor for University of North Carolina Chapel Hill Division of Physical Therapy, responsible for developing and teaching an online advanced geriatrics course for the doctoral clinical students and teaching the geriatrics course for master’s students.

Graduate Student**August 2002 – November 2006***Curriculum in Human Movement Science, University of North Carolina at Chapel Hill, North Carolina*

- Dissertation thesis: Quantifying Frequency and Variety of Activity in Older Adults: Relationships with Physical and Cognitive Performance.
- Developed a pilot community based exercise leader training program
- Physical therapist for interdisciplinary geriatric evaluation clinic
- Mentor for undergraduate and master's students thesis and course projects
- Project coordinator for three separate funded studies, The EXCITE project studying motor recovery post stroke, the Be Alive as Long as You Live project, and the Carol Woods Healthy Aging project.

Project Coordinator**January 2000 – August 2002***Nandrolone and Exercise Trial, San Francisco VA Medical Center, San Francisco, California*

- Recruited 80 hemodialysis patients to participate in a study assessing effects of strength training and nandrolone deconate on muscle mass and physical function.
- Administered pre and post test assessments and intervention.

Physical Therapist**October 1997 – August 2002***Kaiser Permanente Medical Center, San Francisco, California*

- Evaluated and treated a variety of diagnoses in outpatient setting.
- Developed a recovering from breast cancer workshop for all post surgical patients
- Developed a lymphedema and recovering from breast cancer management program

RESEARCH INTERESTS

- Determining the role of motion control video games to promote health for older adults
- Identifying appropriate interventions to improve balance and decrease falls in older adults
- Translating and disseminating evidence based exercise interventions to video games for older adults
- Evaluating the effect on health outcomes of continuity of care models linking community providers offering evidence-based health promotion programs to physicians and physical therapists

EDUCATION

The University of North Carolina, Chapel Hill, Chapel Hill, North CarolinaHuman Movement Science Program, Motor Control/Motor Learning
(Ph.D completion November, 2006)

Graduation

May 2007

UC San Francisco/San Francisco State University

Program in Physical Therapy

Master of Physical Therapy

August 1997

University of California, San Diego

Communication Department

Bachelor of Arts, Cum Laude

June 1992

PROFESSIONAL SOCIETIES AND AWARDS

International Society for Aging and Physical Activity

2005 - present

Gerontological Society of America

2002 - present

American Physical Therapy Association, Geriatric and Research Sections

2000 - present

The Gordon H. Defriese Career Development in Aging Research Award	2006
Carolina Program in Aging and Health Care Research, Predoctoral Fellowship	2005
Adopt-A-Doc Award, Geriatrics, American Physical Therapy Association	2005 - 2003
Robertson Scholar, UNC Chapel Hill Graduate School, 2003	2003
Promotion of Doctoral Studies Scholarship, American Physical Therapy Association	2003-2004
Mary McMillan Doctoral Scholarship Award, American Physical Therapy Association	2002
Merit Fellowship, University of North Carolina Graduate School	2002-2003
Graduate Student Distinguished Achievement Award, San Francisco State University	1997
Professional Education Scholarship, California Physical Therapy Education Fund	1996
Kean Scholarship, University of California, San Francisco	1996
Cum Laude, University of California at San Diego	1992

CERTIFICATION/LISCENSURE

- North Carolina Board of Physical Therapy Examiners, License # 8927
- California Physical Therapy Association, Physical Therapy License #22610
- Manual Lymph Drainage Certified Specialist, 1998

RESEARCH SUPPORT

- 2010: The Carolinas Geriatric Education Center Consortium Grant. Total funding \$1.3 million. Responsible for developing and assessing statewide falls practice improvement network. Role: Co-investigator. J. Busby-Whitehead, PI.
- 2009: The UNC Institute on Aging “Bringing Basic Scientist to Aging” Grant: *Adapting and assessing the Wii Fit as an effective balance improvement intervention for older adults*. Total funding: \$20,000. Tiffany Shubert, PI.
- 2008 - 2010: National Association of Chronic Disease Directors Senior Grant HA2008. Total funding: 25,000. Tiffany Shubert, PI; Audrey Edmisten and Sharon Rhyne, co-investigators.
- 2006-2007: National Association of Chronic Disease Directors Senior Grant, HA2006-II. Total funding: 15,000. Role: Project manager
- 2006-2007: The Donald W. Reynolds Foundation, *Geriatrics Practice and Teaching Program*. Total funding \$2,000,000. J Busby-Whitehead and Ellen Schneider, PI. Role: Consultant
- 2003: Glenn/AFAR Scholarships for Research in the Biology of Aging: *Effects of exercise on angiogenesis in the hippocampus of geriatric mice*. PI: Tiffany Shubert, Dr. Henriette van Praag, Mentor

TEACHING EXPERIENCE

Lectures

- “The Role of Physical Therapy for Geriatric Patients” – a two hour lecture for the UNC School of Pharmacy, Course DPPE 800, Advanced Geriatric Pharmacy, Spring 2010, 2011
- “Physical Therapy, Aging, and Falls Prevention” – A two-hour lecture of the UNC School of Public Health, Nutrition 615, Fall, 2010.
- Aging, Exercise, and Cognition – a two hour lecture for first year Doctor of Physical Therapy students, Duke University, November, 2009.
- Accessing and Utilizing Community Resources: Establishing Continuity of Care – a two hour lecture for first year Doctor of Physical Therapy Students, Duke University, November, 2008.

- Falls: Risk Factors, Screening Tools, Interventions – A one hour lecture for UNC Physical Medicine and Rehabilitation Residents, Geriatric Education Series, October, 2008.
- Assessing Gait in Older Adults: What Walking Can Tell You – a one hour lecture for first, second and third year family practice residents. UNC Chapel Hill, School of Medicine, Spring, 2007.
- The Stealth Geriatrician: How to find out what you need to know from older adults – a two hour lecture/lab for third year medical students starting their internal medicine rotation. 2006-present
- Assessing Physical Function in Older Adults – a two hour lecture/lab for first year MPT students that includes practicing assessment on older adults who volunteer to attend the class. Spring, 2005- 2007.
- Physical Performance Testing and Patients with Dementia: What you need to know – A 45 minute presentation to the UNC CH second year medical students. Fall, 2005, 2006
- The Role of Physical Therapy in Geriatric Assessment – a two hour lecture in MEDI 485/AHSC 285/SOWO 285 Interdisciplinary Teamwork in Geriatrics, University of North Carolina at Chapel Hill. Fall 2004, 2005
- The Role of Physical Performance Testing in Geriatrics: What Walking Can Tell You – a one hour lecture for the second year medical students, University of North Carolina at Chapel Hill. Fall 2004
- Developmental Changes in Adulthood: The Aging Process – a three hour lecture in DPT 510 Human Life Sequence, Elon College, Department of Physical Therapy Education. Summer 2004
- Physical Performance and Older Adults – a one hour lecture for MEDI 486 /AHSC 311 Current Topics in Geriatric Health Care, Program on Aging, University of North Carolina at Chapel Hill. Spring 2004
- Geriatric Team Assessment – a one hour lecture for the first year medical students, special interest block, University of North Carolina at Chapel Hill. Spring 2004
- Physical Performance in the Clinical Setting – Grand Rounds, family practice residents with Dr. Amrit Singh, University of North Carolina at Chapel Hill Family Practice. Spring 2004
- Multiple Co-Morbidities and Multiple Physical Therapy Issues: A Case Study – a two hour lecture in PHYT 236 Physical Therapy for Older Adults, University of North Carolina at Chapel Hill. Spring 2003
- End Stage Renal Disease and Older Adults – Evaluating and Treating the Complex Patient: A Case Study – a two hour lecture in PHYT 236 Physical Therapy for Older Adults, University of North Carolina at Chapel Hill. Spring 2003
- The Role of Physical Therapy in Geriatric Population - a one hour lecture for the first year medical students, special interest block, University of North Carolina at Chapel Hill. December 2002

Courses

- Physical Therapy for Older Adults (PHYT 736) – a two unit course for the entry-level DPT program; University of North Carolina at Chapel Hill, Division of Physical Therapy. Spring, 2009
- Advanced Patient Management I (PHYT 820) – a four credit online course for the transitional DPT program; University of North Carolina at Chapel Hill, Division of Physical Therapy. Fall 2007 - 2011
- Advanced Geriatrics (PHYT 890) – a three credit online course for the transitional DPT program, University of North Carolina at Chapel Hill, Division of Physical Therapy. Spring 2007, 2008
- Physical Therapy for Older Adults (PHYT236) – primary instructor (Spring 2005, 2007) and co-coordinator (Spring 2004) for a two credit advanced topics required course for second year MPT students, University of North Carolina at Chapel Hill, Division of Physical Therapy
- The Scientific Basis of Human Motion: Neural Basis and Behavioral Aspects (HMSC 200B) - a three credit course for post-professional (MS and PhD) students, University of North Carolina at Chapel Hill, Division of Physical Therapy, co-instructor. Fall 2004

- Developmental Motor Control (HMSC 387) – a one to three credit seminar course for Masters and Doctoral Level Students, University of North Carolina at Chapel Hill, Division of Physical Therapy, co-coordinator. Spring 2003

Graduate Supervision/Student Activities

Undergraduate Level:

- Faculty advisor for Exercise and Sports Science Fitness and Professional Track Clinical Experience, Spring 2010
- Mentor for Summer Undergraduate Research Fellowship student, Summer 2009. Responsible for co-mentoring a computer science student developing a computer game for the Nintendo Wii Fit to be used by older adults to improve balance.
- Mentor for exercise science students, Fall 2007 – Fall 2008. Responsible for training students to be “spotters” for the “Get Some Balance In Your Life” program. Trained students in how to work with older adults in an exercise setting, mentored students in how to instruct class.
- Preceptor for Nursing and Medical Students, Summer 2007. Responsible for mentoring students assisting with an exercise-based balance intervention. Training students in data collection, subject recruitment, interacting and educating older adults.
- Preceptor for Exercise Science honors thesis project, Fall 2005 – Spring 2006; Responsible for assisting with thesis development, training in data collection, and reviewing thesis document.
- Preceptor for Health Information Policy Independent Study, Fall 2005; Responsible for mentoring undergraduate student during a 20 hour/week independent study focusing research with older adults in the community, including data collection, data management, and project management skills,

Masters Level:

- Faculty advisor for Exercise and Sports Science Externship program, Spring 2011
- Faculty advisor for Information and Library Science Master’s Thesis, Summer 2010 – Spring 2011
- Faculty advisor for 2nd year MBA student, Launch the Venture, Fall 2010
- Faculty advisory for 3rd year DPT student research rotation Fall 2009
- Advisor for five UNC Transitional Online DPT students 2008 – 2009, 2009-2010.
- Preceptor for DPT student completing a geriatric specialty clinical experience, Summer 2008. Responsible for developing geriatric specialty rotation that included experiences in the community, clinical, and research setting.
- Advisor for MPT research group, Fall 2007 – Spring 2008: Responsible for mentoring master’s students in their development of a research project based on a balance intervention for older adults. Contributed to development of research question, data collection, analysis and presentation. This abstract was submitted and accepted to the APTA Combined Sections Meeting 2009, and won the “Carol Woods” award at the 2008 UNC Aging Exchange.
- Student Preceptor at Geriatric Evaluation Clinic, Spring 2004 – Present. Responsible for introducing physical therapy students to the interdisciplinary clinic, and providing mentorship during their geriatric rotation.
- Group Project Advisor, MEDI291/491: Rural and Underserved: An Interdisciplinary Approach to Health Care, Spring, 2005. Responsible for working with an interdisciplinary student group to contact key members in community based older adults services, to survey those members to develop appropriate health promotion interventions, and implementing one intervention during a semester long course.

- Co-Advisor for MPT research group, Fall 2004 – Spring 2005: Responsible for developing a research topic addressing physical activities of older adults in rural North Carolina. This project resulted in a presentation at a state and national conference.
- Preceptor for MPT Students: Student Health Action Coalition (SHAC) – Precept physical therapy students at weekly free clinic organized and operated by an interdisciplinary team composed of medicine, social work, physical therapy and nursing students, University of North Carolina at Chapel Hill, Division of Physical Therapy (2004-2005)
- Advanced Master’s Level: Co-Advisor and committee member for exercise physiology MS student. Spring 2002 Thesis topic: “The relationship between balance confidence and performance on tests of physical function in older adults”
- Preceptor for MPT Students: Responsible for conducting practical exams for first and second year MPT students, University of North Carolina at Chapel Hill, Division of Physical Therapy (2002-2005)

INVITED PAPERS, LECTURES, PRESENTATIONS

- **Shubert TE**, Translating Research to Practice: Falls Prevention Across the Continuum of Care, Foundations of Falls Management, Roles, and Falls Screening/Assessment. Genesis Rehabilitation Services, Balance and Falls Special Interest Group Annual Meeting, Charlotte, NC, May 2011.
- **Shubert, TE** “Utilizing the evidence-based Otago Exercise Program to Prevent Patient Falls”. The Association of Home and Hospice Care of North Carolina, 39th Annual Convention and Exposition, Raleigh-Durham, NC May 2-4, 2011.
- **Shubert, TE**. “Linkages Across Community Interventions and Clinical Care Practice”. CDC Falls Prevention Expert Panel. Decatur, GA. December 14-15, 2010.
- **Shubert TE**. “Introducing Older Adults to Wii-Hab: Lessons Learned for your Clinical Practice”; North Carolina Physical Therapy Association Fall Conference; Robert Latz, primary speaker; Greensboro, NC; October, 2010.
- **Shubert TE**. “Functional Training for Patients with Dementia: Maximizing Mobility, Minimizing Falls” Genesis Rehabilitation Services 2nd Annual Dementia Summit: Bridging the Gap Across Disciplines, Charlotte, NC, October, 2010.
- **Shubert TE.**, Rhyne S., “The North Carolina Roadmap for Healthy Aging: How a Community-based Wiki Can Build Infrastructure for Health Promotion Programming”. Healthy Aging Grand Rounds. The National Association of Chronic Disease Directors, Webinar format. September, 2010
- **Shubert TE**. “Falls in Older Adults: Preventing the #1 Reason for an ED visit”, Trauma Nurses Learning Series, UNC Hospital. University of North Carolina Health Care System, Chapel Hill, NC August, 2010.
- **Shubert TE**. “Evidence-Based Exercise Prescription to Prevent Falls” The American Physical Therapy Association Section on Geriatrics, Exercise, Physical Activity, and Aging Conference (EXPAAC), Indianapolis, IN; July 28-31.
- **Shubert TE**. “The Yin and Yang of Wii-hab and Aging” 6th Annual Games for Health Conference, Boston, MA; May 25-27, 2010.
- **Shubert TE**. “Falls in Older Adults: Preventing the #1 Reason for an ED visit”, 21st Annual May Day Trauma Conference, University of North Carolina Health Care System, Chapel Hill, NC May, 2010.
- **Shubert TE** “Falls Prevention: Screening tools, interventions, and community resources”, 21th Annual Challenges in Geriatric Practice Conference, The Center for Aging and Health. Chapel Hill, NC; February, 2010.

- **Shubert, TE.** “Complex Older Adult Patients Along the Continuum of Care: Progression to Wellness” Health Care Professional Seminars, LLC. Tampa, FL, November, 2009.
- **Shubert, TE.** “Managing Falls Risk in Home Health: Keeping your patients out of the hospital and in the home” Peninsula Home Care, Salisbury, MD October 2009.
- **Shubert, TE.** Edmisten, A. “Roadmap for Healthy Aging”. Prevention for Healthier Communities: The 17th Annual Healthy Carolinians Conference and NCIOM Prevention Summit. Greensboro, NC October, 2009.
- **Shubert, TE.** “Managing Falls Risk: Screening Tools, Interventions and Developing Continuity of Care. The Association for Home and Hospice Care of North Carolina Annual Meeting. Durham, NC, April, 2009.
- **Shubert TE,** Caprio, A. “Making Long Term Care Fun to Learn: Innovative Educational Strategies: The Stealth Geriatrician”, American Medical Directors 2009 Annual Symposium. Charlotte, NC; March, 2009
- **Shubert TE.** “A Community-Based Intervention to Improve Balance: A Pilot Study”, The UNC Institute on Aging Seminar Series. Chapel Hill, NC; November, 2008
- Streets, D, Watson, L, **Shubert, TE.** “The North Carolina Roadmap for Healthy Aging” North Carolina Conference on Aging. Greenville, NC; October, 2008
- **Shubert, TE.** “Developing a Safe and Effective Community-Based Balance Improvement Program”, North Carolina Conference on Aging. Greenville, NC; October, 2008
- **Shubert TE,** Caprio, A. “The Stealth Geriatrician”, American Geriatrics Society Annual Meeting, Washington, D.C.; April, 2008
- **Shubert TE,** Altpeter, MA, Rhyne, S, Edimisten A. “Creating Sustainable Partnerships for Efficient and Effective Health Care Promotion”, Aging in America, National Council on Aging and the American Society on Aging, Washington, D.C; March, 2008
- Caprio, A, **Shubert TE.** “Best Practices for Teaching and Assessing Falls: Methods for teaching and evaluating medical student skills in assessing and older adult’s risk for falling”, Reynolds Foundation and Association of Directors of Geriatric Academic Programs, Annual Meeting. St. Louis, MO; 2008
- **Shubert TE** “Falls: Risk Factors, Screening Tools, Interventions”, 19th Annual Challenges in Geriatric Practice Conference, The Center for Aging and Health. Chapel Hill, NC; February, 2008
- Giuliani, CA, Austin, M, Barret K, **Shubert TE,** Busby-Whitehead, J. “Rewards and Challenges of a Community-based Wellness Program: Blending Service, Education, and Research”, APTA Combined Sections Meeting. Nashville, TN; February, 2008
- **Shubert TE,** “Frequency and Variety of Activities in Older Adults: The Development of the Variety of Activity Questionnaire”, The Aging Exchange, University of North Carolina at Chapel Hill. March, 2007
- **Shubert TE,** “Quantifying Frequency and Variety of Activity in Older Adults: Relationships with Physical and Cognitive Performance”, Dissertation defense, UNC Chapel Hill. Chapel Hill, NC; November, 2006
- **Shubert TE,** “Peer Led Exercise in Senior Centers: A Pilot Program”, North Carolina Conference on Aging. Durham, NC; October, 2006
- **Shubert TE,** “Tools to Assess Physical Function”, 17th Annual Challenges in Geriatrics Conference. University of North Carolina Program on Aging. Chapel Hill, NC; February, 2006
- **Shubert TE.** “Angiogenesis and Neurogenesis in the Hippocampus of the Aging Mouse Brain: The Effects of Exercise”. Human Movement Science Doctoral Seminar, UNC Chapel Hill, Chapel Hill, NC; May, 2004
- **Shubert TE.** “How are measurements of static and dynamic balance associated with functional performance?” Human Movement Science Research Day, UNC. Chapel Hill, NC, April, 2004
- **Shubert TE,** Aochi, N, Painter, T. “Strength Training with Hemodialysis Patients: A pilot study.” Presentation at: Golden Gate Chapter of the American Physical Therapy Association. May 1997

PEER-REVIEWED PUBLICATIONS

1. **Shubert TE**, Altpeter MA, Giuliani CA, Busby-Whitehead J. “Using the RE-AIM Framework to translate a research-based falls prevention intervention into a community-based program: Lessons Learned. Submitted to Journal of Public Safety.
2. Schneider, E., **Shubert, TE.**, Harmon, K. “Addressing the Escalating Public Health Issue of Falls”. The North Carolina Medical Journal. 2010;71: 1 – 8.
3. **Shubert, TE.** Giuliani, CA, McCulloch, K, Hartman, M. “The effect of an exercise-based balance intervention on physical and cognitive performance of older adults: A pilot study” JGPT 2010;33:157-164.
4. **Shubert, TE.** “The Use of Commercial Video Games to Promote Physical Activity in Older Adults”, Annals of Long-Term Care: Clinical Care and Aging. 2010;18:27-32
5. Streets, D, Devlin, L, **Shubert TE.** North Carolina’s Roadmap for Healthy Aging. The North Carolina Medical Journal. 2008;69:370-371.
6. Gordon PL, Sakkas GK, Doyle JW, **Shubert, TE,** Johansen KL. “Relationships between vitamin D, muscle size, muscle strength in patients on hemodialysis”. JRen Nutr. 2007;17:397-407
7. **Shubert TE**, Caprio, A. “The Stealth Geriatrician: How To Find Out What You Need To Know From Your Older Adult Patients.” The Portal of Geriatric Online Education (POGOe) 2006. Available at <http://www.pogoe.org> , product ID18920
8. Johansen KL, Painter PL, Sakkas GK, Gordon P, Doyle J, **Shubert T.** Effects of Resistance Exercise Training and Nandrolone Decanoate on Body Composition and Muscle Function among Patients Receiving Hemodialysis: A Randomized, Controlled Trial. J Am Soc Nephrol. 2006;17: 2307-14.
9. Sakkas GK, Kent-Braun JA, Doyle JW, **Shubert T,** Gordon P, Johansen KL. Effect of diabetes mellitus on muscle size and strength in patients receiving dialysis therapy. Am J Kidney dis. 2006;47:862-9.
10. **Shubert TE**, Schrodt LA, Mercer VA, Busby-Whitehead J, Giuliani CA. Are Scores on Balance Screening Tests Associated with Mobility in Older Adults? JGPT. 2006;29:33-39.
11. van Praag H, **Shubert T,** Zhao C, Gage FH. Exercise enhances learning and hippocampal neurogenesis in aged mice. J Neurosci. 2005;25:8680-8685.
12. Johansen KL, Sakkas GK, Doyle J, **Shubert T,** Dudley RA. Exercise counseling practices among nephrologists caring for patients on dialysis. Am J Kidney Dis. 2003;41:171-8.
13. Johansen KL, **Shubert T,** Doyle J, Soher B, Sakkas GK, Kent-Braun JA. Muscle atrophy in patients receiving hemodialysis: Effects on muscle strength, muscle quality, and physical function. Kidney Int. 2003;63:291-297.

CONFERENCE PROCEEDINGS AND PUBLISHED ABSTRACTS

1. Thompson, C., Barlow, T., **Shubert, TE.** *Silver Gamers: Understanding Wii Usability Challenges For Older Adults.* 7th Annual Aging Exchange. Chapel Hill, NC, April, 2011.
2. McCulloch, K, **Shubert, TE,** Hartman, M, Giuliani, CA. *Community-Based Group Exercise Program With Dual-Task Training Components Improves Balance During Dual-Task Conditions In Ambulatory Older Adults.* 3rd International Congress on Gait & Mental Function Washington, D.C., February, 2010.
3. Woodyard, D, Roberts, E, Caprio, A, **Shubert, T,** Howard, K, Busby-Whitehead, J, Hobgood, C. “Can Medical Students Correctly Identify the Need for Falls Risk Assessment in the Elderly?” International Meeting for Simulation in Healthcare (IMSH); Phoenix, AZ, January 2010.

4. Roberts, E, **Shubert, TE**, Caprio A, Woodyard, D, Gregory, P, Busby-Whitehead, J. "Falls Risk Objective Structured Clinical Examination (OSCE): Creative Approach to Geriatric Education". Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA, November 2009.
5. Roberts, E, **Shubert, TE**, Caprio A, Woodyard, D, Busby-Whitehead, J. *A Comprehensive Assessment for Falls Risk Using Elderly Standardized Patients*. Association of Standardized Patient Educators Annual Meeting, Las Vegas, Nevada, June, 2009.
6. **Shubert, TE**, McLaurin, M, Marinello, M, Edmundson, E. *Does Participation in a 12 Week Balance Intervention Result in Improved Performance on Balance Measures and Balance Confidence*. Combined Sections Meeting of the American Physical Therapy Association, Las Vegas, Nevada, February, 2009.
7. **Shubert, TE**, Lynn, MR, Giuliani, CA. *Frequency and Variety of Activities In Older Adults: The Development of the Variety of Activity Questionnaire*. Annual Scientific Meeting of the Gerontological Society of America, San Francisco, California, November 2007.
8. **Shubert TE**, Roberts E, Caprio A, Busby-Whitehead J. "Introducing Geriatric Physical Performance Measures To Medical Students: The Experience With The Second-Year Curriculum." Annual Scientific Meeting of the Gerontological Society of America, San Francisco, California, November 2007
9. Roberts, E, **Shubert, TE**, Caprio, A, Woodyard, D, Bynum, D, Fergueson, A, Klipstein, C, Strong, D, Hobgood, C, Busby-Whitehead, J. *Training and Assessing Medical Students in Falls Risks for Geriatric Patients*. Association for American Medical Colleges, Geriatric Competencies Conference, July 2007.
10. **Shubert, TE**, Edmisten, A, Reaves, J, Rhyne, S, Schneider, E, Altpeter, M. *North Carolina Evidence-Based Health Promotion: Partnerships for Success*. Healthy Aging Research Symposium. February, 2007.
11. **Shubert, TE**, McCulloch, KL, Giuliani, CA. *Walking dual task performance in older adults: feasibility of three cognitive tasks and associations among measures of balance and attention*. JGPT. 2006;29:132
12. **Shubert, TE**, Berry C, Nichols J, Nunes M, Overman J, Giuliani, CA. *The relationship of variety and total amount of activity to performance on measures of physical and cognitive function in older adults: a pilot study*. JGPT. 2005;(3)28.
13. **Shubert TE**, van Praag H. *Running versus Sedentary Behavior: The Effects on Angiogenesis in the Hippocampus of Young and Old Male Mice*. Gerontologist. 2004; 44:22.
14. Peterson M, **Shubert TE**, Foxworth J, Giuliani C. *Association of a Gait Speed Threshold with Osteoarthritis in a Retirement Community*. Gerontologist. 2004;44:166.
15. Foxworth J, Giuliani C, Peterson M, Busby-Whitehead J, **Shubert TE**. *Using Performance Measures for Identifying Functional Difficulty Secondary to Pain in Patients with Osteoarthritis*. Gerontologist. 2004; 44:1353.
16. **Shubert TE**, Watson TC, Giuliani CA. *The relationship between self-report of physical activity and performance on the Physical Performance Test and gait speed in the geriatric population*. JGPT. 2003;47.
17. Sakkas G, Kent-Braun JA, Doyle JW, **Shubert TE**, Johansen KL. *Leptin Is Associated With Intramuscular Fat Content But Not With Muscle Tissue Area?* American College of Sports Medicine Annual Meeting, May 2003.
18. **Shubert TE**, Zabolitzki ZA, Schrodt LA, Hunter RA, Giuliani CA. *How are measurements of static and dynamic balance associated with performance on functional mobility assessments?* The Gerontologist. 2003; 43:383.
19. **Shubert TE**, Doyle J, Sakkas G, Kent-Braun J, Johansen K. *Functional reach and leg muscle composition in hemodialysis patients compared to controls*. JGPT. 2002;25.
20. **Shubert TE**, Doyle J, Kent-Braun J, Johansen K. *MRI Imaging of Tibialis Anterior Compartment: A Comparison of Muscle Properties between Hemodialysis Patients and Controls*. American Society of Nephrology Annual Meeting, October 2001.

21. Sakkas, G, **Shubert T**, Doyle J, Johansen K. *Heparin Dose and Lower Leg Muscle Cross Sectional Area in patients on hemodialysis*. American Society of Nephrology Annual Meeting, October 2001.

NON-PEER REVIEWED PUBLICATIONS

1. **Shubert, TE**. “University of North Carolina, CGEC: Falls Practice Improvement Network”. GEC Pipeline. National Association of Geriatric Education Centers. 2011;23:pg 5.
2. **Shubert, TE**. “The use of exergames to promote active ageing”; *Cybertherapy and Rehabilitation*. 2010;2:34-35.
3. Ugrinsky, R., **Shubert, TE**. “Reaching Out to Prevent Falls in Rural and Isolated Areas” *Gerinotes*. 2010;3:18-25.

COMMUNITY PRESENTATIONS

1. Shubert, TE, Weisner, S. “How to Implement and Sustain Evidence-Based Health Promotion Programs”. A four hour workshop presented to Area Agency on Aging Region R. Funded by NACDD Senior Grant March 25, 2009.
2. Shubert, TE, Weisner, S. “How to Implement and Sustain Evidence-Based Health Promotion Programs”. A four hour workshop presented to Area Agency on Aging Region O. Funded by NACDD Senior Grant March 25, 2009.
3. Shubert, TE. “Falls, What You Need to Know” An informational talk for SAS, October 2007.
4. Shubert, TE. “Talk More Walk More Think More!” A health promotion and wellness talk presented to ten Senior Centers in Orange, Durham, Chatham and Wake counties, North Carolina 2005 – 2006
5. Shubert, TE. “Simple Things to Do to Age Well” A health promotion and wellness talk presented to St. Augusta Missionary Baptist Church, October 2005.
6. Shubert, TE. Exercise Leader Training Program. A 6 hour training session for lay volunteers. Durham County Senior Centers and Department of Parks and Recreation, August – October 2005
7. Shubert, TE. How older adults can exercise safely in the heat. Presentation at Durham YMCA, July 2005
8. Shubert, TE. Community Based Exercise for Seniors: Duke Street Senior Center, April 15, 2005
9. Shubert TE. Exercise and Arthritis: What you need to know. Presentation at: UNC Wellness Center, October 20, 2004; Chapel Hill, North Carolina
10. Shubert TE. Exercise to Prevent Falls. Presentation at: Carolina Village: October 2002; Hendersonville, North Carolina
11. Shubert TE. Exercise and Breast Cancer: The Facts. Presentation at: Kaiser Permanente Oncology Meeting, May, 1999; San Francisco, California