PROFESSIONAL RESUME

NAME : **Ronald Henry BRINKERT, PH.D.**

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University of North Dakota
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Grand Forks, North Dakota 58202
(701) 777 2994 (Office)
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ronald_brinkert@und.nodak.edu (e-mail)

CITIZENSHIP : United States of America

MARITAL STATUS : Married (Three children)

EDUCATIONAL BACKGROUND:

1972 - 1975 Doctor of Philosophy
University of Oregon
Eugene, Oregon.

Major: Physical Education (Exercise Physiology)
Minor: Physical Education (Anatomy)
Dissertation: "The Effect of Acute Heat Exposure on Plasma Catecholamine Levels in Heat Acclimatized and Non-Heat Acclimatized Rats".

1968 - 1970 Masters of Arts Degree (Physical Education)
University of Northern Iowa,
Cedar Falls, Iowa.

1962 - 1966 Bachelor of Arts Degree with teaching certification
State College of Iowa,
Cedar Falls, Iowa.

Major: Science (Physics)
Minor: Mathematics

CURRENT POSITION :

1994 - present *Professor (Department chair January 1996-August 2006)*
Department of Physical Education, Exercise Science & Wellness
College of Education and Human Development
University of North Dakota
Grand Forks, North Dakota, (USA)

Promoted Associate Professor to Professor (April 2003)
Awarded tenure (April 1996)
Associate Member of UND Graduate Faculty (Feb. 1994)
Full Member of UND Graduate Faculty (Feb. 1998)

Teaching Duties:
Have taught *undergraduate classes* in Exercise Physiology (4 credits with labs); Sport Physiology (3 credits); Human Physiology (4 credits); Biomechanics (4 credits with labs); Youth and Children in Sport (3 credits); Applied Motor Development (3 credits); and Introduction to Coaching (1 credit)

Have taught *graduate classes* in Advanced Exercise Physiology I and II (3 credits), Laboratory Techniques in Exercise Physiology (3 credits), Exercise Testing and Prescription (3 credits), Exercise in Health and Disease (3 credits) and Sport Biomechanics (4 credits with lab)

Administration Duties:
Department chairperson (January 1996-August 2006)
Undergraduate Program Coordinator (1999-present)
Masters Degree thesis advisor (chair {21}, committee {39})
Graduate and undergraduate student advisor (over 100/year)

EMPLOYMENT HISTORY

1976 -1993

Senior Lecturer I,
Department of Anatomy and Physiology.
Faculty of Biomedical and Health Sciences
Royal Melbourne Institute of Technology,
Bundoora, Victoria. (Australia).

Teaching Duties:
Taught classes in the following subjects: Human Physiology, Biomechanics and Track and Field (Physical Education students); 1st year Anatomy and Physiology and 2nd year Physiology (Nursing students); Physiology of Cells and Fluids, Physiology of Circulation and Respiration, and Physiology of Muscle and the Nervous System (Chiropractic and Osteopathy students).

Administration Duties:

Coordinator of Physiology for School of Chiropractic and Osteopathy which encompassed scheduling, student progress, exemptions, curriculum development.

Coordinator of Anatomy and Physiology for Faculty of Nursing which encompassed scheduling, student progress, exemptions, curriculum development.

Served as Acting Head of Department of Anatomy and Physiology (July - December 1988) entailed representation of
Department at Institute meetings, chairing Departmental meetings, responsible to the Head of Faculty for staff, budget and day-to-day administration of the Department.

Administration liaison person between the Phillip Institute of Technology Sports Performance Unit and the Victorian Institute of Sport which encompassed budgeting, consultant for athlete testing and interpretation of results and program planning.

Advisory committee for several Master's Degree by research students.
Undergraduate student advising.

APPOINTMENT HISTORY AT PHILLIP INSTITUTE OF TECHNOLOGY (BECAME PART OF ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY JULY 1, 1992)

February 1, **1976**	*Lecturer,* Department of Physical Education
1980	*Lecturer,* Department of Anatomy and Physiology
1983	*Senior Lecturer, II,* Department of Anatomy and Physiology
1987	*Senior Lecturer, I,* Department of Anatomy and Physiology

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1972 - 1975

Graduate Teaching Assistant with the Department of Physical Education,
University of Oregon,
School of Health, Physical Education and Recreation,
Eugene, Oregon.

Teaching Duties:
Physical Education service course program.

Administration Duties:
Served as Head Women's Cross Country Coach and Women's Track and Field Team-Coach and responsible for competition scheduling, budget, and training organization.

1970 - 1972

Instructor,
Rochester State Junior College,
Department of Physical Education and Health,
Rochester, Minnesota.

Teaching Duties:
Physical Education service course program and personal health classes. Student advising.

Administration Duties:
Served as Head Men's Cross Country Coach and Men's Track and Field Team-Coach and responsible for competition scheduling, budget, and training organization.

1968 - 1970

Graduate Teaching Assistant,
University of Northern Iowa,
Department of Physical Education for Men,
Cedar Falls, Iowa.

Teaching Duties:
Physical Education service course program.

Administration Duties:

Served as Assistant to the Athletic Business Office Manager and assisted in athletic ticket sales, athletic team expense accounts and budgets (1968 - 1969).
Served as Assistant Men's Cross Country Coach and Assistant Men's Track and Field Coach (1969 - 1970) assisting in training sessions and organizing competition officials.

1966 - 1968 *High School Teacher,*
Central Lyon Community High School,
Rock Rapids, Iowa.

Teaching Duties:
General science, biology, physics and mathematics.

Administration Duties:
Served as Head Men's Cross Country Coach and Assistant Men's Track and Field Team-Coach.

EDUCATION HONORS/AWARDS/SCHOLARSHIPS:

1974 *Recipient*
University of Northern Iowa Merchant Scholarship for Graduate Studies at University of Oregon

1974 *Recipient*
Lilly Foundation Scholarship for Northwest Outward Bound School, Eugene, Oregon
A 24 day wilderness experience in the Oregon Cascade Mountains

1965 & 1966 *Hall of Recognition*
State College of Iowa
For scholastic and extracurricular activity achievements

1962 - 1966 *Recipient*
State College of Iowa Academic Scholarship
State College of Iowa

RESEARCH, PUBLICATIONS AND OTHER SCHOLARLY ACTIVITY

Book Publications

Physiology of Performance in Athletics, Vol. 6 of the Athletics Towards 2000 Teachers Resource Materials published by Australian Athletic Union, Melbourne, 1988.

Australian Track and Field Coaches Manual, 4th ed., 1987. Authored four chapters: "*Human Growth and Development*", "*Basic Exercise Physiology and Training Theory*", "*General Safety*" and "*The Long Distances*". **(The Exercise Physiology and Training Theory and Long Distance chapters were edited for publication in the Modern Athlete and Coach Journal, 1988).**

Journal Publications (referred while at UND)

Chapman, Paul P., James R. Whitehead, and **Ronald H. Brinkert** (1998). *The 225 lbs. Reps-to-Fatigue Test as a Sub-Maximal Estimate of 1-RM Bench Press Performance in College Football Players,* Journal of Strength and Conditioning Research Vol.12, No.4, November 1998.

Journal Publications (referred while in Australia)

Rich P.A., A.Fulton, J.Ashton, S.Bass, **R.Brinkert**, P.Brown and R.Villani (1992). *Training and Testosterone in Elite Young Gymnasts,* The Australian Journal of Science and Medicine in Sport. Vol. 24, No. 3: 68-72, September 1992.

Rich, P.A., R. Villani, A. Fulton, J.Ashton, S. Bass, **R. Brinkert** and P. Brown (1992). *Serum Cortisol Concentration and Testosterone to Cortisol Ratio in Elite Prepubescent Male Gymnasts During Training*, European Journal of Applied Physiology and Occupational Physiology, Vol. 65, No. 5: 399-402, 1992.

Rich, P.A., A. Fulton, J. Ashton, S. Bass, **R.Brinkert**, P. Brown and R. Villani (1992). *Physical and Functional Characteristics of Highly Trained Young Male Gymnasts*, Excel No. 8: 93-100, 1992.

Kretsch, A., J.A. White, **R. Brinkert**, M. Jellinek and A. Wolowski (1980). *The Effect of Physical Activity on Cardiovascular Function in High Coronary Risk Adult Males*. Australian Journal of Sports Medicine, Vol. 12, No. 3: 58 - 61, 1980.

Published Abstracts (for referred conference presentation) (19)

Whitehead, J.R., Parmer, M.M., **Brinkert, R.H.,** & Short, S.E. (2005). *Social physique anxiety, physical self-perceptions and eating disorder risk: A cross validation.* Medicine and Science in Sport and Exercise, 37, 149.

Haugen, C., Short, S.E., **Brinkert, R.H.,** & Short, M.W. (2004). *The Relationship Between Coaching Efficacy and Coaching Burnout.* Journal of Sport and Exercise Psychology, 26, S89.

Little, R., Short, S.E., Short, M.W., & **Brinkert, R.** (2002) *Relationship Among Physique Anxiety, Body Composition and Body Mass Index in Men.* Journal of Sport and Exercise Psychology. Vol. 24, S88.

Bronas, U., K. Sukalski, **R.H. Brinkert**, S.P. vonDuvillard (2002) *Determination of the Anaerobic Threshold by Analysis of Salivary-Amylase and Blood Lactate.* Medicine and Science in Sport and Exercise, Supplement vol. 34, No. 5, May 2002.

Weaver, K.K., J.R. Whitehead, **R.H. Brinkert** and J.H. Hoover (2002) *Effects of Instructor Body Fatness and Role Modeling of Exercise on Students' Fitness-Related Cognitive learning and Attitudes.* Research Quarterly for Exercise and Sport, Supplement Vol. 73, March 2002.

Larson, S., J. Andreacci, J.Klebez, **R.H. Brinkert**, L.M. LeMura and S.P. von Duvillard (2000) *Three Different Ratings of Perceived Exertion (RPE) and Heart Rate in Young Children.* Medicine and Science in Sports and Exercise, Supplement Vol. 32, No. 5, May 2000.

Whitehead, J.R., T.T. Grove, **R.H. Brinkert** and R.C. Eklund (2000) *The Effects of Perceived Activity Choice on Frequency of Exercise Behavior.* Medicine and Science in Sports and Exercise, Supplement Vol. 32, No. 5, May 2000.

Prusak, J.E., J.R. Whitehead, **R.H. Brinkert** and R.C. Eklund (2000) *The Effects of Fitness Testing on Social Physique Anxiety and Physical Self-Perceptions.* Research Quarterly for Exercise and Sport, Supplement Vol. 71, No. 1, March 2000.

Brinkert, R.H., A. Tougas, J. Whitehead and S.P. von Duvillard (1999). *The Relationship of Dimensional Ratings of Perceived Exertion Scale to Heart Rate in Young Children*. Medicine and Science in Sports and Exercise, Supplement Vol. 31, No. 5, May 1999.

Koch R., M. Niemish, P. Chapman, T. Smith, **R.H. Brinkert** and S.P. von Duvillard (1999) *Physiological Characteristics and Comparisons Between Collegiate and Professional Ice-hockey Players.* Medicine and Science in Sports and Exercise, Supplement Vol. 31, No. 5, May 1999.

Smith T., S. Staiger, **R.H. Brinkert** and S.P. von Duvillard (1999). *Wingate Tests - The Effect of Active vs Passive Recovery*. Medicine and Science in Sports and Exercise, Supplement Vol. 31, No. 5, May 1999.

Whitehead, J.R., R.J.Swift, J.H. Hoover and **R.H. Brinkert** (1999). *Heart Rates vs. Observed Activity levels of Children in Different Activity Settings.* Medicine and Science in Sports and Exercise, Supplement Vol. 31, No. 5, May 1999.

Swift, R.J., J.R. Whitehead, J.H. Hoover and **R.H. Brinkert** (1999) *Activity Levels of Children and Youth: Do Heart Rate Monitors and Objective Observations Show the Same Thing?* Research Quarterly for Exercise and Sport, Supplement Vol. 70, No. 1, March 1999.

von Duvillard, S.P., T. Smith, S. Staiger, J.J. Plaud, R.Pokan, P.Hofman and **R.H.Brinkert** (1999). *The effect of active vs passive recovery resulting from five consecutive Wingate tests on selected respiratory variables and biochemical markers.* Journal of Sport Sciences 17, 1999, 7:593.

von Duvillard, S.P., R. Poken, P. Hofman, J.J. Plaud, T. Smith and **R.H. Brinkert** (1998). *The Effect of Equal Load and Differential Pedal Rates on Respiratory Gas Exchange Measures and Lactate Concentrations in Healthy Young Males.* Medicine and Science in Sports and Exercise, Supplement Vol. 30, No. 5, May 1998.

Smith, T., M. Poolman, **R.H. Brinkert,** J.J. Plaud and S.P. von Duvillard (1998). *Measurement and Relationship of Selected Physiological Tests in Collegiate Ice Hockey Players.* Medicine and Science in Sports and Exercise, Supplement Vol. 30, No. 5, May 1998.

Brinkert, Ronald H. and S.P. von Duvillard (1997) *Aerobic and Anaerobic Performance of Elite Young Trained Athletes.* Medicine and Science in Sports and Exercise, Supplement Vol. 29, No. 5, May 1997.

von Duvillard, S.P., Giulio S. Roi, **Ronald H. Brinkert**, Todd Smith and Angela M. Wagner (1997). *Changes in Lipoprotein (a), Apolipoprotein A-1 and Insulin and Lipids Resulting From an Acute Bout of Marathon at Altitude.*

Chapman, Paul P., James R. Whitehead, and **Ronald H. Brinkert** (1996). *Prediction of 1-RM Bench Press From the 225 lbs Reps-to-Fatigue Test in College Football Players.* Medicine and Science in Sports and Exercise, Supplement Vol. 28, No. 5, May 1996.

<u>Conference Presentations (31+) (also see resume pages 16-18 & 20-21)</u>

Whitehead, J.R., Parmer, M.M., **Brinkert, R.H.,** & Short, S.E. (2005). *Social physique anxiety, physical self-perceptions and eating disorder risk: A cross validation.* Medicine and

Science in Sport and Exercise, 37, 149. 52nd Annual Meeting of American College of Sports Medicine (ACSM). Nashville, TN. June 1-4, 2005.

Haugen, C., Short, S.E., **Brinkert, R.H.,** & Short, M.W. (2004*). The Relationship Between Coaching Efficacy and Coaching Burnout.* North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Vancouver, B.C., Canada, June 10-12, 2004

Little, R., Short, S.E., Short, M.W., & **Brinkert, R.** (2002) *Relationship Among Physique Anxiety, Body Composition and Body Mass Index in Men.* North American Society for the Psychology of Sport and Physical Activity (NASPSPA Conference), Baltimore, Maryland, June 2002.

Bronas, U., K. Sukalski, **R.H. Brinkert**, S.P. von Duvillard (2002) *Determination of the Anaerobic Threshold by Analysis of Salivary-Amylase and Blood Lactate.* 49th Annual Meeting of ACSM, St. Louis, Missouri, May 29-June 1, 2002.

Weaver, K.K., J.R. Whitehead, **R.H. Brinkert** and J.H. Hoover (2002) *Effects of Instructor Body Fatness and Role Modeling of Exercise on Students' Fitness-Related Cognitive learning and Attitudes.* AAHPERD National Convention and Exposition, San Diego, California, April 9-13, 2002.

Gefroh, K., F. Stanek, **R.H. Brinkert** and S.P. von Duvillard (2002) *The Determination of Selected Fatigue Variables in Competitive Alpine Skiers.* Northlands ACSM Spring Tutorial Meeting, St. Cloud, MN, April 5, 2002.

Bronas, U., K. Sukalski, **R.H. Brinkert**, S.P. von Duvillard (2002) *Determination of the Anaerobic Threshold by Analysis of Salivary-Amylase and Blood Lactate.* Northlands ACSM Spring Tutorial Meeting, St. Cloud, MN, April 5, 2002.

Hopman, P., K. Gefroh, **R.H. Brinkert**, M. Johnson and S.P. von Duvillard (2002) *Muscle Deoxygenation, Blood Lactate and Leg Power Output Resulting from Three Consecutive Wingate Tests.* Northlands ACSM Spring Tutorial Meeting, St. Cloud, MN. April 5, 2002.

Brinkert, Ronald H. (2001) *"Daily Physical Activity – What's Your Score*", North Dakota Association for Health, Physical Education, Recreation and Dance Workshop, Bismarck, ND, July 23-24, 2001.

Larson, S., J. Andreacci, J.Klebez, **R.H. Brinkert**, L.M. LeMura and S.P. von Duvillard (2000) *Three Different Ratings of Perceived Exertion (RPE) and Heart Rate in Young Children.* 47th Annual Meeting of ACSM, Indianapolis, Indiana, May 31-June 3, 2000.

Whitehead, J.R., T.T. Grove, **R.H. Brinkert** and R.C. Eklund (2000) *The Effects of Perceived Activity Choice on Frequency of Exercise Behavior.* 47th Annual Meeting of ACSM, Indianapolis, Indiana, May 31-June 3, 2000.

Prusak, J.E., J.R. Whitehead, **R.H. Brinkert** and R.C. Eklund (2000) *The Effects of Fitness Testing on Social Physique Anxiety and Physical Self-Perceptions.* AAHPERD National Convention and Exposition, Orlando, Florida, March 22-25, 2000.

Brinkert, R.H., A. Tougas, J. Whitehead and S.P. von Duvillard (1999). *The Relationship of Dimensional Ratings of Perceived Exertion Scale to Heart Rate in Young Children*. 46th Annual Meeting of ACSM, Seattle, Washington, June 2-5, 1999.

Koch R., M. Niemish, P. Chapman, T. Smith, **R.H. Brinkert** and S.P. von Duvillard (1999) *Physiological Characteristics and Comparisons Between Collegiate and Professional Ice-hockey Players.* 46th Annual Meeting of ACSM, Seattle, Washington, June 2-5, 1999.

Smith T., S. Staiger, **R.H. Brinkert** and S.P. von Duvillard (1999). *Wingate Tests - The Effect of Active vs Passive Recovery*. 46th Annual Meeting of ACSM, Seattle, Washington, June 2-5, 1999.

Whitehead, J.R., R.J.Swift, J.H. Hoover and **R.H. Brinkert** (1999). *Heart Rates vs. Observed Activity levels of Children in Different Activity Settings.* 46th Annual Meeting of ACSM, Seattle, Washington, June 2-5, 1999.

Swift, R.J., J.R. Whitehead, J.H. Hoover and **R.H. Brinkert** (1999) *Activity Levels of Children and Youth: Do Heart Rate Monitors and Objective Observations Show the Same Thing?* AAHPERD National Convention and Exposition, Boston, Massachusetts, April 21-24, 1999.

von Duvillard, S.P., T. Smith, S. Staiger, J.J. Plaud, R.Pokan, P.Hofman and **R.H.Brinkert** (1999). *The effect of active vs passive recovery resulting from five consecutive Wingate tests on selected respiratory variables and biochemical markers.* International Congress of the European College of Sports Science, Manchester, England, July 18-21, 1998.

von Duvillard, S.P., R. Poken, P. Hofman, J.J. Plaud, T. Smith and **R.H. Brinkert** (1998). *The Effect of Equal Load and Differential Pedal Rates on Respiratory Gas Exchange Measures and Lactate Concentrations in Healthy Young Males.* 45th Annual Meeting of ACSM, Orlando, Florida, June 3-6, 1998.

Smith, T., M. Poolman, **R.H. Brinkert,** J.J. Plaud and S.P. von Duvillard (1998). *Measurement and Relationship of Selected Physiological Tests in Collegiate Ice Hockey Players.* 45th Annual Meeting of ACSM, Orlando, Florida, June 3-6, 1998.

Brinkert, Ronald H. and S.P. von Duvillard (1997) *Aerobic and Anaerobic Performance of Elite Young Trained Athletes.* 44th Annual Meeting of ACSM, Denver, Colorado, May 28-31, 1997.

von Duvillard, S.P., Giulio S. Roi, **Ronald H. Brinkert**, Todd Smith and Angela M. Wagner (1997). *Changes in Lipoprotein (a), Apolipoprotein A-1 and Insulin and Lipids Resulting From an Acute Bout of Marathon at Altitude.* European College of Sport Science, International Congress, Copenhagen, Denmark, 1997.

Chapman, Paul P., James R. Whitehead, and **Ronald H. Brinkert** (1996). *Prediction of 1-RM Bench Press From the 225 lbs Reps-to-Fatigue Test in College Football Players.* 43th Annual Meeting of ACSM, Cincinnati, Ohio, May 29-June1, 1996.

Brinkert, Ronald H. (1996) *Training the Adolescent Female Athlete: Myths, Realities and Danger Signals"* North Dakota Association for Health, Physical Education, Recreation and Dance Workshop, Bismarck, ND, October 17, 1996.

Brinkert, Ronald H. (1995) *Aerobic Training and Strength Training,* University of North Dakota Strength and Conditioning Seminar, Grand Forks, ND, April 6-7, 1995.

Brinkert, Ronald H. (1988) *Principles of Exercise,* Victrorian Pritikin Health Association monthly meeting, Melbourne, Victoria (Australia) August 20, 1989.
(also panel member on diet and exercise)

Brinkert, Ronald H. (1986) *Bioscience Teaching Opportunities from Clinical Experience,* Lincoln Institute of Health Science Seminar (Role of Bioscience in Health Science Education), Melbourne, Victoria (Australia), November 1986.

Brinkert, Ronald H. (1984) *Common Running Injuries - Prevention and Management*, Australian Sports Medicine Federation Seminar, Melbourne, Victoria, (Australia) September 12, 1984.

Brinkert, Ronald H. (1984) *The Marathon : Preparation Guidelines on Training,* Australian Sports Medicine Federation Education Seminar Program, Melbourne, Victoria, (Australia) July 11, 1984.

Brinkert, Ronald H. (1982) *Marathon Training*, Australian Sports Medicine Association (Victorian Branch) monthly program, Melbourne, Victoria, (Australia)September 8, 1982.

Kretsch, A., J.A. White, **R. Brinkert**, M. Jellinek and A. Wolowski (1980). *The Effect of Physical Activity on Cardiovascular Function in High Coronary Risk Adult Males*, Pan-Pacific Sports Medicine Conference, Honolulu, Hawaii, May, 1979.

Brinkert, Ronald H. (1979-1994) **see pages 16-18 of this resume for a summary of extensive presentations and topics related to my 18 years spent in Australia and pages 20-21 for international coaching clinics conducted.**

Conference Presentation Moderator

Brinkert, Ronald H. *(moderator) "Physical Education Together: A School-University Partnership That Works"* presented by Tom Steen, Melissa Parker, Jason Kotrba, Jenny Hoffner, Andrew Leckner, Anne Lundby and Joy Tengesdal at American Alliance of Health, Physical Education, Recreation and Dance National Annual Conference at San Diego, CA, April 9-13, 2002

Unpublished Papers

Brinkert, R.H., *The Effect of Acute Heat Exposure on the Plasma Catecholamine Levels in Heat Acclimatised and Non-heat Acclimatised Rats*, unpublished, doctoral dissertation, University of Oregon, 1974.

Brinkert, R.H., *A Comparison of Recovery Time in Track by Type of Activity Performed During Recovery Interval*, unpublished, in lieu of Master's Degree Thesis, University of Oregon, 1974.

Thesis Committee Chair for the following Master of Science (Kinesiology) theses 21 (15 completed)

Hopman, Paul M. (in progress) *Relationship Between Muscle Oxy-Deoxygenation, Lactate and Power Output Resulting From Consecutive Wingate Tests.*

Smith, Todd (in progress) *Measurement and Relationship of Selected Physiological Tests in collegiate Ice Hockey Players.*

Braun, Chad (in progress) *Measurement of Standard vs True Anaerobic Power and Capacity in Trained Subjects.*

Sampaio, Maviael (in progress) *Blood Lactate Concentration as a Tool for Athlete Performance Evaluation.*

Greff, Scott (in progress) *A Comparative Study of the Back Squat vs the Hammer Leg Press Exercise in Collegiate Men's Basketball Players.*

Nessland, Jared (in progress) *The 20 meter Shuttle Run Test as a Measure of Aerobic Power in Collegiate Female Soccer Players.*

Fallas, Stephanie (2005) *The Validation of a Single –stage Submaximal Treadmill Equation in Predicting the VO_2 Max Using the Maximal and Submaximal Treadmill Running Tests*

Moen, Jeremiah (2004) *The Comparison of Loaded Jump Squat vs Traditional Parallel Squat Training on the Development of Lower Body Power*

Bueling, Robyn Knutson (2003) *The Relationship Between Self-Directed Fluid Intake, Short-Term Weight Change and On-Ice Jump Success In High Level Figure Skaters.*

Jensen, Derek (2003) *The Effect of the Snatch on Lower Body Power*

Meitz, Michael (2003) *Utilization of Selected Physical Fitness Measures in Predicting a Fire Fighter Entrance Exam Time.*

Gefroh, Kelly D. (2002) *Oxygenation and Deoxygenation of Muscle Tissue During Isometric and Dynamic Exercise in Junior Male Competitive Alpine Ski Racers.*

Muir, Vyrn (2001) *Assessment of In-Season Strength and Conditioning Changes in Strength, Aerobic and Anaerobic Power in Male Football Players.*

Schmidtt, Reagan (2001) *The Effects of a Six-Week Supplemental Power Training Program for College Dance Line Competitors.*

Sargent, Jenni (2001) *The Effect of Mood Induction on Selected Physiological Variables During Maximal Exercise.*

Bott, Brian (2000) *The Effects of Playing Time on Physiological Parameters During a Competitive Division II Basketball Season.*

Evenson, Debra A. (2000) *Coronary Heart Disease Risk Factors in Collegiate Football Players.*

Johnson, Anne (1999) *Wellness Program Adherence in Preparation for Future Physical Fitness Mandates in Law Enforcement.*

Schmaltz, Marc (1997) *The Effect of "Throwing Cords" on Baseball Throwing Velocity.*

Swift, Trevor E. (1997) *The Effects of Season Play and Practice on Rotator Cuff Strength, Flexibility and Pain Levels with Collegiate Male and Female Throwing Athletes.*

Nemish, Mark (1995) *Influence of Cadence Intensity and Mode of Contraction on Dynamic Fatigue Rates in Performing the Bench Press Exercise.*

Thesis Committee Member for the following Master of Science (Kinesiology) theses (39 completed)

Albers, Angela (2005) *The Relationship Between Coaches' and Athletes' Perceptions of Team Efficacy in Basketball*

Fisher, Rebecca (2005) *Characteristics of Imagery Use: A Comparison Among skill Levels*

Hunt, Erica (2005) *Collegiate Athletes' Psychological Perceptions of Adhesive Ankle Taping: A Qualitative Analysis*

Leierer, Charles (2005) *A Descriptive Study of the Mood states between College Football Coaches and the Players They Coach*

Lien, Chia-Ying (Eric) (2005) *A Comparison of Cycle Ergometer VO_2 Max and On-Ice Aerobic Tests on UND Women's Ice Hockey Team*

Schneider, Heidi (May 2005) *The Effect of Teaching With Acoustical Guidance (TAG) on the Mastery of a Grand Rond De Jambe (En Dehors) and a Ballotte in Six Studio Dancers*

Schultz, Ryan (May 2005) *How the Standard of Comparison Affects Confidence Scores in Athletes*

Silbernagel, Mike (2005) *Athlete's Use of Exercise Imagery during Weightlifting*

Ulland, Greg (2005) *An Exploratory Investigation into the Use of Imagery by Coaches*

Badding, Brandon (2004) *The Effect of Team Size on Collective Efficacy in Sport*

Brandt, Jerel (2004) *Correlation of the Wingate Anaerobic Power Test with the Reed Repeat Skate Test in Women's Collegiate Ice Hockey*

Reuter, Jennifer (2004) *The Relationships Among Perception of Risk of Injury, Fear of Injury and Confidence in Avoiding Injury in Non-contact and Limited Contact Sports*

Smiley, Matthew (2004) *Using Imagery to Affect Arousal in Sport*

Thompson, Heather (2004) *Effect of Two Different Exercise Modalities on the Components of the Metabolic Syndrome*

Tuton, Kari (2004) *Sources of Coaching Efficacy Among Female Women's Softball Coaches*

Grenz, Corey (2003) *Various Orientation Methods and Weight Training Technique*

Harris, Andrew Cooper (2003) *Is What You See What You Get?: How and Why Athletes Use Imagery in Sports.*

Haugen, Christian (2003) *The Relationship Between Coaching Burnout and Coaching Efficacy in Head High School Basketball Coaches.*

Mannausau, Mike (2003) *The Effect of Sport Anxiety on Performance in American Division II College Football Players.*

Sturm, Ryan (2003) *Which is More Important in Baseball: Self-Efficacy or Collective Efficacy?*

Eickhoff, Dennis E. (2002) *The Effects of Perceived Competence and Autonomy Support on Exercise Adherence: A Test of Self-Determination Theory.*

Lotysz, Greg J. (2002) *The Effects of Career Termination from the National Football League.*

Bronas, Ulf (2001) *Determination of the Anaerobic Threshold by Salivary Amylase.*

Koch, Rhianna Melissa (2001) *Relationship Between Social Physique Anxiety and Percent Body Fat in College-Age Male Athletics and Non-Athletes.*

Weaver, Kurt (2001) *The Effect Role-Modeling and the Apparent Fatness of a Physical Educator Has on Student Learning and Attitudes.*

Bratrud, Sharon R. (2000) *Social Physique Anxiety and Physical Self Perceptions as Predictors of Eating Disorder Risk.*

Staiger, Scott (2000) *Energy Cost of Three maximal Testing Modes in Recreational Ice Hockey Players.*

Bessetti, Daniel L. (1999) *Effects of Creatine Monohydrate Supplementation on Human Performance: A Meta-Analysis.*

Blue, Denae (1999) *High Density Lipoprotein-Cholesterol (HDL-C) as an Indicator of Cardiovascular Disease: A Meta-Analytic Review.*

Corkish, Jefferey D. (1999*) Social Physique Anxiety and Barriers to Exercise Behaviors.*

Grove, Timothy T. (1999) *The Effects of Perceived Activity Choice upon Frequency of Exercise Behavior.*

Larson, Stacie A. (1999) *Study of Children's Ratings of Perceived Exertion During Two Modes of Exercise*

Olson, Kelly Leanne (1999) *Step Aerobic Exercise at a Constant Rating of Perceived Exertion in Young Female Subjects on Land Compared to Water.*

Pruzak, Joseph E. III (1999) *Effects of Fitness Testing on Social Physique Anxiety and Physical Self-Perception.*

Schultz, Matthew J. (1999) *Self Handicapping and Intercollegiate Athletics*

Swift, Rebecca (1999) *Activity Levels of Children and Youth: Monitoring Heart Rate Versus Objective Observation.*

Poolman, Mark (1998) *Measurement and Relationship of Selected Physiological Tests in Collegiate Ice Hockey Players* .

Tougas, Anita Marie (1998) *The Relationship Between a Dimensional Ratings of Perceived Exertion Scale and Heart Rate in Young Children.*

Chapman, Paul P. (1995) *Estimating maximal Bench Press Performance in College Football Players.*

Non-thesis Graduate Student Independent Study Topics Directed:

Newell, Dennis R. (2005) *Cross Country/Track and Field Blueprint*

Baukol, Nathan (2004) *The Effect of an Explosive Strength Exercise Prior to an Athletic Performance*

Johnson, Adam (2004) *Developing Testing and Training Protocols for a Division I Women's Ice Hockey Team*

Hoffman, Ronald (2004) *The Effects of a Move from NCAA Division II to NCAA Division I Athletics on Total Headcount Enrollment and Overall Success of Institutional Athletics Program*

Smith, Megan (2004) *the Effect of Exercise on the Prevention and Maintenance of Type II Diabetes*

Stevenson, Justin (2004) *Comparison Between the Nu-Step TRS4000 and Cycle Ergometer for the Purpose of Submaximal Exercise Testing*

Zimmerman, Justin (2003) *Relationship Between Hematological and Urine Markers of Exercise and DOMS as a Result of Eccentric Exercise*

Grant Activity

September-October 1997. Wrote grant to A.D.A.M. Software, Inc. for $20,000 of anatomy and physiology software. (grant not funded)

Between 1977 and 1980 I was one of four principle investigators conducting the Preston Institute of Technology Heart Study. This research was funded from the following research grants:

1977	-	$ 20,000	from the Victorian Institute of Colleges.
1978	-	$ 8,000	from the Victorian Institute of Colleges.
1979	-	$ 15,000	from the Victorian Department of Youth, Sport and Recreation.
1980	-	$ 1,000	from the Royal Australian College of Surgeons.

TEACHING AND COMMUNICATION

I believe myself to be blessed with a talent to be a personable, respected and effective teacher. At UND both student evaluations and comments made by the PEXS Evaluation Committee on my teaching have been very favorable. ***In February 2002 I was awarded the UND Foundation's Lydia and Arthur Saiki Prize for Graduate or Professional Teaching Excellence. For each of the previous four academic years (2000-2001, 1999-2000, 1998-99 and 1997-98), I was one of the UND faculty nominated for consideration for the annual outstanding undergraduate teaching award within the university. In 1999-2000 I was also nominated for consideration for the annual outstanding graduate teaching award at UND. In July 2000, I was recognized by the North Dakota Association of Health, Physical Education, Recreation and Dance as the recipient of the College/University Teacher of the Year for 2000 award.***

At RMIT the Deans of the Schools of students I had taught had been highly complimentary in respect to the quality of teaching I had provided for their students. Students over the years had often commented to me how much they enjoyed my class presentation, my ability to make hard, difficult concepts into simple ones and my patience with them when they had difficulties. Their gratitude had often been expressed with a short acknowledgement speech, a thank you card and/or even a small gift during the last class I had with them.

In the early days of the Chiropractic program at RMIT, all students had to sit and pass the Chiropractic National Board Exam from the U.S.A. to be registered in Australia. The first group of chiropractic students I taught had a 100% pass rate in their first attempt in the physiology section with many students receiving very high marks. Subsequent groups had also received very good results with very few first attempt failures.

In 1981 I spent several weeks of my Professional Experience Program leave on the hospital wards with student nurses. From these observation experiences I was subsequently able to relate many clinical examples to my specific physiology teaching to the nursing students. In November 1986 I presented a paper entitled, "Bioscience
Teaching Opportunities from Clinical Experience" at a 2 day seminar on Role of Bioscience in Health Science Education at the Lincoln Institute of Health Science in Melbourne, Victoria.

In 1985, and again in 1986, I presented a series of six lectures on selected topics of physiology for an in-service training program for nurses held at the Austin Hospital in Heidelberg, Victoria.

In October 1992, I presented a series of 3 by 3 hour lectures on selected topics of Physiology for an in-service training program for nurses held at Royal Melbourne Hospital, Melbourne, Victoria. In September and October, 1993, this was expanded to 7 by 3 hours lectures for the same purpose.

In May 1979 I presented a 3 hour presentation, "Basic Biomechanical Principles of Athletics", to an in-service training program for primary school physical education teachers in Melbourne sponsored by the Victorian Education Department.

Between 1984 and 1987 I taught the physiology component for the acupuncture course provided by the Australian Acupuncture College of Camberwell, Victoria. When I stopped in 1987, I received a letter of appreciation from the College Board of Directors and Administrators on behalf of the students in regard to the quality of teaching I had provided in their physiology studies.

I had designed and taught a bridging course in anatomy and physiology for nurses desiring to further their qualifications and who had sought entry into the Phillip Institute of Technology Graduate Diploma in Nursing or Bachelor of Nursing programs. Later I
Developed a self-directed study program that could be used by those perspective students to up-date their knowledge in anatomy and physiology prior to their entry into the Phillip Institute of Technology courses.

External to RMIT but very much related to my academic and personal expertise, I was involved in the Australian National coach education programs for track and field coaches. The Australian Track and Field Coaches Association (ATFCA) developed its own coaching accreditation scheme during the mid 1970's. Between 1977 and 1994, I had been involved with the ATFCA accreditation education and served on a number of committees that had designed, developed and revised the current curriculum for the track and field coaching courses.

During the 1980's, the Australian Sports Commission established a National Coaching Accreditation Scheme, modeled after the track and field accreditation program already successfully operating. Currently coaches in the various sports can, through their experience and successful completion of the sport designed courses, receive their Level I, II and III accreditations. I am an Australian Level III accredited coach in track and field.

The following is a brief summary of my Australian Coaching Course lecture involvement 1977-1994:

Level III Candidate Supervisor and Examiner in Middle and Long Distance Running, Australian Track and Field Coaches Association, 1985-1994.

"*Basic Anatomy" and "Exercise Physiology*" presented at the Australian Track and Field Coaches Association Level II Course, A.I.S. Canberra, 1988 - 1994. (Also course examiner and in 1994 also presented "Biomechanics").

"*Coaching Middle and Long Distance Running*" presented at the Australian Track and Field Coaches Association Level II Course, A.I.S. Canberra, 1985 - 1994. (Also course examiner)

"*Physiology of Training*" presented to Vicsport Level II General Coaching Course, 1984 - 1988 (once or twice annually).

"Exercise Physiology and Specificity of Training" and "Biomechanics" presented as part of Grade II Coaching certification course sponsored by the Victorian Department of Youth, Sport and Recreation (presented each year 1977 - 1979).

"*The Biomechanics of Hurdling*" and "*The Biomechanics of the Throwing Events*" presented as part of the Track and Field Senior Coaches Course held at Melbourne University, Melbourne, Victoria, May 15 - 20, 1978, and sponsored by the Australian Amateur Athletic Association and the Australian Track and Field Coaches Association.

"*The Coaching of Middle Distance and Long Distance Runners*" presented as part of the Track and Field Grade I Coaches Course sponsored by the Australian Amateur Athletic Association and the Australian Track and Field Coaches Association (presented once or twice annually between 1977 - 1993).

My academic background in exercise physiology, physiology, anatomy, human growth and development, biomechanics and sports medicine, along with my 27 years of coaching experiences and my teaching expertise have influenced the contribution I have made to coach education, particularly in Australia.

LEADERSHIP: ACADEMIC AND PROFESSIONAL

Academic Leadership - Academic Committee Service

(at UND)

-appointed by the Vice President of Academic Affairs/Provost to the UND Wellness Center Building Committee August 2003 (new UND Student Wellness Center to be completed August 2006)

-College of EHD Council of Chairs Committee, 1996-2006

-Chair of all Department of Physical Education and Exercise Science faculty search committees (except while on professional development leave 2002-2003) January 1996-2003

-elected to the College of Education and Human Development Undergraduate Curriculum Committee, 1999-2001, 2001-2002 (committee chairperson), 2003-2007.

-appointed to Healthy UND Steering committee , 2001-present, served as intellectual subcommittee chair 2002 and as committee person on the Physical subcommittee 2001-present

-appointed by the Vice President of Academic Affairs/Provost to Search Committee for the Dean, College of Education and Human Development Oct. '99.

-appointed by the president to the Athletic Director Search Committee Sept. '98.

-elected to the University Senate's Committee on Administrative Procedures, 1998-2001.

-elected as member of the University Senate, 1997-'98.

-appointed to the Presidential Ad Hoc Committee on Promotions, 1997-'98.

-elected to the University Senate's Summer Sessions Committee, 1997-2000.

-PXW Tenure and Promotion Committee, 1996-2006.

-elected representative of College for Human Resources Development on the University Senate, 1995-'96.

-representative of College for Human Resources Development on HRD/CTL (Center for Teaching and Learning) Merger Planning Committee, 1995-'96.
-PXW Faculty Council Policy Committee, 1994-'95 and 1995-'96. (Committee chair 1995-'96)
-PXW Undergraduate Program Committee, 1994 -present.
-PXW Graduate Program Committee, 1994-'present.
-PXW Faculty Council Evaluation Committee, 1994-'95.
-Physical Activity and Fitness subcommittee for the greater Grand Forks Community Health Assessment Project of the United Hospital 1994-'95.

(at RMIT)

-School of Physical Education and Human Movement School Board Committee member, 1976 - 1977, 1986 - 1993.
-School of Chiropractic and Osteopathy School Board Committee member, 1981 - 1993.
-Chiropractic Clinical Board of Review Committee member, 1982-1993.
-School of Nursing School Board Committee member, 1980 - 1983, 1989 - 1993.
-Track and Field Research sub-committee member that advised the Australian Sports Commission on research projects for possible funding, 1991 - 1993.
-Academic Management Committee member, 1982.
-Academic and Professional Staff Association, Executive committee member, 1980 - 1981.
-School of Physical Education and Leisure Studies Post-Graduate Studies Committee member, 1977 - 1985.
-Northern District Technical Schools Moderation Panel Committee member, 1977 - 1979.

As a senior lecturer in my department at RMIT, I provided significant leadership to other faculty members and provided considerable assistance to my head of department in the administration of the department.

Upon request, I **designed, organized and taught over half of the initial physiology units in the chiropractic and osteopathy curriculum as well as the 2nd year diploma of nursing physiology component.** I had initiated changes as well as provided my opinion, upon request, on relevant curriculum matters concerning the physiology component of the Chiropractic and Osteopathy program and nursing programs via my head of department.

The remainder of my academic leadership evidence has been summarized previously under the administrative duties of my current and former positions.

Professional Leadership

My professional leadership achievement has been demonstrated by the following state and national coaching position service (in Australia):

-elected as **Victorian Track and Field Coaches Association Executive Member** 1978 - 1986.

-appointed as **Victorian Athletic Association Junior Squad Coach** (distance events) 1984 - 1987.

-appointed as **Australian National Event Coach** for distances (3, 5 and 10 kms) 1984 - 1988.

-appointed as **Australian National Group Director of Endurance Events** for 1988 - 1992.

-appointed as **Australian National Event Coach for Distances** (3, 5 and 10 kms) and **National Group Director of Endurance Events** for 1992-1996. (resigned from this position January 1994 when I returned to the USA to take up my position at University of North Dakota)

As the Endurance Group Director, I **coordinated the activity of the four National event coaches** in the endurance events (middle distance, distance, marathon and steeplechase) throughout the year and was involved in ongoing planning and decision making for track and field athletics in Australia. I reported to the National Coaching Convenor of ATFCA and the National Coaching Director of Athletics. Part of my Group Director duties was the involvement in the coaching education
and accreditation scheme mentioned earlier. On October 19-21, 1990 as Endurance Group Director I was **Chairperson for the National Distance Coaching Seminar** conducted at AIS in Canberra. Forty five Australian coaches were invited to hear presentations by Mr. Wilf Paish, myself and 4 other Endurance National Event Coaches and participate in discussions at the seminar.

-appointed by Athletics Australia as an **Australian T&F Team Coach** of the middle distance and distance athletes for the following teams:

* Australian Games - **Melbourne**, 1985.
* Pacific Conference Games - Berkeley, **California**., 1985.
* World Junior Athletics Championships - **Athens**, 1986
* Australian **Olympic T&F Team** - **Seoul**, 1988.
* Australian Under 20 Team Tour - **New Zealand**, January, 1992. (Also coordinator of Team Coaches)

Further evidence of my professional leadership can be demonstrated by **invitations to conduct international coaching courses and clinics** as follows:

-March 2-10, 1987, the International Amateur Athletic Federation (IAAF) of London sent me to conduct an IAAF Development Course for middle and long distance for 90 coaches and athletes at Cebu City, **Philippines**. I was one of two lecturers and examiners.

-October 16-31, 1987, the IAAF sent me to conduct an IAAF Development Course (advanced level) for track events for 35 coaches at the IAAF Regional Center in Patiala, **India**. I was one of two lecturers and examiners.

-on two other occasions the IAAF invited me to go to Korea and Kenya but I had to decline because of major conflicts with my institute duties and lecturing responsibilities to students.

-May 10-20, 1989, I was invited by the Penang Amateur Athletic Association to present a series of clinics in **Malaysia** on distance running and marathon training. As the single presenter I conducted 7 clinics over 9 days in 6 different Malaysian communities (Penang, Alor Star, Kangar, Ipoh, Taiping and Kuala Lumpa). Total attendance was approximately 550 people consisting of coaches, government sport administrators, athletes and interested people. The

clinics received extensive television, radio and newspaper coverage throughout Malaysia
with recognition of Phillip Institute of Technology as my professional employer.

-April 10-18, 1992, I accepted an IAAF invitation to be one of two lecturers and examiners at an IAAF Development Course for coaches from the Pacific Islands at Guam.

PROFESSIONAL ORGANIZATION MEMBERSHIP

-American College of Sports Medicine
-Northland regional chapter of American College of Sports Medicine
(North Dakota state representative to Executive Committee 2000-2006)
-American Alliance for Health, Physical Education, Recreation and Dance
-North Dakota Association for Health, Physical Education and Dance
-The Human Anatomy and Physiology Society
-Phi Epsilon Kappa Fraternity - life member (professional physical education fraternity)
-Australian Track and Field Coaches Association (honorary life member, January 1994, for services performed 1984-1993)