Linda Pescatello, Ph.D., FACSM, FAHA

Distinguished Professor of Kinesiology at University of Connecticut
Storrs, CT, US

Dr. Pescatello specializes in exercise prescription for health benefit

Biography

Dr. Linda S. Pescatello is a Distinguished Professor of Kinesiology at the University of Connecticut (UConn), Storrs. She holds affiliate appointments in the Departments of Allied Health Sciences and Physiology and Neurobiology and is a Principal Investigator at the Institute for Collaboration on Health, Intervention, and Policy at UConn. Her research focuses on exercise prescription to optimize health benefits, namely adults with hypertension and overweight and obesity; and on genetic and clinical determinants of the response of health-related phenotypes to exercise, particularly blood pressure and muscle strength. Dr. Pescatello is an American College of Sports Medicine (ACSM) Citation Award recipient, was an associate editor of ACSM?s Guidelines for Exercise Testing and Prescription the eighth edition, was the senior editor of ACSM?s Guidelines for Exercise Testing and Prescription the ninth edition, and she served as an expert panel and writing team member on an update of the ACSM?s exercise preparticipation health screening recommendations published in Medicine & Science in Exercise & Sport. Dr. Pescatello recently served as a member of the 2018 Physical Activity Guidelines Advisory Committee, and the working groups of the European Association of Preventive Cardiology and the Council of Hypertension of the European Society of Cardiology Position Statement on Exercise and Hypertension. She has authored served over 180 manuscripts, four books, and 16 book chapters, and has had numerous UConn, American Heart Association, National Dairy Council, National Institutes of Health, and Unites States Department of Agriculture-funded grants. Dr. Pescatello has served as an ACSM Vice President of Basic and Allied Science, Chair of the ACSM Pronouncements Committee, and as a member of the ACSM Board of Trustees and Administrative Council. Dr. Pescatello is also a Past President of the New England Chapter of the ACSM, and serves on their Board of Trustees.

Areas of Expertise

Blood Pressure, Cardiovascular Disease, Complementary and Alternative Exercise, Exercise Genomics, Exercise Prescription, Hypertension, Obesity, Physical Activity

Affiliations

Connecticut Academy of Science and Engineering, Member, Physical Activity Guidelines Advisory Committee, Health Office of Disease Prevention and Health Promotion

Event Appearances

The influence of gender on blood pressure benefits of nontraditionl exercise modes among aults with hypertension: A meta-review
European College of Sports Science - 2020

Highlighted Symposium. Exercise and Medications in the Treatment of Cardiovascular Disease Risk Factors
American College of Sports Medicine - 2020

The Need for Exercise Recommendations for Children and Adolescents Post-Bariatric Surgery: A Systematic Review
American College of Sports Medicine - 2020

Alternative Types of Exercise to Prevent and Treat Hypertension: The Wave of the Future
Sports Sciences, Health Sciences and Human Development- CIDESD - 2019

Education

John B. Pierce Foundation, Yale University School of Medicine
Postdoctoral Research

University of Connecticut
Ph.D. Exercise Science

University of Connecticut
M.A. Exercise Science

University of Connecticut
B.S. Biological Sciences

Accomplishments

UConn-AAUP Excellence Awards. Teaching Innovation
2019

Elected as an Active Fellow in the National Academy of Kinesiology
2019

New England American College of Sports Medicine David N. Camaione Doctoral Scholarship
Renamed to Linda S. Pescatello Doctoral Scholarship 2018 - present

University of Connecticut Faculty Excellence in Teaching Award on the Graduate Level
2018

Board of Trustees Distinguished Professor, 2013
University of Connecticut

Citation Award
American College of Sports Medicine, 2011
