
BIOGRAPHICAL SKETCH

NAME		POSITION TITLE	
Diane G. Groff		Associate Professor of Exercise & Sport Science	
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
The University of North Carolina at Greensboro, North Carolina	BS	1980-1984	Recreation Administration
Radford University, Radford, Virginia	MA	1977-1989	Adventure Recreation
University of Georgia, Athens, Georgia	EdD	1992-1998	Therapeutic Recreation

A. Positions and Honors

Positions:

- 2006-Date **Co-Director** of the GET REAL & HEEL Breast Cancer Program, The University of North Carolina at Chapel Hill, Department of Exercise and Sport Science, Chapel Hill, N.C.
- 2004-Date Associate Professor, The University of North Carolina at Chapel Hill, Department of Exercise and Sport Science, Chapel Hill, NC.
- 2005-Date Chapel Hill Adapted Sports Experience (CHASE) Faculty Advisor
- 2002-2006 Recreation Society Faculty Advisor
- 2002-2004 **Assistant Professor**, The University of North Carolina at Chapel Hill, Department of Recreation and Leisure Studies, Chapel Hill, NC.

Honors:

- 2008 **Recipient of the Ray E. West Distinguished Member Award**. The highest honor presented by the North Carolina Recreation Therapy Association.
- 2008 **Recipient of the Spirit of One award**, presented by the Susan G. Komen for the Cure Foundation on behalf of the NC Triangle Affiliate.
- 2004 **Recipient of the Certificate of Excellence**, presented by the North Carolina Recreation Therapy Association.
- 2003 **Recipient of the 2003 Ethel Martus Lawther Alumni Award**, presented by the School of Health and Human Performance at the University of North Carolina at Greensboro.
- 2004 **Outstanding Dissertation Award Nominee**, University of Northern Colorado, Greeley, CO.
- 2001-2002 **Outstanding Professional Service Award**, presented by the School of Health and Human Performance at East Carolina University.
- 2001 **Meritorious Service on Behalf of People with Disabilities**, awarded by Pitt County Committee for Employment of People with Disabilities.
- 2001 National Organization on Disability/United Parcel Service: Community Award for **Outstanding Disability Program**, Pitt County, in cooperation with East Carolina University, was selected for the second place prize from a national pool of applicants.

B. Selected Publications and Abstracts

Book and Chapters:

- Groff, D.**, & Dattilo, J. (in press). Adventure Therapy. In J. Dattilo (Ed.), *Facilitation techniques in therapeutic recreation*, 2nd Ed. State College, PA: Venture Publishing.
- Cardenas, D., **Groff, D.**, & Bedini, L. (2006). Professional preparation and development. In P. Gaskill (Ed.), *Introduction to Leisure Services in North Carolina*, 5th Ed. (pp. 135-154). Dubuque, IW: Kendall/Hunt Publishing.
- Groff, D.**, Spencer, S. & McCammon, S. (2004). Building a system of care: Partnering with public agencies to provide recreational therapy to children with emotional/behavioral problems and their families. In, M. A. Devine (Ed.), *Trends in Therapeutic Recreation Programming*, (pp. 177-200). Arlington, VA: National Recreation and Parks Association.

Selected Publications:

- Battaglini, C., Naumann, F., & **Groff, D.** (submitted for review). Measuring body composition in breast cancer survivors. *ACSM'S Health and Fitness Journal*.
- Evans, B., Battaglini, C., **Groff, D.**, & Hackney, A.C. (submitted for review). Aerobic exercise intensity in breast cancer patients: A preliminary investigation. *Integrative Cancer Therapies*.
- Battaglini, C., A.C. Hackney, Garcia, R., **Groff, D.** Evans, E., and Shea, T. The Effect of an Exercise Program in Leukemia Patients. *Integr. Cancer Ther.* (Accepted for publication), 2008.
- Groff, D.**, Battaglini, C., Anderson, M., Wallace, J., & Hackney, A.C. (submitted for review). Managing cancer treatment related side effects through exercise and recreation therapy. *Breast Cancer Journal*.
- Battaglini, C.**, Mihalik J., Bottaro, M., Dennehy, C., Petschauer, M., Hairston, L., and Shields, E. The Effects of Exercise on Total Caloric Intake in Breast Cancer Patients during Treatment, *Braz. J. Med. Biol. Res.*, 41(8): 709-715, 2008.
- Lundberg, N., **Groff, D.**, & Zabriskie, R. (submitted for review). Predicting the relationship between need satisfaction in sport and general self-determination for athletes with cerebral palsy. *Therapeutic Recreation Journal*.
- Groff, D.**, Battaglini, C., Sipe, C., Peppercorn, J., Hackney, A.C., & Anderson, M. (submitted for review). "Finding a new normal": Using recreation therapy to improve the well-being of women with breast cancer. *Journal of Integrative Oncology*.
- Groff, D.**, Battaglini, C., Peppercorn, J., & Edwards, C. (submitted for review). An integrated approach toward meeting the physical and psychosocial needs of women with breast cancer: Recreation therapy and exercise. *Therapeutic Recreation Journal*.
- Groff, D.**, Battaglini, C., O'Keefe, C., Edwards, C. & Peppercorn, J. (in press). The role of recreation therapy in facilitating spirituality and well-being. *Leisure/Loisir*.
- Groff, D.**, Zabriskie, R., & Lundberg, N. (2008). Relationship between participation in adaptive sport and select dimensions of psychosocial well-being in international athletes with cerebral palsy. *International Journal of Sport and Exercise Psychology*.
- Groff, D.** (2007). Using personal behavior change to teach the therapeutic recreation process. *SCHOLE*.
- Groff, D.**, Lawrence, E., & Grivna, S. (2006). Effects of a therapeutic recreation intervention using exercise: A case study with a child with cerebral palsy. *Therapeutic Recreation Journal*, 25(4), 269-283.
- Battaglini, C., Dennehy, C., **Groff, D.**, Kirk, D., & Anton, P. (2006). Complementary therapies in the management of cancer treatment-related symptoms: The individualized prescriptive exercise approach. *Medicina Sportiva*, 10(2), 49-57.
- Groff, D.**, & Zabriskie, R. (2006). An exploratory study of athletic identity among elite alpine skiers with disabilities: Issues of measurement and design. *Journal of Sport Behavior*, 29(2), 1-16.
- Zabriskie, R., Lundberg, N. and **Groff, D.** (2006). Quality of life and identity: The benefits of a community-based therapeutic recreation and adaptive sports program. *Therapeutic Recreation Journal*, 39(3), 176-191.
- Abstracts:
- Groff, D.**, Battaglini, C., and Sipe, C. (submitted for review). Increasing psychophysiological functioning in breast cancer survivors. Leisure Research Symposium, Salt lake City, UT, 2009
- Groff, D.**, & Battaglini, C. (submitted for review). The role of recreation therapy in facilitating spirituality and well-being. Leisure Research Symposium, Salt lake City, UT, 2009
- Evans, E.S., Battaglini, C., **Groff, D.**, & Hackney, A. C. (submitted for review). Cardiovascular and Blood Lactate Responses to Low, Moderate, and High Intensity Aerobic Exercise in Breast Cancer Patients. *Human Movement Sciences Conferences*, Chapel Hill, NC, 2009.
- Battaglini, C.**, Groff, D., Shields, E., Naumann, F., Behera, M., A.C. Hackney, FACSM. (submitted for Review) Combining Exercise and Recreation Therapy: Preliminary Results of a Randomized Trial in Breast Cancer Survivors. American College of Sports Medicine Annual Meeting, Seattle, W.A., May 27-30, 2009.
- Evans, E. S., Battaglini, C., **Groff, D.**, & Hackney, A. C. (submitted for review) Heart rate, RPE and blood lactate responses to aerobic exercise in breast cancer patients. South East American College of Sports Medicine.
- Buchan, J., Naumann, F. L., Philpott, M., Battaglini, C., & **Groff, D.** Effects of a combined exercise and counseling program on selected physiological and psychological parameters in post-treated breast cancer patients. Australian Chapter. Vario Helath Conference. Physical and Mental Wellness – Integrative Approaches to Health. Perth Australia, December 1 – 2, 2008.
- Groff, D.**, Battaglini, C., Anderson, M., Hackney, A. C., & Alsobrooks, A. (2008). The effects of a 6 week integrated exercise and recreation therapy on heart rhythms and quality of life of breast cancer survivors. *Journal of the Society for Integrative Oncology*, 6(4), p. 189.
- Battaglini, C., **Groff, D.**, Anderson, M., & Hackney, A. C. (2008). The effects of a six weeks integrated exercise and recreation therapy intervention on stress hormones and heart rhythms in breast cancer survivors. *Journal of the Society for Integrative Oncology*, 6(4), p. 190.
- Groff, D.**, Battaglini, C., Mercer, V., Evans, E., Anderson, M., Wallace, J., Peppercorn, J., & Hackney, A.C. (2008). Get REAL & HEEL Breast Cancer Program: Preliminary Results *Annual Scientific Retreat: Lineberger Comprehensive Cancer Center*, Chapel Hill, NC, June 9th, 2008.
- Evans, E.S., Battaglini, C., **Groff, D.**, & Hackney, A. C. (2008). Cardiovascular and Blood Lactate Responses to Low, Moderate, and High Intensity Aerobic Exercise in Breast Cancer Patients. *Annual Scientific Retreat: Lineberger Comprehensive Cancer Center*, Chapel Hill, NC, June 9th, 2008

- Groff, G.,** Battaglini, C. (2008). Using recreation therapy to improve the well-being and heart rate coherence in women with breast cancer. *Abstracts from the 2008 American Therapeutic Recreation Association Research Institute*. p. 16-19.
- Battaglini, C., & **Groff, D.** (2008). Cancer and exercise: How can we make it available to survivors? *American College of Sports Medicine, 12th Annual Health & Fitness Summit*, Long Beach, CA, March, 24-27, 2008.
- Harrington, S., Thigpen, C., Michener, L., Battaglini, C., **Groff, D.**, & Padua, D. (2008). Shoulder impairments and shoulder function in breast cancer survivors. *American Physical Therapy Association (APTA) Combined Section Meeting (CSM)*, Abstract ID 372894, Nashville, TN, Feb, 6-9, 2008.
- Groff, D.** & Battaglini, C. (2007). Surviving with cancer: Facilitating active lifestyles and quality of life. *National Recreation and Parks Association Conference*, September 27, Indianapolis, IN, 2007. p. 64
- Lundberg, N., **Groff, D.**, & Zabriskie, R. (2007). Predicting the relationship between need satisfaction in sport and general self-determination for athletes with Cerebral Palsy. *Abstracts from the 2007 American Therapeutic Recreation Association Research Institute*. pp 21-26.
- Groff, D.**, Battaglini, C., & Peppercorn, J. (2007). A post-treatment individualized prescriptive exercise and recreation therapy intervention for breast cancer patients. *Journal of Clinical Oncology*, 2007 ASCO Annual Meeting Proceedings Part I. Vol 25, No. 18S (June 20 Supplement), 2007: 19637
- Battaglini, C., Brustad, B., Shea, T., Garcia, R., Creedle, C., Strader, J., **Groff, D.**, & Hackney, A.C. (2007). Acute Leukemia Patients: the effect of an individualized exercise prescription on selected psychological parameters. *12th European Congress of Sport Psychology*, abstract ID 1028, Halkidiki, Greece, Sept. 2007.
- Groff, D.**, & Battaglini, C. (2006). Treating breast cancer through recreation therapy and exercise. *National Recreation and Park Association Conference – National Therapeutic Recreation Association Poster Session*.

C. Grantsmanship:

- Groff, D.**, Battaglini, C., Peppercorn, J. Co-Principle Investigator. \$74,606.00 (In Review). Funding agency: Komen NC Triangle Affiliate, Susan G. Komen foundation. The Get REAL & HEEL Breast Cancer Program.
- Battaglini, C., **Groff, D.**, and Martin, E. Principle Investigator. \$2,400.00 Funded (October 30, 2008). Funding agency: Peak Pilates, Boulder CO. The efficacy of Pilates MVe® Chair versus weight training as the resistance portion of a comprehensive rehabilitation program for breast cancer survivors.
- Naumann, F., Battaglini, C., & Groff, D. (August 1, 2008) \$24,947.00. Funding Agency: The Cancer Council WA Early Career Investigator (ECI) Research Grants Program, Australia. Effects of a Combined Exercise and Counselling Program on Selected Physiological and Psychological Parameters in Post-Treated Breast Cancer Patients.
- Battaglini, C. & **Groff, D.** (May 30, 2008). \$10,000. Private Foundation Gift from the Petro Kulynych Foundation in honor of those patients who participate in the Get REAL & HEEL breast cancer program.
- Groff, D.** & Battaglini, C. (February 1, 2008). \$63,677.00 Funding Agency: NC Triangle Affiliate of the Susan G. Komen for The Cure. "Get-REAL & HEEL (Get Recreation, Get Exercise, Get Active, Get Living): An exercise and recreation therapy program for women with breast cancer".
- Battaglini, C., **Groff, D.**, Hackney, A. C., Peppercorn, J., Shields, E. (January 28, 2008). \$75,000. Funding Agency: University Cancer Research Fund: Clinical Innovation Awards. University of North Carolina Chapel Hill, Lineberger Comprehensive Cancer Center. "The Get REAL & HEEL Breast Cancer Research Program."
- Groff, D.** & Battaglini, C. (September 13, 2007). \$5,800.00 Using technology in the treatment of women with breast cancer (request for computer equipment needed to run the Get REAL & HEEL Breast Cancer Program). IBM Corporation.
- Battaglini, C. & Groff, D. (September 5, 2007). \$15,000. Private Foundation Gift from the Petro Kulynych Foundation in honor of those patients who participate in the Get REAL & HEEL breast cancer program.
- Hackney, A. C., Battaglini, C., **Groff, D.**, Earp, S., Shea, T., Garcia, R., & Marshall, V. (June 18, 2007). \$7,000.00. Cancer cachexia: Cytokines and physical exercise. UNC Institute on Aging.
- Battaglini, C., **Groff, D.**, Peppercorn, J., Hackney, A.C., & Carey, L. (June 22, 2007). \$ 25,000.00. "Effects of a Combined Exercise and Recreational Therapy Intervention on Selected Physiological and Psychological Parameters in Post-Treated Breast Cancer Patients". University of North Carolina at Chapel Hill, Lineberger Comprehensive Cancer Center.
- Battaglini, C. & **Groff, D.** (May 11, 2007). \$ 12,000.00. Get REAL & HEEL Program Support "Effects of a Combined Exercise and Recreational Therapy Intervention on Selected Physiological and Psychological Parameters in Post-Treated Breast Cancer Patients". Funding Agency: University of North Carolina at Chapel Hill, Lineberger Comprehensive Cancer Center.
- Groff, D.**, Battaglini, C., Hackney, A. (May 25, 2007). \$1,500.00 Effects of HeartMath training on cortisol and DHEA levels of women with breast cancer. North Carolina Recreation Therapy Association.
- Battaglini, C., **Groff, D.**, Hackney, A. (May 25, 2007). \$1,699.60 The Effect of HeartMath training on cortisol and DHEA levels of women with breast cancer. University Research Council - UNC-Chapel Hill.
- Groff, D.** (April 5, 2006). \$2,281.00 received from the "Retooling to Explore New Frontiers in Social Science Research Grant" offered by UNC-Chapel Hill. Funds will cover travel to a Hierarchical Linear Modeling statistical workshop in Chicago, IL from May 24-26, 2006.

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Groff, D. & Battaglini, C. (March 27, 2006). \$927.00 received from the N.C. Triangle Affiliate of the Susan G. Komen Breast Cancer Foundation Travel Scholarship. Funds will cover expenses incurred while presenting at the International Congress on Physical Activity and Public Health in Atlanta, GA, from April 17-20, 2006.

Battaglini, C., & **Groff, D.** (December 13, 2005). \$42,316.00 received from the N.C. Triangle Affiliate Office of the Susan G. Komen Breast Cancer Foundation to fund Get-REAL & Heel – An exercise and recreation therapy program for post-diagnosed women with breast cancer.