

Lindsay Distefano, Ph.D

Professor, Department of Kinesiology, and Associate Vice President for Research Development at University of Connecticut

Storrs, CT, US

Lindsay DiStefano works to promote safe physical activity in children through physical literacy development and sport-injury prevention.

Biography

Lindsay DiStefano is Associate Vice President for Research Development and a Professor in the Department of Kinesiology. Dr. DiStefano has affiliate appointments in the Department of Public Health Sciences and the Department of Orthopedic Surgery in the UConn School of Medicine. Dr. DiStefano is extremely active with conducting research to determine the best strategies to promote physical literacy and reduce the risk of youth sports-related injuries, such as anterior cruciate ligament (ACL) injuries, in children. Dr. DiStefano has published numerous research papers and presented nationally and internationally. She is currently engaged with major research studies to identify best practices for implementation and dissemination of interventions to improve safe physical activity participation and ensure proper development of physical literacy in children.

Areas of Expertise

ACL, Youth Athletes, Injury Prevention, Motor Development, Physical Literacy, Physical Activity, Anterior Cruciate Ligament, Sport Safety

Education

University of North Carolina

Ph.D. Human Movement Science

University of North Carolina - Chapel Hill

M.A. Exercise of Sport Science

Boston University

B.A. Athletic Training

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