

Prof. Carol Ewing Garber, PhD, FACSM, FAHA, is an Associate Professor of Movement Sciences and Education at Teachers College, Columbia University, where she is the Director of the Applied Physiology Graduate Program. She is the President-Elect of the American College of Sports Medicine. Dr. Garber is the lead author of a recent American College of Sports Medicine entitled, "Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise" and is a contributing author to the ACSM Guidelines for Exercise Testing and Prescription. Dr. Garber is the author of over 60 peer-reviewed original scientific articles and numerous book chapters. Dr. Garber is a clinical exercise physiologist with extensive experience in developing physical activity interventions in children and adults of all ages. Her research and clinical specialization is the role of physical activity in the prevention and treatment of chronic diseases and conditions. Her work spans settings from the laboratory to the clinic, community and population. Dr. Garber has a particular interest in working with people who don't like to exercise, older adults and persons with limitations and disabilities, and with people from all walks of life in the community and clinic.