

University of San Francisco
College of Arts and Sciences
Exercise and Sport Science Department
Self-Study

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I. MISSION AND HISTORY

Mission

The mission of the Department of Exercise and Sport Science at the University of San Francisco is to enhance the human health and quality of life of all citizens through the preparation of health professionals, educators and scholars who provide service across communities and broader social environments. Students experience the cross-disciplinary foundations of the field of Kinesiology while gaining both theoretical and practical knowledge related to the biological, socio-cultural, philosophical, psychological and environmental factors underlying all forms of physical activity. The various forms of physical activity are studied in the context of daily living, rehabilitation, fitness and health pursuits, competitive and artistic domains.

The mission statement is under discussion.

History

Introduction to the Program

The programs of the Department of Exercise and Sport Science are designed with a commitment to the core values of the university. We focus on learning as a humanizing activity that incorporates a diversity of perspectives in the development of socially responsible citizens who will engage in the activities of the campus, city, and the broader community. Our faculty members work closely with students to foster critical thinking skills, develop scholarly independence, and nurture multi-faceted and cooperative approaches to problem solving through a range of curricular and extra-curricular experiences. Faculty members are committed to actively engaging students in their research both for its educational values and for its larger role in preparing students to be effective and productive community members.

The field of Kinesiology within which the Exercise and Sport Science Department is situated has experienced exponential growth in the last several decades. Social awareness of the negative health effects from physical inactivity coupled with advances in research examining physical activity behavior from multiple perspectives (e.g. biomedical, psychological, cultural, rehabilitation) have made the study of human movement attractive to undergraduate and graduate students and a viable career choice. In the State of California, Kinesiology is one of the fastest growing majors among all students. Exercise and Sport Science graduates are well-positioned to enter and make a significant contribution to a variety of health science professions.

Department Background

The Exercise and Sport Science Department was created in 1977 and housed in Memorial Gymnasium. At that time the name of the department was Physical Education and the mission was to prepare students for a career in teaching and coaching. As the scope of the discipline expanded throughout the country in the 1970's and 80's and at the university, the Department expanded the curriculum to include preparation in areas such as Sport Administration, Pre-Physical Therapy, Exercise Physiology, Sport Medicine, and Dance. This expansion was realized with four full-time faculty and a host of part-time faculty.

In an effort to embrace the expansion of specialized areas of Kinesiology the Department changed its name to Exercise and Sport Science in 1992. Additionally, in 1992 a Master's program in Fitness Management was created and in 2005 the name was changed to Sport Management. Throughout this time the administration/management of the Department was under the Associate Dean for Arts and housed in the College of Arts and Sciences. The only degree offered at this time was a Bachelor of Arts. However, given the broad nature of the curriculum and inclusion of emphasis areas such as pre-physical therapy, exercise physiology and sport medicine, the Bachelor of Science degree was created in 1995.

In the early 1990's the Dean's office underwent a reorganization prompted by the need to redistribute workload for the Associate Deans. As a result the administration/management of the Department was moved from the Associate Dean of Arts to the Associate Dean of Science. However, the Department remained a member of Arts Council until 2006 at which time it was moved to Science Council. Accompanying the shift in administration/management, the Department was relocated to Harney Science Center in 2006.

The Department has evolved during the past decades into an academic unit which educates its students in the health sciences and conducts first-rate research. In an effort to reflect more appropriately what we do and in keeping with the changes in the field at the national level, the Department has decided to change its name to Kinesiology.

The enrollment trends have shifted dramatically in the past seven years. Between fall 2006 and spring 2012 the number of declared majors has increased by 30 percent. These numbers continue to increase as demonstrated by a 10% increase in declared majors in the fall of 2011. The shift in enrollment trends positions the Department as the second largest in the Sciences and the fifth largest in the College of Arts and Sciences.

Table 1. Number of Majors per Department in the College of Arts and Sciences

<i>Spring 2012</i>	<i># of Majors</i>
Psychology	382
Biology	262
Communication Studies	231
International Studies	227
Exercise and Sport Science	195
Politics	168
Media Studies	166
English	161
Undeclared Arts	144
Sociology	124
Architecture & Community Design	103
History	103
Computer Science	89
Undeclared Sciences	83
Design	77
Chemistry	76
Environmental Studies	73
Advertising	68
Economics	63
Fine Arts	59
Perf. Arts & Soc. Justice	56
Art History/Arts Management	53
Environmental Science	51
Philosophy	46
Physics	43
Mathematics	37
Theology & Religious Studies	21
Spanish	18
Japanese Studies	15
Asian Studies	11
Comparative Lit. & Culture	7
Latin American Studies	7
French Studies	6
Chemistry - ACS Certified	2
Economics (4+1)	2
Intl & Development Econ (4+1)	1

Relationship to University Programs

In an effort to more actively collaborate with programs across campus we have been involved, to varying degrees, in the creation and development of four interdisciplinary minors: Child and Youth Studies, Gerontology, Health Studies and Neuroscience, offering elective and/or core courses in each. Additionally, our faculty serves on several minor program advisory boards. These minors rank among the top minors across campus. Specifically out of 64 minors, Child and Youth Studies is the second and Neuroscience the fifth largest minors on campus. (Gerontology is 38th and Health Studies 64th; Note that Health Studies is a relatively new minor awaiting approval of the curriculum committee).

Recommendations of Program Review (2005)

The following action items are based on the response to the recommendations from the reviewers in 2005.

1. The Faculty needs better laboratory and office space.

The Department moved in fall 2006 from Memorial Gymnasium to the Harney Science Center. The Department now has seven faculty offices and dedicated laboratory space for Exercise Physiology and Motor Behavior.

2. The Faculty needs grants to procure equipment and inclusion in science instructional equipment funds.

Faculty members are working on grants and the Department has been included in science instructional equipment funds.

3. The Faculty offices should be closer to the Sport Management program.

The Sport Management program moved from Lone Mountain to Kalmanovitz Hall in fall 2008 thus improving proximity to Exercise and Sport Science. However, the two programs have no institutional connection with the exception of one Exercise and Sport Science professor that teaches one class in the graduate program of Sport Management.

4. The Department needs to have retreats to discuss program goals.

The Department had a retreat in 2006 at which time a long-term strategic plan was developed.

5. The Department needs tenure track lines to deliver the curriculum.

The Department received one tenure-track position for an exercise psychologist in the fall of 2005. The search was successful and the faculty member joined us

in the fall of 2006. In the spring of 2006 we lost one faculty member (biomechanist).

6. There should be a focus on increasing gender and racial/ethnic diversity of the faculty.

The last four full-time Assistant Professor hires have been three women and one man. All were Caucasian. The last four Adjunct Professor hires have been three men and one woman. All were Caucasian. The Department continues to look to improve racial/ethnic diversity.

7. The Department should prioritize health promotion.

The Department now emphasizes preventive health and health promotion in its mission and all aspects of its operations (teaching, research and service). The orientation of the department has dramatically shifted towards issues of health promotion, human performance, functional human movement, and exercise as preventive medicine.

8. The number of advanced area electives should be reduced.

Discussions continue regarding decision around the deletion of courses that no longer support our program goals.

9. Community outreach should be encouraged.

Faculty are involved in extensive and on-going community projects. In 2007 the Department received the College of Arts and Sciences Collective Service Award for its efforts in this area.

10. Faculty should increase collaboration with other departments and programs.

Faculty are working with other departments and programs. For example, we have a very strong presence in four interdisciplinary minors: Child and Youth Studies, Gerontology, Health Studies and Neuroscience. There are also strong collaborations with both the private and public sectors outside of the university. Faculty sit on advisory boards, are active in community research and program design, and hold consultancy positions with a variety of organizations.

Department Morale and Atmosphere

The Department moved from Memorial Gym to Harney Science Center in Fall 2006. This major transition included a delay in functional laboratory space and laboratory design was dictated by the “available space” and not design needs.

Prior to our move to Harney Science Center we were members of the Arts Council, and as of fall 2006 we were transferred to the Science Council. The transfer to the Science better reflects our overarching departmental goals; however, there are components of

our program that do not as closely align with Science (natural science). To date faculty retain the ability to submit retention, tenure and promotion materials to either Arts or Sciences.

One of the main issues since moving to Harney Science Center is our exclusion from the activities and intellectual climate surrounding the development and launch of the John Lo Schiavo, S.J. Center for Science and Innovation. This physical and intellectual isolation has had a significant impact on our faculty morale.

John Lo Schiavo, S.J. Center for Science and Innovation

Nestled at the center of the university's urban campus, the 57,000-gross-square-foot project will create gathering and study space for the entire campus community, with particular aims to strengthen scientific preparation for all undergraduates and nurture the growing links between the sciences and other disciplines.

We are currently understaffed and in order to meet the demands of our growing student population and deliver a quality curriculum approximately half of our faculty has agreed to teach an overload. To compound this problem we have experienced difficulty in attracting and retaining qualified adjunct faculty.

The administration mandated a change in course scheduling in Fall 2009. Faculty were required to move from a 2-day-week teaching schedule to a distributed schedule of 3-day and 2-day-week schedule. The limited flexibility of this schedule combined with the lack of inclusion of faculty input has been frustrating and demoralizing to many department members. Additionally, the schedule changes combined with an understaffed faculty have made it almost impossible to find a block of time for faculty meetings.

Goals and Learning Outcomes

Students graduating with a degree in Exercise and Science will have participated in a structured set of curricular and co-curricular experiences that support their attainment of the following learning outcomes. Based on this specific set of learning outcomes (under discussion), our goal is to offer a coherent program of course work in the core areas of Kinesiology that provides a foundation for subsequent in-depth coursework or research experiences and to help students attain the professional skills necessary to succeed in their chosen careers, including an appreciation for safe, ethical and socially conscious behavior.

1. Students will demonstrate knowledge of and skill in a broad variety of motor skill and fitness activities.
2. Students will understand behavioral, physical, psychological and biological scientific principles of human movement.
3. Students will understand how motor skills are acquired and refined and how fitness is achieved and maintained in relation to various contextual, morphological, and developmental factors.
4. Students will be able to assess, analyze, and evaluate movement, fitness, and skill.
5. Students will demonstrate effective scientific communications skills in both written and oral form on topics relevant to Kinesiology.

Diversity

The Department attempts to infuse diversity within its curriculum. Moreover students are required to take one major core course that is dedicated to addressing diversity. The importance of attending to issues of diversity within the curriculum, research activity, and service is embraced and implemented in our curriculum.

II. CURRICULUM

The major is designed to create opportunities for students to demonstrate competence in reading, writing, listening, speaking, communicating, reasoning of human movement, and how movement is learned and developed. This curriculum offers the students the opportunity to participate in a variety of learning experiences through the following: modern curriculum design, classroom management, material and equipment use, using a variety of teaching styles, and innovative teaching strategies. Students are also exposed to material on diverse assessment strategies that can be applied to both conceptual and practical learning in early fieldwork experiences and in the classroom.

Undergraduate Program

Students may choose to earn a Bachelor of Science or a Bachelor of Arts in Exercise and Sport Science. Both degrees require 12 4-unit and 4 1-unit courses, of which five are lower-division, seven are upper division, and three advanced area electives (Table 2). The lower division courses impart pre-requisite knowledge and hence serve as building blocks to the upper division courses. Students are required to complete the lower

division courses prior to enrolling in an upper division course. The advanced area electives taken are chosen by the student and advisor and are based on the student's post-graduation goals. In addition to the coursework for the Bachelor of Arts, students completing a Bachelor of Science are required to take an additional five courses (Table 3).

The students must pass each course in the major with a grade of C or better in order to graduate. A student that does not meet this requirement may retake the course in order to improve the grade, but the course may only be retaken one time. A maximum of two courses may be repeated to meet the grade requirement. Additionally, if a course is a prerequisite course, the higher-level course may not be taken until the C grade minimum requirement is met in the prerequisite course. This policy was in effect starting fall 2010.

Table 2. Exercise and Sport Science Curriculum List*Required Lower Division Courses (22 units)*

Course #	Course Name	Units
ESS 100	Motor Skill Performance and Analysis	4
BIO 113	Human Anatomy	3
BIO 114	Laboratory in Human Anatomy	1
BIO 115	Survey of Human Physiology	3
BIO 116	Laboratory in Human Physiology	1
ESS 120	Foundations of Exercise and Sport Science	4
ESS 200	Statistics	4
ESS 220	Motor Development	4

Required Upper Division ESS Courses (18 units)

Course #	Course Name	Units
ESS 300	Kinesiology	4
ESS 310	Exercise Physiology	4
ESS 315	Exercise Psychology	4
ESS 320	Motor Learning	4

ESS Advanced Area Studies (12 units minimum)

Course #	Course Name	Units
ESS 240	Interdisciplinary Study of Human Aging (SL)	4
ESS 325	Exercise and Disease Prevention	4
ESS 330	Exercise and Health Promotion	4
ESS 340	Neuroscience	4
ESS 350	Biomechanics	4
ESS 354	Exercise Program Design	4
ESS 356	Movement for Special Groups (SL)	4
ESS 358	Clinical Exercise Testing	4
ESS 360	Exercise and Healthy Kids	4
ESS 362	Sport, Culture, and Society	4
ESS 364	Curric. And Instruction: Elementary School PE	4
ESS 366	Curric. And Instruction: Secondary School PE	4
ESS 368	Nutrition for Exercise and Health	4
ESS 370	Social Issues in Personal and Community Health	4
ESS 372	Substance Abuse Prevention and Treatment	4
ESS 376	Teaching Sport Skills	4
ESS 390	Special Topics	1-4
ESS 397	Field Observation in Physical Education	1
ESS 398	Professional Practicum	1-4
ESS 399	Directed Study	1-4
ESS 410	Research Seminar	4

Table 3. Additional Courses for a BS Degree (20 units from the following)

Course #	Course Name	Units
CHEM 111	General Chemistry I	4
CHEM 113	General Chemistry II	4
<u><i>Either</i></u>		
PHYS 100	Introductory Physics I	4
PHYS 101	Introductory Physics II	4
<u><i>Or</i></u>		
PHYS 110	General Physics I	4
PHYS 210	General Physics II	4
<u><i>And additional units from any of the following courses:</i></u>		
BIOL 105	General Biology I	4
BIOL 106	General Biology II	4
BIOL 134-135	Microbiology with Lab	4
CHEM 230-232	Organic Chemistry with Lab	4

Curriculum planner for both the BA and BS Degrees

In an effort to facilitate graduation success in a four year period the Department has generated a specific four year planner for both the Bachelor of Arts and Sciences degrees (Tables 4-5).

Table 4. Suggested Four Year Curriculum Planner for B.A. Degree

FRESHMAN YEAR	Fall		
	Course Number	Title	Units
	ESS 100	Movement Skill Class	1
	BIO 113 & 114	Human Anatomy w/ Lab	4
	ESS 120	Foundations of Exercise and Sport Science	4
	RHET 120*	A2. Rhetoric and Composition	4
	University Core	A1. Public Speaking	4
	Total Semester Units		17
	Spring		
	Course Number	Title	Units
	ESS 100	Movement Skill Class	1
	BIO 115 & 116	Survey of Human Physiology w/ Lab	4
	ESS 200	Statistics	4
	ESS 220	Motor Development	4
	University Core	D3. Ethics (Recommended: PHIL 240- Ethics: Biomedical Issues)	4
	Total Semester Units		17

SOPHOMORE YEAR	Fall		
	Course Number	Title	Units
	ESS 100	Movement Skill Class	1
	ESS 310 / ESS 300	Exercise Physiology or Kinesiology	4
	ESS 315 / ESS 320	Exercise Psychology or Motor Learning	4
	ESS 370	E. Social Issues in Personal And Community Health <i>or</i>	4
	ESS 372	Substance Abuse Prevention and Treatment <i>or</i>	
	PSYC 101	General Psychology	
	University Core	D2. Theology	4
	Total Semester Units		17
	Spring		
	Course Number	Title	Units
	ESS 100	Movement Skill Class	1
	ESS 310 / ESS 300	Exercise Physiology or Kinesiology	4
	ESS 315 / ESS 320	Exercise Psychology or Motor Learning	4
	University Core	F. Fine and Performing Arts	4
	University Core	D1. Philosophy	4
	Total Semester Units		17

JUNIOR YEAR	Fall		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Elective	4
	University Core	C1. Literature	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16
	Spring		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Elective	4
	University Core	C2. History	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16

SENIOR YEAR	Fall		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16
	Spring		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16

*Rhetoric course number dependent on placement score

**A "C" minimum grade is required in all ESS major coursework

Table 5. Suggested Four Year Curriculum Planner for B.S. Degree

FRESHMAN YEAR	Fall		
	Course Number	Title	Units
	ESS 100	Movement Skills Class	1
	BIO 113 & 114	Human Anatomy w/ Lab	4
	ESS 120	Foundations of Exercise and Sport Science	4
	RHET 120*	A2. Rhetoric and Composition	4
	University Core	A1. Public Speaking	4
	Total Semester Units		17
	Spring		
	Course Number	Title	Units
	ESS 100	Movement Skills Class	1
	BIO 115 & 116	Survey of Human Physiology w/ Lab	4
	ESS 200	Statistics	4
	ESS 220	Motor Development	4
	University Core	D3. Ethics (Recommended: Bioethics)	4
	Total Semester Units		17

SOPHOMORE YEAR	Fall		
	Course Number	Title	Units
	ESS 100	Movement Skills Class	1
	ESS 310 / ESS 300	Exercise Physiology or Kinesiology	4
	ESS 315 / ESS 320	Exercise Psychology	4
	ESS 370	E. Social Issues in Personal And Community Health <i>or</i>	
	ESS 372	Substance Abuse Prevention and Treatment <i>or</i>	
	PSYC 101	General Psychology	4
	CHEM 111	General Chemistry I	4
	Total Semester Units		17
	Spring		
	Course Number	Title	Units
	ESS 100	Movement Skills Class	1
	ESS 310 / ESS 300	Exercise Physiology or Kinesiology	4
	ESS 315 / ESS 320	Motor Learning	4
	University Core	D1. Philosophy	4
	CHEM 113	General Chemistry II	4
	Total Semester Units		17

JUNIOR YEAR	Fall		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Study	4
	University Core	D2. Theology	4
	PHYS 100 / PHYS 110	Physics I	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16
	Spring		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Study	4
	University Core	F. Fine and Performing Arts	4
	PHYS 101 / PHYS 210	Physics II	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16

SENIOR YEAR	Fall		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Study	4
	University Core	C1. Literature	4
	BIO 105	General Biology I <i>or</i>	4
	BIO 106	General Biology II <i>or</i>	
	BIO 134	Microbiology <i>or</i>	
	CHEM 232	Organic Chemistry	
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16
	Spring		
	Course Number	Title	Units
	Major Courses	ESS Advanced Area Study	4
	University Core	C2. History	4
	Electives	ESS Advanced Area or University Elective	4
	Electives	ESS Advanced Area or University Elective	4
	Total Semester Units		16

*Rhetoric course number dependent on placement score

**A "C" minimum grade is required in all ESS major coursework

Curriculum Development

The curriculum is developed and maintained by the faculty. Two of our predominant goals are to offer a comprehensive curriculum incorporating the core specialized areas of Kinesiology (philosophy, history, and sociology of physical activity, motor behavior, sport and exercise psychology, biomechanics, and physiology of physical activity) and to attract quality students. In an effort to attain these goals we have made several changes to the curriculum including but not limited to requiring students to complete lower division courses prior to enrolling in the upper division courses and to obtain a minimum grade of C for all courses. It is important to note that we are currently unable to offer a comprehensive approach to the scholarly study of Kinesiology. We are limited by the number of faculty and hence area expertise in biomechanics, philosophy, and history.

The Tables in this section illustrate the curricular changes since the 2005 program review: Table 6 is a comparison of course offerings, Table 7 is a record of course name changes, and Table 8 is a history of advanced area course offerings. Note in Table 6 there are several courses that have been developed since the last program review: Clinical Exercise Testing, Exercise and Healthy Kids, Exercise Program Design, Neuroscience, Interdisciplinary Study of Aging, Exercise and Health Promotion, and Exercise and Disease Prevention. All of these courses are advanced area electives and several are elective or core courses in the interdisciplinary minors. Exercise and Healthy Kids is an elective for Child and Youth Studies and Health Studies Minors, Neuroscience is the core course for Neuroscience Minors, Interdisciplinary Study of Aging is an elective for the Gerontology Minor, Exercise and Health Promotion is an elective for the Health Studies Minor, Exercise and Disease Prevention is an elective for the Gerontology and Health Studies Minors. A description of all courses offered in our major is provided following Table 8.

Table 6. Comparison of Course Offerings

<i>Lower Division Units Required = 22</i>			<i>Lower Division - Units required = 24</i>		
Course Offerings 2005			Course Offerings 2011		
Course #	Course Name	Units	Course #	Course Name	Units
ESS 100	Motor Skill Performance and Analysis	2	ESS 100	Motor Skill Performance and Analysis	4
BIO 113	Human Anatomy	3	BIO 113	Human Anatomy	3
BIO 114	Laboratory in Human Anatomy	1	BIO 114	Laboratory in Human Anatomy	1
BIO 115	Survey of Human Physiology	3	BIO 115	Survey of Human Physiology	3
BIO 116	Laboratory in Human Physiology	1	BIO 116	Laboratory in Human Physiology	1
				Foundations of Exercise and Sport Science	4
ESS 200	Statistics for ESS	4	ESS 200	Statistics	4
ESS 220	Motor Development	4	ESS 220	Motor Development	4
ESS 230	Psychology of Human Movement	4			
<i>Upper Division Units Required = 8</i>			<i>Upper Division Units Required = 16</i>		
Course Offerings 2005			Course Offerings 2011		
Course #	Course Name	Units	Course #	Course Name	Units
ESS 300	Anatomical Kinesiology	4	ESS 300	Kinesiology	4
ESS 310	Exercise Physiology	4	ESS 310	Exercise Physiology	4
			ESS 315	Exercise Psychology	4
			ESS 320	Motor Learning	4
<i>Advance Area Electives Units Required = 16</i>			<i>Advance Area Electives Units Required = 12</i>		
Course Offerings 2005			Course Offerings 2011		
Course #	Course Name	Units	Course #	Course Name	Units
			ESS 240	Interdis Study of Human Aging	4
			ESS 325	Exercise and Disease Prevention	4
			ESS 330	Exercise and Health Promotion	4
			ESS 340	Neuroscience	4
ESS 350	Biomechanics	4	ESS 350	Biomechanics	4
ESS 352	Motor Learning	4			
ESS 354	Indiv Health/Exercise Program Design	4	ESS 354	Exercise Program Design	4
ESS 356	Movement for Special Groups	4	ESS 356	Movement for Special Groups	4
			ESS 358	Clinical Exercise Testing	4
			ESS 360	Exercise and Healthy Kids	4
ESS 362	Sociology of Sport	4	ESS 362	Sport, Culture, and Society	4
ESS 364	Curric. & Instruction: Elem School PE	4	ESS 364	Curric. & Instruction: Elem School PE	4
ESS 366	Curric. & Instruction: Second School PE	4	ESS 366	Curric. & Instruction: Second School PE	4
ESS 368	Nutrition for Exercise and Health	4	ESS 368	Nutrition for Exercise and Health	4
ESS 370	Social Issues in Pers & Comm. Health	4	ESS 370	Social Issues in Pers & Comm. Health	4
ESS 372	Sub Abuse Preven and Treatment	4	ESS 372	Sub Abuse Preven and Treatment	4
ESS 376	Teaching Movement Skills	4	ESS 376	Teaching Sport Skills	4
ESS 390	Special Topics	1-4	ESS 390	Special Topics	1-4
ESS 397	Field Observation in Physical Education	1	ESS 397	Field Observation in Physical Education	1

ESS 398	Internship Practicum	1-4	ESS 398	Professional Practicum	1-4
ESS 399	Directed Study	1-4	ESS 399	Directed Study	1-4
ESS 410	Research Seminar	4	ESS 410	Research Seminar	4

Table 7. Course Name Changes

Course #	Previous Course Name	Current Course Name
ESS 200	Statistics for Exercise and Sport Science	Statistics
ESS 300	Anatomical Kinesiology	Kinesiology
ESS 315	Psychology of Human Movement	Exercise Psychology
ESS 325	Clinical Exercise and Disease Prevention	Exercise and Disease Prevention
ESS 340	Fundamental of Neuroscience	Neuroscience
ESS 354	Individualized Health/Exercise Program Design	Exercise Program Design
ESS 362	Sociology of Sport	Sport Culture and Society
ESS 376	Teaching Movement Skills	Teaching Sport Skills
ESS 398	Internship Practicum	Professional Practicum

Table 8. History of Advanced Area Study Course Offerings

Course #	Course Name	Units	Developed	Last Offered	Professor
ESS_240	Interdisciplinary Study of Human Aging	4	F 2007	SP 2011	Thompson
ESS_325	Exercise and Disease Prevention	4	SP 2009	SP 2011	Orri
ESS_330	Exercise and Health Promotion	4	SP 2007	F 2011	Lattimore
ESS_340	Neuroscience	4	SP 2007	SP 2012	Francis
ESS_350	Biomechanics	4	< 2005 PR	SP 2003	Blackwell
ESS_354	Exercise Program Design	4	< 2005 PR	SP 2012 ^a	Havenar
ESS_356	Movement for Special Groups	4	< 2005 PR	F 2010	Laughlin
ESS_358	Clinical Exercise Testing	4	F 2008	SP 2010	Orri
ESS_360	Exercise and Healthy Kids	4	SP 2008	SP 2012	Lattimore
ESS_362	Sport, Culture, and Society	4	< 2005 PR	F 2007	Gmelch
ESS_364	Curric. And Instruction: Elementary School PE	4	< 2005 PR	SP 2011	Lauro
ESS_366	Curric. And Instruction: Secondary School PE	4	< 2005 PR	F 2001	Laughlin
ESS_368	Nutrition for Exercise and Health	4	< 2005 PR	SP 2011 ^b	Adjunct
					Thompson
ESS_370	Social Issues in Personal and Comm. Health	4	< 2005 PR	SP 2012	Laughlin
ESS_372	Substance Abuse Prevention and Treatment	4	< 2005 PR	SP 2012	Laughlin
ESS_376	Teaching Sport Skills	4	< 2005 PR	SP 2002	Lauro
ESS_390	Special Topics	1-4	< 2005 PR	SP 2008	Lattimore
ESS_397	Field Observation in Physical Education	1	< 2005 PR	SP 2008	Lauro
ESS_398	Professional Practicum	1-4	< 2005 PR	SP 2012	Lattimore
					Howell
ESS_399	Directed Study	1-4	< 2005 PR	SP 2012	Francis
ESS_410	Research Seminar	4	< 2005 PR	F 2004	Francis

* PR= Program Review, a = 1st time taught; b = Adjunct

Course List with Descriptions

Required Lower Division ESS Courses

Course Name and Number	Course Description
ESS 100 - Motor Skill Performance and Analysis (2)	ESS majors must take at least 4 sections, each chosen from 4 different areas. Sections meet two hours a week. Offered every semester.
ESS 120 - Foundations of Exercise and Sport Science (4)	An introductory course aimed at the entry level student. Focuses on the integration of biological, behavioral, and cultural perspectives in Exercise and Sport Science. Particular attention is paid to students' academic, personal, and professional expectations. Offered every semester. Prerequisite: ESS majors only.
ESS 200 - Statistics (4)	On completion of this course students will have an understanding of basic research methods and techniques, how these might be used in solving research problems, and basic statistical calculations and the relevance of their uses. Offered every semester. Prerequisite: ESS majors only.
ESS 220 - Motor Development (4)	Study of physical growth, body type, and motor development through childhood, adolescence, and the adult stages; age and sex differences in motor performance. Offered every semester. Prerequisite: ESS majors and Child Studies minors only.

Required Upper Division ESS Courses

Course Name and Number	Course Description
ESS 100 - Motor Skill Performance and Analysis (2)	ESS majors must take at least 4 sections, each chosen from 4 different areas. Sections meet two hours a week. Offered every semester.
ESS 300 - Kinesiology (4)	The purpose of this course is to analyze human movement using applied anatomy and biomechanics, with the goal of skill enhancement and injury prevention. Offered every semester. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 310 - Exercise Physiology (4)	This course will study how exercise affects the structure and function of the human body. Attention will be given to each bodily system as well as the biochemistry of exercise. A weekly laboratory familiarizes students with the assessment of human performance. Offered every semester. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 315 - Exercise Psychology (4)	Study of the reciprocal relationship of body movement and inner states. Topics include motivation, stress, group and leadership dynamics, psychological skills, body image, burnout, and injury. Offered every semester. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 320 - Motor Learning (4)	Study of interaction of cognitive, perceptual, task, and physical variables that influence skilled movement. Information-processing, dynamical, and neuroanatomical models are discussed. Applications include activities of daily living, elite motor skills, physical rehabilitation, and ergonomics/human factors. Offered every Fall. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).

ESS Advanced Area Studies

Course Name and Number	Course Description
ESS 240 - Interdisciplinary Study of Human Aging (4)	This course is intended to introduce students to a wide range of topics and disciplinary interests in gerontology and to explore their influence on the ability for older adults to age successfully in today's world. The changing demographics of the aging population will be emphasized as well as the biological, psychological and sociological effects of human aging. Offered intermittently.
ESS 325 - Exercise and Disease Prevention (4)	This course examines the mechanisms of chronic disease, including the etiology, epidemiology, and role of exercise in the management and prevention of diseases such as cardiovascular disease, diabetes, and cancer. Offered every Spring. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 330 - Exercise and Health Promotion (4)	The purpose of this course is to provide students with the tools to develop effective exercise and health promotion interventions for a variety of populations. The underlying theories of exercise and health behavior and their application to program development will be studied. Exercise and health promotion program development including planning, implementation, and evaluation will be studied extensively. Offered every Fall. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 340 - Neuroscience (4)	The general purpose of this course is to provide students with an introduction to the field of neuroscience. Emphasis is placed on the biological structures and functions of the brain and nervous system in health and disease. Offered every Spring. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 350 - Biomechanics (4)	The knowledge and methods of mechanics as applied to the structure and function of the living human system. Offered intermittently. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220 and ESS 300 (or consent of instructor).
ESS 354 - Exercise Program Design (4)	This course will train students to develop exercise programs for healthy people and those with controlled diseases. Benefits and risks of physical activity will be discussed in addition to various methods of human performance and assessment and movement analysis. Offered intermittently. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220, ESS 300 and ESS 310 (or consent of instructor).
ESS 356 - Movement for Special Groups (SL) (4)	The theory and practice of adaptive physical education as applied to the exceptional person. Topics studied include sensory impairments; behavioral and learning disorders; fitness and structural problems; cardiovascular, pulmonary, and metabolic problems; interventions and activities for the special person. Offered intermittently. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 358 - Clinical Exercise Testing (4)	Clinical exercise physiology deals with the effects of chronic disease such as heart disease, obesity and diabetes on exercise capacity and the benefits of exercise training in managing chronic conditions. Lecture and laboratory experiences will introduce students to clinical exercise testing, electrocardiography, and exercise prescription for clinical populations. Offered every Fall. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220 and ESS 310 (or consent of instructor).

ESS 360 - Exercise and Healthy Kids (4)	Exercise and Healthy Kids will discuss major issues unique to health for children and youth. This course emphasizes the influencing factors of childhood obesity as well as examining sport participation, physical activity and nutrition from a global perspective. BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220 and ESS 310 (or consent of instructor OR declared Child Studies Minor)
ESS 362 - Sport, Culture and Society (4)	Course focuses on local and global forces in the production and promotion of sport and fitness practices, representations, and discourses. Cross-listed With: SOC 324. Offered intermittently. Prerequisite: Junior standing.
ESS 364 - Curriculum and Instruction: Elementary School PE (3 - 4)	The elementary school physical education program. Games, sports, fundamental rhythm and dance, and other activities commonly taught at the elementary level. Offered intermittently. Prerequisite: Junior standing.
ESS 366 - Curriculum and Instruction: Secondary School PE (4)	Knowledge of selected curriculum issues, for example, physical education as a profession, patterns for organizing curricula, legal liability, health education, recreation, evaluation, supervision, and teaching problems and practices. Offered intermittently. Prerequisite: Junior standing.
ESS 368 - Nutrition for Exercise and Health (4)	This course will study the influence of nutrition on both health and human performance. Students will study how diet affects the prevention of various disease processes as well as nutritional strategies that can be employed to enhance athletic performance. Offered intermittently. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).
ESS 370 - Social Issues in Personal and Community Health (4)	Issues related to personal and community health. Areas of concern will be mental health, drug abuse, prejudice, personal safety, fitness, disease, environmental health, nutrition, and selected topics in human sexuality. Offered every semester.
ESS 372 - Substance Abuse Prevention and Treatment (4)	An emphasis on the social and psychological aspects of substance abuse and its prevention and treatment. Offered every semester.
ESS 376 - Teaching Sport Skills (4)	An analysis and methods of teaching class for students interested in teaching movement and sport skills in physical education, sport, and fitness settings. Offered intermittently. Prerequisites: ESS majors only; Junior standing.
ESS 390 - Special Topics in ESS (1 - 4)	Experimental course focusing on exploration and discussion of material which complements that found in the regularly offered curriculum. Topics are variable. Offered intermittently.
ESS 397 - Field Observation in Physical Education (1)	Observation of and assistance with physical education programs at middle and high school levels. Offered every semester. Prerequisites: ESS majors only; senior standing and permission of instructor.
ESS 398 - Professional Practicum (1 - 4)	Supervised work in a community setting relevant to exercise and sport science. Physical therapy, occupational therapy, specialist clinics, health and fitness clubs, hospitals, recreation centers, public and private organizations. Offered every semester. Prerequisites: Permission of instructor.
ESS 399 - Directed Study (1 - 4)	Offered every semester. Prerequisite: ESS majors only. Written permission of the instructor and the dean is required.
ESS 410 - Research Seminar (4)	Research methods and scientific research principles. In-depth explorations and discussion of latest findings, theories and applications. Topics variable. Offered intermittently. Prerequisite: Permission of instructor.

Interdisciplinary Minors

A major change to our curriculum has been the incorporation of four interdisciplinary minors: Child and Youth Studies, Gerontology, Health Studies, and Neuroscience. Our department has elective and core courses offered in each minor. Additionally, our faculty members serve on minor advisory boards and teach within interdisciplinary minor programs.

Interdisciplinary Minor in Child and Youth Studies

Child and Youth Studies is an interdisciplinary program that will provide the undergraduate student with a scholarly and experiential understanding of childhood and adolescence. The minor, which is open to all majors, educates students about the physical, psychological, spiritual, social, and cultural aspects of human development during the first 18 years of life. It integrates the many child- and youth-focused courses and service learning experiences across disciplines within the schools and colleges at USF to provide a structured course of study for the undergraduate student interested in learning about children.

Table 9. Minor Requirements for Child and Youth Studies*Three Core Courses (12 units)*

Course #	Course Name	Units
PSYC 101	General Psychology	4
PSYC 312	Child Development	4
SOC 329	Social World of Children	4
<i>Or</i>	Survey of Human Physiology	4
SOC 229	Diversity of American Families	4

Elective Courses (8 units, choose 2 courses from below)

Course #	Course Name	Units
COMS 302	Cark Side Interpersonal/Family Communication	4
COMS 306	Family Communication	4
ESS 220	Motor Development	4
ESS 360	Exercise and Healthy Kids	4
NURS 331/420	Family Health I- NURSING only	4
NURS 241/421	Family Health II- NURSING only	4
PSYC 328	Child Psychology	4
PSYC 350	Perspectives- Family Psychology	4
PSYC 369	Child Maltreatment	4
SOC 229	Diversity of American Families	4
SOC 329	Social Worlds of Children	4
SOC 338	Sociology of Education	4
SOC 356	Juvenile Justice	4
SOC 390	Sociology of Adolescence	4
TEC 611	Education of Bilingual Children- DD only	4
TEC 643	Education of Exceptional Children- DD only	4

Departmental Practicum/Internship Exercise (4 units):

Course #	Course Name	Units
COMS 496	Communication Studies Internship*	4
DANCE 360	Dance in the Community	4
ESS 398	Professional Practicum – ESS only	4
NURS 351/425	Clinical Lab IV-A – NURSING only	4
NURS 352/426	Clinical Lab IV-B – NURSING only	4
PSYC 396	Psychology Practicum – PSYCH only	4
SOC 395	Fieldwork in Sociology	4
TEC 401-402	America Reads IA and IB	4
INTD 385	DDTP Fieldwork – DD only	4
INTD 395	Korean Immersion in Teaching – DD only	4

Interdisciplinary Minor in Gerontology

The Minor in Gerontology provides students with an interdisciplinary understanding of the many aspects of the aging process and gives them the knowledge to pursue a career in the growing field of gerontology. The Gerontology Minor also provides opportunities for students to see the connection between learning about aging and working with older adults in the community.

Table 10. Minor Requirements for Gerontology

Required Courses (12 units)

Course #	Course Name	Units
BIO 108	Biology of Human Aging	4
BIO 109	Laboratory in Biology of Human Aging (meets CORE B2)	4
PSYC 339	Adulthood and Aging	4

**Nursing Majors may substitute BIO 115/116 (Survey of Human Physiology &*

**ESS Majors may substitute BIO 115/116 (Survey of Human Physiology & Lab)*

**Neuroscience minors may substitute BIO 115/116 (Survey of Human Physiology & Lab)*

**Biology Majors may substitute 201-320: Human Physiology*

**Exercise & Sport Science 240 Interdisciplinary Study of Human Aging (meets CORE Service Learning)*

Elective Courses (8 units, choose 2 courses from below):

(Must obtain permission from the Gerontology Minor Faculty Coordinator)

Course #	Course Name	Units
COMS368	Communication and Aging	4
DANCE 360	Dance 360 Dance in the Community (meets CORE F and Service Learning)	4
DANCE 480	Dance 480 Workshop in Dance Production: Dance Generators ⁺	4
ESS 325	Exercise & Sport Science 325 Exercise and Disease Prevention	4
HS 301	Death and Dying (Meets CORE D2 Theology)	4
NURS 222	Applied Assessment Fundamentals Across Lifespan I (Nursing Majors Only)	4
NURS 272	Applied Assessment Fundamentals Across Lifespan II (Nursing Majors Only)	4
PHIL 240	Ethics (Biomedical Issues Section only)	4
PSYC 396	Psychology of Prejudice	4
PSYC 302	Psychology Practicum (Psychology Majors only)	4

Interdisciplinary Minor in Neuroscience

The interdisciplinary field of neuroscience is one of the most exciting and rapidly growing areas within the sciences. It draws heavily from traditional natural science and social science areas, such as Biology, Physics, and Psychology, as well as newer disciplines such as Exercise and Sport Science. In addition, the field encompasses many diverse topics that typically are discussed in philosophy, economics, art, politics, music, anthropology, and computer science. The multifaceted character of neuroscience lends to its appeal.

Table 11. Minor Requirements for Neuroscience

Required Courses (16 units minimum):

For Non-Biology Majors:

Course #	Course Name	Units
BIOL 105	Biology I	4
PSYC 270*	Biological Psychology	4
BIOL 115/116	Survey of Human Physiology and Lab	4
BIOL 340	Neuroscience	4

*Pre-requisite Psychology 101 General Psychology or permission from instructor

For Biology Majors:

Course #	Course Name	Units
BIOL 105	General Biology I	4
PSYC 270	Biological Psychology	4
Biology 368	Neurobiology	4

Plus one of the following courses

BIOL 320/321	Human Physiology and Lab	4
BIOL 340	Animal Toxicology	4
BIOL 333/334	Endocrinology and Lab	4

*Pre-requisite Psychology 101 General Psychology or permission from instructor

Elective Courses (4 units minimum)

(Must obtain permission from the Neuroscience Minor Faculty Coordinator)

Course #	Course Name	Units
CHEM 330	The Chemistry of Drugs	4
PHYS 380	Foundations of Computational Neuroscience	4
ESS 398*	Professional Practicum	4
PSYC 319	Learning, Memory and Cognition	4
PSYC 388	Advanced Research Methods (Lab)	4

*Pre-requisite: permission of instructor

Interdisciplinary Minor in Health Studies

This description for this minor is not available.

Table 12. Minor Requirements for Health Studies

Choose 2 of the following courses (8 units)

Course #	Course Name	Units
COMS 352	Message Design in Health Interaction	4
RHET 111	Public Speaking for Nurses	4
PSYC 322	Health Psychology	4
PSYC 270	Biological Psychology	4
SOC 319	Health and Environment	4

Choose 2 of the following courses (8 units)

Course #	Course Name	Units
ESS 315	Exercise Psychology	4
ESS 325	Exercise and Disease Prevention	4
ESS 330	Exercise and Health Promotion	4
ESS 360	Exercise and Healthy Kids	4
ESS 368	Nutrition for Exercise and Health	4

Choose 1 of the following courses (4 units)

Course #	Course Name	Units
BIOL 100	Science of Life	4
BIOL 103	Human Biology	4
BIOL 105	General Biology I	4
BIOL 106	General Biology II	4
BIOL 113	Human Anatomy	4
BIOL 115	Survey of Human Physiology	4

III. ASSESSMENT

The Department is currently developing an assessment for its BS and BA in Exercise and Sport Science. The assessments chosen by the Department are both formative and summative. While we acknowledge a tendency to rely more on summative assessments than formative assessments and to focus on students who are about to graduate from the programs, we are committed to developing more formative assessments and to collecting data at multiple times during a student's tenure in the program to determine when the objectives are accomplished and to chart the students' progress toward accomplishing the objectives. With the latter point in mind, we are in the process of

developing a comprehensive curricular mapping in an effort to indicate when the various objectives are introduced, developed and practiced with feedback, and developed at the mastery level appropriate for graduation.

The following objective was assessed for the first report:

Measurable student learning objective:

Students will understand behavioral, physical, psychological and biological scientific principles of human movement.

Places in the curriculum where the student learning outcome is addressed:

ESS 100, BIO113/114, BIO115/116, ESS 120, ESS 200, ESS 220, ESS 240, ESS 300, ESS 310, ESS 315, ESS 320, ESS 325, ESS 330, ESS 340, ESS 350, ESS 354, ESS 356, ESS 358, ESS 360, ESS 368, ESS 370 and ESS 372.

Assessment/Procedures/Methods/Strategies:

Direct Assessment: Students will demonstrate their knowledge through standard tests (final examinations: limited to lower division courses).

Summary of findings about student learning: Overall we are achieving the selected learning outcome. Ninety percent of the students received a grade of C or higher in the lower division courses (ESS 120, ESS 220, ESS 200, BIO 113/114, BIO 115/116) necessary for advancement to the upper division core of our curriculum as well as maintaining their status as an ESS student.

What did the faculty in the Department learn?: In general we have learned that direct assessments are quick, easy, objective indicators of student learning. However, inclusion of indirect assessments may help us to understand more holistically the achievement of the proposed learning outcome.

There is a lot more work that needs to be done in this area. One of the main problems with the development of an assessment is lack of consistency in the faculty involved. In 2008 the College provided extensive assessment training for Chairs. However Chairs change frequently and the involved faculty involved also changes. It would be beneficial to have a retreat in which a Dean from the office of institutional assessment provided the faculty with an overview of the assessment process.

IV. FACULTY

The Department currently has six faculty members. Six faculty members have full-time appointments one faculty member has joint appointment with Sport Management. The faculty areas of expertise as they align with the core specialized areas of study acknowledged by the Academy of Kinesiology are as follows: exercise physiology (2), motor learning and control (1), motor development (1), psychology of physical activity (1), history and sociology of physical activity (1), and sociology of physical activity (1). Currently we lack faculty expertise in several specialized areas of study which limits our ability to deliver a comprehensive kinesiology program. Given the limited number of

faculty and considering sabbaticals and release time associated with administrative positions faculty are often required to teach a number of different courses (Table 13).

The teaching load is nine 4-unit courses every two years. This results in a 2-2-2-3 load with the 3-course semester occurring sometime within the two-year period. Table 14 provides a history of the faculty rotation schedule for the past six years. Administrative release for the Chair is one course per semester (4 units release a semester), the Activity Program Director is one course per two-year period (1 unit release a semester), and other faculty may negotiate course reductions due to salary compensations from grants or other services to the College and University.

Table 13. History of Courses Taught by Faculty

Francis

<u>Course #</u>	<u>Course Name</u>
ESS 200	Statistics
ESS 220	Motor Development
ESS 230	Psychology of Human Movement
ESS 320	Motor Learning
ESS 340	Neuroscience
ESS 410	Research Seminar
ESS 398	Professional Practicum
ESS 399	Directed Study

Howell

<u>Course #</u>	<u>Course Name</u>
ESS 120	Foundations of ESS
ESS 362	Sport, Culture, and Society
ESS 398	Professional Practicum

Lattimore

<u>Course #</u>	<u>Course Name</u>
ESS 315	Exercise Psychology
ESS 330	Exercise and Health Promotion
ESS 360	Exercise and Healthy Kids
ESS 398	Professional Practicum

Laughlin

<u>Course #</u>	<u>Course Name</u>
ESS 100	Weight and Circuit Training
ESS 356	Movement for Special Groups
ESS 370	Social Issues in Personal and Community Health
ESS 372	Substance Abuse: Prevention and Treatment
ESS 366	Curriculum and Instruction: Secondary School PE

Lauro

<u>Course #</u>	<u>Course Name</u>
ESS 100	Golf
ESS 120	Foundations of ESS
ESS 220	Motor Development
ESS 364	Curriculum and Instruction: Elementary School PE
ESS 376	Teaching Sport Skills

Orri

<u>Course #</u>	<u>Course Name</u>
ESS 200	Statistics
ESS 300	Kinesiology
ESS 325	Exercise and Disease Prevention
ESS 358	Clinical Exercise Testing
ESS 398	Professional Practicum

Thompson

<u>Course #</u>	<u>Course Name</u>
ESS 310	Exercise Physiology
ESS 340	Interdisciplinary Study of Human Aging
ESS 356	Movement for Special Groups
ESS 368	Nutrition for Exercise and Health

Table 14. Course Rotation History

Francis

<u>Semester</u>	<u># Courses & Units</u>	<u>Course #</u>	<u>Course Title</u>
F07	2 courses (8 units)	ESS 200	Statistics
		ESS 320	Motor Learning
Sp08	2 courses (8 units)	ESS 200	Statistics
		ESS 240	Neuroscience
F08	2 courses (8 units)	ESS 200	Statistics
		ESS 320	Motor Learning
Sp09	3 courses (12 units)	ESS 200	Statistics
		ESS 320	Motor Learning
		ESS 240	Neuroscience
F09	2 courses (8 units)	ESS 200	Statistics
		ESS 320	Motor Learning
Sp10	3 courses (12 units)	ESS 200	Statistics
		ESS 320	Motor Learning
		ESS 240	Neuroscience
F10	2 courses (8 units)	ESS 320	Motor Learning
		ESS 320	Motor Learning
Sp11	Sabbatical		

Howell

<u>Semester</u>	<u># Courses & Units</u>	<u>Course #</u>	<u>Course Title</u>
F08	1 course (4 units)	ESS 398	Professional Practicum
Sp09	1 course (4 units)	ESS 120	Foundations of ESS
F09	1 course (4 units)	ESS 398	Professional Practicum
F10	1 course (4 units)	ESS 398	Professional Practicum
Sp11	Sabbatical		

Lattimore

<u>Semester</u>	<u># Courses & Units</u>	<u>Course #</u>	<u>Course Title</u>
F07	2 courses (8 units)	ESS 315	Exercise Psychology
		ESS 398	Professional Practicum
Sp08	3 courses (12 units)	ESS 315	Exercise Psychology
		ESS 360	Exercise and Healthy Kids
		ESS 398	Professional Practicum
F08	2 courses (8 units)	ESS 315	Exercise Psychology
		ESS 330	Exercise and Health Promotion
Sp09	2 courses (8 units)	ESS 315	Exercise Psychology
		ESS 398	Professional Practicum
F09	2 courses (8 units)	ESS 315	Exercise Psychology
		ESS 330	Exercise and Health Promotion
Sp10	3 courses (12 units)	ESS 315	Exercise Psychology
		ESS 330	Exercise and Health Promotion
		ESS 398	Professional Practicum
F10	3 courses (12 units)	ESS 315	Exercise Psychology
		ESS 330	Exercise and Health Promotion
		ESS 398	Professional Practicum
Sp11	3 courses (12 units)	ESS 315	Exercise Psychology
		ESS 330	Exercise and Health Promotion
		ESS 398	Professional Practicum

Laughlin

<u>Semester</u>	<u># Courses & Units</u>	<u>Course #</u>	<u>Course Title</u>
F07	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment
Sp08	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment
F08	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment
sp09	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment
F09	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment
Sp10	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health

		ESS 372	Substance Abuse: Prevention and Treatment
F10	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment
Sp11	2 courses (8 units)	ESS 370	Social Issues in Personal and Community Health
		ESS 372	Substance Abuse: Prevention and Treatment

Lauro

<u>Semester</u>	<u># Courses & Units</u>	<u>Course #</u>	<u>Course Title</u>
F07	2 courses (8 units)	ESS 120	Foundations of ESS
		ESS 220	Motor Development
S08	2 courses (8 units)	ESS 220	Motor Development
		ESS 220	Motor Development
F08	2 courses (8 units)	ESS 120	Foundations of ESS
		ESS 220	Motor Development
S09	2 courses (8 units)	ESS 220	Motor Development
		ESS 364	Curriculum and Instruction: Elementary School PE
F09	2 courses (8 units)	ESS 120	Foundations of ESS
		ESS 220	Motor Development
S10	2 courses (8 units)	ESS 120	Foundations of ESS
		ESS 220	Motor Development
F10	2 courses (8 units)	ESS 120	Foundations of ESS
		ESS 220	Motor Development
S11	2 courses (8 units)	ESS 220	Motor Development
		ESS 364	Curriculum and Instruction: Elementary School PE

Orri

<u>Semester</u>	<u># Courses & Units</u>	<u>Course #</u>	<u>Course Title</u>
F07	2 courses (8 units)	ESS 300	Kinesiology
		ESS 358	Clinical Exercise Testing
Sp08	2 courses (8 units)	ESS 300	Kinesiology
		ESS 325	Exercise and Disease Prevention
F08	2 courses (8 units)	ESS 300	Kinesiology
		ESS 358	Clinical Exercise Testing
Sp09	3 courses (12 units)	ESS 300	Kinesiology
		ESS 300	Kinesiology
		ESS 325	Exercise and Disease Prevention
F09	2 courses (8 units)	ESS 300	Kinesiology
		ESS 358	Clinical Exercise Testing
Sp10	2 courses (8 units)	ESS 300	Kinesiology
		ESS 358	Clinical Exercise Testing
F10	3 courses (12 units)	ESS 200	Statistics
		ESS 300	Kinesiology
		ESS 325	Exercise and Disease Prevention
Sp11	3 courses (12 units)	ESS 200	Statistics
		ESS 300	Kinesiology

ESS 325		Exercise and Disease Prevention	
Thompson			
Semester	# Courses & Units	Course #	Course Title
F07	2 courses (9 units)	ESS 310	Exercise Physiology
		ESS 340	Interdisciplinary Study of Human Aging
Sp08	2 courses (9 units)	ESS 310	Exercise Physiology
		ESS 368	Nutrition for Exercise and Health
F08	1 course (5 units)	ESS 310	Exercise Physiology
Sp09	2 courses (9 units)	ESS 310	Exercise Physiology
		ESS 340	Interdisciplinary Study of Human Aging
F09	1 course (5 units)	ESS 310	Exercise Physiology
Sp10	2 courses (9 units)	ESS 310	Exercise Physiology
		ESS 340	Interdisciplinary Study of Human Aging
F10	1 course (5 units)	ESS 310	Exercise Physiology
Sp11	2 courses (9 units)	ESS 310	Exercise Physiology
		ESS 340	Interdisciplinary Study of Human Aging

A. Full-Time Faculty Bios

The following section includes full-time faculty bios in alphabetical order.

Karen Francis

Karen Francis, Ph.D., is an Associate Professor and Chair in the Exercise & Sport Science Department at the University of San Francisco. She teaches courses in the areas of movement science: Neuroscience, Motor Learning, and Statistics. Dr. Francis's research interests are focused on how we control and coordinate movement and how aging and disease affects our ability to control movements. In one line of research, she is examining the extent to which pathological tremor interferes with force control abnormalities and hence mechanisms responsible for control and coordination. In another line of research, she is examining neural and behavioral mechanisms that underlie skill acquisition and hence our knowledge regarding force control changes associated with aging and disease processes. She is a member of the Neuroscience Minor Committee, Interdisciplinary Committee on Aging and the Active Living Across the Lifespan research group. Dr. Francis is a member of the Society for Neuroscience, Gerontological Society of America, and the North American Society for the Psychology of Sport and Physical Activity.

Dr. Francis is a mentor and fundraiser for Big City Mountaineer (BCM), a nonprofit organization whose mission is to enhance the lives of under-resourced teens through transformative outdoor experiences. She mentors teens on day and weeklong backpacking expeditions and in February 2013 she will climb Mt. Kilimanjaro through BCM's Summit for Someone program. The funds raised through the Summit for

Someone program will directly increase the number of youth served in our summer programs.

Jeremy Howell

Jeremy Howell, Ph.D has a joint appointment in the Exercise and Sport Science department and the Sport Management Graduate Program. He is also the University's NCAA Faculty Athletic Representative and sits on the Executive Council of the West Coast Conference. From 2010-2011, he was part of a three member Interim Athletic Director transition team that oversaw the daily operations of the Athletic Department.

A member of the President's Commission on Health Professions Education, Jeremy is involved in expanding USF's scope and depth of health professions education at the graduate level with a focus on emerging fields, high demand areas for national and global health priorities, and areas of practice that will link the educational endeavor to providing health-related services in innovative and sustainable patterns of outreach.

Jeremy has extensive community and professional experience. At USF he has received over \$1 million in extramural funding to develop exercise based community interventionist programs. He also consults with both profit and not-for-profit organizations on facility design, business operations, product development, employee continuing education, corporate social responsibility and strategic philanthropy.

Most notably, from 1997-2008 he developed both the fitness strategies and award winning philanthropic initiatives for Western Athletic Clubs, a health club and sport resort corporation owned by The Atlantic Philanthropies, a charitable foundation created by 'Chuck' Feeney, co-founder of Duty Free Shoppers, the world's largest duty free retail chain. The Atlantic Philanthropies have made grants totaling more than \$5 billion as of December 2009. Governed by Chuck's philosophy of Giving While Living and Jeremy's direct leadership, Western Athletic Clubs allocated millions of dollars to national agencies focusing on exercise and healthy aging, disease prevention and child health.

In 2008 Jeremy received the USF St. Ignatius Award, the highest University award given to the faculty person that best personifies the meaning of service to his community, profession and university.

Diana Lattimore

Diana Lattimore, Ph.D., is an Assistant Professor in the Exercise and Sport Science Department at the University of San Francisco. She teaches Exercise Psychology, Exercise and Health Promotion, Exercise and Healthy Kids, and Professional Practicum. Dr. Lattimore's research interests are focused around childhood obesity and policies that influence behavior, children's perceptions of the motivational climate in PE and sport as well as examining the psychological aspects of sport injury with athletes. Dr. Lattimore is a member of the Child and Youth Studies Minor Committee, the IRB committee, and the

Wellness committee at USF. Also, Dr. Lattimore is currently an Advisor (previous Board Member) for Generations Community Wellness Centers, which provides fitness and wellness programs to youth, families, and seniors focusing specifically on helping underserved populations. Dr. Lattimore is a member of the Association for Applied Sport Psychology and American Psychological Association Division 47.

Neil Laughlin

Neil Laughlin, Ed. D. Stanford, 1971, is a Professor in the Exercise and Sport Science Department and has taught at USF since 1971. He currently teaches two classes in Area E (Social Sciences) of the University's Core Curriculum: Personal and Community Health and Substance Abuse. Dr. Laughlin's current research interests are character development in judo and gender-based differences in sport. He serves on the University's Promotion and Tenure and Disabilities Committees and is on the Advisory Board of New Life, a San Francisco-based residential drug treatment program.

Geraldine Lauro

Geraldine Lauro Ed.D. University of San Francisco (1992) is an assistant professor in the Exercise and Sport Science Department who has taught in the department since 1970. She teaches Foundations of Exercise and Sport Science, Motor Development Across the Lifespan, Elementary School Physical Education Curriculum and Instruction, and other courses that prepare students for a physical education teaching credential program. She is also the Coordinator for the ESS department's physical activity program. Having taught individual activity classes for many years she is currently teaching the department's golf class. Women's physical activity participation, patterns, and adherence issues are of particular interest to her. She is a member of WSPECW, AAHPERD, CAHPERD, and NASPSPA.

Julia Orri

Julia Orri, Ph.D. is an Associate Professor in the Exercise and Sport Science Department at the University of San Francisco. She teaches Exercise and Disease Prevention, Clinical Exercise Testing, Kinesiology, and Statistics. Dr. Orri's research interests focus on chronic disease prevention in postmenopausal women. Currently she is investigating the effects of exercise intensity on menopausal symptoms. Another current project involves the effects of vigorous exercise on endothelial function in postmenopausal masters athletes. Past research has included the influence of exercise on cardiovascular risk factors in postmenopausal type 2 diabetics and C-reactive protein in college students. Dr. Orri is a member of the American College of Sport Medicine and the North American Menopause Society. She is also an American College of Sport Medicine certified Health Fitness Specialist.

Christian Thompson

Christian Thompson, Ph.D. University of Kansas, 2001, is an Associate Professor in the Department of Exercise and Sport Science at the University of San Francisco. Christian has published scientific publications on exercise programming for older adults in peer-reviewed journals such as *Medicine and Science in Sport and Exercise*, *Journal of Aging and Physical Activity*, and *Journal of Applied Research*.

At USF, Christian teaches in the Exercise and Sport Science department (Exercise Physiology & Laboratory, Nutrition for Exercise & Health, and Exercise Program Design) as well as the Interdisciplinary Minor in Gerontology (Study of Human Aging) which he served as Coordinator from 2005-2010. He served as ESS Department Chair from 2008 to 2010 and is currently on sabbatical leave. Christian is engaged in numerous research and community projects investigating the effects of exercise programming on the physical function of older adults. In 2007, he received a three year, \$600,000 grant from the Department of Aging and Adult Services to study the effectiveness of a progressive falls prevention exercise class on falls and fall risk in community-dwelling older adults who had recently fallen. This work has received continuing funding for additional years (through 2012) and earned Christian the Outstanding Young Researcher award from the Council of Aging and Adult Development in 2009. Additionally, in 2010, Christian was awarded a two year \$20,000 grant from the Kaiser Community Benefit Foundation to continue to expand his work in falls prevention to other locations in San Francisco. This work allows Christian to involve numerous undergraduate students in the research process and several have accompanied him to state and national conferences, including the American College of Sports Medicine's (ACSM) Annual Meeting in Baltimore in 2010.

Christian also is involved heavily in professional service. He is currently Co-Chair of the Special Interest Group on Aging within ACSM and the Chair of the Council on Aging and Adult Development (CAAD). He is a featured author on older adult exercise for the PTA Global certification program and also developed educational content for IDEA, the National Academy of Sports Medicine, the American College of Sports Medicine and the American Senior Fitness Association. He serves as an advisor and consultant for both not-for-profit and profit companies and organizations and has appeared in numerous lay publications such as the IDEA Fitness Journal, San Francisco Chronicle, Cleveland Clinic Health Newsletter, Arthritis Advisor, and GOLF Magazine.

Jacob Havenar, Adjunct Professor

Jacob Havenar, Ph.D., M.C., is an adjunct faculty member in the Exercise & Sport Science Department at the University of San Francisco. He currently teaches Exercise Physiology and Exercise Program Design. Dr. Havenar's research focuses on the relationship between intrinsic motivation and physical activity adherence and the interaction between intervention modality and sustainable health behavior change. His current research objectives include the examination of baseline psychosocial predictors of long term weight loss and the impact of weight training on self-determined motives and exercise adherence. He is a member of the American College of Sports Medicine

and The National Strength and Conditioning Association. Dr. Havenar is an American College of Sports Medicine certified Health Fitness Specialist.

Physical Activity Program Instructors

The following 24 part-time faculty teach one to three courses of the 34 sections that are offered in the Physical Activity Program (Table 15). These one-unit ESS 100 - *Motor Skill Performance and Analysis* courses are listed under Creative Movement, Total Body Fitness, Individual Sports, Team Sports, and Rehabilitation Movement. The nine sections of dance under Creative Movement are cross-listed with the Performing Arts Department. The majority of the faculty have taught in the program for over five years. They have excellent teaching evaluations, and are very successful teachers and performers.

Table 15. List of Activity Instructors

Activity Instructor	Classes Taught
Acedo, Gracielo	Ballet (Beg.)
Aiello, Jennine	Functional Training
Baker, Rebecca	Functional Training
Bangoura, Naby	West African Dance
Bartlett, Peter	Tennis
Bello, Leonel	Fencing
Boreyko, Valeriy	Swimming Instruction, Swimming for Fitness
Burick, Kathleen	Relaxation and Massage Tech, Yoga
Caywood, Melissa	Aerobic Fitness
Chamberlain, Daniel	Soccer
Duke, Jerry	Ballroom, Latin and Swing Dance
Gagnon, John	Gymnastics- Tumbling
Gakovich, Danica	Flamenco
Green, Natalie	Jazz/Theater Dance (Beg.)
Ko, Kenneth	Volleyball
Lauro, Gerri	Golf
MacNeil, Jennifer	Aerobic Fitness, Yoga
Marrin, Maureen	Basketball
McCarthy, Cathleen	Conditioning for Dancers
McFarlane, David	Badminton
Miner, Maureen	Modern Dance (Beg.)
Neilson, Evan	Weight and Circuit Training
Pridgen, Rashad	Hip Hop
Reitenbach, Sydney	Taekwondo
Sachs, Laura	Pilates/Feldenkrais Mat Class, Aerobic Fitness

Graciela Acedo (Ballet) has taught at USF since 2003. She holds a Bachelor of Arts degree in Performing Arts from Saint Mary's College and was honored in 2005 with a grant award from USF to study in Cuba, where she got certified on the methodology and pedagogy of the Cuban ballet syllabus. Coming from Caracas, Venezuela, in 1982, she won a government scholarship to study at the Boston Ballet and then at the Harkness Ballet in New York. Acedo performed the classical ballet repertoire and shared the stage with prestigious ballet dancers such as Rudolf Nureyev, Fernando Bujones and Julio Boca. She was a principal dancer with the Ballet Nuevo Mundo de Caracas, a contemporary ballet company, where she worked with world-renown choreographers. She has also danced with the Oakland Ballet and has been a guest artist with many dance companies. She also teaches at Berkeley Ballet, San Francisco School of the Arts, Ayako Ballet School, and the pre-professional program at Diablo Ballet, as well as guest teaching for dance companies in the Bay Area including Oakland Ballet, Ballet Napoles. She has been an associate director of Western Ballet, taught at Pacific Dance Theater in San Francisco where she was the assistant director of the summer program, and at the University of Nebraska.

Jennine Aiello (Functional Training) No information provided.

Rebecca Baker (Functional Training) No information provided.

Naby Bangoura (West African Dance) No information provided.

Peter Bartlett (Tennis) is the Head Men's Tennis coach at USF. He has taught the ESS tennis classes since 2003. He earned a BA in psychology (University of Oregon, 1989) where he was a collegiate tennis player and captain of his team. In 1994 he received an MA in sport management from USF. He was a professional tennis player as well as being the associate and then interim head tennis professional at the Olympic Country Club. He has extensive coaching and teaching of tennis experience having also taught at a number of tennis clubs in the Bay Area.

Leonel Bello (Fencing) has taught the ESS fencing class since 1998. As a collegiate fencing competitor at USF, Leo won the NCAA Silver Medal, Individual Foil, in 1984. He holds Foil, Epee, and Sabre ratings and has won many Pacific Coast and Northern California medals. He has been the president of the USF Fencing Club, the Letterman Fencing Club as well as being a Director Member in the United State Fencing Association. Leo earned his BA degree in business administration in 1989 from St. Mary's college.

Valeriy Boreyko (Swimming Instruction, Swimming for Fitness) No information provided.

Kathleen Burick (Yoga and Relaxation and Massage) received a B.A. in Dance (University of California at Santa Barbara, 1977) and M.A. in Creative Arts Education (San Francisco State University, 1991). She was certified as a T'ai Chi Chih teacher in 1984 and as a practitioner of Swedish Esalen massage in 1993. She has taught tap and modern dance at City College of San Francisco since 1980 and has taught at USF since 1999.

Melissa Caywood (Aerobic Fitness) No information provided.

Daniel Chamberlain (Soccer) is an Assistant Coach for the Men's Soccer Team at USF. Before working at USF, he was an Assistant Coach for the Stanford University Men's Soccer Team and the Head Men's Soccer Coach at his Alma Mater, UC Santa Cruz. He has taught the ESS soccer class since 2010. He earned his BA in Earth Science (UC Santa Cruz, 2003) where he was a collegiate soccer player and captain of his team. In 2009 he earned his MA in Sport Management from USF.

Jerry Duke (Ballroom, Latin, and Swing Dance) is Professor Emeritus and former Coordinator of Dance Studies at SFSU where he taught dance ethnology and history. He holds the Ph.D. in Dance Research, Texas Woman's U.; M.A. in Dance Ethnology & Folklore, UCLA; and the M.A. in Dance, Florida State U. He has done additional graduate work in Anthropology and Ethnomusicology at UC Berkeley, U. of Washington and San Francisco State U. He has researched dance and ritual in North American, Europe, Taiwan, and New Zealand and served as president of the international Congress on Research in Dance. Dr. Duke's choreographies have been performed at many major theaters and he has produced three dance specials for PBS, three articles for the "International Dance Encyclopedia", and three booklets, "Appalachian Clog Dance," "Dances of the Cajuns," and "Recreational Dance." He has taught at USF since 1988.

John Gagnon (Gymnastic-Tumbling) attended Diablo Valley Junior College and California State University-Sacramento from 1979-1981. For the past 26 years he has had extensive experience teaching gymnastics at all levels at various specialized gymnastics clubs. He has taught gymnastics at USF since 1997.

Danica Gakovich (Flamenco Dance) No information provided.

Natalie Green (Beginning jazz/Theater Dance) No information provided.

Kenneth Ko (Volleyball) No information provided.

Jennifer MacNeil (Aerobic Fitness, Yoga) No information provided.

Maureen Marrin (Basketball) enters her fourth year as the Recruiting Coordinator and Assistant Coach of the women's basketball coaching staff at USF. She has coached at

the Division I level for nine years, including stops at the University of Northern Colorado, Wright State University and North Dakota State University.

An outstanding collegiate performer at Regis University, Marrin helped lead the Rangers to two straight NCAA Division II tournament appearances in 2002 and 2003. As a senior, she was named the Rocky Mountain Athletic Conference 2002-03 Preseason Player of the Year and ranked among NCAA leaders in both free throw and three-point field goal percentage. Marrin was named the Regis University 2002-03 Female Athlete of the Year. Marrin was also a first team all-RMAC selection as a senior and a two-time all-tournament team choice. She finished her career as the fifth-leading scorer in school history with 1,128 points.

A native of Dallas, Texas, Marrin graduated cum laude from Regis with a degree in communications in May 2003. She was also a member of the Lambda Pi Eta National Honor Society, a three-time Academic All-RMAC selection and the recipient of both The Marshall McLuhan Mass Media Commencement Award and the Elaine Perry Leadership Scholarship. Marrin earned her master's degree in sports management from Northern Colorado in 2005. She has taught the basketball class at USF since 2010.

Cathleen McCarthy (Dance Conditioning) received her BFA in Dance from Purchase College. In New York she danced professionally with the Kevin Wynn Collection and Larry Clark and Dancers. In the Bay Area, she performed with the New Dance Company, Della Davidson, Zaccho Dance Theater and as a guest artist. She has received grants for choreographic projects from the Zellerbach Family Fund, Dance Bay Area and CASH. She is certified in Pilates and GYROTONIC with her own private practice. She has been awarded a CHIME mentorship grant and in 2011 has been awarded an Isadora Duncan Dance Award for Sustained Achievement for her work as the Founder of the West Wave Dance Festival (formerly Summerfest/dance). She began working at the University of San Francisco in 2008. She is also on faculty at San Francisco State University since 1998.

David McFarlane (Badminton) No information provided.

Maureen "Mo" Miner came to the Bay Area from Illinois where she was an Assistant Professor of Dance at Illinois State University. She received her B.S. in Psychology and then went on to get her MFA in Dance Performance at the University of Iowa. She has performed with Jennifer Kayle and Company, Shelter Repertory Dance Theatre, Charlotte Adams and Dancers, Duarte Dance Works, Sara Semonis, and in works by Miguel Gutierrez and Lucas Crandall. In the Bay Area she has worked with Project Bandaloop and is currently dancing with Pauvre Dance, Nina Haft & Company, and Katie Faulkner's little seismic dance company. Mo's own choreography has been seen at 2nd Sundays, the DancelS Festival in Berkeley, Bare Bones, USF, and commissioned by College Preparatory School and the Shawl-Anderson Youth Ensemble. She currently teaches adult and teen modern classes at Shawl-Anderson Dance Center, where she

also coordinates the Shawl-Anderson Youth Ensemble and Modern Dance Summer Intensives. She has been at USF since 2008.

Evan Nielsen, CSCS (Weight and Circuit Training) is a Personal Fitness Trainer at the Pacific Athletic Club in Redwood City, CA. He held the position of Head Strength and Conditioning Coach at the University of San Francisco from 2006-2011 and has taught for Exercise and Sport Science since 2006. He earned his BS degree in Health Promotion with an emphasis in Fitness and Wellness from South Dakota State University in 2000 and has been working in the fitness and athletics profession for the past 10 years including NFL and MLB athletes.

Rashad Pridgen (Hip Hop) No information available.

Sydney Reitenbach (Taekwondo) No information available.

Laura Sachs (Pilates/Feldenkrais Mat Class and Aerobic Fitness) holds a BA in Social Science and a teaching credential from San Jose State University. She is certified by the American Council of Exercise with a Mind/Body Specialty, the Aerobics and Fitness Association of America (AFAA), is a registered yoga teacher with Yoga Alliance, and holds a National Certification of Therapeutic Massage and Bodywork. She has been a national presenter for the International Dance Exercise Association since 1994, with the Pilates Coach® team, a presenter of Mat/Reformer workshops and certifications, and a lecturer to corporations such as Sun Microsystems and National Semi Conductor on Relaxation and Fitness. Ms. Sachs is a contributor to IDEA source Magazine, FitYoga, and AFAA magazine. She is the creator of the E-MOTION® Body/Mind Fitness video program, Relaxation CD, and Yoga Walk CD. She has taught at USF since 2000.

Cecilia Tom (Tai Chi) graduated from Stanford University with a BA in Economics and International Relations, and a MA in International Policy Studies. As a Z Health Movement Specialist with extensive training in leveraging neurophysiology and neuroanatomy in motor learning and performance, Cecilia brings incredible precision and clarity to her work as a movement and athletic coach. She is Chief Instructor at prAxis Kettlebell Athletica, a leading kettlebell studio in the Bay Area, and she has taught alongside Pavel Tsatsouline, who founded the RKC system of kettlebell lifting in America, at Camp Pendleton for the U.S. Marine Corps, and served as an assistant instructor for various RKC certification courses. Her work has been featured in Vogue as well as San Francisco 7x7 Magazine. Cecilia has studied traditional Chinese martial arts since 1994, and is well versed in both Shaolin and the internal arts of Tai Chi and Xingyi. She has also danced and performed with Peony Performing Arts, Kaiwen You's China Dance School, and Bruce Ghent's Maikaze Taiko. Cecilia previously taught Yoga, Pilates and Tai Chi at Skyline College, and is an active instructor at UCSF fitness centers as well as USF's Koret Health and Recreation Center. Cecilia is a Certified

Pilates Instructor with Master Teacher Carol Appel / Body Kinetics, a Certified Indian Club Specialist with Dr. Ed Thomas, a Certified Yoga Teacher with the Sivananda Yoga Vedanta Center, and earned a Certificate in Integrated Yoga Studies from the California Institute of Integral Studies. She is also certified to administer Gray Cook's Functional Movement Screen. She has taught tai chi for Exercise and Sport Science since 2009.

Kirstin Williams received her BA in Dance/Physical Education in 1995 from San Diego State and MFA in Dance Choreography and Performance from Mills College in 1999. She acquired her training in Pilates with Elizabeth Larkam through Balanced Body in 2001 and throughout her college and graduate work years. Kirstin was a part of the Pilates Allegro Performance Team at SF Bay Club in 2002. In 1998 Kirstin founded her own dance company, *Strong Current*, in which she directs, produces, and choreographs athletic movement with a social activist edge. In 2004 she founded Strong Pulse Hip Hop and Jazz Crew. She has applied her knowledge of movement, teaching skills, and love of people to many different styles of classes: Pilates allegro, Pilates roller and ring, Pilates mat, vertical Pilates, resist-a-ball, power yoga, yoga flow, anti-gravity yoga, Iyengar, stretch/meditation, cardio dance, cardio kickboxing, body sculpt, Ultimate Conditioning, swim, aqua fit, hip-hop, ballet, modern, tap, and jazz. Kirstin has taught at USF since 2006 and also teaches at City College of San Francisco, Crunch Fitness, Golden Gateway Tennis and Swim Club, and Bay Club Financial District.

V. DEPARTMENTAL GOVERNANCE

ESS subscribes to the By-Laws of the Department of Exercise and Sport Science. Please see Appendix 1.

College

The ESS Department is housed in the College of Arts and Sciences and is overseen by its Dean. Historically, ESS has been governed by the Arts and was a voting member of the Arts Council. However, due to the workloads of the associate deans in recent years, ESS has been managed by the Associate Dean of Sciences and is a voting member of the Sciences Council.

University

Full-time faculty are members of the USF Faculty Association (USFFA), the collective bargaining representative of all full-time faculty. Part-time faculty are members of the USF Part-Time Faculty Association. The associations are affiliated with the American Federation of Teachers (AFT), the California Federation of Teachers (CFT), and the

AFL-CIO. Conditions, criteria, and procedures of appointment, promotion, and tenure are described in the respective collective bargaining agreement between the university and the association.

IV. ACADEMIC RESOURCES

Research Laboratories

The Department has two laboratories: exercise physiology (Co-Directors: Thompson & Orri) and Motor Behavior (Director: Francis). The laboratories are used for teaching (75%) and research (25%).

Exercise Physiology Laboratory

- Quinton Q-Stress Electrocardiography System
- Quinton Q-Stress TM 55 treadmill
- Parvomedics True One 2400 Metabolic Measuring System (with Dell computer/printer)
- Lode cycle ergometer
- Monark Ergomedic 828E cycle ergometers (4)
- Monark Rehab Trainer 881E arm ergometer with stand
- VMax ST Sensormedics portable metabolic system
- 3 Dell desktop computers (two in lab office, one by forceplate)
- AMTI 60X80 forceplate
- Detecto Scale
- Stadiometer
- Mercury column sphygmomanometer
- Electric sphygmomanometer (2)
- Aneroid sphygmomanometer (5)
- Littmann stethoscopes (6)

- Littmann teaching stethoscope
- Lange skinfold calipers (3)
- Harpenden skinfold caliper
- Omron body fat analyzer
- Tanita body fat monitor
- Polar heart rate monitors (6)
- goniometers (~20)
- 20 stopwatches (~20)
- flexible tape measures
- stability balls
- foam rollers
- skeleton and various bones
- variety of tools
- Lactate Scout lactate analyzer
- Lancing devices (2)
- Accu Check glucometer + lancing device
- Foam roller wall rack
- Non-bouncing medicine balls (3)
- Kettlebells (3)
- Plyometrics boxes
- Fitness mats

Motor Behavior Laboratory

- Manual Force Quantification System
- 2 student computers

Library Holdings

The dates of the available journals listed below are variable, and many are not supported currently. Additionally, library administration has demanded that we cut over \$600 in journal subscriptions and informed us that there will be no new journal subscriptions.

CAHPERD Journal Times
Coach and Athletic Director
International Review for the Sociology of Sport
Journal of Athletic Training
Journal of Motor Behavior
Journal of Physical Education, Recreation, and Dance
Journal of Sport and Exercise Psychology
Journal of Sport and Social Issues
Journal of Sports Medicine and Physical Fitness
Journal of Strength and Conditioning Research
Measurement in Physical Education and Exercise Science
Medicine and Science in Sports and Exercise
Pediatric Exercise Science
Research Quarterly for Exercise and Sport
Sociology of Sport Journal
Sport History Review
Sports Medicine
Strength and Conditioning Journal
Swimming World and Junior Swimmer

VII. INSTRUCTIONAL AND CREATIVE RESEOURCES

The main avenue for ESS faculty to receive instructional resources is through the School of Education's Center for Instructional Technology (CIT). The CIT regularly offers classes to educate the faculty in technological advances related to educational

instruction, especially software. Additionally, they are available on a one-to-one basis as a result of scheduling conflicts or personal needs.

Another source of technological help, especially with hardware issues, is through the USF Information Technology Services (ITS). Faculty are welcome to contact ITS with their technological needs.

For larger needs, the College of Arts and Sciences offers internal grants from the Faculty Development Fund in order to support monetary requests for teaching development funds. These funds are available to pursue work in the areas of course development, student learning, and related pedagogical issues. Most funds are awarded for expenses incurred, including travel, hotel, and meals, in presenting papers at conferences, for participating in workshops, and for materials and supplies related to teaching development

VIII. ADMINISTRATIVE ASSISTANCE

The ESS Department has one part-time (0.8 FTE) program assistant working 30 hours each week. This position serves all faculty members in the department, but is chiefly responsible to the Department chair.

Typically there is one student assistant who works a maximum of twenty (20) hours each week. This position is managed by the departmental program assistant.

IX. PROGRAM GOALS FOR THE FUTURE

The overall goal of the department is to continue to offer a high quality program by retaining and growing core faculty who are committed to excellence in teaching, research, and service. The specific goals are to:

1. Retain and grow a core faculty committed to excellence in teaching, research and service.
2. Increase the quality of students in the program.
3. Strengthen the undergraduate program by offering a comprehensive curriculum that includes all specialized areas of kinesiology.
4. Build connections across campus that integrates exercise and sports science into both student and faculty academic life.
5. Increase the number of students who participate in college and university organizations.
6. Attain local and national recognition through educational research programs in exercise and sports science.
7. Build community connections related to health and physical activity that

encourage faculty and students to enhance the quality of life for members of the community.

8. Maximize the use of new technologies in classroom teaching and research related to health, exercise and sport sciences.
9. Maintain a quality work force and work environment.

Appendix

Appendix I: By-Laws of the Department of Exercise and Sport Science

By-Laws of the Department of Exercise and Sport Science

I. Name

This organization shall be known as the Department of Exercise and Sport Science.

II. Objectives and Mission Statement

Through its degree programs and the scholarly and creative work of its faculty and students, the Department of Exercise and Sport science is committed to the development of a comprehensive understanding of the factors and conditions which influence human physical performance, health, and fitness.

Based on a specific set of learning outcomes, Exercise and Sport Science students will develop the key skills and competencies that will enable them to prosper in the exercise, sport, and allied health settings of the 21st Century. Our learning environment creates a seamless experience combining Foundational, Core, and Advanced Area studies, student advising, and career opportunities.

The Department also offers performance classes for the development of skills and knowledge leading to physical well-being, health, and creative use of leisure time.

Finally, the Department offers internships, field experiences, independent studies, and research seminars which provide for involvement, interaction, and service within the community.

III. Membership

All members of the USF Faculty Association and the USF Part-Time Faculty Association in good standing who hold academic appointments in the Department of Exercise and Sport Science are members of the Department.

IV. Department Chairperson

1. The Chairperson shall represent the Department in dealings with the administration. The Chairperson shall present fully and accurately the formal resolutions of the Department of Exercise and Sport Science faculty as well as their informal consensus in all matters concerning administrative-faculty relations and policies.
2. The Chairperson shall represent the Department on the College of Arts and Sciences Council.

3. The Chairperson shall be elected in a secret ballot election during the spring semester preceding the end of the Chairperson's term. Should one candidate not receive a majority, a run-off election shall be conducted between the two top candidates.
4. The Chairperson shall serve a three-year term, in which year is defined by the academic year (beginning in the fall semester and ending at the end of the third summer).
5. The Chairperson shall serve as the ordinary conduit of information from the Dean of Arts, or other administrative official, to the Department on all matters of concern to the Department as a whole.

V. Department Meetings

1. Department policy shall be established at Department meetings.
2. The Chairperson shall schedule a minimum of one Department meeting each month during each semester.
3. The Chairperson shall ask for agenda items sufficiently in advance so that the agenda can be published before each meeting.
4. Meetings may be canceled if no old business remains to be conducted and if no new business is brought to the attention of the Chairperson prior to the meeting. New items may be placed on the agenda at a meeting by a two-thirds vote of the members present.
5. A quorum for meetings shall be the majority of the Department (Fall 1999, four full-time faculty).
6. Special meetings may be called by the Chairperson or a majority of the Department.
7. Voting at meetings
 - A. The Department Chairperson is an equal individual voting member like all other Exercise and Sport Science full-time faculty members.
 - B. A faculty member may call for a secret ballot for certain issues.
 - C. Proxy vote given to the Chairperson may be allowed on major issues.
 - D. Voting regulations shall govern all ad hoc and standing committee meetings.

VI. Parliamentary Authority

Robert's Rules of Order, latest revised edition, shall be normative, but not binding unless a Department member, with a second, requests strict adherence to the edition.

VII. Amendments to By-Laws

These by-laws may be amended by a two-thirds vote of the Department.

VIII. Subordination

No part of the Department's by-laws or proceedings shall stand in contradiction to the Constitution of the USF Faculty Association, the Collective Bargaining Agreement, the By-Laws of the Liberal Arts College Council, or published Faculty Association Policy.

IX. Ad Hoc Committees

Ad hoc committees may be created at the initiative of either the Chair or the Department. Their members shall be appointed by the Chair after consultation with members of the Department.

Appendix II: Faculty CV's

CURRICULUM VITAE

Karen L. Francis, Ph.D.

Associate Professor and Chair
Department of Exercise and Sport Science
University of San Francisco • 2130 Fulton St.
San Francisco, CA 94117-1080 • 415.422.6265
kfrancis@usfca.edu

EDUCATION

- 2000 **Ph.D. The University of Texas at Austin**
Department of Kinesiology and Health Education
Specialization: Motor Control and Learning (Institute of Neuroscience)

Portfolio, Institute of Gerontology
- 1996 **M.A. The University of Texas at Austin**
Department of Kinesiology and Health Education
Specialization: Exercise Science
- 1992 **B.S. The Ohio State University**, Department of Kinesiology and Health
Specialization: Health Education and Life Sciences
Teaching Credentials: NTE, ExCET

PROFESSIONAL DEVELOPMENT

- 2011 Selected Participant, Biomedical Imaging: Multimodal Imaging Technology,
MIT/Harvard/Mass General, Cambridge Massachusetts
- 2010 Participant, Foundation for Critical Thinking, 30th International Conference on Critical
Thinking, Berkeley, California
- 2008 Participant, Presenting Data and Information, Edward Tufte (Professor
Emeritus, Yale University), San Francisco, California
- 2005 Participant, Third Annual Motor Control Summer School,
Penn State University, Ligonier, Pennsylvania
- 2005 Participant, Matlab Applications and Programming Techniques Workshop,
MicroTek Computer Laboratories, San Francisco, California
- 2004 Selected Participant, Functional MRI Visiting Fellowship Program,
MIT/Harvard/Mass General, Cambridge Massachusetts
- 2001 Selected Participant, Summer Institute on Aging Research,
National Institute of Health, Washington, D.C.

- 2000 Selected Participant, National Institute on Aging Technical Assistance Workshop, **National Institute of Health**, Washington, D.C.
- 1998 Participant, Evaluation & treatment of Balance Dysfunction in the Elderly, **The University of Texas at Austin** Institute on Gerontology, Austin, Texas

PROFESSIONAL EXPERIENCE

- 2011 - **Associate Professor and Chair**, University of San Francisco
Department of Exercise and Sport Science
- 2003-2010 **Associate Professor**, University of San Francisco
Department of Exercise and Sport Science
- 2000-2003 **Lecturer**, San Francisco State University
Department of Kinesiology
Chair: Susan Higgins, Ph.D.
- 1998-2000 **Graduate Research Assistant**, University Clinic, The University of Texas Health Science Center at San Antonio, University Clinic
Supervisor: Pamela New, M.D., Director of Neurology,
- 1994-2000 **Graduate Teaching Assistant**, The University of Texas at Austin,
Supervisor: Ann Scarborough, Ph.D.

TEACHING EXPERIENCE

- 2003-present **University of San Francisco**
- Courses Taught**
- ESS 200 Statistics
- ESS 220 Motor Development
- ESS 350 Motor Learning,
- ESS 230 Psychology of Human Movement
- ESS 340 Neuroscience
- ESS 390 Special Topics: *Fundamentals of Neuroscience*
- ESS 398 Professional Practicum
- ESS 398 Neuroscience Internships (Placed & Supervised 9 students)
Memory and Aging Center at UCSF
Brain Tumor Research Center at UCSF
Center for Movement Disorders at UCSF
Brain and Spinal Injury Center at UCSF
- ESS 399 Directed Study (Supervised 19 students/10 semesters)
- ESS 410 Research Seminar

Note. ESS 398 Neuroscience Internships & ESS 399 Directed Study were taught on a volunteer basis.

2000-2003 **San Francisco State University**

 KIN 234 Motor Development
 KIN 230 Qualitative Analysis of Human Movement
 KIN 350 Movement and Skill
 KIN 698 Senior Research Seminar

1994-2000 **University of Texas at Austin**

 KIN 220 Motor Control Laboratory
 KIN 290 Qualitative Analysis of Movement

CURRICULUM DEVELOPMENT

2005 **University of San Francisco**
 Neuroscience, core course - Neuroscience Minor

2001 **San Francisco State University**
 Physical Dimensions of Aging, elective course - Gerontology Minor

AWARDS/HONORS

2009 Collective Achievement Award, WASC, Learning Outcomes, College of Arts and Sciences, University of San Francisco

2007 Collective Achievement Award, Department of Exercise and Sport Science, College of Arts & Sciences, University of San Francisco

2003 Developing Professional Award, Western Society for Physical Education for College Women

2001 Selected Participant, Summer Institute on Aging Research, National Institute on Aging; Brookdale Foundation

2001 Community Service Learning Curriculum Development Award

2000 Selected Presentation: Aging and Motor Behavior, National Institute on Aging Technical Assistance Workshop

1999 David Burton, Jr. Fellowship, The University of Texas at Austin

1999 Outstanding Achievement in Teaching, The University of Texas at Austin

1996 Alderson Scholarship Award for Teaching Excellence, The University of Texas at Austin

1997 Alderson Scholarship Award for Teaching Excellence, The University of Texas at Austin

1998 Alderson Scholarship Award for Teaching Excellence, The University of Texas at Austin

PROFESSIONAL PUBLICATIONS

Book

Spirduso, W.W., **Francis, K.L.** & MacRae, P.G. (2007). *Physical Dimensions of Aging, 2nd edition*. Champaign, IL: Human Kinetics. Korean Translation.

Spirduso, W.W., **Francis, K.L.** & MacRae, P.G. (2005). *Physical Dimensions of Aging, 2nd edition*. Champaign, IL: Human Kinetics.

Professional Journals

Francis, K.L., MacRae, P.G., Spirduso, W.W., & Eakin, T. (2012). The effects of age and practice on precision pinch force control across five days of practice. *Current Aging Science*, 5, 2-12.

Francis, K.L., Spirduso, W.W., Eakin, T., & New P.Z. (2006). Long-term effects of thalamic deep brain stimulation on force control in a patient with Parkinson's disease-driven action tremor. *Journal of Applied Research in Clinical and Experimental Therapeutics*, 6 (1), 28 – 35.

Spirduso, W., **Francis, K.L.**, Eakin, T., & Stanford, C. (2005). Quantification of manual force control and tremor. *Journal of Motor Behavior*, 37, 197-210.

Eakin, T., **Francis, K.L.**, & Spirduso (2002). Decoupling tremor and force control factors in the analysis of motor task performance. *Computational Statistics and Data Analysis*, 37, 363–372.

Francis, K. L., & Spirduso, W.W. (2000). Age differences in the expression of manual asymmetry. *Journal of Experimental Aging*, 26, 169-180.

MANUSCRIPTS UNDER REVIEW

Eakin T., Spirduso W.W., & **Francis K.L.** Dynamic variability in isometric action tremor during a precision pinch task. Submitted to *Neuropsychologia* on March 14th, 2012.

MANUSCRIPTS CURRENTLY UNDER PREPARATION

Francis, K.L., MacRae, P.G., Spirduso, W.W., & Eakin, T. (in process). The influence of age and practice on hemispheric asymmetry of isometric pinch force control.

RESEARCH PRESENTATIONS/ABSTRACTS

Francis K.L., MacRae P.G., Spirduso W.W., & Eakin, T. (2008). The effects of age and practice on precision pinch force control. Presented at the 7th World Congress on Aging and Physical Activity, Tsukuba, Japan, 2008. Journal of Aging and Physical Activity.

Cooper, S., MacRae, P.G., Linehan, K., Klodt, E., Bloom, K., Hall, J., Fitzgerald, M., Chandhoke, R., Yoon, J., & **Francis, K.L.** (2007). The effects of exercise on cognition and physical function of community-dwelling older adults. Presented at the 27th Annual Meeting of the Southwest American College of Sports Medicine, Las Vegas, NV. Southwest American College of Sports Medicine.

Etnyre, B., MacRae, P.G., & **Francis, K.L.** (2006). Brain tricks! - Explanations of neuromuscular reactions. Presented at the 36th Annual Meeting of the Society of Neuroscience, Atlanta, Georgia. Neuroscience Abstracts.

Spirduso W.W., **Francis K.L.**, & Eakin T. (2004). Manual force control and tremor in older adults and patients with Parkinson's disease. Presented at the 57th Annual Conference for the Gerontological Society of America, Washington, D.C. The Gerontologist.

Francis K.L., Eakin T., & Spirduso W.W. (2004). The effects of deep brain stimulation on inter-digit coordination of a tremor-dominant Parkinson's disease patient. Presented at the 34th Annual Meeting of the Society of Neuroscience, San Diego, California. Neuroscience Abstracts.

Francis K.L., MacRae P.G., Teale K., Sierra N., & Ryan G. (2003). Age changes in inter-digit coordination of unimanual isometric finger force. Presented at the 33rd Annual Meeting of the Society of Neuroscience, New Orleans, Louisiana. Neuroscience Abstracts.

Connor, B.B., Bracewell, R.M., Wing, A.M., & **Francis, K.L.** (2003). Effects in normal elderly of response guided errorless learning and cognitive variables on visuospatial skill task performance. Presented at the 33rd Annual Meeting of the Society of Neuroscience, New Orleans, Louisiana. Neuroscience Abstracts.

Francis K.L., Spirduso W.W., Eakin T., New P., & Sierra N. (2002). Inter-digit coordination of unimanual isometric finger force in individuals with Parkinson's disease. Presented at the 32nd Annual Meeting of the Society of Neuroscience, Orlando, Florida. Neuroscience Abstracts.

Francis K.L. & Spirduso, W.W. (1999). Short-term aging effects on manual force modulation. Presented at the Annual Meeting for the North American Society for the Psychology of Sport and Physical Activity, Clearwater Beach, Florida. Journal of Sport and Exercise Psychology.

Francis, K.L. & Spirduso, W.W. (1999). Age differences in the expression of manual asymmetry. Presented at the 1999 Pan-American Congress on Gerontology and Geriatrics, San Antonio, Texas. Proceedings for the Pan-American Congress.

Spirduso, W.W., **Francis, K.L.**, & Freiburger, E. (1999). Individual differences in lifespan reaction time. Paper Presented at the International Congress on Aging and Physical Activity, Orlando, Florida. Journal of Aging and Physical Activity.

Ashmore, A., Spirduso, W.W., & **Francis, K.L.** (1998). Manual force modulation in persons with Parkinson's disease. Presented at the Annual Meeting of the Gerontological Society of America, Philadelphia, Pennsylvania. The Gerontologist.

RESEARCH PRESENTATIONS/ABSTRACT UNDER REVIEW

Francis, K.L., MacRae, P.G., Spirduso, W.W., & Eakin, T. (2012). The influence of age and practice on hemispheric asymmetry of isometric pinch force control. International Congress on Aging and Physical Activity, Glasgow, Scotland.

INVITED PRESENTATIONS

2005 Keynote Address, The International Congress on Sport and Well Being: Korean Society of Growth and Development, Hanrim University, Chooncheon, Korea. Title, "Age changes in the ability to control fine motor movements." Proceedings for the Korean Alliance for Health, Physical Education, Recreation, and Dance, 452.

2005 Invited Speaker, The International Sport Science Congress: Korean Alliance for

Health, Physical Education, Recreation, and Dance, Kangwon National University, Chuncheon, Korea. “Age changes in the ability to control fine motor movements.” Proceedings for the Korean Society for Growth and Development, 3.

- 2005 Invited Speaker, Research Colloquium, Changbuk National University, Cheongju City, South Korea. Measurement and Evaluation of Older Adults.

- 2003 Invited Speaker, International symposium, Institute of Sport Science, Fall prevention and rehabilitation with physical activity. Title, “Strength and Power Changes across the life-span.” Institut für Sportwissenschaft und Sport, Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen, Germany. Proceedings for the International Symposium on Stability in Elderly: Prevention and Rehabilitation by Movement, 11 - 14.

GUEST LECTURES

- 2007 USF, Foundations of Exercise and Sport Science, Introduction to movement science
- 2006 Neuroscience solutions (Posit Science) colloquia series
- 2006 USF, Neuroscience minor faculty research presentations
- 2006 USF, Interdisciplinary Study of Human Aging, *Effects of health and physical activity on cognitive function*
- 2005 USF, Foundations of Exercise and Sport Science, Introduction to movement science
- 2005 USF, Psi Chi, Neuroscience lecture series
- 2004 UCSF, Department of Physical Therapy colloquia series
- 2004 USF, Women in Science, Research at USF
- 2004 USF, Faculty development luncheon, Integrating teaching and research
- 2002 Pepperdine University, Natural Science Colloquia Series, *Decoupling tremor from force control in tremor predominant Parkinson's patients*
- 2002 Pepperdine University, Motor Control, Classroom lecture on the efficacy of DBS surgery for tremor-predominant individuals
- 2000 San Francisco State University, Kinesiology Colloquium, *Assessment of tremor and fine motor control in persons with Parkinson's disease*
- 2000 The University of Texas, Institute for Neuroscience, *Decoupling tremor and force control in Parkinson's patients*.

DEPARTMENTAL SERVICE

- 2011 -*present* Chair, Department of Exercise and Sports Science
- 2004 -*present* Faculty Advisor to USF, ESS Students
- 2009 - 2010 Faculty Member, Certificate Committee
- 2008 Supervisor, Neuroscience Internship, UCSF Memory and Aging Center (2 Students)
- 2008 Supervisor, Directed Study Supervisor, Motor Learning (3 Students)
- 2006 Supervisor, Directed Study Supervisor, Research Seminar
- 2006 Freshmen orientation; field trip to Western Athletic Club
- 2005 Supervisor, Neuroscience field trip, “Universe Within”, Nob Hill Masonic Center Exhibitions
- 2005 Member, Search Committee, Exercise Psychology
- 2005 Member, Departmental Program Review
- 2005 Supervisor, Directed Study, Research Seminar

2004 - 2008 Freshmen orientation
 2004 - 2005 Member, Search Committee, Exercise and Health Promotion
 2003 - 2005 Member, Curriculum Committee
 2004 Supervisor, Directed Study, Motor Learning
 2003 - 2004 Member, Search Committee, Exercise and Health Promotion
 2003 - 2004 Review Committee, ACSM scholarship

COLLEGE SERVICE

2009 Member, Search Committee, Sport Management
 2008 Member, Search Committee, Sport Management
 2008 -present Faculty Co-Advisor, Club for Neuroscience Students (CNS)
 2004 -present Member, Neuroscience Minor Committee
 2003 - 2008 Faculty Participant, Major/Minor Fair
 2003 - 2007 Faculty Advisor, Summer Session
 2007 Supervisor, Neuroscience Internships, UCSF Brain Tumor Research Center
 2006 Supervisor, Neuroscience Internships, UCSF Movement Disorders Clinic
 2005 Supervisor, Neuroscience Internship, UCSF Brain and Spinal Cord Center
 2005 Supervisor, Neuroscience Internship, UCSF Memory and Aging Center
 2005 Member, Search Committee, Sport Management
 2005 Member, Search Committee, Psychology
 2004 - 2005 Faculty Participant, Phonathon
 2004 Supervisor, Neuroscience Internship, UCSF Memory and Aging Center
 2004 Co-Presenter, Faculty Development Luncheon
 2004 Member, Search Committee, Sport Management

UNIVERSITY SERVICE

2003 -present Member, Interdisciplinary Committee on Aging, Co-chair Spring 2004
 2004 -present Member, Pre-Professional Health Committee
 2009 Acting Chair, Interdisciplinary Committee on Aging
 2008 Peru Immersion Trip, *Bridging the Digital Divide* (Faculty member, summer)
 2008 Faculty mentor, Freshmen Book Discussion Group
 2008 Member, Sub-Committee on Classroom Policy, Institutional Review Board
 2004 -2010 Member, Institutional Review Board
 2004 NIH Certificate for completion of the Human Participants Protection Education for Research Teams
 2003 Co-investigator, Jesuit Foundation Grant (funded)

COMMUNITY SERVICE

2010-present Mentor/fundraiser, Big City Mountaineers
 2006 - 2008 Mentor/developer, Cardio Cognition, Community Exercise Program for Elders
 2005 - 2006 Volunteer, Outreach program, Marin Rowing Association: Special Olympics
 2004 Volunteer, Outreach program, Marin Rowing Association: Marin City Stars
 2002 - 2004 San Francisco Active Aging Task Force

PROFESSIONAL AFFILIATIONS

Member, Faculty for Undergraduate Neuroscience

Member, International Society for Physical Activity and Aging

Member, International Society for Motor Control

Member, Society for Neuroscience

Curriculum Vitae
Jeremy W. Howell, Ph.D

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Sport Management Graduate Program
University of San Francisco
2130 ton Street
San Francisco, CA 94117-1080

Phone: (415) 422-6875
E-mail: howell@usfca.edu

EDUCATION

Ph.D.	1990	University of Illinois at Urbana-Champaign, IL. Department of Kinesiology (Sport Studies emphasis)
M.S.	1984	University of Washington, Seattle. WA. Department of Kinesiology (Sport Studies emphasis)
P.G.C.E.	1982	University of Wales, Bangor, UK. Department of Education (Physical Education/History teaching credential)
B.S.	1981	University of Wales, Bangor, UK. Department of Sport Science (Hons. 2:1)

HONORS AND AWARDS

2009	Collective Achievement Award, College of Arts and Sciences, University of San Francisco. Awarded for preparing assessment plans to advance student learning.
2008	The Ignatian Faculty Service Award, University of San Francisco. Awarded for 'exceptional contribution' to students, the University and the community at large.
2007	Collective Achievement Award, College of Arts and Sciences, University of San Francisco. Awarded to ESS department for outstanding service to the college,
1997	U.S. Permanent Resident <i>National Interest Waiver</i> granted for 'recorded service commitment to community health and fitness advancement.'
1989	Laura Huelster Scholarship for Outstanding Dissertation Research, Department of Kinesiology, University of Illinois at Urbana-Champaign.
1987 & 1986	Avery Brundage Scholarship for Athletic and Academic Achievement, University of Illinois at Urbana-Champaign.
1983	Thomas and Elizabeth Williams Scholarship, Dyfed Education Board, Wales, Britain. A two-year full international scholarship for graduate study in USA.
1982	Combined English & Welsh Universities Rugby XV.
1982	Welsh Universities Rugby XV, 1982.

ACADEMIC APPOINTMENTS

2010-present	West Coast Conference Executive Council, San Bruno, CA.
2010-present	NCAA Faculty Athletic Representative, University of San Francisco.
2010-present	Professor, Department of Exercise & Sport Science; Sport Management Graduate Program, University of San Francisco.
2010-2011	USF Interim Athletic Director (3-person transition team).
2006-2009	Chair, Department of Exercise & Sport Science, University of San Francisco.

2002-2010	Associate Professor, Department of Exercise & Sport Science; Sport Management Graduate Program, University of San Francisco.
1997-2002	Assistant Professor, Department of Exercise & Sport Science; Sport Management Graduate Program, University of San Francisco.
1992-1993	Visiting Professor, Department of Physical Education & Health Science, Sonoma State University.
1989-1992	Visiting Professor, Department of Physical Education, University of California, Berkeley.

A. PROFESSIONAL EXPERIENCE

2007-present	President, GOGO Sports Consulting Inc., San Francisco, CA
2000-present	Advisory Board, Brian Boitano's Youth Skate Initiative, San Francisco, CA.
2004-2011	Advisory Board, Perfect Fitness, LLC., Mill Valley, CA.
2006-2008	Board of Directors, International Children's Games, San Francisco, CA.
1997-2007	Consultant (philanthropic initiatives), Western Athletic Clubs, San Francisco, CA.
1996-2006	Board of Directors, Senior Assisted Living, Inc., Oakland, CA.
1996-2006	Board of Directors, Claremont House Inc, Piedmont, CA.
2000-2006	Advisory Leadership Board, Joy of Sports Foundation, Washington D.C.
1991-1993	Consultant, U.C. Extension Education (Fitness Certificate), University of California, Berkeley, CA.
1994-1999	Advisory Board, Netpulse Communications, Inc., San Francisco, CA.
1992-1997	Director of Health and Fitness Operations, Western Athletic Clubs, CA.

GRANTS

Extramural

2003-2008	Director. Integrating Medical Professionals and Certified Trainers (IMPACT): A Cancer Exercise Program. Western Athletic Clubs Philanthropy Funds, San Francisco (\$925,000).
2005-2008	Director. Healthy Aging Program. Western Athletic Clubs Philanthropy Funds, San Francisco (\$175,000).
2007	Co-Investigator. Essential Components of Exercise Programs for Breast Cancer Patients and Survivors, 2007 (w/ Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University), Connecticut State University System (\$3,870).
2005-2007	Co-Investigator. Qualitative Study of Women's Experiences with Exercise During and After Breast Cancer, 2005-2007 (w/ Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University), Western Athletic Clubs Philanthropic Funds, San Francisco (\$32,000).

Intramural

1997-present	Faculty Development Fund, University of San Francisco (\$19,783).
1999	Technology & Learning Grant, University of San Francisco (\$6,900).

B. RESEARCH AND CREATIVE WORK

Refereed Research Articles and Book Chapters

Published

- Howell, J., & Bulmer, S. (2010). Careers in Health and Fitness. In S. Hoffman (ed.), *An Introduction to Kinesiology: Studying Physical Activity (3rd ed.)*. Champaign: Human Kinetics.
- Howell, J. (2008). The Creative City: Sport and Urban Development. In *Illuminating the legacy of the Seoul Olympic Games* (pp. 75-83). Proceedings of the KAPHERD International Congress, Seoul, Korea.
- C. Howell, J. (2008). The Business of Corporate Philanthropy. In *New Practical and methodological approaches toward the development of sociology of sport* (pp. 3-18) Proceedings of the KSSS International Seminar, Seoul, Korea.
- D. Howell, J., Andrews, D., Jackson, S., & Ohl, F. (2006). Cultural and Sport Studies: An Interventionist Practice (pp. 137-152). In Fabian Ohl (ed.), *Sociologie du sport: Perspectives internationales et mondialisation*. Paris: Presses Universitaires de France.
- E.
- F. Howell, J. (2005). Manufacturing Experiences: Urban Development, Sport and Recreation. *International Journal of Sport Management and Marketing*, (1)1/2, 56-68.
- II. Howell, J. (2005). From Pac Bell Park to the Tokyo Dome: Baseball and Economic Nationalism (pp. 227-251). In M. Silk et al. (eds.), *Corporate Nationalisms: Sport, Cultural Identity and Transnational Marketing*. Oxford: Beg Publishers.
- Howell, J. (2005). Generational Marketing (pp. 227-240). In S. Jackson & D. Andrews (eds.), *Sport, Culture and Advertising*. New York: Routledge.
- A. Howell, J. & Bulmer, S. (2004). Careers in Health and Fitness. In S. Hoffman (ed.), *An Introduction to Kinesiology: Studying Physical Activity (2nd ed.)*. Champaign: Human Kinetics.
- Howell, J., Andrews, D., & Jackson, S. (2003). Cultural Studies: An Interventionist Practice (pp. 151-177). In J. Maguire & K. Young (eds.), *Research in the Sociology of Sport*. London: JAI Press.
- Howell, J. (2002). Luring Teams, Building Stadiums (pp. 207-214). In R. Elias (ed.), *Baseball and the American Dream: Race, Class, Gender and the American Pastime*. Armonk, NY: M.E. Sharpe.
- Howell, J. & Ingham, A. (2001). From Social Problem to Personal Issue: The language of lifestyle. *Cultural Studies*, 15(2). 326-351.
- Howell, J. & Elias, R. (2000). Sport, Empire and Globalization (with R. Elias). Guest editor for special issue of *Peace Review: A Transnational Quarterly*, 11 (4).
- Cole, C. & Howell, J. (2000). Chelsea Piers: New York City's New Point of Pride (with C. Cole). *Journal of Sport and Social Issues*, 24(3), 227-231.

Howell, J. & Bulmer, S. (2000). Health and Fitness Professions (pp. 449-474). In J. Harris & S. Hoffman (eds.), *An Introduction to Kinesiology: Studying Physical Activity*. Champaign: Human Kinetics.

Howell, J. (1996). The 1996 Surgeon General's Report on Physical Activity and Health. *Nurse Practitioner Forum*, 7(3), 104.

Andrews, D. & Howell, J. (1993). Transforming into a Tradition: Rugby and the Making of Imperial Wales, 1890-1914 (with D. Andrews). In A. Ingham & J. Loy (eds.), *Sport in Social Development: Traditions, Transitions and Transformations*. Champaign: Human Kinetics.

Ingham, A., Howell, J., & Swetman, R. (1993). Evaluating Sport "Hero/ines": Contents, Forms, and Social Relations), *Quest*, 45, 197-210.

Schimmel, K., Ingham, A., & Howell, J. (1993). Professional Team Sport and the American City: Urban Politics and Franchise Relocations (with K. Schimmel and A. Ingham). In A. Ingham & J. Loy (eds.), *Sport in Social Development: Traditions, Transitions and Transformations*. Champaign: Human Kinetics.

Howell, J. (1991). A Revolution in Motion: Advertising and the Politics of Nostalgia. *Sociology of Sport Journal*, 8(3), 258-271.

Ingham, A., Howell, J., & Schilperoort, T. (1987). Professional Sport and Community: A Review and Exegesis (pp. 427-466). In K. Pandolf (ed.), *Exercise and Sport Sciences Review*. NY: Macmillan.

Community Based Participatory Research (CBPR)

I. CBPR Training Manual and Report

Howell, J. & Bulmer, S. (2007). IMPACT: An exercise and cancer treatment program. Western Athletic Clubs, Inc.: San Francisco, CA.

Bulmer, S., & Howell, J. (2005). Internal Evaluation of the IMPACT Cancer Exercise Program, 2003-2005. Western Athletic Clubs, Inc.: San Francisco, CA.

II. CBPR Research Workshops (open to practitioners, patients and participants)

Organizer and Discussant (February, 2008). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. William Bucholz, Buchholz Medical Group, Los Altos, CA.

Organizer and Discussant (February, 2007). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, CA. Speaker: Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University, CT., and Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA

Organizer and Speaker. (September, 2006). Research Update: Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University, CT.

Organizer and Discussant. (August, 2006). Research Update – 10 years after the Surgeon General’s Report on Physical Activity and Health. University of San Francisco, San Francisco, CA. Speakers: Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University, CT.; Dr. Catherine Jankowski, Division of Geriatric Medicine, University of Colorado, Denver, CO.

Organizer and Discussant. (October, 2004). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.

Organizer. (October, 2004). Integrating medical practitioners and certified trainers: IMPACT. Courtside Athletic Club, Los Gatos, CA. Speaker: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.

Organizer and Discussant. (May, 2004). Research Update: Mind-body cancer treatment workshop, University of San Francisco, San Francisco, CA. Speaker: Dr. Jim Gordon, Director of the Center for Mind-Body Medicine in Washington D.C., and first Chairman of the White House Commission on Complementary and Alternative Medicine Policy under the Clinton Administration.

Organizer and Discussant. (May, 2004). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speakers: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.; Dr. Christine Zampach, Physical Therapist, UCSF, San Francisco, CA.

Organizer. (July, 2003). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA., Presenters: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.; Dr. Karen Lane. Oncology Surgeon, UCSF, San Francisco, CA; Rosalind Benedet, Director of Breast Cancer Recovery Program, California Pacific Medical Center (CPMC), San Francisco, CA.

III. CBPR Published Media

Howell, J. (2007). *Strategic Philanthropy* (writer; presenter). DVD. United States: Healthy Learning (producer).

Howell, J. & Bulmer, S. (2007). The IMPACT program: Evaluation of a cancer and exercise community intervention program (writers; presenters). United States: IHRSA (producer). File Location: <http://coacheschoice.stormer.net/MP3s/2007/07cv027/>
User Name: 07CV27
Password: z3UbZU

Howell, J. (2007). Strategic philanthropy: The business of making a difference (writer; presenter). United States: IHRSA (producer). File Location: <http://coacheschoice.stormer.net/MP3s/2007/07cv103/>
User Name: 07CV103
Password: Wj8yXS

IV. Awards and Recognition

The IMPACT program was the recipient of the ‘Beyond the Check’ Award and recognized as the most Innovative Philanthropic Program of the Year at the 2006 San Francisco Business Times Corporate Philanthropy Summit.

The IMPACT program received a San Francisco Mayoral Proclamation in 2006 for its “innovative approach to cancer treatment.”

Commissioned Research

Howell, J. & Rascher, D. (2011). The economic and non-economic value of Intercollegiate Athletics to the University of San Francisco Athletic Department. Commissioned by President’s Office, University of San Francisco.

Board of Athletic Oversight. (September, 2008). Report of the Board of Athletic Oversight for the President. Commissioned by President’s Office, University of San Francisco.

DVD

Howell, J. (2007). *The Fitness Movement* (writer). DVD. United States: Sweetspot Films (producer and publisher).

Howell, J. (2007). *Strategic Philanthropy: The Business of Making a Difference* (writer and presenter). United States: Healthy Learning (producer and publisher).

Other Media

Free2Play website with downloadable toolkit: <http://www.notforsalecampaign.org/action/athlete/>

REFEREED PRESENTATIONS / PROFESSIONAL MEETINGS

International

Howell, J. (September, 2008). The creative city: Sport and urban development. Paper presented at KAPHERD International Congress, Seoul, Korea.

Bulmer, S., Howell, J., & Ackerman, L. (June, 2007). Essential components of exercise programs for breast cancer patients. Paper presented at 19th IUHPE World Conference on Health Promotion and Health Education, Vancouver, BC. Canada.

Howell, J. (April, 2004). Corporate giving and community health. Paper presented at the Australian Association of Exercise and Sports Science, Brisbane, Australia.

Howell, J. (September, 2001). Leadership strategies in the “new” American urban recreation industry. Paper accepted for presentation at the annual meetings of the European Association for Sports Management, Vitoria-Gasteiz, Spain. (Cancelled due to terrorism in USA).

Ingham, A. & Howell, J. (November, 1996). Lifestyle as discursive truth: The growth of the health and fitness industry in the United States. Paper presented at a special symposium for the Health and Fitness professionals of Hiroshima, Japan.

Ingham, A. & Howell, J. (July, 1986). Crossing a rickety bridge: Sport and abstract versus socio-space. Keynote Address, Commonwealth Games Scientific Congress, Glasgow, Scotland, Britain.

National

Rascher, D. & Howell, J. (April, 2010). An Analysis of the Value of Intercollegiate Athletics to its University: Methods. College Sports Research Institute (CSRI), North Carolina, NC.

Bulmer, S. & Howell, J. (June, 2007). An integrated medical fitness program for individuals with cancer. Paper presented at the 2007 CDC/DHPE National Conference on Health Education and Health Promotion and The SOPHE Midyear Scientific Conference, Seattle, WA.

Howell, J. & Bulmer, S. (March, 2006). The IMPACT program: Evaluation of a cancer and exercise community intervention program (with S. Bulmer). Paper presented at the 17th Annual Art & Science of Health Promotion Conference, Moscone Center, San Francisco, CA.

Thompson, C., Herreweyers, J., & Howell, J. (June, 2006). Efficacy of strength and balance training led by certified fitness trainers. Poster presented at the American College of Sports Medicine, Denver, CO.

Howell, J. (October, 2005). Corporate philanthropy: The new business of giving. Paper presented at the annual meetings of the North America Sociology of Sport Society, Winton-Salem, NC.

Howell, J. (November, 2004). Corporate philanthropy and social responsibility. Paper presented at the annual meetings of the North America Sociology of Sport Society, Tucson, AZ.

Howell, J. & Bulmer, S. (November, 2003). An innovative partnership: The San Francisco Sports Philanthropy Program. Paper presented at the Society for Public Health Education annual meetings, San Francisco, CA.

Howell, J. (November, 2001). From Pac Bell Park to the Tokyo Dome: Baseball and economic nationalism. Paper presented at the North America Sociology of Sport Society, San Antonio, TX.

Howell, J. (November, 2000). The city as theater and sport as a stage. Paper presented at the annual meetings of the North American Sociology of Sport Society, Colorado Springs, CO.

Howell, J. & Cole, C. (August, 2000). Consuming landscapes: "Just" health and fitness in the American City. Paper presented at the annual meeting for the Society for the Study of Social Problems, Washington D.C.

Cole, C. & Howell, J. (August, 2000). Ethical transformations and consumption: From asphalt bodies to the new urban health culture (with Cheryl Cole). Paper presented at the annual meeting for the American Sociological Association, Washington D.C.

Howell, J. (November, 1998). Generational marketing: Promotional culture and lifestyle formations. Paper presented at the annual meetings of the North American Sociology of Sport Society, Las Vegas, NV.

Howell, J. & Ingham, A. (November, 1997). From social problem to personal issue: The language of lifestyle. Paper presented at the annual meetings of the North American Sociology of Sport Society, Toronto, Canada.

- Howell, J. (February, 1995). Marketing nostalgia. Paper presented at the annual meetings of the Pacific Coast Sociological Society, San Francisco, CA.
- Howell, J. (April, 1991). Technology and fitness: Pumping iron(ies) in the nineties. Paper presented at the AAHPERD National Convention, San Francisco, CA.
- Howell, J. (November, 1990). A 'Revolution in Motion': Advertising and the politics of nostalgia. Paper presented at the annual meeting of the North American Society for the Sociology of Sport, Denver, CO.
- Howell, J. (May, 1989). History, politics and health in contemporary America. Paper presented at the annual meeting of the North American Society for Sport History, Clemson, NC. May 12.
- Jackson, S., Howell, J., & Andrews, D. (February, 1989). Playing along the 49th paradox: Sport and the social construction of Canadian identity (with S. Jackson & D. Andrews). Paper presented at the annual meeting of the Association for the Study of Play, Philadelphia, PA.
- Jackson, S. & Howell, J. (November, 1988). The 49th paradox: The 1988 Winter Olympic Games and the social construction of Canadian identity (with S. Jackson). Paper presented at the annual meeting of the North American Society for the Sociology of Sport, Cincinnati, OH.
- Howell, J. (November, 1988). Sport as popular culture: Mapping a terrain in the age of Reagan. Paper presented at the annual meeting of the North American Society for the Sociology of Sport, Cincinnati, OH.
- Howell, J. (March, 1988). The emergence and development of the Rugby Football League. Paper presented at the annual meeting of the Midwest Sociological Society, Minneapolis, MN.
- Howell, J. & Ingham, A. (November, 1986). Civic ritual and the construction of community. Paper presented at the annual meeting of the North American Society for the Sociology of Sport, Las Vegas, NV.
- Howell, J. & Ingham, A. (July, 1984). A tale of three cities: Professional football and the problematic of community. Paper presented at the Olympic Games Scientific Conference, Eugene, OR.

INVITED PRESENTATIONS

International

- Invited Speaker (March, 2011). Strategic Philanthropy: Establish a Corporate Social Responsibility Program for Your Club. International Health, Racquet and Sportsclub Association (IHRSA) Convention and Trade Show, Convention Center, Los Angeles, CA., USA
- Invited Address. (September, 2008). The business of corporate philanthropy. KSSS International Seminar, Seoul, Korea.
- Invited Address. (September, 2008). The modern fitness movement. KISS Keynote Industry Seminar, Seoul, Korea.

Invited Co-Address. (May, 2008) Not for Sale: A grassroots abolitionist movement. International Child Health Forum, Nova Southeastern University, Fort Lauderdale, FL., USA. (w/ David Batstone).

Invited Speaker (March, 2007). Strategic philanthropy: The business of doing good. International Health, Racquet and Sportsclub Association (IHRSA) Convention and Trade Show, Moscone Center, San Francisco, CA., USA

Invited Address. (April, 2004). Future directions in the health and lifestyle industry. School of Physical Education, University of Otago, Dunedin, New Zealand.

Invited Address. (April, 2004). Strategic philanthropy. Runaway Bay Sports Super Center, Brisbane, Australia.

Invited Address. (March, 2003). The business of American sport. U.K. Industry Delegation Special Session, International Health, Racquet and Sportsclub Association (IHRSA) Convention and Trade Show, Moscone Center, San Francisco, CA., USA.

Invited Speaker. (October, 2002). Health and fitness in the new economy. Leisure Industry Week 2002 conference, Exposition Center, Birmingham, England, UK.

Invited Address. (March, 2001). An analysis of the U.S. health/fitness marketplace. U.K. Industry Delegation Special Session, International Health, Racquet and Sportsclub Association (IHRSA) Convention and Trade Show, Moscone Center, San Francisco, CA., USA.

Invited Address. (March, 2000). Fitness and technology in the new economy.” Western Athletic Clubs, Inc. Cabo San Lucas, Mexico.

National

Invited Presentation. (November, 2010). A Strategic Plan for West Coast Conference Student-Athlete Advisory Committee. President’s Council, West Coast Conference, San Bruno, CA.

Invited Address. (October, 2008). Get physical against breast cancer. Courtside Athletic Club, Los Gatos, CA.

Invited Address. (May, 2008). Free2Play. Adrian Michigan School District Freedom Day. Adrian, MI.

Invited Address. (April, 2007). Free2Play: Student-Athlete involvement in the abolition of child slavery. University of New Mexico Women’s Volleyball Team, Albuquerque, NM.

Invited Address. (April, 2007). Free2Play: Student-Athlete involvement in the abolition of child slavery. University of San Francisco Men’s Soccer Team, San Francisco, CA.

Invited Speaker. (March, 2007). Dare to Be Fit. Lifelong Fitness Alliance lecture series. Pacific Athletic Club, Redwood City, CA.

Invited Discussant (March 2007). Discussant comments: The impact of Alan Ingham on the sociology of sport. 1st Alan Ingham Memorial Lecture, Miami University, Oxford, OH.

Invited Speaker. (February, 2007). Personal Training as cancer treatment: The IMPACT Program. San Francisco Bay Club, San Francisco, CA.

Invited Address. (July 2006). Sport on the Global Marketplace. LASalle (international) Sports MBA Study Program, St. Mary's College, Moraga, CA.

Invited Address. (July 2005). Sport on the Global Marketplace. LASalle Sports (international) MBA Study Program, St. Mary's College, Moraga, CA.

Invited Speaker. (February, 2003). Sport and globalization. Department of Athletics, Dominican College, San Rafael, CA.

Invited Address. (November, 2001). The rise of a new American urban health culture. Kinesiology and Physical Education Department, Cal State University, Los Angeles, CA.

Invited Speaker. (April, 2001). Stadium development and the new economy of professional sport. Department of Kinesiology, San Francisco State University, San Francisco, CA.

Invited Discussant. (February, 2001). Discussant comments: Recreation sports and the fitness industry. Student-Athlete Career Night, University of California, Berkeley, Berkeley, CA.

Invited Speaker. (November, 2000). From Hoop Dreams to Soul in the Hole. African American Studies and the Ethnic Studies Graduate Program (with C. Cole), University of California, Berkeley, Berkeley, CA.

Invited Discussant. (May, 2000). Discussant comments: Health and fitness careers. Mansion Madcap Mentor Program, Crystal Springs Uplands School, Hillsborough, CA.

Invited Speaker. (April, 2000). The globalization of sport. Department of Kinesiology, San Francisco State University, San Francisco, CA.

Invited Speaker. (October, 1998). Entrepreneurs in the public and private Interest. The Davies Forum Colloquium Series, University of San Francisco, San Francisco, CA.

Invited Speaker. (August, 1997). Health and creativity. Headlands Institute, Marin, CA.

Invited Speaker. (May, 1994). Baby boomers and the quality of life debate. U.C. Berkeley Alumni Association, San Francisco, CA.

Invited Speaker. (December, 1994). The changing face of fitness. Sports and Fitness Management Graduate Program, University of San Francisco, San Francisco, CA.

Invited Discussant. (September, 1994). Discussant comments: Health and fitness education. Crystal Springs Uplands School, Hillsborough, CA.

Invited Speaker. (April, 1992). Why images matter. San Francisco Bay Club, San Francisco, CA.

Invited Speaker. (April, 1990). The health and fitness boom in the age of Reagan. Department of Physical Education, U.C. Berkeley, Berkeley, CA.

UNIVERSITY REPRESENTATIVE AT PROFESSIONAL MEETINGS

West Coast Executive Council.

- October 25-27, 2011, Burlingame, CA.
- May 31-June 3, 2011, San Francisco, CA.
- October 26-28, 2010, Burlingame, CA.
- June 8-11, 2010, San Francisco, CA.

NCAA Annual Convention.

- January 11-15, 2012, Indianapolis, IN

NCAA Faculty Athletic Representative Association (FARA) Annual Convention.

- November 11-15, 2010, Baltimore, MD.

TEACHING EXPERIENCE

Courses Taught

University of San Francisco (1997-present)

Sport Management Program [graduate]

- SM 601 Managing Sport in a Dynamic Environment
- SM 601 Sport, Culture and Commerce
- SM 610 Capstone Seminar
- SM 614 Master's Projects
- SM 690 Special Topics: The Newest Trends in Sports Business
- SM 690 Special Topics: Live, Work and Play: Sport and Urban Development
- SM 690 Special Topics: The Value of Intercollegiate Athletics to a University

Department of Exercise and Sport Science [undergraduate]

- ESS 120 Foundations of Exercise and Sport Science
- ESS 362 Sociology of Sport; *Cross-listed as* SOC 324 (Department of Sociology)
- ESS 370 The Analysis of Sports Systems
- ESS 398 Professional / Internship Practicum
- ESS 399 Directed Study

Sonoma State University (1992-1993)

Department of Physical Education and Health Science

- PEHS 140 Sociology of Sport

University of California, Berkeley (1989-1992)

Department of Physical Education

- PE 120 Sports in American Society
- PE 121 The Socio-cultural Basis of Human Movement
- PE 140 Leisure in American Society
- PE 320 Sports Management

U.C. Berkeley Extension [certificate program]

- PE 301 The Body in Contemporary Culture

University Professional Development Classes

A series of ESS 390/CEU 1-unit 'Special Topic' courses offered over two consecutive weekend days. *Courses are open to university students (for academic credit) and working professionals (for continuing education credit).*

Organizer. (October 24-25, 2009). Exercise Programming and Business Development. University of San Francisco. Instructor: Jennifer Beaton, Vice-President of Fitness, Western Athletic Clubs, San Francisco, CA.

Organizer. (September, 19-20, 2009). Applying Function: Building a Client-Centered Program. University of San Francisco. Instructor: Rodney Corn, PTA Global, San Diego, CA.

Organizer. (January 31-February 1, 2009). Functional Neuroscience and Behavior Change, University of San Francisco. Instructor: Paul Taylor, President, PT Academy and The Institute of Human Performance, Melbourne, Australia.

Organizer. (October 24-25, 2008). Functional Mechanics and Corrective Exercise. University of San Francisco. Instructor: Michol Dalcourt, PTontheNet, Greenwood Village, CO.

Organizer. (September 5-7, 2008). Functional Training and Rehabilitation. University of San Francisco. Instructor: Gary Gray, Gray Institute, Adrian, MI.

University Workshops and Certification Examinations

Co-Organizer. American College of Sports Medicine (ACSM) Health/Fitness Workshop and Examination, University of San Francisco, (w/ Dr. Sandy Bulmer, Southern Connecticut State University).

Daily lectures, seminars and laboratories culminating in the American College of Sports Medicine certification examination.

- June 2-4, 2004.
- January 13-17, 2003.
- May 28-June 1, 2001.
- January 15-19, 2001.
- May 22-26, 2000.
- January 10-14, 2000.
- May 24-29, 1999.
- January 11-16, 1999.
- May 25-20, 1998.

Co-Organizer. (August, 2009). Fascia: Training the system that connects all. University of San Francisco.
Speakers: Ian O'Dwyer, Fitness Personally Training Studio in Noosa Heads, Queensland. Australia.

Co-Organizer. (August, 2008). Hip and knee evaluation. University of San Francisco. Speaker: Lenny Parracino, Gray Institute, Adrian, MI. (w/ Western Athletic Clubs).

Co-Organizer. (January, 2008). Program design for the new millennium. University of San Francisco. Speaker: Juan Carlos Santana, Institute for Human Performance, Boca Raton, FL. (w/ Western Athletic Clubs)

Co-Organizer. (November, 2007). Chain reaction training. University of San Francisco. Speaker: Christina Christie, Advocate Lutheran General Hospital, Park Ridge, IL. (w/ Western Athletic Clubs)

Co-Organizer. (June, 2007). Functional movement essentials weekend seminar. University of San Francisco.
Speakers: Michol Dalcourt and Ian O'Dwyer, PTontheNet, Greenwood Village, CO. (w/ Western Athletic Clubs)

Co-Organizer. (October, 2004). Senior Exercise Leader Training (SELT) Workshop, University of San Francisco. (with Dr. Chris Thompson, University of San Francisco).

University Guest Lectures

Guest Lecture. (May, 2011). The globalization of baseball. Class: Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (April, 2011). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (October, 2010). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (March, 2010). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (September, 2009). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (April, 2009). The globalization of baseball. Class: Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (May, 2008). The globalization of baseball. Class: Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. Free2Play. Class: Exercise and Healthy Kids, Department of Exercise and Sport Science, University of San Francisco.

Guest Lecture. (April, 2007). Class: The globalization of baseball. Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (May, 2006). Class: The globalization of baseball. Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (April, 2005). Class: The globalization of baseball. Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (April, 2001). Class: Stadium development and the new economy of professional sport. The Sports Experience, Department of Kinesiology, San Francisco State University.

Guest Lecture. (October, 1997). Class: Issues of re-presentation. Sociology of Gender, Department of Sociology, University of San Francisco.

Guest Lecture. (November, 1991). Class: Health and the 'quality of life' debate. Sport History, Department of Kinesiology, San Francisco State University.

SERVICE CONTRIBUTIONS

Service to Community and Profession

Workshops

Presenter. (November, 2010). Strategic planning session with WCC Student Athlete Advisory Committee. West Coast Conference, San Bruno, CA. See http://www.youtube.com/watch?v=C3ZEF__P8QI

The following are a series of 1-3 day workshops developed for exercise based community practitioners.

Organizer. (August, 2007). Tridoma PE training. Marina Middle School, San Francisco, CA. August 2007.
Speaker: Gary Gray, The Gray Institute, Adrian, MI.

Organizer. (August, 2007). Tridoma: New fitness strategies for children. San Francisco Bay Club, San Francisco, CA. Speaker: Gary Gray, The Gray Institute, Adrian, MI.

Organizer. (November, 2006). A weekend with Gary Gray. San Francisco Bay Club, San Francisco, CA.
Speaker: Gary Gray, Gray Institute, Adrian, MI.

Organizer. (April, 2004). Functional training. Bank of America Auditorium, San Francisco, CA. Speakers: Dr. Mike Clarke, National Academy of Sport Medicine (NASM).

Organizer. (January, 2004). Integrated flexibility specialist certification workshop. San Francisco Bay Club, San Francisco, CA. Speakers: National Academy of Sports Medicine (NASM).

Organizer. (October, 2003). Integrated flexibility specialist certification workshop. Pacific Athletic Club, Redwood City, CA. Speakers: National Academy of Sport Medicine (NASM) staff.

Organizer. (September, 2003). Integrated flexibility specialist certification workshop. San Francisco Bay Club, San Francisco, CA. Presenter: National Academy of Sport Medicine (NASM).

Organizer and Discussant. (November, 2000). Three-day retreat: Health, fitness and community intervention," Headlands Institute, Marin, CA. Speakers: David Batstone, University of San Francisco, Dr. Sandy Bulmer, Southern Connecticut State University, Dr. Jeff Spencer, physician for Tour de France winner Lance Armstrong, and Barry Jones, award winning clinical hynotherapist.

Organizer. (August, 1999). Post-physical therapy in the health-care system. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. Mike Clarke, National Academy of Sports Medicine (NASM).

Organizer and Discussant. (August, 1998). Three-day retreat: Health, fitness and the human potential movement," Headlands Institute, Marin, CA. Speakers: Best selling authors George Leonard, Michael Murphy, and Dan Millman.

Organizer and Discussant. (February, 1998). Peak performance for personal training," San Francisco Bay Club, San Francisco, CA. Speaker: Dr. Ken Hodge, University of Otago, New Zealand.

Organizer and Speaker. (August, 1997). Three-day retreat: Health and creativity," Headlands Institute, Marin, CA. Presenters: Dr. Jeremy Howell, University of San Francisco, Dr. Sandra Bulmer (Western Athletic Clubs) and National Geographic photographer Dewitt Jones.

Organizer and Discussant. (April, 1997). Youth sport director weekend workshop. Crystal Springs Upland School, Hillsborough, CA. Speaker: Gary Williamson, North Texas Director of Youth Soccer.

Editorial Work

- ***Editorial Board, International Journal of Sport Management and Marketing, 2005-present.***
- Editorial Board, *Journal of Sport and Social Issues*, 1998-present.
- ***Occasional Reviewer, Journal of Sport Management, 2011-present.***
- Occasional Reviewer, *International Review of Sport Sociology*.
- Occasional Reviewer, *Cultural Studies*.
- Occasional Reviewer, *Sociology of Sport Journal*.
- Occasional Reviewer, *Nurse Practitioner Forum*.
- Book Manuscript Reviewer, University of Tennessee Press, 2003.
- Book Manuscript Reviewer, SUNY Press, 2002.
- Book Manuscript Reviewer, Human Kinetics, 2002
- Book Review, *Sociology of Sport Journal*, Human Kinetics, Pubs., 2004-2005.
- Book Awards Committee, North American Society for the Sociology of Sport, 2000-2002.

Professional Memberships

NCAA Faculty Athletic Representative Association

National Collegiate Athletic Association

North American Society for the Sociology of Sport

International, Health, Racquet, and Sportsclub Association

Community Program Development

- Director, Philanthropic initiatives, Western Athletic Clubs, San Francisco, CA (2002-2008). Distributed approximately \$9 million.
- Co-founder, Free2Play platform / Not For Sale Campaign, Montara, CA. (2006-2011).
- Director, IMPACT Program (Integrating Medical Practitioners and Certified Trainers), San Francisco, CA. (2003- 2008). Budget of \$925,000.
- Director, Healthy Aging Initiative, San Francisco, CA. (2005-2008). Budget of \$175,000.

Service to the University

Professional Appointments

- President's Commission on Health Professions Education, 2011-present.
- NCAA Faculty Athletic Representative, 2010-present.
- USF Interim Athletic Director Transition Team, 2010-2011.
- Institutional Representative on West Coast Conference (WCC) Executive Council, 2010-present.

University Wide Committees

- Athletic Director Search Committee, University of San Francisco, 2011.
- Board of Athletic Oversight Committee, University of San Francisco, 2007-present.
- Pre-Professional Health Committee, University of San Francisco, 1999-present.
- Athletic Advisory Board, University of San Francisco, 2002-2007.
- Athletic Director Search Committee, University of San Francisco, 2006.

University Presentations

- An Assessment and Analysis of Intercollegiate Athletics at USF, Provost Council, October, 2011.
- An Assessment and Analysis of Intercollegiate Athletics at USF, USF Athletics Executive Team, September, 2011.
- An Assessment and Analysis of Intercollegiate Athletics at USF, President's Office, August, 2011.
- An Assessment and Analysis of Intercollegiate Athletics at USF, Provost's Office, July, 2011.
- An Assessment and Analysis of Intercollegiate Athletics at USF, USF Athletics Oversight Board, June 2011.

Service to the College of Arts and Sciences

College Committees

- College Council, 2006–2009.
- COSEC, 2006–2009.
- Arts Council, 2006-2008.

International Initiatives

- Online Exercise Medicine Degree Initiative, Body-Brain Performance Institute, Melbourne, Australia, March 9-15, 2010.
- Sports Management Korean Initiative, Seoul, Korea, February 11-18, 2006.
- Sports Management Japan Initiative, Tokyo, Japan, June 1-6, 2001.

College Advancement

- BUCK Institute for Age Research, Novato, CA. (w/ Brandon Brown, Associate Dean of Sciences), January 28, 2008.
- Conversations at Santa Sabina, a two-day retreat on Jesuit education and faith, Dominican College, San Raphael, 1997.

- Service Learning Day, 2006.
- Student Transfer Advising Day, University of San Francisco, 1997-2000.
- Fall Preview Day, University of San Francisco, 1997-2000.
- Phone-a-thon, University of San Francisco, 1998-2000.

Faculty Search Committees

- Member, Sport Management Graduate Program, 2009.
- Chair, Department of Exercise and Sport Science, 2008.
- Member, Sport Management Graduate Program, 2008.
- Chair, Department of Exercise & Sport Science, 2005.
- Chair, Sport Management Graduate Program, 2004.
- Member, Department of Exercise & Sport Science, University of San Francisco, 2003.
- Member, Department of Psychology, University of San Francisco, 2001.
- Member, Department of Psychology, University of San Francisco, 2000.
- Member, Sport Management Graduate Program, 1999.
- Member, Department of Exercise & Sport Science, 1998.

Service to the Exercise and Sport Science Department; Sport Management Graduate Program; and Intercollegiate Athletics

- Chair, Exercise and Sport Science Department, 2006-2009.
- Intercollegiate Athletics Search Committee, Assistant Athletic Director for Athletic Performance, 2011.
- Intercollegiate Athletics Search Committee, Head Women's Soccer Coach, 2011.
- 2008-2009 Department Learning Outcome Assessment Report (w/ Dr. Francis).
- Faculty Mentor Program, 2006 (Diana Lattimore, Department of Exercise and Sport Science).
- ESS Program Review Self-Study for external reviewers, 2005.
- SM Program Review Self-Study for external reviewers.
- ESS Fitness Certification Scholarship committee, 1998-2003.
- Faculty Mentor Program, 2001 (Bill Manning, Sport Management Graduate Program).
- Faculty Mentor Program, 2001 (Daniel Rascher, Sport Management Graduate Program).
- Athletic Department Mentor, 2001-present (USF Men's Soccer).
- New ESS curriculum proposal and presented to the College Curriculum Committee, 1999.
- Moderator and Discussant, Sport Management Master's Project Annual Symposium, 1997-2003.

Curriculum Vitae

Diana L. Lattimore

Assistant Professor

The University of San Francisco

Exercise and Sport Science Department

2130 Fulton Street

San Francisco, CA 94117-1080

dlattimore@usfca.edu

(415) 422-2141

Education

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|------|---|
| 2006 | Doctor of Philosophy, The University of South Carolina
Department of Exercise Science
Specialization in Health Aspects of Physical Activity |
| 2000 | Master of Science, The University of Memphis
Department of Exercise and Sport Science
Specialization in Sport Psychology |
| 1996 | Bachelor of Science, Southeast Missouri State University
Psychology major with a minor in child studies |

Peer-reviewed Research Publications

Lattimore, D., Wilcox, S., Saunders, R., Griffin, S., Fallon, E., Hooker, S., Durstine, J.L. (2011). Self-reported barriers of mid-older adults entering a home-based physical activity program. *California Journal of Health Promotion* 9 (2), 15-28.

Estabrooks, P.A., Smith-Ray, R.L., Dzewaltowski, D.A., Dowdy, D., **Lattimore, D.** Rheume, C., Ory, M.G., Bazzarre, T., Griffin, S.F., Wilcox, S. (2011). Sustainability of evidence-based community-based physical activity programs for older adults: lessons from Active for Life. *Translational Behavioral Medicine*.

Lattimore, D., Griffin, S., Wilcox, S., Leviton, L., Rheume, C., Ory, M., Dowda, D. (2010). Understanding the challenges and adaptations made by community organizations for translation of evidence-based behavior change PA interventions: A Qualitative Study. *American Journal of Health Promotion* 24 (6) 427-434.

Griffin, S., Wilcox S., Ory, M., **Lattimore, D.**, Leviton, L. Castro, C., Carpenter, RA, & Rheaume, C. (2009). Results from the Active for Life process evaluation: program delivery fidelity and adaptations. *Health Education Research*.

Bopp, M., **Lattimore, D.**, Wilcox, S., Laken, M., McClorin, L., Swinton, R., Jordan, J., Gethers, O., & Bryant, D. (2006). Understanding Physical Activity Participation in Members of an African American Church: A Qualitative Study. *Health Education Research* 22 (6) 815-826.

Wilson DK, Griffin SF, Saunders R, Evans A, Mixon G, Wright M, Beasley A, Umstattd MR, **Lattimore D**, Watts A, Frelove-Charton J. (2006) Formative Evaluation of a Motivational Intervention to Increase Physical Activity in Underserved Youth. *Evaluation and Program Planning* (29), 260-268.

Lattimore, D., Bowles, H. Kirtland, K., & Hooker, S. (2005). Self-Reported Physical Activity Among South Carolinian Adults Trying to Maintain or Lose Weight. *Southern Medical Journal* 98, 19-22.

Fry, M. D., & **Lattimore, D.** (2000). Fostering a positive motivational climate in physical education. *Tennessee Educational Leadership Journal*, XXVII, 39-43.

Other Published Research

Lattimore, D., Liljenquest, K., Meek, R. (2010). A Snapshot of Truth: Kids, PE, and Soft Drinks! *CAHPERD Best Practices* 72 (3) 44-45.

Manuscripts Under Review

Bopp, M., Saunders, R., & **Lattimore, D.** (under review). The Tug of War: Fidelity vs. Adaptations Throughout the Health Promotion Program Life Cycle. *The Journal of Primary Prevention*.

Manuscripts in Preparation

Lattimore, D. On the sidelines: An athlete's perspective of injury recovery.

Lattimore, D., Wilcox, S, Saunders, R., Griffin, S., Fallon, E., Hooker, S., Durstine, JL. Barriers experienced by older adults over time and relations to outcomes.

Peer-reviewed Research Presentations

Bollenbacher, K., Shimuzu, M., **Lattimore, D.** (April 2011) *The fight against bulging*

bellies among California youth, Presented at the Students in Science Poster Night, USF.

Lattimore, D. (October 2010). On the sidelines: An athlete's perspective of injury recovery. Presented at the Association for Applied Sport Psychology Annual Meeting, Providence, Rhode Island.

Wilcox, S., Griffin, S., **Lattimore, D.** (May 2009). *Decision making and Adaptations in the Robert Wood Johnson, Active for Life Translational Study*. Presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.

Wilson, DK, Griffin, SF, Saunders, R, Evans, A, Mixon, G, Wright, M, Beasley, A, Umstadtd, MR, **Lattimore, D**, Watts, A, Freelove, J. (2006) *Formative Evaluation for Developing A Motivational Intervention for Increasing Physical Activity in Adolescents*. Presented at Society of Behavioral Medicine, San Francisco, CA.

Rheume, C., Griffin. S., Wilcox, S., & **Lattimore, D.** (December, 2005). *Participants' Experiences with Active for Life® During the Pilot Year: A Translational Research Project*. Presented at the American Public Health Association Annual Meeting, Philadelphia, PA.

Evans AE, Duhe S, Tanner A, Condrasky MD, **Lattimore D**, Dave J, Wilson DK, & Palmer M. (June 2005). *The effects of a child-developed nutrition media campaign for parents*. Presented at the 2005 International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Amsterdam, Netherlands.

Umstattd, M., Wilcox, S., Freelove-Charton, J., **Lattimore, D.**, & Dowda, M. (June 2005). *Correlates of Satisfaction with Body Appearance and Body Function in Older Adults: Active for Life®*. Presented at the American College of Sports Medicine Annual Meeting, Nashville, TN.

Griffin, S., Wilcox, S., Rheume, C., **Lattimore, D.**, Leviton, L. (November, 2004). *Use of process evaluation findings for continual program monitoring and improvement*. In the symposium: Translation of research to practice: learning to adapt programs for diverse populations while maintaining program fidelity. Presented at the Gerontological Society of America Annual Meeting. Washington, DC.

Lattimore, D., Griffin, S., Freelove-Charton, J., Umstattd, R., Rheume, C., & Wilcox, S. (October, 2004). *Description of Challenges Faced by the Active for Life® Grantee Sites During the Pilot Year*. Presented at The Cooper Institute Scientific Conference: Increasing Physical Activity in Populations: Understanding Diffusion and Dissemination. Dallas, TX

Griffin SF, Rheume C, **Lattimore D**, Wilcox S, Dowdy D, Carpenter RA, Castro C, Leviton L. (October 2004) *Description of Active for Life® Pilot Year Process Evaluation and Program Implementation Measures*. Presented at The Cooper Institute Scientific Conference: Increasing Physical Activity in Populations: Understanding Diffusion and Dissemination. Dallas, TX

Lattimore, D., Fry, M. D., & Balas, C. (October, 2000). *Students' perceptions of the motivational climate and their motivational responses in physical education*. A paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.

Fry, M. D., **Lattimore, D.**, & Balas, C. (October, 2000). *A developmental examination of children's accuracy in judging their physical ability in physical education*. A paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.

Fry, M. D., **Lattimore, D.**, & Balas, C. (1999). *A developmental analysis of conceptions of effort and physical ability among underserved youth*. A paper presented at the Association for the Advancement of Applied Sport Psychology, Banff, Canada.

Lattimore, D. (April, 1996). *Burnout among intercollegiate athletes*. Research study presented at Fourth Annual Southeast Missouri State Student Research Conference, Cape Girardeau, MO.

Grants and Awards

Co-Investigator, San Francisco Department of Human Services: 3-year grant for \$200,000 in collaboration with On-Lok Senior Services.

Collective Achievement Award, Exercise and Sport Science Department, USF, 2007

Undergraduate Research Stipend awarded by the Dean, USF College of Arts and Sciences, 2007

University of South Carolina Graduate School Dissertation Fellowship, summer 2006

Teaching Experience

2006-present University of San Francisco

Core Course

ESS 315 Exercise Psychology

Upper Division Elective Courses

ESS 330 Exercise and Health Promotion

(part of Health Studies Minor)

ESS 360 Exercise and Healthy Kids

(part of Child and Youth Studies Minor and Health Studies Minor)

ESS 398 Professional Practicum

2009	Guest Lecturer: The Mental Side of Sport and Exercise, The University of San Francisco. <i>Foundations of Exercise and Sport Science (ESS120)</i> .
2007	Guest Lecturer: The Role of Exercise and Health Promotion, The University of San Francisco. <i>Health Promotion during the Child-bearing Years (USF Graduate Nursing Class)</i> .
2004-2005	<u>University of South Carolina</u>
2005	Co-instructor: <i>The Psychology of Physical Activity (EXSC 410/PSYC 565)</i> ; Sections taught: Interventions Aimed at Increasing Physical Activity and Sport and Exercise Psychology.
2004	Co-instructor: <i>The Psychology of Physical Activity (EXSC 410/PSYC 565)</i> ; Section taught: Sport and Exercise Psychology.
2000-2005	<u>The University of Memphis</u>
2001-2005	<i>The Concepts of Fitness and Wellness (HPRO 2100)</i> ; The Regents Online Degree Program
2000-2002	<i>The Concepts of Fitness and Wellness (HMSE 1100)</i> ; Department of Human Movement Sciences and Education.
2000	<i>Psychological Aspects of Exercise (EXSS 4602)</i> , Department of Human Movement Sciences and Education.
1999	Guest Lecturer: <i>Psychosocial Aspects of Sport (EXSS 3307)</i> , 1999, Lecture: Psychological Aspects of Injury, Department of Human Movement Sciences and Education, The University of Memphis.

Curriculum Development

2011	Course Developer, PETE 3307 Psychological Aspects of Sport, Regents Online Degree Program.
2008	Course Developer, ESS 362 <i>Exercise and Healthy Kids</i> - Upper Division Elective and an elective course for the Child and Youth Studies Minor and the Health Studies Minor.
2001-2005	Course Developer, HMSE 2100 <i>Concepts of Fitness and Wellness</i> , Regents Online Degree Program.

Academic and Community Service

Service to the Department and College

2011	USF Students in Science Poster Night Sponsor, Katelyn Bollenbacher, Miho Shimizu, and Diana Lattimore* <i>The fight against bulging bellies among California Youth</i> , April 2011
2010	Directed Study with student-athlete, Mental Skills Training in Golf, USF Spring 2010
2006-present	Faculty Advisor, ESS students
2006-2010	Collaboration with Dr. Chris Thompson, falls prevention study.
2007 & 2008	Faculty Participant, 4.0 GPA Recognition Banquet
2006-2008	Major/Minor Fair, 2006-2008

Service to the University

2012	Invited Speaker, <i>Prevention of Obesity and Diabetes in Children- The Next Generation: Their Waistline Legacy?</i> . Symposium presented by the Child and Youth Studies Committee: Being a Kid Isn't Easy: Keeping Today's Children Healthy.
2011	Collaboration with the Nursing Department, implementation of physical activity and nutrition program in two elementary schools in SF.
2008-present	Member, USF IRB committee
2006-present	Member, USF Committee on Children and Youth
2010-present	Member, USF Wellness committee
2010-present	Sport Psychology Consulting with USF athletes
2006-2007	Member, USF Interdisciplinary Committee on Aging
2010 & 2011	Guest Speaker, <i>Injury from a Psychological Viewpoint</i> , USF Athletic Student Trainers
2009	Guest Speaker, <i>Kid's Bulging Bellies: Our Problem</i> , Child and Youth Studies Minor

Service to the Community

2010	LoveToKnow Exercise interview: <i>Preventing Childhood Obesity</i> , December 2010 http://exercise.lovetoknow.com/about-physical-fitness/preventing-childhood-obesity published interview
2006-2011	Member, Board of Directors, Generations Community Wellness Centers
2011-present	Board Advisor, Generations Community Wellness Centers
2008	Fitness Magazine Interview: <i>Be A Success Story</i> , Nov./Dec. 2008

Service to the Profession

2009-present	Member, Association for Applied Sport Psychology Special Interest Group Member, Psychology of Sport Injury
2007-present	Member, Association for Applied Sport Psychology
2011-present	Sport Psychology Consultant, Elite Bay Area Athletes
2012	Manuscript Reviewer, Journal of Physical Activity & Health
2011	Manuscript Reviewer, Journal of Adolescent Health.
2011	Manuscript Reviewer, Psychology of Sport & Exercise.
2011	Manuscript Reviewer, Journal of Aging and Physical Activity.
2010	Manuscript Reviewer, Journal of Sport Psychology in Action.
2010	Manuscript Reviewer, Ethnicity and Health.
2008	Manuscript Reviewer, Medicine & Science in Sports & Exercise (MSSE)
2005	Abstract Reviewer, South Carolina Public Health Association (SCPHA)

CURRICULUM VITAE

Geraldine Lauro

Assistant Professor
Department of Exercise and Sport Science
University of San Francisco
2130 Fulton Street
San Francisco, CA 94117-1080
(415) 422-6508 (Work)
(415) 422-6040 (Fax)
lauro@usfca.edu

Education

- 1992 Ed. D. **University of San Francisco**
School of Education
Specialization: Organization and Leadership
Doctoral Dissertation: Attitudes, Beliefs, and Behavioral Intention of College Women Toward Regular Participation in Aerobic Dance/ Exercise Programs
- 1967 M.A. **University of California, Berkeley**
Department of Physical Education
Specialization: Physical Education
- 1965 B.S. **University of Wisconsin, Madison**
Department of Kinesiology
Specialization: Physical Education

Professional Experience

- 1976- *present* **Assistant Professor**, University of San Francisco
Department of Exercise and Sport Science
- 2005-*present* **Coordinator of the Physical Activity Program**
Department of Exercise and Sports Science
- 2001-2003 **Department Chairperson**, University of San Francisco
Department of Exercise and Sport Science
- 1970-1976 **Instructor of Physical Education**, University of San Francisco

Department of Exercise and Sport Science

Women's Sports Coordinator, University of San Francisco
Intercollegiate and Extramural Sports

1967-1970 **Instructor of Physical Education**, Sir Francis Drake High School
Physical Education Instructor
Women's Track and Field Coach
Drill Team Coach

1965-1966 **Instructor of Physical Education**, Ridgefield Park High School
Women's Athletic Association Advisor
Women's Athletic Club Advisor
Bowling Club Advisor

Teaching Experience

2005- Present **University of San Francisco**

Core Courses

ESS 120 Foundations of Exercise and Sport Science
ESS 220 Motor Development

Advanced Area Studies

ESS 364 Curriculum and Instruction Elementary School Physical
Education

1976-2005 **University of San Francisco**

Core Courses

ESS 100 Golf
ESS 120 Foundations of Exercise and Sport Science
ESS 220 Motor Development
Freshman Seminar: Walking in San Francisco, A Cultural Experience

Advanced Area Studies

ESS 364 Curriculum and Instruction Elementary School Physical
Education
Teaching Movement Skills
Analysis of Aquatics

Analysis of Tennis/Badminton
Physical Fitness Conditioning

Elective Courses

Archery, Swimming, Tennis, Golf, Badminton, Softball, Field Hockey

1970-1976

University of San Francisco

Advanced Area Studies

Analysis of Aquatics

Analysis of Team Sports

Analysis of Individual Sports

Physical Fitness Conditioning

Elective Courses

Volleyball, Basketball, Golf, Swimming, Tennis, Badminton, Archery

Awards/Honors

1989

College Merit Award for Outstanding Teaching and Service

Publications

Published Research

McGlynn, G. Franklin, B., **Lauro, G.**, McGlynn, I. (1983). Effect of aerobic conditioning and induced state-trait anxiety, blood pressure and muscle tension. Journal of Sports Medicine and Physical Fitness. Feb. 1983.

Research Submitted

Dissertation research abstract submitted to AAHPERD Research Consortium for presentation at Spring 1993 AAHPERD National Convention.

Research Completed, Not Submitted

Busk, P. & **Lauro, G.** (1991). "Values Survey of the University of San Francisco Community".

Lauro, G. (1985). "Identification of Criterion for Evaluation of the Physical Education Activities Program-Physical Fitness Component, at the University of San Francisco."

Lauro, G. (1985). "Women are Not Team Players- Sexual Stereotype – Myth" paper.

Lauro, G. (1984) "Aerobic Physical Fitness Survey- Developing the Inventory". I developed an inventory and surveyed 68 aerobic exercise students at USF as to their attitude towards exercise and knowledge of the components of physical fitness.

Lauro, G. (1984). "AAHPERD Health Related Physical Fitness Test- Test Review " paper. Critique of the physical fitness tests that were to be implemented in public schools in California.

Presentations

- 1985 Group Presenter, National Association of Physical Education in Higher Education Conference, "Undergraduate Preparation for Admission to Graduate Study"
- 1980 Guest Speaker, Western Society of Physical Education of College Women Conference, "Ethnic Dance Origins and Contemporary Context."

Departmental Service

- 1984-1988 Creator, Physical Education Department Newsletter
- 1984-1986 Member, Athletic Advisory Board
- 1979-1983 Member, Athletic Control Board
- 1981 Member, Athletic Review Board
- 1979 Member, Screening Committee, Associate Director for Women
- 1978-1979 Advisor, Physical Education Majors Club
- 1977-1978 Advisor, Archery Club
- 1970-1975 Creator/Coordinator, Women's Intercollegiate and Extramural Sports
- 1970-*present* Supervisor, Independent Study and Field Experiment Courses

College Service

- 1985-*present* Member, Admissions Committee, Student Recruiting
- 1990-2007 Member, Admissions Committee, Telephone Recruiting
- 1996, 2004 Chairperson, Athletic Dept. NCAA Accreditations, Gender Equity Committee
- 2001-2003 Chairperson, Selection Committee, ACSM Scholarship
- 1999-2002 Member, Joint University Curriculum Committee
- 2000-2001 Member, Selection Committee, Dr. Y.I. Wu Scholarship

1998-2000 Member, Selection Committee, ACSM Scholarship
 1996-1997 Member, Koret Health and Recreation Center Advisory Board
 1991-1993 Arts Representative, USF Faculty Association Policy Board
 1992 Member, Search Committee, USF Assessment Coordinator
 1991-1992 Coordinator, Classroom Research Workshops
 1989-1992 Member, USF Faculty Association Appeals Boards
 1985-1992 Member, USF Task Force on Assessment
 1989, 1991 Member, AAHE Assessment Conference
 1990-1991 Member, WASC Study Group on Assessment
 1990-1991 Member, Selection Committee, Athletic Director
 1987-1988 Koret Health and Recreation Center Advisory Board
 1983-1986 Member, Planning Committee, Koret Health and Recreation Center
 1983 Member, Selection Committee, Dean's Honor Medal
 1979 Member, Selection Committee, Associate Athletic Director for Women
 1977-1978 Faculty Evaluator, Continuing Education Assessment Center
 *** Speaker, School of Education Doctoral Screening Workshop

Community Service

1976-1979 Instructor, Swimming, Tennis, Badminton, and Golf, National Youth Sports Program
 1977-1979 Chairperson, Tennis Advisory Board, San Francisco Recreation and Parks Department
 1977-1979 Chairperson, Group Reservations for Golden Gate Park, San Francisco Recreation and Parks Department
 1980-1981 Volunteer, Aquatics, Gymnastics and Track and Field, San Francisco Recreation Center for the Handicapped

Professional Service

Member, American Alliance of Health, Physical Education, Recreation, and Dance
 Member, California Association of Health, Physical Education, Recreation, and Dance.
 Member, National Association of Physical Education in Higher Education
 Member, Western Society of Physical Education of College Women
 Member, North American Society for Psychology of Sport and Physical Activity

1990 Chairperson, Professional Committee, Western Society of Physical Education of College Women
 1989 Member, Professional Committee, Western Society of Physical Education of College Women
 1985 Member, Elections Committee, Western Society of Physical Education of College Women
 1980 Member, Program Committee, Western Society of Physical Education of College Women

Curriculum Vitae of Neil T. Laughlin

I. Biography

- A. Date of birth: August 22, 1938
- B. Place of birth: San Francisco, California
- C. Employment: USF 1971 to Present; Full Professor 1979

II. Education

- A. Stanford University, Palo Alto, CA Undergraduate 1956-1958
- B. San Francisco State U., San Francisco, CA Speech BA 1959-1962
- C. San Francisco State U., San Francisco, CA Speech 1963-1964
- General Secondary Credential
- D. Stanford University, Palo Alto, CA Language Arts 1965
- California Community College Credential
- E. Stanford University, Palo Alto, CA Physical Education MA 1965
- F. Stanford University, Palo Alto, CA Physical Education 1967-1968
- G. Stanford University, Palo Alto, CA Physical Education Ed.D* 1971

III. Academic Honors, Recognitions, Commendations, Fellowships, etc.

- A. Member, Phi Delta Kappa, National Honorary Education Association.
- B. Member, Delta Sigma Rho, National Forensic Society.
- C. Fellowship, Stanford University, 1967-1968.
- D. Fellowship, Stanford University, 1970-1971.

IV. Professional Associations

- A. Autism Society of America.
- B. International Society for the Philosophic Study of Sport.
- C. Pacific Amateur Athletic Union.
- D. United States Judo Black Belt Federation.
- E. Northern California Judo Black Belt Federation.
- F. California Teachers Association.
- G. San Francisco State Football and Athletic Halls of Fame

V. Volunteer Service

- Career Counselor, San Francisco State University Alumni Association, 1994-present.
- USFPromotion and Tenure Committee, 2010-present.

VI. Recent Research and Publications

- A. "The Role of Character Development and Spirituality in College Judo: An Exploratory Study. Published in The April 2006 Issue of The Journal of College and Character.
- B. "As Good As It Gets." Published in the Autism Spectrum Quarterly, Fall 2007.
- C. "Does the Study of Judo Enhance Moral Development?" Published in Summer 2010 in the United States Judo Federation's Judo Magazine.
- D. "Differences in Perceptions of Character Development Among College Students in Martial Arts, Tennis, And Health Science Classes." To be submitted to the CAHPERD Journal's research section.
- E. Completed data collection on research on "Attitudes of Selected College Students Toward Violence."

*Dissertation Title - "Teacher Effectiveness and Authoritarianism in Male Physical Education Teachers." Published by the University of Oregon Microform Publications, 1973.

CURRICULUM VITAE

Julia Constance Orri
Department of Exercise and Sport Science
Associate Professor
University of San Francisco
2130 Fulton St.
San Francisco, CA, 94117-1080
(415) 422-2331 (office)
(415) 422-6040 (fax)
email: jorri@usfca.edu

Education

- | | |
|------|--|
| 2001 | Ph.D. The University of New Mexico
Department of Health and Human Performance
Specialization, Exercise Science
Dissertation: <i>The effects of glycerol on fluid balance and cardiovascular hemodynamics in males at high altitude</i> |
| 1993 | M.S. California State University, Hayward
Department of Kinesiology
Specialization, Exercise Science |
| 1982 | B.A. California State University, Chico
Department of Physical Education
Specialization, Physical Education
California Teaching Credential, Physical Education |

Employment

- | | |
|--------------|---|
| 2005-present | Associate Professor , University of San Francisco
Department of Exercise and Sport Science |
| 2001-2005 | Assistant Professor , Coastal Carolina University
Department of Health, Physical Education and Recreation |

Research/Creative Work

- Research interest** Endothelial Function in Postmenopausal Masters Athletes

Awards/Honors

2007 Collective Achievement Award, Department of Exercise and Sport Science, College of Arts & Sciences, University of San Francisco

Publications

Refereed Journal Articles

Orri, J.C., Carter, S-R, Howington, E.B. (2010). Gender Comparison of C-Reactive Protein and Cardiovascular Disease Risk in College Students and Intercollegiate Athletes. *Journal of Sports Medicine and Physical Fitness*, 50 (1):72-78.

Orri, J.C., Thompson, C.J., & Sellmeyer, D.E. (2009). Case Study: Aerobic exercise training improves cardiovascular disease risk in a 71 year old female with type 2 diabetes. *Clinical Diabetes*, 27(2):88-90.

Orri, J.C. & Darden, G.F. (2008). The Validity and Reliability of the INRTEK 3T Isokinetic Dynamometer. *Journal of Strength and Conditioning Research*, 22(1): 1-8.

Orri, J.C., Robergs, R.A., Faria, E., Marks, D., Gibson, A.L., Dalleck, L., & Weingart, H. (2007). The effects of glycerol ingestion on fluid balance and cardiovascular hemodynamics during hypobaric hypoxia. *Journal of Exercise Physiologyonline*, 10(3):1-13.

Orri, J.C., Griffin, S.E., Robergs, R.A., James, D.S., Wagner, D.R., & Quintana, R. (2004). Intra-arterial blood pressure characteristics during sub-maximal cycling and recovery. *Journal of Exercise Physiologyonline*, 7 (2): 45-54.

Abstracts

Quintana, R., Parker, D., Gibson, A.L, **Orri, J.C.**, Icenogle, M., Robergs, R. (2000). Factors related to the decrement in VO₂max during acute hypobaric hypoxia in well-trained cyclists. Presented at ACSM's 47th National Meeting, Indianapolis, Indiana. *Med. Sci. Sports Exerc.*

Orri, J.C., Griffin, S.E., Robergs, R.A., James, D.S., Wagner, D.R., and Quintana, R. (1999). Intra-Arterial Blood Pressure Characteristics During Submaximal Cycling and Exercise to Recovery Interval. Presented at the 46th Annual Meeting of the American College of Sports Medicine, Seattle, Washington. *Med Sci Sports Exerc.*

Griffin, S.E., Ghiasvand, F., Gibson, A., **Orri, J.C.**, Burns, S. and Robergs, R.A.. (1999). Comparing hyperhydration resulting from the ingestion of glycerol, carbohydrate, and saline solutions. Presented at the 2nd Annual National Meeting of The American Society of Exercise Physiologists, Albuquerque, New Mexico. *Proceedings: 2nd Annual National Meeting of The American Society of Exercise Physiologists.*

Astorino, T.A., **Orri, J.C.**, Lockner, D., Jenkins, K. and Heyward, V. (1999). Comparison of the Body Caliper™ and Harpenden caliper for measuring skinfold thicknesses of children. Presented at ACSM's 46th National Meeting, Seattle, Washington. *Med. Sci. Sports Exerc.*

Whitt, M.C., Ainsworth, B.E., Stolarczyk, L.M., Levin, S., Irwin, M., Hootman, J., **Orri, J.C.** and Heyward, V. (1998). Frequency of moderate activity in minority women. Presented at ACSM's 45th National Meeting, Orlando, Florida. *Med Sci Sports Exerc.*

Unpublished Work

In Progress

Orri, J.C., Elavsky, S., & Francis, K.L. Effects of exercise intensity and fitness on menopausal symptoms: A review.

Endothelial Function in Masters Athletes (review article in planning stage)

Presentations

Orri, J.C., Thompson, C.J., & Sellmeyer, D.E. (2007). The Effects of an Exercise Intervention on Cardiovascular Risk Factors in Postmenopausal Type 2 Diabetics. Presented at the 7th International Congress on Coronary Artery Disease, Venice Italy, 2007 *Proceedings: New Horizons in Coronary Artery Disease - Proceedings of the 7th International Congress on Coronary Artery Disease*, 255-258.

Orri, J.C. & Darden, G.F. (2006). Reliability and Validity of the iSAM 9000 Isokinetic Dynamometer". Presented at the 2006 AAHPERD National Convention, Salt Lake City, UT. *American Alliance for Health, Physical Education, Recreation and Dance*.

Orri, J.C. Exercise Technology in Physical Activity. (2005). Presented at the 5th Annual Diabetes Technology Meeting, Burlingame, CA. *Proceedings of the 5th Annual Diabetes Technology Meeting*, page 305.

Orri, J.C., Carter, S-R, Brown, C.D., White, L.J. (2005). C-Reactive protein, fitness, and cardiovascular risk in male and female college students. Presented at the 52nd Annual Meeting of the American College of Sports Medicine, Nashville, TN. *Med. Sci. Sports Exerc.*

Orri, J.C., Robergs, R.A., Faria, E., Marks, D., Gibson, A.L., Dalleck, L., Weingart, H. (2001). The Effects of Glycerol Ingestion on Fluid Balance and Cardiovascular Hemodynamics at High Altitude". Presented at the 48th Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland. *Med Sci Sports Exerc.*

Invited Lectures

Local

2008 Guest speaker, Living Well with Diabetes Support Group, San Francisco, *Exercise for Life and Living, What we Know Now*

University of San Francisco

2009 Well-life program, *C-Reactive Protein*

2009 Foundations of Exercise and Sport Science, *Diabetes*

2008 Women in Science Luncheon, *Women and Heart Disease*

2006 Women in Science, *Opportunities in Research*;
Female Biology classroom lecture, *Women and Heart Disease*

Teaching

2005-present **University of San Francisco**

Lower Division Core Course

ESS 200 Statistics for ESS

Upper Division Core Course

ESS 300 Kinesiology

Upper Division Electives

ESS 325 Exercise and Disease Prevention

ESS 358 Clinical Exercise Testing

ESS 358L Clinical Exercise Testing Laboratory

ESS 398 Internship

2001-2005 **Coastal Carolina University**

Upper Division Courses

Kinesiology

Kinesiology Laboratory

Exercise Physiology

Exercise Physiology Laboratory

Assessment & Technology in Physical Education

Upper Division Electives

Fitness Assessment and Exercise Prescription

Fitness Practicum

Exercise and Sport Nutrition
Laboratory Skills in Exercise Science

2000 **The University of New Mexico**

Upper Division Course
Kinesiology

Curriculum Development

2008 **University of San Francisco**

Clinical Exercise Testing - Upper Division Elective

2001-2005 **Coastal Carolina University**

Fitness Minor
Exercise and Sport Nutrition -Upper Division Elective
Fitness Assessment and Exercise Prescription - Required Upper Division Course
Fitness Practicum - Elective in Fitness Minor
Kinesiology Laboratory - Required Upper Division Course
Exercise Physiology Laboratory - Required Upper Division Course
Assessment & Technology in Physical Education - Required Upper Division Course
Laboratory Skills in Exercise Science - Required Upper Division Course

Service

ESS Department

2006-present

Faculty advisor, ESS students
Orientation to the ESS major
Summer/Winter Break advisor to ESS students
Faculty Participant, Student/Faculty Senior Dinner

2008-present Collaboration with Dr. Karen Francis, menopause review article and motor control study

2005-2007 Collaboration with Dr. Chris Thompson, diabetes research study

2005 Member, Scholarship Committee, *American College of Sports Medicine* Personal Trainer Workshop

College of Arts and Science

2007-2010	Member, Faculty Development Fund (FDF) Committee
2009	Faculty Advisor, Webtrack Summer Advising
2009	Member, Search Committee, Clinical Psychology
2006-2008	Faculty Advisor, FastTrack Summer Advising
2005-present	Faculty Participant, Major/Minor Fair
2005	Member, Search Committee, Exercise Psychology
2007	Faculty Participant, 4.0 GPA Recognition Banquet
2006	Faculty Participant, Phonathon

University Service

2009-2010	Science Representative, USF Faculty Association Policy Board
2011-present	Secretary, USF Faculty Executive Board
2011	Member, USFFA Negotiating Team
2006-2008	WASC Re-Accreditation Working Group Two, <i>Educational Effectiveness Review, Theme II, Diverse Learning Community</i>
2008	Member, Dissertation Committee
2007	Faculty Participant, Priscilla A. Scotlan Career Services Center panel discussion with external reviewers
2007-present	Faculty Participant, Undergraduate Admissions Shadow Program

Profession

2007-2010	Guest Lecturer, American College of Sports Medicine Health Fitness Instructor (HFI) Workshop, San Francisco State University, <i>Risk Stratification/Programming for Special Populations</i>
2009-present	Manuscript Reviewer: <i>Medicine and Science in Sports & Medicine, Maturitas, Journal of Sport Sciences, Nutrition Research</i>

Membership Affiliations

1998-present	Member, American College of Sports Medicine
2009-present	Member, North American Menopause Society
2001-2006	Member, American Alliance for Health, Physical Education, Recreation and Dance

Christian John Thompson, Ph.D.

Department of Exercise and Sport Science
University of San Francisco
2130 Fulton Street
San Francisco, CA 94117
(415) 422-6615
cjthompson@usfca.edu

EDUCATION

- May 2001 **University of Kansas, Lawrence, KS**
Ph.D., Exercise Physiology; Certificate of Gerontology
Dissertation Title (conferred with Honors): *Effects of an Eight Week Conditioning Program on Fitness, Club Head Speed, and Perceptions of Fitness and Golf-related Performance in Male Recreational Golfers Aged 55-79 Years*. Dissertation Advisor: Wayne Osness, Ph.D.
- May 1997 **University of Oklahoma, Norman, OK**
M.S., Exercise Physiology and Health Promotion
Thesis Title: *Reliability and Comparability of the Accelerometer As A Measure Of Upper Body Muscular Power*. Thesis Advisor: Michael Bemben, Ph.D.
- May 1993 **Cornell University, Ithaca, NY**
B.S., Atmospheric Science; Minor, Communications

PROFESSIONAL EXPERIENCE

- 2007-present **Associate Professor, University of San Francisco, San Francisco, CA**
Department of Exercise & Sport Science (ESS)
Chairman, ESS 2009-present
Coordinator, Interdisciplinary Minor in Gerontology
- 2002-2007 **Assistant Professor, University of San Francisco, San Francisco, CA**
Department of Exercise & Sport Science (ESS)
Coordinator, Interdisciplinary Minor in Gerontology
- 2001-2002 **Lecturer, University of Kansas, Lawrence, KS**
Department of Health, Sport, & Exercise Sciences (HSES)
- 1996-2000 **Graduate Teaching Assistant, University of Kansas, Lawrence, KS**
Department of Health, Sport, & Exercise Sciences (HSES)
- 1997-2001 **Graduate Research Assistant, University of Kansas, Lawrence, KS**
Research and Training Center for Independent Living
• Physiology research assistant for CDC grant R04-CCR717707-01
- 1998-1999 **Consultant, Kansas State University, Manhattan, KS**
Personal Actions to Health (PATH) Project, a Kansas Health Foundation grant
- 1997-1999 **Clinic Director, University of Kansas Fitness Evaluation Clinic, Lawrence, KS**
- 1995-1996 **Research Assistant, University of Pennsylvania Medical Center, Philadelphia, PA**
Department of Neuroscience NIH grant 034-RLR-890 under Dr. Mark D'Esposito
- 1993-1995 **Graduate Assistant, University of Oklahoma, Norman, OK**
Department of Health & Sport Sciences

PROFESSIONAL HIGHLIGHTS

2002-Present UNIVERSITY OF SAN FRANCISCO

COURSES TAUGHT

- Spring 2006-2008 **ESS 240 Interdisciplinary Study of Human Aging – Core SL**
This course introduces students to a wide range of topics and disciplinary interests in gerontology and to explore their influence on the ability for older adults to successfully age in today's world. The changing demographics of the aging population are emphasized as well as the biological, sociological, and psychological effects of human aging.
- Fall 2002-2009 **ESS 310 Exercise Physiology**
This course studies the physiology of exercise, ventilation, training, fatigue, and health in relation to physical activity. Additionally, individual differences in neuromuscular, endocrine, cardiovascular and respiratory function are explored as well as a study of the biochemistry of exercise. An included laboratory enables the study of laboratory-based human performance assessment.
- Fall 2002-2008 **ESS 368 Nutrition for Exercise and Health**
This course introduces the relationship of nutrition to health status and exercise performance. Specifically, assessment of energy expenditure, fluid balance, and nutritional strategies are studied. Additionally, nutrition for the athlete is explored.
- Spring 2006-2009
- Spring 2003-2005 **ESS 356 Movement Skills for Special Groups**
This course emphasizes the theory and practice of adaptive physical education applied to the exceptional person. Topics include sensory impairment, behavioral and learning disorders, fitness and structural problems, cardiovascular, pulmonary and metabolic problems. Interventions and activities for the exceptional person are introduced.
- Spring 2003-2007 **ESS 354 Exercise Testing and Program Design**
This course studies the development of the knowledge and skills needed to provide individualized assessment, counseling, and program recommendations for exercise and other health behavior changes. Attention is paid to apparently healthy, increased risk, and diseased populations.
- Fall 2004
- Spring 2003 **ESS 374 Exercise Physiology Practicum**
This course introduces students to assessment strategies of human performance including metabolic testing, neuromuscular testing, aerobic and anaerobic fitness. Students also study techniques for data analysis and data reporting of human performance.
- Fall 2004 **ESS 399 Directed Study in Sports Medicine and Treatments**
Supervised one student who completed an applied experience in the USF Athletic Training Room.
- Fall 2004 **ESS 399 Directed Study in Exercise Testing and Prescription**
Supervised students who completed an applied experience in various disciplines including gerontology research, gerontology fieldwork, and the USF Strength and Conditioning Room.
- Summer 2004
- Spring 2006
- Fall 2003 **ESS 370 Personal and Community Health**
Guest Lecturer (2 occasions – Chronic Disease, Epidemiology)
- Fall 2005-2008 **ESS 200 Foundations of Exercise and Sport Science**
Guest Lecturer (Introduction to Exercise Physiology)
- Spring 2006-2009

CURRICULUM DEVELOPMENT

- 2005 **ESS 240 Interdisciplinary Study of Human Aging**
Described above
- 2005 **ESS 320 Clinical Exercise and Disease Prevention**
This course examines the increasingly important role of physical activity in the prevention and treatment of chronic disease (e.g., obesity, cardiovascular disease, diabetes) in our society.
- 2005 **ESS 330 Exercise and Health Promotion**
This course teaches students to develop effective health promotion interventions for a variety of populations. The underlying theories of health behavior and their application to program development are studied.

TEACHING-RELATED ACTIVITIES

University of San Francisco Student Athletic Training Experience (SATE)

Description: Undergraduate ESS students spend 6-15 hours per week assisting in the Athletic Training Room and during practice and competition of USF Athletics. Students attend a weekly in-service education sessions and observe physician evaluations and orthopedic surgeries. The educational focus is on basic principles of athletic training and sports medicine developed by the National Athletic Trainers' Association.

Activities:

- Worked with USF Athletics Department Staff to develop SATE
- Recruited ESS students into program
- Wrote grant applications to fund program
- Assist in student selection and evaluation process

Simmons College Graduate School Collaboration Agreement

Description: ESS Department and Simmons College in Boston, Massachusetts have a 3-year collaboration agreement that allows up to 5 graduating students each year from USF ESS to matriculate into the incoming Simmons College Physical Therapy Doctoral Program.

Activities:

- Pursued relationship with Simmons College
- Worked with faculty and administrators from Simmons College to develop agreement
- Gained support of ESS faculty and USF administration for the program
- Regularly advise ESS students to consider Simmons College DPT program

2001-2002 UNIVERSITY OF KANSAS

COURSES TAUGHT

HSES 453 Communicable and Degenerative Diseases

This course introduced students to the basic concepts of disease processes, including emphasis on the etiology of disease, along with primary, secondary, and tertiary prevention and treatment of disease.

HSES 505 Nutrition and Metabolism

This course examined the biochemical and physiological bases of human nutrition requirements including digestion and absorption, carbohydrate, protein, and fat metabolism, vitamin and mineral interactions, and the relationship of nutrition to chronic disease.

HSES 573 Introduction to School and Community Health

This course provided an overview of community and school health professions. Areas of emphasis included the nature of health education, needs, services, and planning for community and school health programs.

HSES 618 Health Aspects of Aging

This course introduced students to the various aspects of the human aging process, placing emphasis on normal aging changes and deviations due to disease and/or a sedentary lifestyle.

HSES 730 Advanced Concepts of Nutrition

This course focused on the nutritional factors affecting health at all ages and addressed specific nutritional needs, the effects of deficiencies, and the physiological and biochemical processes involved with nutrition.

HSES 779 Physiology of Functional Aging

This course provided a study of the physiological changes due to the aging process, including presenting the pathophysiology of various chronic diseases and biological theories of aging.

HSES 812 Current Issues in Health Education

This course analyzed the literature in health education to provide students with a framework to develop their own philosophy with regard to health education while familiarizing them with contemporary issues in health education.

TEACHING-RELATED ACTIVITIES

- 2001-2002 **Ambassador for the University of Kansas Center for Teaching Excellence (CTE)**
Description: The CTE offered a number of programs that promote the scholarship of teaching including workshops, forums, and awards.

UNIVERSITY SERVICE

- 2002-Present **UNIVERSITY OF SAN FRANCISCO**

- 2009-present **Department Chairman, Exercise and Sport Science**

Activities:

- Set agenda and led ESS Department faculty meetings
- Representative of ESS Department at COSEC and College Council meetings
- Manage ESS Department budget

- 2005-2006 **New Faculty Mentor**

Activities:

- Served as mentor to incoming ESS faculty member Julia Orri, Ph.D.
- Conducted weekly formal meetings and initiated informal discussions
- Shared office space to accommodate Dr. Orri
- Provided ongoing support to Dr. Orri to assist her in adjusting to life at USF

- 2005-Present **Gerontology Minor, Coordinator**
Description: The Gerontology Minor at USF offers students the opportunity to study the human aging process from an interdisciplinary perspective. The minor consists of classes from across the University and provides a rich student learning experience for USF undergraduates wishing to better understand the older adult.
Activities:
- Coordinated course development and support from campus departments
 - Organized a Gerontology Minor Committee
 - Wrote and revised the Minor proposal for review by the Curriculum Committee, which formally accepted the proposal in May 2005
 - Developed promotional materials for the minor
 - Currently advise all Minor students during registration periods
- 2004-Present **Interdisciplinary Committee on Aging, Founding Member**
Description: The ICA is committed to promoting awareness and widespread understanding of the issues associated with the aging process, extending the quality of life, and postponing illness and disability. The ICA has hosted campus-wide events, assisted in the development of a new minor in Gerontology, and includes faculty from USF as well as representatives from the Fromm Institute for Lifelong Learning.
Activities:
- Initiated interest in ICA on campus and recruited USF faculty to serve on ICA
 - Assisted in ICA acceptance by USF
 - Developed Gerontology Minor at USF
 - Preparing speaker panels for 2006-2007 academic year
 - Organizing ICA/USF health fair
- 2003-Present **Pre-Professional Health Committee (PPHC)**
Description: The PPHC serves to guide students as they pursue entrance into professional health schools and recommends candidates to professional schools. The PPHC organizes annual student-alumni events, advises students, and prepares recommendation letters for student applications.
Activities:
- Developed specific advising tracks for both Physical Therapy and Occupational Therapy students
 - Participate in annual PPHC events
 - Meet regularly with PPHC committee
- 2003-2007 **Disability Awareness Week Committee**
Description: Disability Awareness Week (DAW) functions to raise awareness on campus regarding issues that affect disabled individuals and groups. The week consists of activities that emphasize the important roles that individuals with disabilities play in our society.
Activities:
- Represent USF faculty on the committee
 - Recruit presenters for DAW events
 - Sent campus mailings to all USF faculty
 - Posted events on USF Connect

- 2002-Present **Athletics Department/ESS Faculty Liaison**
Activities:
- Meet with prospective USF student-athletes on recruitment visits
 - Work with golf teams and strength and conditioning coach to develop exercise training programs
 - Give presentations during NCAA-mandated Life Skills workshops
 - Serve as primary ESS academic advisor for transfer student-athletes
- 2002-Present **Academic Advisor, Delta Zeta Sorority**
Activities:
- Provide academic advising for ~85 female members of USF Delta Zeta sorority
 - Attend regular chapter meetings
 - Meet individually with chapter members
 - Present academic awards
 - Assist with sorority special events such as the Faculty Luncheon
- 2003-Present **Student Advising**
 Provide academic advising for approximately 30 Exercise and Sport Science undergraduates and 12 Gerontology Minor students every semester
- 2003-Present **School of Arts and Sciences Major/Minor Fair**
 Represent the Exercise and Sport Science Department and the Gerontology Minor at the annual Harney Plaza student recruitment event
- 2003-Present **School of Arts and Sciences Student Phonathon**
 Contact prospective USF students by phone who are interested in the Exercise and Sport Science Department or other departments in the College
- 2003-2005 **New Faculty Search Committees**
 Motor Behavior and Health Promotion Search Committees, ESS Department;
 2008-2009 Koret Health and Recreation Center Search Committee; Biology Department
- Activities:
- Reviewed application files
 - Interviewed candidates
 - Made recommendations to Administration for new hires
- 2003, 2004, **Summer Early Advising**
 2006, 2007, 2008 Provided academic advising for incoming freshmen and transfer students who declared Exercise and Sport Science as their major.
- 2002-2004 **USF Athletics Self-Study Committee for National Collegiate Athletic Association (NCAA) Certification**
 Appointed by President Stephen Privett to the Academic Integrity sub-committee for NCAA certification. The subcommittee prepared documentation on student-athlete academic performance and University support services for the NCAA.
- 2001-2002 **UNIVERSITY OF KANSAS**
Search Committee, Department of Health, Sport and Exercise Science (HSES)
- Reviewed application files
 - Interviewed candidates
 - Made recommendations to Administration for new hire in Nutrition and Biochemistry

Publicity Committee, HSES Department

- Developed promotional materials for University of Kansas HSES student-alumni events
- Prepared and mailed Department newsletter
- Posted newsworthy items on Department website

PROFESSIONAL AND SCHOLARLY SERVICE

- 2008-2009
(Chair-Elect) **Executive Board, Council of Aging and Adult Development (CAAD)**
Description: CAAD is an organization of over 1500 members dedicated to improving quality of life in older adults through education and research.
- 2004-2006
(Secretary) **Activities:**
- Attended national meetings
 - Revised operating codes
 - Administrated 8 CAAD standing committees
- Reviewed research abstracts for CAAD national meetings
- 2003-present **Reviewer, Clinical Kinesiology Journal**
Description: Clinical Kinesiology is an online journal and official publication of the American Kinesiotherapy Association
- Activities:**
- Review manuscripts concerning exercise program design for suitability for publication
- 2004-present **Co-Editor in Chief, Council of Aging and Adult Development (CAAD) Newsletter**
Description: CAAD is an organization of over 1500 members dedicated to improving quality of life in older adults through education and research.
- Activities:**
- Solicit and contribute copy for the Newsletter
 - Coordinate with publisher
 - Administrated mailings of CAAD Newsletter to over 1500 members on a quarterly basis
- 2005-2006 **Reviewer, Council of Aging and Adult Development (CAAD) research abstracts**
2008-2009 *Description: CAAD is an organization of over 1500 members dedicated to improving quality of life in older adults through education and research.*
- Activities:**
- Reviewed over 20 abstracts each year to select for presentations at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD) National Meeting

2004 **Committee Member, International Curriculum Guidelines For Instructors of Older Adults**

Description: The Curriculum Guidelines is an international consensus document endorsed by over 30 organizations, including the World Health Organization, which outlines content areas for preparing physical activity instructors of older adults in a variety of settings.

Activities:

- Served on committee responsible for developing the guidelines
- Reviewed substantial amount of literature
- Assisted in the development of the document

COMMUNITY SERVICE

COMMITTEES AND ORGANIZATIONS

2003-present **Director, Senior Center Active Living Education (SCALE) Project**

Description: The SCALE Project is a health promotion program funded through City of San Francisco, USF Faculty Development Fund, and Western Athletic Clubs, Inc., to offer cutting edge exercise, nutrition education, and other health promotion programming to senior centers in San Francisco.

Activities:

- Developed funding proposal for SCALE
- Lead cognitive training program (Brain Stretching) at JCCSF (2007-present)
- Offered exercise leader workshop at USF (October 2004)
- Gave health lectures at over 15 senior centers and senior housing communities
- Coordinated equipment delivery, instructor recruitment, and pre/post testing for 8 week exercise intervention and provided detailed program results to all participants (Spring 2005)
- Direct ongoing exercise programming at 2 senior centers consisting of regular exercise programming and health education
- Provide ongoing direction for project

2003-present **Fromm Institute for Lifelong Learning**

Description: Fromm Institute is a lifelong education program for retired older adults serving over 1200 older adults in the Bay Area.

Activities:

- Assisted in finding exercise leader for organization
- Contribute regularly to Fromm the Rooftop newsletter
- Serve as consultant for physical activity programming

2003-2005 **Member, Active Aging Community Task Force of San Francisco (SF AACTF)**

Description: The SF AACTF consists of representatives from city government, higher education, and community organizations serving older adults to formulate policy and promote city programs that encourage healthy aging.

Activities:

- Attend regular monthly meetings
- Assist with planning continuing education events
- Organized "Train the Trainer" events to improve preparation of older adult exercise leaders

- 2003-present **Program Coordinator, Presidio Golf Club Wellness Program (PGCWP)**
Description: The PGCWP a comprehensive wellness program for older adults including regular physical activity, nutrition counseling, and other health promoting activities.
Activities:
- Developed program based on my award-winning golf-related fitness research
 - Lead exercise classes twice per week for 12 participants
 - Provide ongoing health education to program participants, develop nutrition education materials
- 1997-2002 **Coalition Member, Personal Actions To Health (PATH) Program of Douglas County, Kansas**
Description: The PATH program is a health promotion program for older Kansans residents funded through the Kansas Health Foundation.
Activities:
- Lectured regularly to PATH participants about exercise, nutrition, and disease prevention
 - Assisted with regular health screenings and health fairs
 - Performed fitness assessments of all PATH participants
 - Attended monthly meetings

INVITED PRESENTATIONS

- August 2009 *Rehabilitation Strategies for Falls Prevention.* Presented as an in-service education session to California Pacific Medical Center Physical Therapy Department.
- August 2009 *Always Active: Promoting Health in San Francisco.* Golden Gate Regional Chapter Meeting of the Long Term Care Association of California, San Francisco.
- March 2009 *Rehabilitation Strategies for Falls Prevention.* Presented as an in-service education session to Kaiser San Francisco Physical Therapy Department.
- January 2009 *Tips to Prevent Falls.* Presented as a part of the Kaiser San Francisco Health and Wellness 2009 Series. Calvary Baptist Church, San Francisco.
- January 2009 *Tips to Prevent Falls.* Presented as a part of the Kaiser San Francisco Health and Wellness 2009 Series. Kaiser French Hospital, San Francisco.
- October 2008 *Always Active: Promoting Health in San Francisco.* Presented as a part of the Boomer Forum, Department of Aging and Adult Services, City of San Francisco, San Francisco Public Library.
- August 2008 *Falls Prevention Exercise Programming – The Always Active Project.* District Advisory Council. I.T. Bookman Community Center, San Francisco.
- March 2008 *The Always Active Project.* Department of Aging and Adult Services Monthly Meeting, City Hall, San Francisco.
- September 2007 *Biochemical Markers of Endurance Performance.* San Francisco Road Runners Club. San Francisco.
- September 2007 *Get on Your Feet...And Stay There! Tips for Better Balance.* Rhoda Goldman Plaza Residential Facility, San Francisco.
- June 2007 *Chocolate & Wine – When Foods of Excess Can Be Healthy!* Spring 2007 Active Aging Lecture Series. Jewish Community Center of San Francisco

- May 2007 *Exercise and Arthritis, Get in the Know!* Spring 2007 Active Aging Lecture Series. Jewish Community Center, San Francisco.
- February 2007 *Five Lifestyle Tips for a Healthy Heart.* Spring 2007 Active Aging Lecture Series. Jewish Community Center, San Francisco.
- June 2006 *Hip Replacement Surgery – Get in the Know.* Spring 2006 Health and Well Being Lecture Series. Jewish Community Center, San Francisco.
- September 2005 *Exercise & the Older Adult: Drinking From the Fountain of Youth.* Jewish Community Center, San Francisco.
- May 2005 *Community-based Exercise Programs for Older Adults.* BridgePoint Assisted Living, San Francisco.
- January 2005 *Community-based Exercise Programs for Older Adults.* Central YMCA Senior Center, San Francisco.
- January 2005 *Community-based Exercise Programs for Older Adults.* West Bay Filipino Senior Center, San Francisco.
- January 2005 *Community-based Exercise Programs for Older Adults.* Jewish Community Center, San Francisco.
- January 2005 *Community-based Exercise Programs for Older Adults.* 30th Street Senior Center, San Francisco.
- October 2004 *Exercise & the Older Adult: Drinking From the Fountain of Youth.* OMI Senior Center, San Francisco.
- October 2003 *Exercise and Aging: Searching for the Fountain of Youth.* Fromm Institute of Lifelong Learning, University of San Francisco.
- October 2001 *Fit For Golf: Effects of Exercise on Golf Performance.* Sports Medicine Club at the University of Health Sciences Osteopathic College, Kansas City, MO
- February 2000 *Constructing Practical Exercise Programs for Older Adults.* Presbyterian Manor, Lawrence, KS.
- November 1999 *Exercise Programming in Assisted Living Environments.* Presbyterian Manor State Conference, Topeka, KS.
- March 2002 *Exercise and Osteoporosis.* PATH coalition community group of Douglas County, Lawrence, KS.
- March 2000
May 1999
April 1998 *Exercise and Cancer.* PATH coalition community group of Douglas County, Lawrence, KS.
- March 2000
May 1999
May 1998 *Exercise and Arthritis.* PATH coalition community group of Douglas County, Lawrence, KS.
- May 1999
April 1998 *Exercise and Cardiovascular Health.* PATH coalition community group of Douglas County, Lawrence, KS, March 2002, March 2000.

POPULAR MEDIA

- Thompson, C. (2008, November). Strength Gain. *Club Industry's Fitness Business Pro*.
- Thompson, C. (2008, August). Older Athletes Still Strong. *San Francisco Chronicle*.
- Thompson, C. (2005, May). The Benefits of Strength Training. *Health News*, 14.
- Thompson, C. (2005, May). Take the "Ouch" Out. *Cleveland Clinic's Arthritis Advisor*, 3.
- Thompson, C. (2005, Spring). Golf Prep in Three Steps. *AARP's Live and Learn*, 11.
- Thompson, C. (2002, August). Powerful Science. *GOLF Magazine*, 162.
- Interview, (February 2004). *Exercise and Obesity*. KPIX Television Channel 12
- Interview, (October 2002). *Older Adult Fitness*. Icicle Newshour, Internet Radio.
- Interview, (September 2002). *Golf Fitness Programs*. WJOX Radio, Birmingham, AL.

RESEARCH AND SCHOLARSHIP

RESEARCH MANUSCRIPTS

Published Research

- Orri, J., Thompson, C., & Sellmeyer, D. (2009). Aerobic exercise training reduces cardiovascular risk in older diabetic women: A case report of a 71 year old type 2 diabetic. *Clinical Diabetes*, 27(2), 88-90.
- Froelich-Grobe, K., Figoni, S., Thompson, C., & White, G. (2008). Exploring the health of women with mobility impairments. *Women and Health*, 48(1), 21-41.
- Thompson, C., Myers Cobb, K., & Blackwell, J. (2007). Functional training improves club head speed and functional fitness in older golfers. *Journal of Strength and Conditioning Research*, 21(1), 131-137.
- Huang, G., Thompson, C., & Osness, W. (2006). Influence of a 10-week controlled exercise program on resting blood pressure in sedentary older adults. *Journal of Applied Research*, 6(3), 188-195.
- Thompson, C. & Osness, W. (2004). Effects of an eight-week multimodal exercise program on strength, flexibility, and golf performance in 55 to 79 year-old men. *Journal of Aging and Physical Activity*, 11(2), 144-156.
- Figoni, S., Thompson, C., Froelich, A., Nary, D., Marquis, J. & White, G. (2003). Preliminary validation of a mobility obstacle course for persons with mobility impairment. *Clinical Kinesiology*, Spring, 36-43.
- Thompson, C. and Bemben, M. (1999). Reliability and comparability of the accelerometer as a measure of upper body muscular power. *Medicine and Science in Sports and Exercise*, 31(6), 897-902.
- Dolezal, B., Thompson, C., Schroeder, C., Haub, M., Haff, G., Comeau, M., and Pottenger, J. (1997). Laboratory testing for improving athletic performance. *Journal of Strength and Conditioning*, 19(6), 20-26.

PUBLISHED ABSTRACTS

- Thompson, C., Herreweyers, J., & Howell, J. (2006). Efficacy of strength and balance training led by certified fitness professionals. *Medicine and Science in Sports and Exercise*, 38(5, Supplement), S283-284.
- Thompson, C., & Blackwell, J. (2005). Effect of an eight-week functional training program on static balance in community-dwelling older adults. *Medicine and Science in Sports and Exercise*, 37(5, Supplement), S161.
- Thompson, C., Blackwell, J., Kepesidis, I., & Myers Cobb, K. (2004). Effect of core stabilization training on fitness, swing speed, and weight transfer in older male golfers. *Medicine and Science in Sports and Exercise*, 36(5, Supplement), S204.
- Thompson, C. (2003). Effects of an eight-week conditioning program on improving fitness, club head speed, and perceptions of fitness and golf-related ability in older, male recreational golfers aged 55-79 years. *Kinesiology Abstracts*, 16 (1), Microform Publications, International Institute for Sport and Human Performance, University of Oregon.
- Thompson, C., Huang, G., Rajan, P., & Osness, W. (2001). The effect of varied exercise intensities on reaction time and coordination in older adults involved in a 10 week exercise training program. *Medicine and Science in Sports and Exercise*, 33(5, Supplement), S133.
- Huang, G., Thompson, C., Rajan, P., & Osness, W. (2001). Changes in pulmonary function responses to 10-week exercise intervention with varied intensities among older adults. *Medicine and Science in Sports and Exercise*, 33 (5, Supplement), S188.
- Figoni, S.F., Thompson, C., Froelich, A.K., Marquis, J., & White, G.W. (2001). Physical activity intervention trial for women with mobility impairments. *Medicine and Science in Sports and Exercise*, 33(5, Supplement), S319.
- Thompson, C., Figoni, S., Froelich, A., Nary, D., & White, G. (2000). Demographic and anthropometric characteristics of women with physical disability and motor impairment. *Medicine and Science in Sports and Exercise*, 32(5, Supplement), S229.
- Figoni, S., Thompson, C., Froelich, A., Nary, D., and White, G. (2000). Physical activities of women with physical disability and mobility impairment. *Medicine and Science in Sports and Exercise*, 32(5, Supplement), S161.
- Osness, W. & Thompson, C. (1999). Interaction of fitness parameters related to functional capacity of older adults. *Medicine and Science in Sports and Exercise*, 31(5, Supplement), S185.
- Thompson, C., Figoni, S. and White, G. (1999). Reliability and validity of an obstacle course for women with mobility impairments. *Medicine and Science in Sports and Exercise*, 31(5, Supplement), S363.
- Figoni, S., Thompson, C., Washburn, R., and White, G. (1999). Validity of a physical activity scale for persons with locomotor impairment (PASPLI). *Medicine and Science in Sports and Exercise*, 31(5, Supplement), S363.
- Osness, W., Schroeder, J., Dalton, L., & Thompson, C. (1998). Age and sex related changes in functional performance parameters for persons over 60 years. *Medicine and Science in Sports and Exercise*, 30 (5, Supplement), S74.

BOOK CHAPTERS AND OTHER SCHOLARLY PUBLICATIONS

- Blackwell, J.R., Heath, E.M., & Thompson, C. (2004). Effect of the Type 3 (oversize, slow speed) tennis ball on heart rate, activity level, and shots per point during tennis play. In A. Lees (Ed.), *Science and Racket Sports III*, (pp. 37-42). New York: Routledge Press.
- Thompson, C. (2002). The effect of muscle strength and flexibility on club head speed in older golfers. In E. Thain (Ed.), *Science in Golf IV: Proceedings of the 4th World Scientific Congress of Golf*, (pp. 35-44). New York: Routledge Press.
- Thompson, C. (2003). *Developing a Fitness Program for the Frail and Well Elderly*. American Association for Active Lifestyles and Fitness.
- Froehlich, A., Figoni, S., Chase, T., Gonzalez, L., Thompson, C., Nary, D. & White, G. (2002). *Exercise for People with Disabilities: Getting Started on Your Fitness Plan*. University of Kansas Research and Training Center on Independent Living. Lawrence: University of Kansas Press.
- Thompson, C. (1998). Endurance Capacity Development. In *Exercise for the Older Adult*, (pp. 116-129). New York: Kendall-Hunt.
- Thompson, C. and Osness, W. (1998). Exercise and Arthritis. In *Exercise and the Older Adult* (pp. 194-202). New York: Kendall-Hunt.

SCHOLARLY PRESENTATIONS

- August 2009 *Exercise and Falls Prevention*. Presented at the IDEA World Fitness Conference, Anaheim, CA
- May 2009 *Falls Prevention Exercise Programming*. Presented to the Special Interest Group on Aging, American College of Sports Medicine Annual Meeting, Seattle, WA.
- April 2009 *Exercise and Falls Prevention: Preliminary Data from a Community-Based Intervention*. Presented at the 21st CAAD Research Symposium, American Alliance for Health, Physical Education, and Recreation National Convention, Tampa, FL.
- April 2007 *Energy Metabolism During Exercise*. Presented to nutrition students at the City College of San Mateo, San Mateo, CA.
- March 2007 *Integrated Falls Prevention for Older Adults*. 24th Annual Lifelong Fitness Weekend, Fifty Plus Lifelong Fitness Association and the Bay Area Senior Games, Santa Clara, CA.
- June 2004 *Raise the Bar: How to Develop and Implement Safe and Effective Exercise Programs for Older Adults*. Massachusetts Council of Activity Professionals Quarterly Workshop, Boston, MA.
- April 2004 *Balance Training and Falls Prevention for Older Adults: Practical Application* (Mini Symposium). American Alliance for Health Physical Education, Recreation, and Dance National Convention, New Orleans, LA.
- Searching for the Fountain of Youth* (Keynote Address). Massachusetts Council of Activity Professionals Annual Convention. Plymouth, MA, October 2003.
- Developing a Fitness Program for the Frail and Well Elderly*. Massachusetts Council of Activity Professionals Annual Convention. Plymouth, MA, October 2003.
- Larkam, E. & Thompson, C. *Pilates evolved Cross Training for Golf*. Presented at the Body, Mind, Spirit Education 2003 National Conference, Santa Clara, CA, May 2003.

- Designing a Fitness Program for the Frail and Well Elderly.* National Association of Activity Professionals Annual Conference, Gatlinburg, TN, April 2003.
- Grobe, K., Figoni, S., **Thompson, C.**, & White, G. *Exploring the Health of Women with Mobility Impairments.* 24th Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT, March 2003.
- Blackwell, J., Heath, E., and **Thompson, C.** *Effect of the Type 3 (oversize) Tennis Ball on Physiological Responses and Play Statistics During Tennis.* International Tennis Federation World Congress on Racket Sports, Paris, France, May 2003.
- Thompson, C.** *Effect of Muscle Strength and Flexibility on Club Head Speed in Older Golfers.* 4th World Scientific Congress of Golf, St. Andrews, Scotland, July 2002.
- White, G., **Thompson, C.**, Gard, M., and Rowlands, J. *Cardiovascular Exercise and Spinal Cord Injury.* American Spinal Cord Injury Association (ASIA) International Meeting, Vancouver, BC, May 2002.
- Thompson, C.** and Brown-Kane, B. *Train the Body, Train the Mind: An Integrated Approach to Improving Golf Performance* (Mini Symposium). ACSM Health & Fitness Summit, Orlando, FL, April 2002.
- Thompson, C.** *How Do We Explain Aging? Aging Theories and Telomere Research.* Presented to MD/Ph.D. Students at the University of Kansas Medical Center, Kansas City, KS, March 2002.
- Thompson, C.** *Exercise and the Cardiopulmonary System.* Presented to first-year medical students at The University of Health Sciences, Kansas City, MO, February 2002.
- Thompson, C.** *Aging Theories: Are They Accurate?* Presented to second-year occupational therapy students at the University of Kansas Medical Center, Kansas City, KS, January 2002.
- Thompson, C.** *Exercise Endocrinology: It's Not Just Your Sweat Glands Anymore.* Presented to second-year medical students, The University of Health Sciences, Kansas City, MO, October 2001.
- Thompson, C.** *Exercise and the Cardiopulmonary System.* Presented to first-year medical students at The University of Health Sciences, Kansas City, MO, March 2001.
- Rajan, P., Osness, W., **Thompson, C.**, and Huang, G. *The Effect of Varied Exercise Intensities on Flexibility Among Older Adults Involved in a 10-week Exercise Training Program.* American College of Sports Medicine (ACSM) Specialty Conference: Physical Activity Programming for the Older Adult, Indianapolis, IN, October 2000.
- Huang, G., Osness, W., **Thompson, C.**, and Rajan, P. *Effect of Varied Exercise Intensities on Blood Pressure Among Elderly Adults: a 10-week Exercise Intervention Trial.* ACSM Specialty Conference: Physical Activity Programming for the Older Adult, Indianapolis, IN, October 2000.
- Froelich, A., Bigelow, K., Nary, D., **Thompson, C.**, Figoni, S., and White, G. *Increasing Physical Activity and Preventing Secondary Conditions for Women with Mobility Impairments.* American Public Health Association (APHA) National Meeting, Chicago, IL, September 1999.

- White, G., Froelich, A., Nary, D., Marquis, J., Bigelow, K., Figoni, S., and Thompson, C. *Health Promotion and Reduction of Secondary Conditions for Women with Mobility Impairments: Lessons Learned and New Directions*. National Conference on Disability and Health. Dallas, TX, August 1998.
- Nary, D., Froelich, A., White, G., Bigelow, K., and Thompson, C. *Using Behavioral Methods to Increase Physical Activity Levels of Women with Physical Disabilities*. APHA National Meeting. Washington, D.C., September 1998.
- Osness, W. and Thompson, C. *Exercise and Aging*. 16th Governor's Conference on Aging, Wichita, KS, December 1997.
- Thompson, C. *Aerobic Cross Training. From Science to Practice: Performance Enhancement for the Endurance Athlete*. 3rd Annual Conference, University of Kansas Regents Center, Overland Park, KS, February 1997.
- Thompson, C., Bemben, M., Ratliff, R., and Taylor, L. *A Reliability and Validity Analysis of the Accelerometer as a Measure of Upper Body Power*. Central States ACSM, Norman, OK, October 1996.
- Thompson, C., Bemben, M., McCalip, G., and Ratliff, R. *A Comparison of Two Different Systems to Assess Average Muscular Power During a Bench Press*. National AHPERD, Atlanta, GA, April 1996.
- Bemben, M., Bemben, D., Fields, D., and Thompson, C. *Effects of Resistance Exercise on Isotonic Measures of Muscular Strength in Elderly Women*. International Conference on Aging and Physical Activity, Colorado Springs, CO, October 1995.
- Thompson, C., Bemben, M., McCalip, G., and Ratliff, R. *The Assessment of Muscular Power by Photoelectric Cells and Accelerometers*. Central States ACSM, Little Rock, AR, October 1995.
- Bemben, M., Bemben, D., Fields, D., and Thompson, C. *The Effects of 16 Weeks of Resistance Training on Flexibility in Elderly Women*. Geriatric Society of America National Meeting, Los Angeles, August 1995.

GRANTS, CONTRACTS AND CONSULTANCIES

- 2007 **Co-Investigator.** *Health Promotion Program Expansion in the San Francisco Senior Center Network*. \$600,000.00, Department of Aging and Adult Services, City of San Francisco (Sub-contract, Funded through 2010).
- 2006 **Co-Investigator.** *Uniting Academics and Athletics at USF: The Student Athletic Training Experience*. \$4,799.00, Jesuit Foundation Grant, University of San Francisco (Not Funded).
- 2005 **Co-Investigator.** *The Effects of an Exercise Intervention on Cardiovascular Risk Factors in Postmenopausal Type 2 Diabetics*. \$11,600.00, University of San Francisco Faculty Development Fund, University of San Francisco (Funded through 2007).
- 2004 **Principal Investigator.** *Senior Center Active Living Education (SCALE) Program for Older San Franciscans*. \$12,500.00, Western Athletic Clubs, Inc. (Funded through 2008).
- 2004 **Co-Investigator.** *Redefining the Aging Process: A Community Perspective*. \$3,500.00, Jesuit Foundation Grant, University of San Francisco (Funded).

- 2003 **Principal Investigator.** *Effect of a Conditioning Program on Center of Pressure and Club Head Speed in Skilled Older Male Golfers.* \$1,732.39, University of San Francisco Faculty Development Fund, University of San Francisco (Funded).
- 2005 **Consultant.** *The Effectiveness of Strength Training for the Lower Extremity Using Measures of Gait Velocity and Medio-lateral Force During Gait in the Elderly* (Principal Investigator, Anand Shetty, Hampton University). \$700,000, Centers for Disease Control and Prevention (Not Funded).
- 2005-2007 **Consultant.** *The Prevention of Low Back Injuries in Occupational Drivers* (Principal Investigator, Ryan Olson, Oregon Health Sciences University). \$18,000, United Parcel Service (Funded).

GRADUATE STUDENT THESIS COMMITTEES

- April 18, 2002 Richmond, S. *The effects of varied rest periods between sets of repetition to failure using the bench press.* Successfully defended. University of Kansas
- March 7, 2002 Gegen, L. *Smoking habits of college-aged women and the factors relating to this behavior.* Successfully defended. University of Kansas
- April 24, 2002 Frey, M. *The relationship between work hardening compliance, self-reported depression and physical limitation.* Successfully defended. University of Kansas

HONORS

- Spring 2009 Young Researcher Award, Council on Aging and Adult Development
- Spring 2006 Finalist, Distinguished Teaching Award, University of San Francisco
- May 2002 Speaker, School of Education Convocation, University of Kansas
- March 2002 Grand Prize, Science in Golf Prize sponsored by GOLF Magazine
- May 2001 Honors, Doctoral Dissertation, University of Kansas
- May 2000 Outstanding Doctoral Student Award, University of Kansas HSES Department
- 1995 Phi Kappa Phi Honor Society, University of Oklahoma
- 1995 Graduate Student Excellence Award, University of Oklahoma HSS Department

PROFESSIONAL MEMBERSHIPS

- 2009-present PTA Global
- 2008-present IDEA Health and Fitness Association
- 1993-present American College of Sports Medicine
- 1998-present American Alliance for Health, Physical Education, Recreation & Dance
- 2000-present Council of Aging and Adult Development
- 2001-present World Scientific Congress of Golf Trust

CERTIFICATIONS

American Heart Association, Basic Life Support for the Health Care Provider

Thompson, Christian

American College of Sports Medicine, Health Fitness Instructor #18064

National Academy of Sports Medicine, Certified Personal Trainer # 119999

National Academy of Sports Medicine, Corrective Exercise Specialist #23002

Adjunct Faculty CVs

Jacob M. Havenar, Ph.D., M.C., H.F.S.

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Mountain View, CA. 94041
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EDUCATION

2007-2008 Post-Doctoral Research Fellowship
College of Medicine; Department of Physiology
University of Arizona, Tucson, Arizona

2004-2007 Doctor of Philosophy
Physical Activity, Nutrition and Wellness
Arizona State University, Mesa, Arizona,

1997-2000 Master of Counseling,
Counseling Psychology
Arizona State University, Tempe, Arizona

1994-1997 Bachelor of Science
Psychology
Arizona State University, Tempe, Arizona

PROFESSIONAL CERTIFICATIONS

2005-present American College of Sports Medicine Certified Health Fitness Specialist

TEACHING

INSTRUCTOR:

Fall 2011 – present Exercise Physiology, University of San Francisco, San Francisco, CA.

Fall 2011 – present Introduction to Personal Training Theory and Practice, College of San Mateo, San Mateo, CA.

Spring 2010 - present	Wellness Concepts and Practices (online), University of Memphis, Memphis, TN.
Spring 2009	Strength and Conditioning, Classroom and Lab, University of Massachusetts-Boston, Boston, MA.
Spring 2009	Health Behavior Change, University of Massachusetts-Boston, Boston, MA.
2008 - 2009	Developer and supervisor, Undergraduate Research Assistantship, University of Massachusetts-Boston, Boston, MA.
2008 - 2009	Supervisor, Internships for community based allied health, sports performance, and professional degree preparation, University of Massachusetts-Boston, Boston, MA.
Fall 2008	Exercise Testing and Prescription, Classroom and Lab, University of Massachusetts-Boston, Boston, MA.
Fall 2008	Strength and Conditioning, Classroom and Lab, University of Massachusetts-Boston, Boston, MA.
Fall 2008	Health Behavior Change, University of Massachusetts-Boston, Boston, MA.
Summer 2007	Foundations of Movement: Strength and Flexibility, Arizona State University, Mesa, AZ.
Summer 2006	Foundations of Wellness, Arizona State University, Mesa, AZ.
Spring 2005	Health Behavior Change, Arizona State University, Mesa, AZ.
Fall 2004	Laboratory Section, Kinesiology Foundations of Movement, Arizona State University, Mesa, AZ.
Fall 2003, Spring 2004	Academic Success at the University, Arizona State University, Tempe, AZ.
Fall 1999, Spring 2000	Academic Success at the University, Arizona State University, Tempe, AZ.

GUEST LECTURES:

Topic

Course

• <i>Client-Centered Exercise Prescription</i>	Advanced Exercise Prescription
• <i>Successful Implementation of Physical Activity Programs</i>	Physical Activity in Health and Disease
• <i>The Effects of Physical Activity Participation on Public Health</i>	Physical Activity in Health and Disease
• <i>Understanding and Applying The Surgeon General's Physical Activity Guidelines</i>	Physical Activity in Health and Disease
• <i>Effective Teaching in a Diverse Classroom</i>	Family Ethnic and Cultural Diversity
• <i>Attentiveness to Cultural Diversity in and Outside of the Classroom</i>	Family Ethnic and Cultural Diversity
• <i>The Impact of Social Support on Exercise and Wellness</i>	Cultural Issues in Exercise and Wellness
• <i>Exercise Motivation: Empirical Support and Applied Practice</i>	Exercise Psychology
• <i>Motivational Interviewing: Facilitating Healthy Lifestyles</i>	Health Behavior Change

• <i>The Psychological Effects of Physical Activity</i>	Stress Management
• <i>Occupational Stress</i>	Stress Management
• <i>Teaching Effective Communication Techniques</i>	Personal Growth in Human Relationships
• <i>Meaning, Purpose and Happiness</i>	Stress Management
• <i>Behavior Modification to Promote Healthy Behavior Change</i>	Foundations of Wellness
• <i>Pedagogical Concepts for Effective Communication</i>	Marriage and Family Therapy
• <i>Client-Centered and Cognitive Behavioral Training Techniques</i>	Fundamentals of Counseling
• <i>The Pedagogy of Counselor Training</i>	Fundamentals of Counseling
• <i>Coping With Stress: Death and Dying</i>	Marriage and Family Therapy
• <i>Maintaining Your Sexual Health</i>	Human Sexuality

RESEARCH

MANUSCRIPTS PUBLISHED IN PEER REVIEWED JOURNALS:

Lochbaum, M.R., Stevenson, S., Hilario, D., Surles, J. & **Havenar, J.M.** (2008). Achievement goal profiles for female exercise participation. *International Fitness Journal*, 4, 39-49.

Havenar, J.M., & Lochbaum, M. (2007). Differences in participation motives of first-time marathon finishers and pre-race dropouts. *Journal of Sport Behavior*, 30(3). 270-279.

MANUSCRIPTS IN REVIEW:

Havenar, J.M., & Breckon, J. (in review). Motivational interviewing for increasing physical activity: A 12 month clinical trial. *Research Quarterly for Exercise & Sport*.

Havenar, J.M., Cussler, E., Lee, V., & Lohman, T.G. (in review). Psychosocial predictors of long term weight loss maintenance among overweight women. *International Journal of Obesity*.

Lee, V., Cussler, E., **Havenar, J.M.**, & Lohman, T.G. (in review). Predictors of Weight Regain in a Long-Term Follow-Up of a Weight Loss Intervention. *International Journal of Obesity*.

MANUSCRIPTS IN PROGRESS:

Havenar, J.M. & Milliken, L. (in preparation for submission). How does a weight training program affect general exercise motivation and adherence among previously untrained, sedentary females?

Havenar, J.M., & Lochbaum, M.R. (in preparation for submission). Applying Self-Determination Theory to the motivations of triathletes: What can we learn from these super exercisers?

Havenar, J.M., Dodd, D., & Alvar, B. (in preparation for submission). The effects of state and trait anxiety on physiological and psychophysiological responses among firefighters during live fire simulations.

PUBLISHED MANUSCRIPT REVIEWS:

Keller, S., & **Havenar, J.M.** (2007). The science of health promotion, *American Journal of Health Promotion*, 22(1), 3.

Havenar, J.M. & Spencer, L. (2006). The science of health promotion, *American Journal of Health Promotion*, 20(6), 2.

ABSTRACTS PUBLISHED IN PEER REVIEWED JOURNALS:

Havenar, J.M., & Milliken, L. (2010). Impact of a weight training program on the self-determined motives of previously Untrained, Sedentary Women. *Medicine and Science in Sport and Exercise*, S42(5).

Havenar, J.M., & Breckon, J.D. (2008). Adapted motivational interviewing for increasing physical activity: A 12 month clinical trial. *Medicine and Science in Sports and Exercise*, S40(5).

Hingle, M., & **Havenar, J.M.** (2008). Self Determination Theory and triathletes: Application of the Basic Psychological Needs in Exercise Scale. *Medicine and Science in Sports and Exercise*, S40(5).

Lochbaum, M.R., Stevenson, S., Hilario, D., Surles, J. & **Havenar, J.M.** (2008). Achievement goal profiles for female exercise participation. *International Fitness Journal*, 4, 39-49.

Havenar, J.M., Dodd, D., & Alvar, B. (2007). The relationship between anxiety and psychophysical responses of firefighters across two firefighting training drills, *Journal of Strength and Conditioning Research*, 21(4).

Havenar, J.M., & Stone, W. (2006). First time marathon runners: Comparing the participation motivations of dropouts and race finishers. *Medicine and Science in Sports and Exercise*, S38(5).

Havenar, J.M., Lochbaum, M., Surles, J. G., & Hilario, D. P. (2006). Motivation and perceived ability variations across the stages of change for exercise. *Journal of Sport & Exercise Psychology*, 28, S80.

Havenar, J.M., Lochbaum, M.R., Farrar, D., Al-Tirhi, I., & Turnbow, K. (2003). Impact of social physique anxiety on exercise-induced affect: A failure for consistent support. *Journal of Sport & Exercise Psychology*, 25, S68.

Havenar, J.M., Lochbaum, M.R., & Claiborn, C. (2001). The effects of neuroticism and social physique anxiety on post-exercise affect. *Journal of Sport & Exercise Psychology*, 22, S45-46.

PROFESSIONAL PRESENTATIONS:

- Havenar, J.M.,** & Milliken, L. (2010, May). Impact of a weight training program on the self determined motives of previously untrained, sedentary women. Presented as a poster at the American College of Sports Medicine annual meeting, Baltimore, MD.
- Havenar, J.M.,** & Breckon, J.D. (2008, May). Adapted motivational interviewing for increasing physical activity: A 12 month clinical trial. Presented as a poster at the American College of Sports Medicine annual meeting, Indianapolis, IN.
- Hingle, M., & **Havenar, J.M.** (2008, May). Self Determination Theory and triathletes: Application of the Basic Psychological Needs in Exercise Scale. Presented as a poster at the American College of Sports Medicine annual meeting, Indianapolis, IN.
- Havenar, J.M.** (2007, October). Adapted Motivational Interviewing for increasing physical activity: A 12 month clinical trial. Presented as a poster at the first annual Research Frontiers in Nutritional Sciences conference, Department of Nutritional Sciences, University of Arizona, Tucson, AZ.
- Breckon, J. D. & **Havenar, J. M.** (2007, September). Motivational Interviewing: Adaptations for physical activity promotion. Presented orally as a featured program session at the Motivational Interviewing Network of Trainers annual world conference, Sofia, Bulgaria.
- Stone, B.J., & **Havenar, J.M.** (2007, July). Successful strategies to Improve physical activity adherence. Presented orally as a featured program session at the European University of Madrid symposium on the advancement of health sciences, Villavisioda De Odon Madrid, Spain.
- Havenar, J.M.,** Dodd, D., Alvar, B.A. (2007, July). The relationship between anxiety and psychophysiological responses of firefighters across two firefighter training drills. Presented as a poster at the National Strength and Conditioning Association annual meeting, Atlanta, GA.
- Breckon, J. D. & **Havenar, J. M.** (2007, June) Motivational Interviewing: Ineffective in physical activity promotion? Presented orally at the UK Motivational Interviewing Network of Trainers annual conference, Birmingham, UK.
- Havenar, J.M.,** Stone, W. (2007, January). Physical Activity Counseling (PAC): The efficacy of a standardized, client-centered modality to increase physical activity behavior. Presented as a poster at the second annual Building Healthy Lifestyles Conference, Arizona State University, Mesa, AZ.
- Havenar, J.M.,** & Stone, W. (2006, November). Physical activity counseling (PAC): A standardized behavior change modality to increase and sustain physical activity. Presented as a poster at the Southwest Chapter of the American College of Sports Medicine annual meeting, San Diego, CA.
- Havenar, J.M.,** & Stone, W. (2006, July). First time marathon runners: Comparing the participation motivations of dropouts and race finishers. Presented as a poster at the American College of Sports Medicine annual meeting, Denver, CO.
- Havenar, J.M.,** Lochbaum, M., Surles, J. G., & Hilario, D. P. (2006, July). Motivation and perceived ability variations across the stages of change for exercise. Presented as a poster at the North American Society for the Psychology of Sport and Physical Activity annual meeting, Denver, CO.

- Havenar, J.M.,** Stone, W., & Abraham, T. (2006, April). Convincing your participants they can be physically active. Presented orally as a program session at the American Alliance for Health, Physical Education, Recreation and Dance annual meeting, Salt Lake City, UT.
- Havenar, J.M.,** & Stone, W. (2006, March). The impact of client-centered physical activity counseling on exercise adherence. Presented as a poster at the first annual Building Healthy Lifestyles Conference, Arizona State University, Mesa, AZ.
- Havenar, J.M.,** & Stone, W. (2005, November). The relationship between prior running experience and motivations among first time marathon runners. Presented as a poster at the Southwest American College of Sports Medicine annual meeting, Las Vegas, NV.
- Havenar, J.M.,** & Stone, W. (2005, April). The motivational changes of first time marathon runners. Presented as a poster at the annual Graduate Student Research Conference, Arizona State University, Mesa, AZ.
- Havenar, J.M.,** Lochbaum, M.R., Farrar, D., Al-Tirhi, I., & Turnbow, K. (2003, June). Impact of social physique anxiety on exercise-induced affect: A failure for consistent support. Presented as a poster at the North American Society for the Psychology of Sport and Physical Activity annual meeting, Savannah, GA.
- Havenar, J.M.,** Lochbaum, M.R., & Claiborn, C. (2001, June). The effects of neuroticism and social physique anxiety on post-exercise affect. Presented as a poster at the North American Society for the Psychology of Sport and Physical Activity annual meeting, St. Louis, MO.
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SERVICE

UNIVERSITY AND COMMUNITY SERVICE:

2009 – present	Member, Medicine & Science for the Endurance Athlete, Special Interest Group, American College of Sports Medicine, Indianapolis, IN.
2007 - present	Consultant, Physical Activity and Nutrition Program, <i>Healthy Arizona 2010</i> , Arizona Department of Health Services, Phoenix, AZ.
2007 – 2009	Contributing Author, <i>U.S. Surgeons General National Call to Action on Cancer Prevention and Survivorship</i> , Tucson, AZ., Washington D.C.
November 2009	Invited Speaker, <i>Exercise Motivation: Empirical Support and Applied Practice</i> , Exercise Psychology, University of San Francisco, San Francisco, CA.
April 2009	Presenter, <i>How to Develop and Maintain a Successful Exercise Program</i> , First annual Health and Fitness Expo, Office of Student Leadership and Community Engagement, University of Massachusetts-Boston, Boston, MA.
2008 - 2009	Coach, Boston Marathon, <i>Go Kids Boston</i> charity team, Boston, MA.

March 2008	Invited Speaker, <i>Proper Nutrition Practices for the Triathlete</i> , TriSports.com, Trifest, Tucson, AZ.
January 2008	Invited Speaker, <i>Women's Health: Separating Scientific Fact from Fiction and Identifying Best Practices</i> , The Junior League of Tucson, Tucson, AZ.
Spring 2007	Course Developer, <i>Counseling and Physical Activity</i> , Physical Activity Nutrition and Wellness Department, Arizona State University, Mesa, AZ.
July 2007	Invited Speaker, <i>Successful Strategies to Improve Physical Activity Adherence</i> , European University of Madrid, Villavisiola De Odon Madrid, Spain.
June 2007	Invited Speaker, <i>Proper Nutrition for Marathon Training</i> , Performance Footwear Lecture Series, Tempe, AZ.
2005-2007	Member, Physical Activity, Nutrition, and Wellness Graduate Student Association, Arizona State University, Mesa, AZ.
October 2006	Invited Speaker, Arizona State University Marathon Club, Mesa, AZ.
March 2006	Committee Chair, Building Healthy Lifestyles Conference, Arizona State University, Mesa, AZ.
March 2006	Group Leader, Strategies for successful reading and discussion, Preparing Future Faculty Participatory Program: Arizona State University, Tempe, AZ,
September 2005	Grant Reviewer, Graduate and Professional Student Association. Arizona State University, Tempe, AZ.
February 2005	Committee member, Preparing Future Faculty Lecture Series, Arizona State University, Tempe, AZ.
2000	Coordinator, After School Athletics Program, Gila Indian Reservation, Laveen, AZ.
1996-1997	Life Skills Mentor, Rainbows Way Inn, Mesa, AZ.

MEDIA PRESENTATIONS:

June 2011	Research cited in <i>Women's Health</i> Magazine
November 2006	Research cited in Shape magazine's <i>Get Fit News</i>
September 2006	Research featured in <i>Fitness Training and Assessment</i> section of American College of Sports Medicine's Sports Medicine Bulletin
June-July 2006	Marathon training interviews provided for: Los Angeles, MSNBC.com, Today Show's Health and Fitness Section, The London Times, The China Post, The National Coalition for Promoting Physical Activity News Section, The Arizona Republic, The Detroit News, The Redding Record Searchlight, The Jonesboro Post, The Canadian Runner, The

Arkansas Democrat Gazette, The Miami Herald, Inside Bay Area, The Indy Star, and The Orlando Sentinel.

PROFESSIONAL EXPERIENCE

2011 – present	Adjunct Faculty, Department of Exercise and Sport Science, University of San Francisco, San Francisco, CA.
2011 – present	Adjunct Faculty, Department of Physical Education, College of San Mateo, San Mateo, CA.
2010 - present	Adjunct Faculty, Tennessee Board of Regents Online Degree Program, Department of Health and Sport Sciences, University of Memphis, Memphis, TN.
2010 – present	Adjunct Faculty, Personal Training Curriculum Developer, Classroom, Lab and Professional Certification Program, College of San Mateo, San Mateo, CA.
2008 - present	Owner and Director, <i>Jacob Havenar Ph.D. Physical Activity, Nutrition and Wellness Consulting and Research</i> , Mountain View, CA.
2009 - 2011	Research Consultant and Head Strength Coach, Team Sheeper Triathlon, Menlo Park, CA.
2008 – 2009	Full Time Faculty, Department of Exercise & Health Sciences, University of Massachusetts – Boston, Boston, MA.
2009	Head Coach, Merrimack Valley Striders, North Andover, MA.
2007-2008	Project Manager, Omron Inc. body composition assessment validation, Department of Physiology, University of Arizona, Tucson, AZ.
2007-2008	Exercise Physiologist, Canyon Ranch, Tucson, AZ.
2007-2008	Exercise Specialist, Proactive Performance Institute, Tucson, AZ.
2007-2008	Marathon Coach, 1 st Marathon L.L.C., Phoenix, AZ.
2007-2008	Performance Training Consultant, Achieve Fitness L.L.C., Phoenix, AZ.
Summer 2007	Head Instructor, Train Strong L.L.C., Scottsdale, AZ.
Spring 2007	Strength and Conditioning Coach, Department of Sports Performance, Arizona State University, Tempe, AZ.
2006-2007	Strength and Conditioning Coach, Chandler-Gilbert Community College, Mesa, AZ.
2004-2007	Graduate Teaching/Research Assistant, Department of Exercise and Wellness, Arizona State University, Mesa, AZ.

2004-2005	Instructor, Trail Ripped L.L.C., Phoenix, AZ.
2003-2004	Manager, Peer Coach Training and Development, Learning Resource Center, Arizona State University, Tempe, AZ.
2002-2003	Online Academic Advisor, University of Phoenix, Phoenix, AZ.
2001-2002	National Marketing Manager, Dancris Telecom, L.L.C., Scottsdale, AZ
2000-2003	Co-Owner, Fiebiger & Havenar Jury Solutions L.L.C., Scottsdale, AZ.
1997-2000	Graduate Teaching/Research Assistant, Department of Family Resources and Human Development, Arizona State University, Tempe, AZ.
1999-2000	Counselor, Phoenix Job Corps, Phoenix, AZ,
1995-2000	Coordinator, Summer Athletics Program, City of Mesa Parks & Recreation Division, Mesa, AZ,
1998-1999	Program Developer and Instructor, Head Games Sports Psychology, Phoenix, AZ,
1996-1997	Research Assistant, Department of Kinesiology, Arizona State University, Tempe, AZ.
1996-1997	Research Assistant, Department of Psychology, Arizona State University, Tempe, AZ.

HONORS

1997-present	Member, Phi Beta Kappa
1997-present	Member, Gamma Beta Phi
December 2006	Invited Speaker, <i>Strategies to Maintain Regular Exercise</i> , First annual Day at the Capitol exhibition for public policymakers, Preparing Future Faculty Program, Arizona State University, Tempe, AZ.
2005-2006	Invited Member and Graduate, Participatory Program, Preparing Future Faculty, Arizona State University, Tempe, AZ.

Completed Curriculum

- Strategies for Effective Teaching
- Preparing a Critical Learning Environment
- Motivational Interviewing
- Course Webpage Development and Implementation
- Resources for Faculty Development
- Grant Reviewing
- Grant Writing
- Promotion and Tenure

- Scientific Poster Content and Design

2004-2005 Invited Member and Graduate, Exploratory Program, Preparing Future Faculty, Arizona State University, Tempe, AZ.

Completed Curriculum

- Diversity in the Academy
- New Faculty Seminar and Panel
- Principles for Achieving Excellence and Personal Fulfillment
- Artistic Freedom, Research and Tenure
- Classroom Discussion Strategies
- Understanding Divergent Faculty Career Paths
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1999-2000 Member, Chancellor's List, Arizona State University, Tempe, AZ.

1994-1997 Member, Psi-Chi, Arizona State University Chapter, Tempe, AZ.

1993-1997 Recipient, Sun Devil Scholarship, Arizona State University, Tempe, AZ.

PROFESSIONAL MEMBERSHIPS

2004-present American College of Sports Medicine

2005-present National Strength and Conditioning Association

COLLEGIATE ATHLETICS

1993-1997 Men's Soccer, Arizona State University, Tempe, AZ.