

FALL 2011 RESEARCH FORUM



Richard A. Winett, PhD

Heilig Meyers Professor of Psychology
Director, Center for Research in Health Behavior
Director of Clinical Science Training Virginia Tech
Center for Gerontology Faculty Affiliate

Resistance Training and Disease Prevention and Treatment: Translating Basic and Behavioral Sciences Into Practice

Thursday, October 20, 2011

2:00 - 3:00 pm

Fralin Auditorium

Dr. Winett's research focuses on health behavior, particularly the intersection of health psychology and public health, and the development of primary and secondary prevention programs linked to nutrition, physical activity, and exercise. Dr. Winett, in addition to his publications in psychology and public health, has published studies in exercise science, specifically focused on resistance training.