

Dr. Julian A. Reed

A Leading Voice in the Science of Movement and Learning



Dr. Julian A. Reed

“Static classrooms should be a thing of the past. For our students to truly excel, they must move as they learn.”

Credentials

- Doctorate in Exercise and Sport Sciences from the University of Northern Colorado
- Masters of Science in Exercise and Sport Sciences from the University of Miami
- Masters of Public Health from the University of South Carolina
- Bachelor of Arts in Environmental Studies from Hobart and William Smith College

Dr. Reed's Research

- Examines how physical activity boosts cognitive function in youth—improving focus, memory, and academic performance
- Investigates associations between the built environment and physical activity and has collaborated on projects forging community partnerships and health initiatives at the local, state, and national level
- Member of the Active Schools Research Alliance

Selected Published Research

- ✓ “Strength in Numbers: Exploring the Link Between Upper Body Muscular Strength and Academic Achievement in Youth” (*Journal of Science and Medicine in Sport*)
- ✓ “Examining the Impact of 45 Minutes of Daily Physical Education on the Cognitive Ability, Fitness Performance and Body Composition of African American Youth” (*Journal of Physical Activity and Health*)
- ✓ “Examining the Impact of Integrating Physical Activity on Fluid Intelligence and Academic Performance in an Elementary School Setting: A Preliminary Investigation” (*Journal of Physical Activity and Health*)
- ✓ “Examining the Impact of Daily Physical Education on Perceptual Speed Among Underserved Elementary and Middle School Youth” (*International Journal of School and Cognitive Psychology*)

Additional Research Dissemination

*Journal of Science and
Medicine in Sport*
Preventative Medicine
*Journal of Physical Activity
and Health*
Preventing Chronic Disease
*Journal of American
College Health* *Journal of
School Health*
American College of Sports Medicine

Books

- ✓ *Activating the Modern Classroom*
 - ✓ *Active Education: Lessons for Integrating Physical Activity with Language Arts, Math, Science and Social Studies*
-

Co-Founder and CEO



WALKABOUTS PLATFORM™

Dr. Reed is putting his years of research and academic experience in motion. With the Walkabouts Platform, he's redefining how students learn—by putting movement at the center.

Learn more about Dr. Reed and the Walkabouts Platform:

www.walkabouts.com

www.walkabouts.com/about/our-team

