

## CURRICULUM VITAE AND LIST OF PUBLICATIONS

### I. CURRICULUM VITAE

#### 1. Personal Details

Name: Ayelet Dunsky

Place and Date of Birth: Israel, August 18, 1969

Marital Status: Married, 3 children

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## 2. Higher Education

- 1995 Zinman College of Physical Education and Sport Sciences, Wingate Institute.  
Teaching certificate. Major: Physical Education
- 1996 Zinman College of Physical Education and Sport Sciences, Wingate Institute,  
B.Ed. Graduated Cum Laude. Major: Posture Cultivation & Preventive Exercise
- 1998 Sport Coaching: Swimming, School of Coaches, Wingate Institute
- 2001 Haifa University in collaboration with the Zinman College of Physical Education  
and Sport Sciences, Wingate Institute. MA. Major: Biomechanics.
- 2006 Haifa University. PhD. Subject: Motor imagery for gait rehabilitation in post-  
stroke hemiparesis

## 3. Academic Ranks and Tenure in Institutes of Higher Education

- 1993-2001 Academic Assistant, The Biomechanics Laboratory, Zinman College of  
Physical Education and Sport Sciences, Wingate Institute
- 2000- 2007 Biomechanics, Kinesiology and Biomechanics of the Elderly, Instructor  
in the Life Sciences Department, Zinman College of Physical Education  
and Sport Sciences, Wingate Institute
- 2001-2002 Biomechanics and Kinesiology, Instructor in the Life Sciences  
Department, Kaye Academic College of Education, Beer-Sheba
- 2003-2004 Biomechanics, Instructor in the Physical Therapy Department, Faculty of  
Social Welfare and Health Studies, University of Haifa
- 2007 Academic appointment at the rank of Lecturer
- 2007- 2013 Biomechanics, Kinesiology and Biomechanics of Elderly. Tenured  
Lecturer in the Life Sciences Department, Zinman College of Physical  
Education and Sport Sciences, Wingate Institute
- 2014-2015 Assistant Professor Guest, Department of Biomedical Engineering,  
Technion - Israel Institute of Technology.
- 2014-present Biomechanics, Kinesiology and Biomechanics of Elderly. Senior  
Lecturer in the Life Sciences Department, Zinman College of Physical  
Education and Sport Sciences, Wingate Institute

#### 4. Administrative Positions in Institutes of Higher Education

1998-2001	Coordinator Editorial Board, Movement – Journal of Physical Education and Sport Sciences, Zinman College of Physical Education and Sport Sciences, Wingate Institute
2008-2011	Academic Assistant to Head of School of Exercise and Sport Sciences, Zinman College of Physical Education and Sport Sciences, Wingate Institute
2010	Coordinator of Study Day, Parkinson's disease, innovations in science and applications in physical activity. As part of the Physical Activity for the Elderly Population Department, Zinman College of Physical Education and Sport Sciences, Wingate Institute.
2011	Coordinator of Study Day, 'Alzheimer's disease, innovations in science and applications in physical activity' within the framework of the Physical Activity for the Elderly Population Department , Zinman College of Physical Education and Sport Sciences, Wingate Institute
2011-2013	Member of the Discipline Committee at Zinman College of Physical Education and Sport Sciences, Wingate Institute
2011-2013	Member of the Scholarship Committee at Zinman College of Physical Education and Sport Sciences, Wingate Institute
2012-present	Member of the Ethics Committee at Zinman College of Physical Education and Sport Sciences, Wingate Institute
2012-present	Academic Assistant to Head of School of Exercise and Sport Sciences, Zinman College of Physical Education and Sport Sciences, Wingate Institute
2012	Vice Chairman of the Organizing Committee, The 2012 Wingate Congress of Exercise and Sport Sciences
2012	Coordinator of Study Day: Osteoporosis, innovations in science and applications in physical activity, within the framework of the Department of Physical Activity for the Elderly Population, Zinman College of Physical Education and Sport Sciences, Wingate Institute
2013	Coordinator of Study Day: Falls among the elderly, innovations in science and applications in physical activity, within the framework of

the Department of the Physical Activity for the Elderly Population track, Zinman College of Physical Education and Sport Sciences, Wingate Institute

- 2013-2014 Chairman of the Organizing Committee, The 2014 Wingate Congress of Exercise and Sport Sciences
- 2014 Head of Department of Physical Activity for the Elderly Population
- 2015 Coordinator of Study Day: Aging is not what you thought!, within the framework of the Department of the Physical Activity for the Elderly Population track, Zinman College of Physical Education and Sport Sciences, Wingate Institute

### 5. Scholarly Positions and Activities outside the University

- 1994-2000 Biomechanics Teaching Coordinator, School of Coaches, Wingate Institute
- 1994-2000 Biomechanics Instructor at the School of Coaches, Wingate Institute
- 2001- present Physical Activity for the Elderly, Instructor, Zichron Country Club, Zichron-Yaakov.
- 2007 Coordinator of Study Project, Combined Physical Activity for Children with the Elderly, within the framework of Educational Initiatives - Contribution to the Community Project, The Department of Physical Activity for the Elderly Population
- 2007 Coordinator of Study Day, Combined Physical Activity for Elderly Arabs and Jews, within the framework of Educational Initiatives - Contribution to the Community Project, The Department of Physical Activity for the Elderly Population
- 2010-2011 Reviewer for the Archives of Physical Medicine and Rehabilitation Journal
- 2011, 2015 Reviewer for the Journal of Aging and Physical Activity
- 2011-2014 Reviewer for the Gerontologist Journal.
- 2012, 2014 Member of the EGREPA Organization
- 2013 Member of the ESB Organization
- 2015 Reviewer for the EURAPA

2015

Reviewer for the Adapted Physical Activity Quarterly

## 6. Presentations in conferences and other Invited Addresses

- The 2nd Research Fair of the Faculty of Social Welfare and Health Sciences. 13.1.04. Poster presentation: Case Report: Motor imagery for gait rehabilitation in post-stroke hemiparesis.
- The 3rd Research Fair of the Faculty of Social Welfare and Health Sciences. 9.6.05. Poster presentation: Motor imagery practice in gait rehabilitation in chronic post-stroke hemiparesis: Four case studies.
- The 7th National Fair of the Israeli Physiotherapy Society. 22.3.07. Lecture: Home-based motor imagery training for gait rehabilitation of individuals with chronic post-stroke hemiparesis.
- The 2010 Wingate Congress of Exercise & Sport Sciences. 4.6.10. Lecture: Motor imagery practice of gait rehabilitation in chronic post-stroke hemiparesis.
- The 2010 Wingate Congress of Exercise & Sport Sciences. 6.6.10. Lecture: Level of physical activity and body composition in old age – Results from the Israel national health and nutrition survey – Mabat Zahav.
- The 9<sup>th</sup> European IUHPE health promotion conference, Health and Quality of life – health, economy, solidarity. 28.9.12. Lecture: Aerobic fitness and multidomain cognitive function in cardiac patients.
- The 19th Congress of the European Society of Biomechanics. 27.8.13. Lecture: No acute effect of specific and non-specific warm-up on the rate of torque development of knee extensors in explosive isometric contraction.
- The 10th Congress of the European Union Geriatric Medicine Society. 19.9.14. Poster presentation: Dual-task training using virtual reality: Influence on walking and balance in individuals post-stroke.
- The 20th International Symposium on Adapted Physical Activity. 11.6.15. Lecture: The Effect of Acute Aerobic and Resistance Exercise on Executive Function and Attention of Adults.

- BioMedWomen - International Conference on Clinical and BioEngineering for Women's Health - 2015. 22.6.15. Lecture: The effect of exercise training programs on balance in older women.

## 7. Colloquium Talks and other Invited Addresses

- 2010 Health-Week, Zichron Country Club, Zichron-Yaakov. Lecture: Musculo-skeletal changes in the elderly population.
- 2011 Health-Week, Zichron Country Club, Zichron-Yaakov. Lecture: The core muscles and the pelvic floor in the elderly population.
- 2012 Health-Week, Zichron Country Club, Zichron-Yaakov. Lecture: Physical activity in the elderly population, what should be done and what should be avoided?
- 2013 Health-Week, Zichron Country Club, Zichron-Yaakov. Lecture: Fall prevention in the elderly population.
- 2013 The annual conference of ATID association. Lecture: Muscles of the pelvic floor, Are they really there? How should we use them?

**8. Scholarships, Awards, Research Grants, etc.**

1996	B.Ed. - Graduated with honors (Cum Laude), Zinman College of Physical Education and Sport Sciences, Wingate Institute	
2000	Wein Scholarship for MA degree, Zinman College of Physical Education and Sport Sciences, Wingate Institute	
2003-2005	Kort Scholarship for PhD degree, Haifa University	PI - 36,000 NIS
2010	Bergman Research Award, Israel Gerontology Society	1,500 NIS
2012	National Institute of Health, USA (grant no. 5R03HD055453-02)	co-PI - 108,000 \$*
2013-2015	Office for Senior Citizens, Israeli government	co-PI - 667,200 NIS*
2014	MOFET Institute.	PI - 18,000 NIS

\*The grant was dedicated to the project, with portion of it was paid to the researchers.

**9. Teaching:****a. Undergraduate and Graduate Courses**

Subject	Year	Type	Degree
Introduction to Biomechanics	2005 -present	Introduction	B.A.
Introduction to Kinesiology	2004 -present	Introduction	B.A.
Biomechanics of the Elderly, Changes within the Kinesthetic Systems	2004 -present	Lecture	B.A.
Biomechanical Gait Analysis	2006 -present	Seminar	B.A.
Exercise Prescription for Independent Elderly	2007 -present	Lecture	B.A.
Biomechanical Aspects of Balance Skills	2013-present	Lecture	M.A.

**b. Supervision of Graduate Students:**

- 2010 Abraham A., Effects of motor imagery practice on Releve' performance in female dance students. Ph.D. Dissertation. (Co-supervision with Prof. R. Dickstein, University of Haifa Faculty of Social Welfare & Health Sciences Department of Physical Therapy).
- 2012 Kanner M., Subjective assessment of pace relative anaerobic threshold during sub-maximal running. M.A. thesis. (Co-supervision with Dr. Y. Meckel, Zinman College of Physical Education and Sport Sciences, Wingate Institute).
- 2013 Fishbein P., Integrated training using virtual-reality compared to standard training method on a treadmill: Influence on indices of walking and balance in people who have had a stroke. M.A. thesis. (Co-supervision with Prof. Y. Hutzler, Zinman College of Physical Education and Sport Sciences, Wingate Institute).
- 2013 Yahalom T., The effect of exercise training programs, Step and stability ball, on balance and obstacle avoidance in older people. M.A. thesis. (Co-supervision with Prof. R. Lidor, University of Haifa Faculty of Education).
- 2014 Gilboa T., The acute effect of moderate intensity single bout of aerobic exercise on functions of attention among students with and without ADHD. M.A. thesis. (Co-supervision with Prof. Y. Hutzler, Zinman College of Physical Education and Sport Sciences, Wingate Institute).



## II PUBLICATIONS

### A. Graduate theses:

M.A. Thesis: **The influence of direct and indirect warm-up on the rate of force development of knee extensors in explosive isometric contraction**, Haifa University, Faculty of Education, 2001.

Ph.D. Dissertation: **Motor imagery practice of gait rehabilitation in chronic post-stroke hemiparesis**, Haifa University, Supervised by Prof. Ruth Dickstein, 2006

### B. Books

#### Edited books

1. Hellerstein, D. **Dunsky, A.** & Meckel, Y. (Eds.) (2012). Exercise and Sport Sciences, Book of Abstracts and Proceedings from the 2nd Wingate Congress of Exercise and Sport Sciences. The Zinman College of Physical Education and Sport Sciences.
2. Hellerstein, D. **Dunsky, A.** & Hutzler, Y. (Eds.) (2014). Exercise and Sport Sciences, Book of Abstracts and Proceedings from the 3rd Wingate Congress of Exercise and Sport Sciences. The Zinman College of Physical Education and Sport Sciences.

### C. Peer-reviewed publications (in chronological order)

1. **Dunsky, A.**, Lidor, R., & Bar-Eli, M. (1996). The relationship between attention and distractors: Theoretical and practical aspects. *Movement* (in Hebrew), *3*, 387-410.
2. Bar-Eli, M., Lidor, R., Yaaron, M., Goldstein, S., Erlich, I., & **Dunsky, A.** (1998). Performance of pilot and non-pilots on an attention-determined psychomotor task. *The Journal of General Psychology*, *125*, 305-316.  
I.F. 1.116
3. Ayalon, M., Rubinstein, M., Barak, Y., **Dunsky, A.**, & Ben-Sira, D. (2001). Identification of feigned strength test of the knee extensors and flexors based on the shape of the isokinetic torque curve. *Isokinetic and Exercise Science*, *9*, 45-50.

I.F. 0.609

4. Netz, Y., & **Dunsky, A.** (2003). Movement Science vs. Physical Education in Canadian Universities. *International Journal of Physical Education*, 11, 150-163.

5. Netz, Y., Ayalon, M., **Dunsky, A.**, & Alexander, N. (2004). The "multiple sit-to-stand" field test for older adults, what does it measure? *Gerontology*, 50, 121-126.

I.F. 2.68

6. Dickstein, R., **Dunsky, A.**, & Marcovitz, E. (2004). Motor imagery for gait rehabilitation in post-stroke hemiparesis. *Physical Therapy*, 84, 1167-1177.

I.F. 2.778

7. Dickstein R.,Gazit-Grunwald M., Plax M., **Dunsky A.**, & Marcovitz M .(2005). EMG activity in selected target muscles during imagery rising on tiptoes. *Journal of Motor Behavior*, 37, 475-483.

I.F. 1.802

8. Dickstein, R., Ufaz, S., **Dunsky, A.**, Nadeau, S., & Abulaffio, N. (2005). Speed-dependent deviations from a straight-ahead path during forward locomotion in healthy individuals. *American Journal of Physical Medicine and Rehabilitation*, 84, 330-337.

I.F. 1.731

9. **Dunsky, A.**, Dickstein, R., Ariav, C., Deutsch J., & Marcovitz, E. (2006). Motor imagery practice in gait rehabilitation of chronic post stroke hemiparesis: Four case studies. *International Journal of Rehabilitation Research*, 29, 351-356.

I.F. 1.055

10. Netz, Y., Burstin, A., Brown, R., Heyman, S., **Dunsky, A.**, & Alexander, N. (2007). Use of a device to support standing during a physical activity program to improve function of individuals with disabilities who reside in a nursing home. *Disability and Rehabilitation: Assistive Technology*, 2, 43-49.

I.F. 1.828

11. **Dunsky, A.**, Dickstein, R., Ariav, C., & Marcovitz, E. (2007). Motor imagery practice of gait rehabilitation in chronic post-stroke hemiparesis. *Gerontology, Journal of Aging Studies* (in Hebrew), 34, 25-51.

12. **Dunsky, A.**, Dickstein, R., Marcovitz, E., Levy, S., & Deutsch, J. (2008). Home-based motor imagery training for gait rehabilitation of individuals with chronic post-stroke hemiparesis. *Archives of Physical Medicine and Rehabilitation*, 89, 1580-1588.  
I.F. 2.358
13. **Dunsky, A.**, Argov, E., Maram, S., Refaeli, E., & Netz, Y. (2010). A community-oriented approach in preparing physical activity teachers for older adults. *Dapey Yozma* (in Hebrew), 6, 74-91.
14. **Dunsky, A.**, Ayalon, M., & Netz, Y. (2011). The arm-curl field test for older women - is it a measure of arm strength. *Journal of Strength and Conditioning Research*, 25, 193-197.  
I.F. 1.795
15. **Dunsky, A.** & Netz, Y. (2012). Physical activity and sport in advanced age: Is it risky? A summary of data from articles published in the last 10 years. *Current Aging Science*, 5, 66-71.  
I.F. 1.32
16. Zach, S., Zeev, A., **Dunsky, A.**, Goldbourt, U., Shimony, T., Goldsmith, R., & Netz, Y. (2012). Adolescents' physical activity habits: Results from a national health survey. *Child: Care, Health and Development*, 39, 103-108.  
DOI:10.1111/j.1365-2214.2012.01392.x  
I.F. 1.7
17. Netz, Y., **Dunsky, A.**, Zach, S., Goldsmith, R., Shimony, T., Goldbourt, U., & Zeev, A. (2012). Psychological functioning and adherence to the recommended dose of physical activity in later life: Results from a national health survey. *International Psychogeriatrics*, 12, 2027-2036.  
DOI:10.1017/S1041610212001299.  
I.F. 2.188
18. **Dunsky, A.**, Zach, S., Zeev, A., Goldsmith, R., Shimony, T., Goldbourt, U., & Netz, Y. (2012). Prediction of standing height among Israeli older adults: Results from a national survey. *Annals of Human Biology*, 39, 499-504. DOI: 10.3109/03014460.2012.718795  
I.F. 1.759

19. Zach, S., Zeev, A., **Dunsky, A.**, Goldbourt, U., Shimony, T., Goldsmith, R., & Netz, Y. (2013). Perceived body size versus healthy body size and physical activity among adolescents – Results of a national survey. *European Journal of Sport Science*, 13, 723-731. DOI:10.1080/17461391.2013.771382  
I.F. 1.146
20. Dickstein, R., Deutsch, J.E., Yoeli, Y., Kafri, M., Flash, F., **Dunsky, A.**, Eshet, A., & Alexander, N. (2013). Effects of integrated motor imagery practice on gait of individuals with chronic stroke: A half-cross-over randomized study. *Archives of Physical Medicine and Rehabilitation*, 94, 2119-2125.  
I.F. 2.358
21. **Dunsky, A.**, Fishbein, P., & Hutzler, Y. (2013). Dual-task training using virtual reality compared to a conventional training method on a treadmill: Influence on indices of walking and balance in three post stroke survivors. *International Journal of Therapies and Rehabilitation Research*. 2: 2. DOI: 10.5455/ijtrr.00000021.  
I.F. 1.055
22. **Dunsky, A.**, Zach, S., Zeev, A., Goldsmith, R., Shimony, T., Goldbourt, U., & Netz, Y. Level of physical activity and anthropometric characteristics in old age - Results from a national health survey. *European Review of Aging and Physical Activity*. DOI 10.1007/s11556-014-0139-y.  
I.F. 0.909
23. Geffen, R., **Dunsky, A.**, & Hutzler, Y. Balance training using an iPhone application in patients with familial dysautonomia: Three case reports. *Physical Therapy*. *Physical Therapy*. 95, 380-388. DOI 10.2522/ptj.20130479.  
I.F. 3.245
24. Meckel, Y., Hophy, A., **Dunsky, A.**, & Eliakim, A. Relationships between physical characteristics and ranking of young tennis players. *Central European Journal of Sport Sciences and Medicine* (accepted for publication Feb 2015).
25. Netz, Y., Dwolatzky, T., Khaskia, A., & **Dunsky, A.** Cardiovascular fitness and multi-domain neurocognitive performance among older adults in the maintenance stage of cardiac rehabilitation. *The Israel Journal of Psychiatry* (accepted for publication May 2015).  
I.F. 0.72

#### D. Book Chapters

**Dunsky, A.**, Argov, E., & Netz, Y. (2013). Physical activity and exercise for functional preservation while aging. In D. Prilozki & M. Cohen (Eds.), *Practical Gerontology* (Hebrew). (In Press).

#### E. Conference Publications

1. Dickstein, R., **Dunsky, A.**, & Ufaz, S. (2003). Deviations from a straight ahead path when walking blindfolded. In N. Gantchev (Ed.), *From basic motor control to functional recovery III* (pp.147-151). Sofia: St. Kliment Ohridski University Press.
2. Netz, Y., **Dunsky, A.**, Zach, S., Goldsmith, R., Shimony, T., Goldbourt, U., & Zeev, A. (2011). Adherence to physical activity recommendations and psychological functioning in later life – A national survey. *Asian Journal of Psychiatry*, 4, S37.
3. Netz, Y., Dwolatzky, T., Khaskia, A., & **Dunsky, A.** (2012). Aerobic fitness and multi-domain cognitive function in advanced age. *Journal of Aging and Physical Activity*, 20, S27-S28.  
I.F. 2.09