



Professor Panteleimon ("Paddy") Ekkekakis

Iowa State University

Panteleimon ("Paddy") Ekkekakis is a Professor of exercise psychology at Iowa State University in the United States. His research examines pleasure and displeasure responses to exercise, including their underlying cognitive and neurobiological mechanisms, and their implications for exercise behavior. The methodological platform, the assessment protocol, and the "dual-mode" theoretical framework that he has proposed have become literature standards, receiving more than 500 citations from other investigators each year. His research is also cited as the basis of guidelines by the American College of Sports Medicine (e.g., on using measures of affective valence as an adjunct gauge of exercise intensity, on assessing individual differences in preference for and tolerance of exercise intensity). His current research focuses on the neural basis of the sense of exertional fatigue and the elaboration of the hedonic theory of exercise behavior. Ekkekakis is the author of *The Measurement of Affect, Mood, and Emotion: A Guide for Health-Behavioral Research* (Cambridge University Press, 2013), the editor-in-chief of the *Handbook of Physical Activity and Mental Health* (Routledge, 2013), and co-editor of the *Psychobiology of Physical Activity* (Human Kinetics, 2006). He serves on the editorial board of several journals, including the *Journal of Sport and Exercise Psychology*, *Sport, Exercise, and Performance Psychology*, and *Mental Health and Physical Activity*.