



AY 2006 – 2007
Program Review

Kinesiology

Program Review Bachelor of Arts, Kinesiology

A. Overview and Brief History

The Bachelor of Arts (B.A.) in Kinesiology (previously the degree was entitled Human Performance and Wellness, but was changed in 2005) was approved as an official degree in 1994 by the Colorado Commission on Higher Education. Before that, a physical education track was available in the selected studies degree program since the 1987-1988 academic year. Since becoming an official baccalaureate degree, the program has prospered and grown tremendously. During the Spring 2006 semester, we had 327 majors (N.B., those only listed as the “first” major code are listed) and graduated 53 persons, our largest graduating class to date.

The B.A. in Kinesiology has the following five concentrations: adapted physical education; athletic training; exercise science; K-12 teaching; and sport and fitness management [formerly corporate fitness; the name was changed and a few courses modified and added to meet the suggested guidelines from the North American Society for Sport Management (NASSM)]. The athletic training education program is accredited through the Commission on Accreditation of Athletic Training Education (CAATE). The National Association for Sport and Physical Education (NASPE) has accredited the K-12 teaching program, and the program meets the guidelines established by The National Council for Accreditation of Teacher Education (NCATE) and the Colorado Department of Education (CDE). In the coming years, we shall seek approval from NASSM for our sport management track, but we first must modify the program to where it is a B.S. in Sport Management; this is being proposed during the Fall 2006 semester.

B. Program goals and objectives and the program’s relationship to the role and mission of Mesa State College

The role and mission of Mesa State College reads as follows:

Mesa State College shall offer liberal arts and science programs and a limited number of professional, technical, and graduate programs...The Mesa State College community aspires to provide an environment which promotes a wellness lifestyle... (p. 7, *Mesa State College Catalog 2006-2007*).

The baccalaureate degree in Kinesiology directly supports the role and mission statement of the college. Our programs are professional (i.e., adapted physical education, athletic training, sport and fitness management, and K-12 teaching) and science-based (i.e., exercise science) programs. In addition, having a degree program in Kinesiology directly addresses the “wellness lifestyle” emphasis of the college’s mission statement by actively promoting voluntary human movement.

The following three objectives of the ten Mesa State College objectives for a baccalaureate graduate that the Kinesiology program specifically addresses are as follows:

- Be able to think critically and creatively;
- Have knowledge of the natural world and an understanding of the scientific method;
- Possess the knowledge and skills necessary to achieve a healthy lifestyle. (p. 39, *Mesa State College Catalog 2006-2007*).

C. Analysis of need for the program

i) Enrollment, graduation rates, and other relevant data

The B.A. in Kinesiology is very healthy with respect to enrollment and graduation rates. The following tables show our enrollments and graduation rates for the past seven years by concentration.

Table 1. Enrollments by Year and Concentration for the B.A. in Kinesiology Fall/Spring Semesters

Concentration	Year (Fall/Spring)					
	00/01	01/02	02/03	03/04	04/05	05/06
Adapted PE	1/2	5/7	6/6	5/5	11/7	12/9
Athletic Training	35/34	26/11	9/8	9/8	6/8	15/13
Pre-Athletic Training [#]	--/--	35/35	53/33	59/46	63/51	64/59
Exercise Science	73/61	58/64	66/61	82/91	95/93	94/99
K-12 Teaching	65/62	65/65	80/80	76/69	75/70	75/74
Sport and Fitness Mang*	32/27	33/36	33/34	41/45	53/59	71/73
Totals	206/186	222/218	247/222	272/264	303/288	331/327

[#] Pre-Athletic Training was added in 01-02, hence the precipitous drop in 'Athletic Training' enrollments that year

*formerly Corporate Fitness until 05

Table 2. Graduates by Year and Concentration for the B.A. in Kinesiology

Concentration	Year					
	01	02	03	04	05	06
Adapted PE	1	2	1	1	0	3
Athletic Training	1	2	1	5	5	3
Exercise Science	24	19	10	12	12	16
K-12 Teaching	7	11	13	8	12	9
Sport and Fitness Mang*	8	7	9	7	14	22
Totals	41	41	34	33	43	53

*formerly Corporate Fitness until 05

We anticipate that the athletic training and sport and fitness management concentrations are going to grow substantially over the next five years, independent of the school's overall growth. The other concentrations should see modest growth in line with the school's overall growth rate.

D. Narrative Summaries of Resources

i) Unique characteristics of the program influencing the need for resources

The clinical nature of our programs creates a need for additional physical and financial resources. Laboratories are expensive to build, operate, and maintain, but they do provide the key link between theory and practice. So, developing a state-of-the-art human performance laboratory and athletic training education laboratory room are key for our programs. We have outgrown our current facilities, and considerable capital is going to be required to help us deliver a quality education to our students. That said, the proposed expansion and renovation of Saunders Field House should help to meet our growing needs, provided specific plans are made and met with respect to the Department of Kinesiology.

Faculty recruitment and retention is at times difficult because of modest salaries. We recently lost a faculty member because he was offered \$10,000 more than we currently paid him, and we have had a very difficult time recruiting a replacement. Our field is very competitive, and when we advertise a position we generally get around 5-10 applicants, of which the top two or three usually withdraw from the search when informed of the salary range. This characteristic is unique to several departments on campus, as it is with ours, and it makes it difficult to recruit and retain quality faculty. Lastly, the Department of Kinesiology generates revenue well over thrice its annual direct costs, making us financially viable and unique (like a few other departments) in that respect.

**MESA STATE COLLEGE
PROGRAM COSTS: KINESIOLOGY**

CAMPUS	DISCIPLINE	LEVEL	CH'S	TOTAL FACULTY COMPENS.	(A) TOTAL OTHER COMPENS.	(B) OTHER CURRENT EXPEND.	(C) OTHER INSTRUC.	(D) ACADEMIC SUPPORT	(C) STUDENT SERVICES	(C) (E) INST. SUPPORT	(C) PLANT	TOTAL COSTS	COSTS/ CREDIT HOUR	
2004	Main	HPW*	LOWER	5,768	\$ 338,676	\$ 15,117	\$ 58,129	\$ 100,624	\$ 108,146	\$ 98,817	\$ 133,639	\$ 853,148	\$ 148	
2004	Main	HPW*	UPPER	2,856	185,955	7,484	28,782	49,824	53,548	48,929	66,171	440,693	154	
2004		HPW*	TOTAL	8,624	\$ 524,631	\$ 22,601	\$ 86,911	\$ -	\$ 150,448	\$ 161,694	\$ 147,746	\$ 1,293,841	\$ 150	
2005	Main	HPW*	LOWER	7,146	\$ 307,585	\$ 19,019	\$ 17,527	\$ 25,332	\$ 79,099	\$ 131,508	\$ 101,806	\$ 147,983	\$ 829,859	\$ 116
2005	Main	HPW*	UPPER	2,793	244,713	7,433	6,851	9,900	30,915	51,400	39,790	57,839	448,841	161
2005		HPW*	TOTAL	9,939	\$ 552,298	\$ 26,452	\$ 24,378	\$ 35,232	\$ 110,014	\$ 182,908	\$ 141,596	\$ 205,822	\$ 1,278,700	\$ 129

(A) Includes department head stipends and support staff.

(B) Includes course fees and travel.

(C) Allocated by % of total credit hours.

(D) Allocated by % of total Faculty FTE.

(E) Includes institutional scholarships.

ii) Faculty and Staff

Currently, the Department of Kinesiology has six full-time, tenure-track faculty members, one full-time visiting assistant professor, approximately 15-20 part-time lecturers (nine of whom are full-time employees of the college as coaches), and one full-time administrative assistant. The Department of Kinesiology generates approximately 10,000 credit hours annually with its limited faculty resources, making it one of the most financially efficient departments on campus.

Each full-time, tenure-track faculty member holds an earned doctorate. The full-time faculty members, with their qualifications, rank, and areas of expertise, are listed below in alphabetical order. Complete credentials are found in Appendix A.

- Richard Bell, JD, EdD, Assistant Professor, Sport and Fitness Management (tenure track)
- Jill Cordova, PhD, Professor, Adapted Physical Education (tenured)
- Keith Fritz, PhD, Associate Professor, K-12 Teaching (tenured)
- Guy Leadbetter, PhD, Professor, Exercise Science (tenured)
- Steven Murray, DA, Associate Professor, Sport and Fitness Management (tenured)
- Robert Ryan, MA, Visiting Assistant Professor, Athletic Training (non tenure track)
- Susan Yeager, PED, Professor, K-12 Teaching (tenured)

In the future, we must hire three additional staff/faculty members (i.e., athletic training clinical coordinator, human performance laboratory director, and assistant/associate/full professor of kinesiology—a generalists with a pedagogy/administration background) to meet our growing enrollment needs as well as accreditation guidelines. Further, we may need more support staff, especially with respect to laboratories, practica, and internships, to continue to offer our quality programs.

iii) Physical Facilities

The Department of Kinesiology has access to a variety of facilities within Saunders Field House (i.e., three classrooms, a human performance laboratory, an athletic training room, a multi-purpose room, two gymnasias, tennis courts, outside activity fields, and a swimming pool) which we share with the Department of Athletics, the Department of Campus Recreation, and the Department of Theatre and Dance. The facilities allow us to conduct our courses in an effective manner; nonetheless, we have outgrown our existing space and have difficulty meeting the needs of our students. Specifically, we need more clinical space for the athletic training and exercise science programs. Additional activity space in the form of multi-purpose rooms with sprung-wooden floors would enable us to generate additional credit hours through popular activity courses. Adequate office space and equipment are available for faculty and staff, but with respect to our increased growth additional office and laboratory space shall be needed for future faculty and students in the immediate years.

iv) Instructional equipment, including information technology and its use

Within Saunders Field House itself, we have access to three “smart” classrooms, where we hold the majority of our lecture-based courses. Two of the classrooms (i.e., S131 and S132) are very nice and meet our instructional needs well, with the exception of the curtain between the rooms that is very poor with regard to noise reduction. The computers in all three of our classrooms have just been replaced.

We have a Human Performance Laboratory, but it is too small and outfitted with only rudimentary equipment, especially with respect to instructional technology. We need increased laboratory space and more updated equipment to better conduct our clinical courses (e.g., Physiology of Exercise Laboratory, Anatomical Kinesiology Laboratory). Specifically, we need another metabolic cart with an electronically braked cycle ergometer and treadmill as well as the associated sundry equipment (e.g., mouthpieces, spirometer). High-speed cameras, backdrops, specialized computer software and hardware, and skeleton and muscle models are needed for the Anatomical Kinesiology Laboratory.

Lastly, we need access to a computerized laboratory classroom for many of our courses. Other laboratories such as this on campus are already booked completely and are unavailable for use by our professors, making it difficult for us to use innovative technology in many of our courses.

v) Library, including DVD, video, etc.

On the whole, our library collections are adequate for our programs (see Appendix B). However, we need greater access to discipline-specific journals and more up-to-date video and DVD collections. Barbara Borst does an excellent job, nonetheless, procuring related collections for our department, but we most definitely need more materials for our sport management program.

vi) Unique sources of revenue and expenditures

The Department of Kinesiology is financially very efficient. We generate some 10,000 credit hours annually, with only seven full-time faculty, and we more than pay for our direct costs through tuition alone. With respect to “unique” sources of revenue, we do generate modest revenue with non-credit courses, and we could increase this revenue stream if we had access to more multi-purpose space in which to offer courses, especially during evening hours. Further, we could increase our overall credit-hour production, and thus increase revenues for the general fund, if we had more access to space, especially those fitted with sprung-wooden floors.

E. Effectiveness

i) Accreditations by professional, regional, or national associations

Two of our programs (i.e., athletic training and K-12 teaching) are accredited through national governing bodies. The athletic training education program is accredited through the Commission on Accreditation of Athletic Training Education (CAATE). We must conduct a self-study and submit a final report to the CAATE by 1 September 2007 and prepare for a site visit for the Spring 2008 semester to maintain our accreditation. The K-12 teaching concentration is accredited through the National Association for Sport and Physical Education (NASPE), which in turn, represents the National Council of the Accreditation of Teacher Education (NCATE) for our discipline.

ii) Changes since the most recent program review

Our departmental name was changed in 2006 from the Department of Human Performance and Wellness to the Department of Kinesiology. Many curricular changes have occurred since 1999, the main one being the renaming of the corporate fitness concentration to sport and fitness management and modifying some course offerings. That program now is our greatest producer of graduates.

The athletic training concentration received initial accreditation in 2002 from the Commission on Accreditation of Allied Health Education Programs (CAAHEP). The program is now accredited through the Commission on the Accreditation of Athletic Training Education (CAATE).

We dropped the minor in athletic training (it was no longer feasible under the accrediting body’s guidelines), but added a minor in sport and fitness management as well as personal training.

iii) Assessment of student academic achievements within the program, based on the program assessment plan.

Our programs are assessed each year through alumni and employer surveys as part of our annual assessment plan. The following tables show those results.

Table 3. Alumni responses to the question if their degree program gave them the knowledge and skills necessary for success in the field from the annual assessment report.

Year	Very Satisfactory	Satisfactory	Unsatisfactory
03	14	11	0
04	7	6	0
05	12	8	1
06	11	11	2
Total	44	36	3

Table 4. Employer responses to the question if our students possess the knowledge and skills necessary for success in the field as reported on the annual assessment report.

Year	Very Satisfactory	Satisfactory	Unsatisfactory
03	0	1	0
04	3	1	0
05	4	0	0
06	5	1	0
Total	12	3	0

iv) Faculty success data:

(1) Teaching;

Full-time, tenure-track faculty members teach 24 credit hours each academic year, typically 12 hours per semester. The only exception to this is the Program Director for the Athletic Training Education Program, who receives a 6-hour load reduction per academic year because of accreditation standards. Part-time faculty members teach a variety of hours, typically made up of activity-based courses.

The overall quality of teaching within the department is very high. Students consistently rate the professors with scores of a 4.5 median of medians or higher (on a 5-point scale) during the evaluation process, with the majority of instructors receiving perfect 5.0s for their courses. It is the rare exception for a professor to be rated below 4.5 on the student evaluations.

In addition, the faculty members within the department often use innovative technologies and a variety of effective teaching methodologies in the classroom that serve our students well. Peer and student comments support the assertion that the quality of teaching within our department is of a high quality, as evidenced by alumni satisfaction surveys and peer reviews.

(2) Advising;

All student majors are advised by full-time faculty. The advising is broken down by concentration, so most professors provide advising in one specific area (Appendix C). Because of this some professors can have up to 75 to 100 majors, making the workload quite burdensome. Furthermore, many professors work in the Student Orientation and Registration (SOAR) Program during the academic year and summer. Here the

professors provide one-on-one advising for students in various majors. On the whole, our department's advising skills are of a very high quality, as we have an excellent matriculation and graduation rate as well as an excellent acceptance rate (100%) for our students going on to graduate or professional school.

3) Scholarship;

Our faculty scholarship productivity since our last program review is impressive. Our faculty of six, full-time, tenure-track members collectively published 39 refereed manuscripts and 84 non-refereed articles, and they gave 49 refereed presentations. The specific bibliographical citations for our departmental publications, by faculty member, are listed in their enclosed curricula vitae. The scholarship productivity by faculty member and type is listed in the Table below.

Table 4. Scholarship Productivity by Tenure or Tenure-Track Faculty since 2000

Faculty	Refereed Manuscripts	Non-refereed Articles	Refereed Presentations
Dr. Richard Bell*	2	1	5
Dr. Jill Cordova	6	7	11
Dr. Keith Fritz	2	12	15
Dr. Guy Leadbetter	2	4	5
Dr. Steven Murray	25	59	13
Dr. Susan Yeager	2	1	0
Total	39	84	49

*Dr. Bell's scholarship is for one year only, as he was just recently hired.

4) Service;

Our faculty members perform outstandingly with respect to service. Being a smaller faculty, all departmental faculty members are on many campus committees, with some professors serving on as many as eight or nine committees in a single year. Dr. Jill Cordova and Dr. Guy Leadbetter have both won the Outstanding Faculty Member Service Award as well as have been recognized by the Department of Veterans Affairs by being given its Special Contribution Award for work with disabled veterans from 2000-2006. Dr. Leadbetter was awarded the 2006 National Disabled Veterans Ski Instructor Award. Dr. Keith Fritz was named the Community Man of the Year by the American Heart Association. Dr. Steven Murray was awarded a Merit Award from Academic Services for his direct work with the Freshman Year Initiative program.

With respect to offices on major committees, Dr. Cordova was the secretary for the Faculty Senate. Dr. Murray was the chairman of the Graduate Council for four years. Dr. Susan Yeager served as the chairman of the Curriculum Committee.

5) Other Achievements

Dr. Guy "Gig" Leadbetter was named the Grand Junction Chamber of Commerce Educator of the Year. Dr. Steven Murray was recognized by the Colorado Association for Health, Physical Education, Recreation, and Dance for his work as its journal's editor-in-chief from 2000-2004.

- v) Student success data: e.g., awards, licensure rates, national testing for licensure rates, average test scores on graduate school admission tests such as GRE, MCAT, LSAT, acceptance into graduate or professional programs, employment in the field, etc.

Table 5. The results of students taking the NATABOC Examination (Athletic Training Certification)

Failed	Number taking test for the first time	Number of attempts to pass			Number
		1	2	3	
2000	3	1	1	1	0
2001	4		2	--	
	2 ^{a, b}				
2002*	3	1	2	--	0
2003	2		2	--	0
2004 [#]	3		2	--	
	1 ^c				
2005	6	3	1	--	
	2 ^{d, e}				
2006	2	0	--	--	
	2 ^{f, g}				
Total	23	5	10	1	7

N.B., The national average for passing all three sections on the initial attempt is 26 percent.

*The initial year that students actually took a B.A. degree with an emphasis in Athletic Training via a curricular route; before that, the students went through an internship route.

[#]The first graduating class from the accredited program.

^aFailed all three sections on 1st and only attempt, but subsequently attended Physical Therapy Assistant program at Red Rocks Community College and is now a practicing PTA

^bPassed part of exam, but did not retake exam and was never officially graduated from Mesa State

^cFailed written and written simulation on 1st attempt, did not take practical, has not retaken exam but enrolled in graduate school at Middle Tennessee State University seeking a master's in exercise science

^dFailed all 3 sections on 1st attempt, passed written simulation and oral practical yet failed the written exam on the 2nd attempt, failed written on 3 attempt, to retake written exam in Nov. of 2006, and is now in graduate school at the University of Northern Colorado studying for a master's in sport administration

^ePassed written, failed oral practical and written simulation on 1st attempt, passed oral practical and failed written simulation on second attempt, to retake written simulation in Nov. 2006, and is now in graduate school at The University of Utah studying for a master's in sport psychology

^fPassed written and written simulation, failed oral practical on 1st attempt, and will retake in Nov 2006 or Spring 2007

^gPassed written simulation, failed written and oral practical on 1st attempt, and will retake in spring 2007, currently attending a Scottsdale Community College to complete chemistry prerequisite for a Physician's Assistant program.

Table 6. Number of students passing the PLACE Examination by year

Year	Number Passed	Number Taken	Percentage Passed
00	1	1	100%
01	2	3	66%
02	9	13	70%
03	9	9	100%
04	16	16	100%
05	9	11	82%
Total	46	53	87%

N.B., All information provided by the Center for Teacher Education

Table 7. Number of students accepted into graduate/professional school by year

Year Accepted	Number Applied	Number Accepted	Percent
00	6	6	100%
01	6	6	100%
02	6	6	100%
03	7	7	100%
04	6	6	100%
05	7	7	100%
06	10	10	100%
Total	48	48	100%

F. Strengths identified by the review

The Department of Kinesiology has many strengths, but the greatest strength is the quality of the faculty. The faculty members have enhanced their delivery of curriculum by using a variety of teaching strategies and techniques, and these efforts have helped our students succeed and have helped to recruit students to the department. Of particular note is the individual commitment of faculty members in our students both in and out of the classroom. Many faculty members include students in service and research projects, and this helps the overall development of our students. Below is a detailed list of the strengths of the Department of Kinesiology as identified by this program review:

- A highly qualified, experienced, and committed faculty that puts students' success as a priority
- A high level of faculty teaching effectiveness and scholarly productivity
- A progressively increasing number of student majors (up from 186 to 327 as primary majors over the last five years)
- A 100 percent acceptance rate for graduates wishing to attend graduate or professional schools
- Students score well on standardized testing for licensure or certification, often well above the national average
- A financially efficient department that generates some 10,000 credit hours annually (the generated revenue is more than three times the actual budgeted operating costs of the department)
- Accredited programs that maintain their full accreditation
- Strong, practical experiences in the form of methods courses, practica, and internships for the students
- Excellent faculty service on campus and community committees and organizations
- Access to "Smart" classrooms and other technological equipment
- A strong rapport and synergistic relationship with the Department of Athletics, especially in regard to service courses and facility utilization

G. Areas needing strengthening identified by the review

As mentioned previously, the overall quality of the B.A. in Kinesiology is quite high, but there are some inherent weaknesses that need strengthening; they are as follows:

- The current instructional and laboratory facilities needs to be expanded to accommodate the growing numbers of majors (plans are underway to expand and renovate Saunders Field House, which should be very helpful)

- Additional professors need to be hired to help with the increased number of majors (a good problem to have though) and to help ease the advising and committee workloads (i.e., some faculty have over 75 majors)
- Faculty salaries need to be increased, as the current levels are below the 20th percentile with respect to national norms, making it difficult to attract and retain new, quality professors
- Travel funds for attending conferences is limited, preventing some faculty from being able to develop appropriately professionally, and thus reducing teaching effectiveness and scholarly productivity
- Library acquisitions need to be enhanced, especially with respect to scholarly journals
- The first-time pass rates for the athletic training graduates on their national boards needs to be increased (students typically score better than the national average, but we want 75 percent of them to pass all parts of the examination on the initial attempt)

H. Vision

i) **Proposals for strengthening the program**

The quality of our programs is at an all-time high; yet we still have areas where we can strengthen our program. We should work on the professional development of our faculty, encouraging more research and travel to professional conferences. Moreover, additional technological innovations and updated laboratories would help our instructional delivery and better prepare our students for the workforce and post-undergraduate academic work. With the planned Saunders Field House renovation and expansion, we should be able to house our growing enrollments and improve our instructional delivery.

With respect to faculty salaries, we must work aggressively to increase them to approach the 50th percentile. Currently we are below the 20th percentile, and this makes it very difficult to recruit and retain quality faculty. Several searches for an athletic training education program director have been unsuccessful for this reason. We may even have to modify our requirements to fill that position on a permanent basis.

Specific curricular changes must be implemented. Our concentrations in athletic training and sport and fitness management must be changed to stand-alone degrees to meet with accreditation guidelines. These changes should help with recruitment of students as well.

We must explore other program development in areas such as physical therapy assistant, occupational therapy assistant, and public health/health promotion. These areas are growing in both interest and need within the community, and they warrant additional study. Lastly, we should look into graduate education possibilities, first with developing a 3+2 program with the MBA program for sport management and then other areas.

ii) **Program priorities requiring additional resources**

Additional resources shall be required for laboratory courses. Further, we must take into consideration the growing number of majors and hire additional faculty members as well as staff members. We most definitely need a clinical coordinator for the athletic training education program. This individual would help better prepare the students for their clinical activities and keep us in compliance with the national accrediting body.

Appendix A
Faculty Vitae

Richard Clifton Bell
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CURRICULUM VITAE

EDUCATION

Doctor of Education, United States Sports Academy (Sport Management)
Juris Doctor, University of South Carolina
Master of Arts, The Citadel/College of Charleston (History)
Bachelor of Science, Clemson University (Pre-Medicine)

TEACHING EXPERIENCE

Assistant Professor, Department of Kinesiology, Mesa State College, Grand Junction, Colorado, (2005-present)

Courses Taught:

Sport Law and Ethics
Organization/Administration/Legal Concerns in Sport
Governance and Communication in Sport
Sport Economics and Finance
History and Philosophy in Sport
Sport Marketing
Sport Management Internship

Service

Advisor for the Sport Management and Fitness Student Association
College Assessment Committee
Educational Services Committee

Assistant Professor, Department of Kinesiology and Sport Studies, Wichita State University, Wichita, Kansas, (2004-2005)

Courses Taught:

Sport Management and Leadership
Sport Law (graduate Level)
Legal Issues in the Profession
Introduction to Sport Management
Management of Sport Organizations (graduate level)

Service

Undergraduate Coordinator
Director of the Undergraduate Internship Program
Advisor for the Sport Administration Student Association
University Curriculum Committee

Assistant Professor, Department of Nursing and Health Professions, University of the Incarnate Word, San Antonio, Texas, (2002-2004)

Courses Taught:

Introduction to Sport Management
Sport Marketing
Sports Organizations
Human Resources in Sport Management (graduate level)
Sport Law (graduate level)
Biomechanics in Sport (graduate level)
Dimensions in Wellness

Service

Chair of 3 Doctoral Dissertation Committees
Advisor for *Phi Alpha Delta* student Pre-Law Association
Faculty Athletics Representative

Assistant Professor, Universe Online, University of the Incarnate Word, San Antonio, Texas, (2003-present)

Courses Taught:

Business Law
Marketing Management (graduate level)
Business Research and Design (graduate level)
Strategic Management Concepts (graduate level)
Administrative Law (graduate level)
International Business Law ((graduate and undergraduate level)

Assistant to the Vice President for Academic and Student Affairs, University of the Incarnate Word, San Antonio, Texas (2003-2004)

Implemented a University-wide assessment program for the National Survey of Student Engagement (NSSE) and the ETS Academic Profile.

Chair of Sport Management, United States Sports Academy, Daphne, Alabama (2000-2002)

Courses Taught: (graduate level)

Contemporary Issues in Sport
Sport Administration and Finance
Sport Business and Personnel Management
Sport Law and Risk Management
Sport Marketing
Sport Communications
Ethics in Sport
Human Resources in Sport Management

Service:

Chair and Committee Member of several Doctoral Dissertation

Committees

Interim Dean of Academic Affairs, United State Sports Academy, Daphne, Alabama (2002)

Visiting Associate Professor, Department of Physical Education, University of Bahrain, Kingdom of Bahrain (2001)

Courses Taught:

Sport Marketing (graduate level)

Sport Communications (graduate level)

Adjunct Faculty, History Department, Trident Technical College, Charleston, South Carolina (1998-2000)

Courses Taught:

World History

Guest Lecturer

Hong Kong Olympic Committee, Hong Kong PRC (2000)

Human Resource Management in Sport

Government Organization for Youth and Sport, Kingdom of Bahrain (2001)

Sport Marketing in the 21st Century

Government Organization for Youth and Sport, Kingdom of Bahrain (2005)

Human Resource Management in Sport

Sports Authority of Thailand, Bangkok, Thailand (2006)

Sport Administration

MILITARY SERVICE

Naval Aviator, United States Navy. Viet Nam era veteran, (1967-1971)

PUBLICATIONS

Bell, R. & Miller, L.K. (2006), Legal and ethical considerations. In Stoldt, C. & Dittmore, S. *Sport Public Relations*. Chicago: Human Kinetics Publishers.

Henrich, T., Bell, R.C., Henrich, D., Carleton, B. (2006). Motivation, goals, and purposes of participation: antecedents to quality physical education programs *Journal of International Council for Health, Physical Education, Recreation, Sport, and Dance/ICHPER-SD*, 42(1), Winter 2006..

Bell, R.C. (2000-2002). Editor of *The Sport Journal*, United States Sports Academy. www.ussa.edu

Bell, R.C. & Chang, C-M (2002). The exploration of the effect of Taekwondo training on personality traits. *The Sport Journal*, 5(3), Fall 2002.

Hsu, C-H, Bell, R.C. & Cheng, K-M (2002). Transformational leadership and organizational effectiveness in recreational sports/fitness programs. *The Sport Journal*, 5(2), Summer 2002.

Bell, R.C. & Chen, S. (2002). A strength training program for the "Ya-Tung" women's basketball team of Taiwan. *The Sport Journal*, 5(1), Spring 2002.

Bell, R.C. (2002). Ethical Consideration in Adoption Law. In *Adoption Law in South Carolina* (pp.189-236),. Eau Clair, WI: National Business Institute.

Bell, R.C. (2001). Risk management is important to sport/recreational managers. *The Sport Supplement*, 9(4), 6-7.

Bell, R.C. (2001). Why does a curve ball curve? *The Sport Supplement*, 9(1), 6-7.

Bell, R.C. (2001). People skills and the art of communication, *News and Views*, 45, 30-38. University of Bahrain.

Bell, R.C. (2000). A modern perspective of the ancient Olympic events. *The Sport Journal*, 4(1), 15-23.

Bell, R.C. (2000). It's time to work together to stop doping in sports. *The Sport Journal*, 4(2), 10-15.

PRESENTATIONS

Business and Personnel Management. International Certification in Sport Management, Sponsored by the Sports Authority of Thailand, Bangkok, Thailand. June 19-23, 2006

The Impact of the HIPAA Privacy Rule on Athletic Trainers. AAHPERD Annual Convention, National Council of Athletic Training, Salt Lake City, UT, April 27-29, 2006

Recent Case Law Affecting Public Relations in Sport. Sport and Recreation Law Association, 2006 SRLA Conference, Albuquerque, NM, Mar, 2-4, 2006

Issues in Sport Administration. International Certification in Sport Management, Sponsored by the Sports Authority of Thailand, Bangkok, Thailand. Feb. 15-22, 2006

Human Resource Management in Sport, International Certification in Sport Management, Sponsored by the Government Organization for Youth and Sports, Bahrain, Sept. 15-22, 2005

Legal Issues in Sport Public Relations. Sport and Recreation Law Association, 2005 SRLA Conference, Mar. 3-5, 2005

The Impact of the HIPAA Privacy Rule on Sport Professionals. Sport and Recreation Law Association, 2005 SRLA Conference, Mar. 3-5, 2005

Current Implications of Title IX on Sport, Recreation and Physical Education Programs: Half Day Workshop. AAHPERD National Convention. April 2005

The History of Women in Sport Prior to Title IX: Women in Sport Symposium, Bowling Green State University. February 2005

Native American Influence on Sport in the United States: University of the Incarnate Word, November 2003

Title IX. Its Current Status and A Look into the Future. Women's History Month at The University of the Incarnate Word. March, 2003.

Historical Overview of American Indian History and Current Issues. Lecture with Dr. Jonathan Hook for the American Indian Heritage Month at The University of the Incarnate Word, November, 2002.

Title IX: A Thirty Year Perspective. Alabama State Association for Health, Physical Education, Recreation and Dance (ASAPHERD), Birmingham, Alabama, 2001

PROFESSIONAL ORGANIZATIONS

Sport Management Program Review Council (SMPRC). (2005-2008)

North American Society of Sport Management (NASSM)

Sport and Recreation Law Association (SRLA).

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)

National Association of Sport and Physical Education (NASPE)

National Association for Women and Girls in Sport (NAWGS)

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Educational Degrees:

- 1992 Ph.D. Health and Physical Education. University of New Mexico, Albuquerque, NM.
- 1985 M.A. Education. Humboldt State University, Arcata, CA.
- 1979 B.A. Health, Physical Education, and Recreation. Humboldt State University, Arcata, CA.

Professional Experience

- | | | |
|--------------|-----------------------------|--|
| 2002-Present | Professor | Human Performance and Wellness, <u>Mesa State College</u> , Grand Junction, CO. |
| 1997-2003 | Department Chair | Human Performance and Wellness, <u>Mesa State College</u> , Grand Junction, CO. |
| 1997-2002 | Associate Professor | Human Performance and Wellness, <u>Mesa State College</u> , Grand Junction, CO. |
| 1992-1997 | Assistant Professor | Human Performance and Wellness, <u>Mesa State College</u> , Grand Junction, CO. |
| 1989-1992 | Instructor | Health and Wellness, <u>Albuquerque Technical Institute</u> , Albuquerque, NM. |
| 1989-1992 | Instructor
<u>Mexico</u> | Health, and Physical Education, <u>University of New Mexico</u> , Albuquerque, NM. |
| 1984-1989 | Instructor | Physical Education and Recreation, <u>Humboldt State University</u> , Arcata, CA. |
| 1983-1989 | Instructor | Physical Education. <u>College of the Redwoods</u> , Eureka, CA. |

Published Works

Why happy employees are likely to become productive employees. The Business Times, Vol. 13, (25), July 2006, p. 8.

- Listen up: noise on the job hazardous to hearing. The Business Times, Vol. 13, (13), May 2006, p. 13.
- Best health care consumers informed, assertive. The Business Times, Vol. 13, (5), March 2006, p. 12.
- Following a few tips helps make air travel less taxing on health. The Business Times, Vol. 12, (44), November 2005, p. 13.
- Having fun on the job: studies show laughter really is the best medicine. The Business Times, Vol. 12, (27), August 2005, p. 11.
- A pain in the back: a pain in the pocketbook. The Business Times, Vol. 12, (14), May 2005, p. 11.
- Preparing employees to handle emergencies can be a real life-saver. The Business Times, Vol. 11, (52), February 2005, p. 11.
- Workplace stress affects workers' personal health and firms' financial health. The Business Times, Vol. 11, (40), November 2004, p.11.
- College students' attitudes toward physical education. CAHPERD Journal, Vol. 29, (1), Fall 2004, p. 7-9.
- Changing attitudes toward people with disabilities. Paleastra, Vol. 18, (3), Spring 2002.
- Successful pregnancy following diagnosis of hemochromatosis. Canadian Hemochromatosis Society. February 2002.
- Cool runnings. Paraplegia News. Vol. 54, (9), 2000: pp. 14-17.
- Colorado rafters challenge river and limitations. Challenge. Summer 2000, p. 10.
- Accessing the Grand Canyon on the Rio Colorado. Sports 'N Spokes. May 2000, pp. 46-48.
- Susceptibility to acute mountain sickness in spinal cord injured and amputee populations. Proceedings: International Hypoxia Symposium, 1999.
- Detraining from total body exercise ergometry in individuals with spinal cord injury. Spinal Cord. Vol. 36, 1998: pp. 782-789.
- The influence of the National Disabled Veterans' Winter Sports Clinic on the self-concept and leisure satisfaction of adult veterans with disabilities. Paleastra. Vol. 11, No. 1. 1998: pp. 40-43.
- Psychological effects of CFES bicycle ergometry for individuals with spinal cord injuries. Paleastra. 11: (3) 46-51, 1995.
- Book Review: A teacher's guide to including students with disabilities in regular physical education. CAHPERD Journal. 21: (2) 17, 1995.
- Effects of electrical stimulation and upper body training after spinal cord injury. Medicine and Science in Sports and Exercise. 25 : (9) 1054-1061, 1993.

Electrical stimulation used with bicycle ergometers: Fitness implications for individuals with spinal cord injuries. CAHPERD Journal Times. 53:(4) 5, 1991.

In the clinic - A clinical case study of functional aerobic exercise. Clinical Kinesiology. 46: (3) 21-24, 1992.

Adapted physical education in California: Employment prospects. CAHPERD Journal Times. January 1988.

Presentations

National Association for Kinesiology and Physical Education in Higher Education Conference, San Diego, California, January 2006. Presentation: The Making of an Inter-Disciplinary Graduate Degree: Master of Business Administration (MBA) with a track in Sport and Fitness management.

National Association for Kinesiology and Physical Education in Higher Education Conference, Tucson, Arizona, January 2005. Presentation: Are our PETE Students Prepared to Teach in an Inclusive Classroom?

National Disabled Veterans Winter Sports Clinic, Snowmass, CO. April 7, 2004. Presentation: Adaptive Aquatics.

National Disabled Veterans Winter Sports Clinic, Snowmass, CO. April 7, 2004. Co-Presentation: Animal as Teachers and Healers.

National Disabled Veterans Winter Sports Clinic, Snowmass, CO. April 8, 2004. Presentation: Yoga: Why Everyone who Tries It, Loves It.

National Association for Physical Education in Higher Education Conference, Clearwater, Florida, January 2004. Presentation: Physical Activity and the Influence of Student Attitudes in the College/University General Education Program.

COAHPERD Conference, Denver, Colorado, October 2003. Presentation: Yoga Benefits the Disabled.

Grand Valley Audubon Society, Grand Junction, Colorado, February 2001. Presentation: Running the Grand Canyon of the Rio Colorado: Opening New Horizons for the Physically Challenged.

Friends of the Cedaredge Public Library, Cedaredge, Colorado, March 2001. Presentation: Conquering the Colorado.

SWD AAHPERD Conference, Honolulu Hawaii, June 22, 2000. Presentation: Adventure Programming and Psychological Implications.

National Disabled Veterans Winter Sports Clinic, Crested Butte, CO. March 29, 2000. Presentation: Adventure Programming for Individuals with Disabilities.

Center for Independence, Grand Junction Colorado, November 1999. Presentation: Adventure Programming for the Disabled.

Evidence Based Conference, St. Mary's Hospital, Grand Junction, Colorado December 1999.
Presentation: Screening and Prevention of Osteoporosis.

Colorado Parks and Recreation Association Annual Conference, October 1998. Presentation:
Adaptive Skiing: Programming and Psychological Implications.

National Disabled Veterans Winter Sports Clinic, Crested Butte, CO. March 26, 1996.
Presentation: Aquatics for Individuals with Disabilities.

Mesa State Faculty Colloquium, Grand Junction, CO. April 5, 1995. Presentation: Health and
Wellness in the Workplace.

National Disabled Veterans Winter Sports Clinic, Crested Butte, CO. March 28, 1995.
Presentation: Fitness Principles and Assessment Techniques for Adults with Disabilities.

Colorado Association for Health, Physical Education, Recreation, and Dance State Convention,
Grand Junction, CO. October 8, 1995. Presentation: Adapting Games for Physical Education and
Therapeutic Recreation.

National Conference on Physical Activity for the Exceptional Individual. 1995. Presentation:
Fitness Principles and Assessment Techniques for Adults with Physical Disabilities.

National Conference on Physical Activity for the Exceptional Individual. 1994. Presentation:
Functional Electrical Stimulation on Bicycle Ergometers for Individuals with Spinal Cord Injuries.

CURRICULUM VITAE
KEITH R. FRITZ, PH.D.
986 23 RD
Grand Junction CO. 81505
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Current Position

1997-present

- Mesa State College, Department of Kinesiology
- Associate Professor specializing in Physical Education
- Supervision of Student Teachers
- Director of the MSC Home School Physical Education Program
 - Courses taught:
 - Academic: Methods of Elementary Physical Education, Org. Adm. and Legal Consideration in PE and Sport, Literacy and PE, Motor Learning, Motor Development, Methods of Lifetime Activities, Methods of Team Activities, Methods of Weight Training, and Health and Wellness
 - General Activity: Mountain biking, badminton, racquetball, fitness walking, weight training, & body conditioning
 - Distance Learning courses: Health & Wellness & Elementary School Physical Education
 - Teaching Evaluation
 - Student Evaluations for 2004: 4.88 out of a possible of 5.00
 - Department Annual Evaluation: Excellent (highest possible rating)
 - College Committees:
 - Faculty Senate, Academic Policies, Professional Development Funding, North Central Accreditation, Judicial Board, Tenure Evaluation, and several committees for the Dept. of Teacher Education and Dept. of Kinesiology
 - Tenure status since 2002

Professional Experience

1995-1997

- Adams State College
- Assistant Professor specializing in Physical Education and Exercise Physiology
- Courses taught include: Methods of Physical Education, Issues in Wellness, Curricular Development, Health Education, and Exercise Science
- Director of the Health and Fitness Laboratory, 1991-1995
- Manzano Day School, Albuquerque, NM
- Director of the K-5 Elementary Physical Education Program
- Taught 2nd through 5th grade Physical Education, 1990-1991
- Academic Advisor for the Athletic Department at the University of New Mexico

Education

- 1988-1995 University of New Mexico, Albuquerque, NM, Ph.D. in Health, Physical Education, and Recreation
- 1986-1988 University of New Mexico, Albuquerque, NM, M.Sc. in Health, Physical Education, and Recreation
- 1979- 1985 Oregon State University, Corvallis, OR, B.Sc. in Health, Physical Education, and Recreation

Publications

Periodicals - refereed

1. Hayward WA, Fritz KR, and Greene ER: Human Middle Cerebral Artery Blood Velocity During Sexual Intercourse. *J Ultrasound Med.* 19:871-876, 2000.
2. Engstrom, C and Fritz, KR: A Step-by-Step Approach to Designing and Implementing a Bicycle Safety Program. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal.* 27: 8-12, 2002.

Non-Refereed

1. Fritz KR: Resistance Training for Adolescents. *Mesa State College Sports Medicine News Letter.* 4:2-3, 1999.
2. Fritz KR: Invest in the Future of Your Company by Promoting Employee Health and Fitness. *Business Times.* Dec. 1, 2004.
3. Fritz KR: Develop an Employee Health and Fitness Program. *Business Times.* March 9, 2005.
4. Fritz KR: An Investment in Health Pays Off. *Business Times.* June 8, 2005.
5. Fritz KR: Nutrition and Job Performance. *Business Times.* September 21, 2005.
6. Fritz KR: Are Your Employees Asleep at the Job? *Business Times.* Dec. 12, 2005.
7. Fritz KR, Quatrochi, J, and Leadbetter, G: Question and Answer interview based on a study entitled: "*Are there training differences between stationary cycling and Mountain Biking?*", *VeloNews: The Journal of Competitive Cycling,* Vol. 35/No. 2, Feb: 2006.

Papers/Abstracts Presented

International

1. Human Sexual Intercourse Does Not Increase Middle Cerebral Artery Blood Velocity at Altitude. *Hypoxia Symposium 1999.*
2. Human Regional Cerebral Hemodynamics During Light Exercise at Moderate Altitude. *Hypoxia Symposium 2001.*

National

1. Dynamic Response of the Human Cerebrovascular Circulation to the Onset of Exercise. *Experimental Biology, 1997.*
2. Dynamic Effects of Postprandial Exercise on Human Superior Mesenteric Blood Flow. *Experimental Biology, 1997.*
3. Dynamic Response of the Human Cerebrovascular Circulation During Sexual Intercourse. *Experimental Biology, 1998.*
4. Dynamic Effects of a Meal on the Distribution of Human Cardiac Output. *Experimental Biology, 1998.*
5. Exercise Training Increases Lower Limb Reactive Hyperemia. *Experimental Biology, 1999.*
6. Age Related Differences in Human Central and Regional Blood Flows After a Meal. *Experimental Biology, 1999.*
7. The Acute Effects of Tobacco on Human, Central and Regional, Blood Flows in Chronic Users. *Experimental Biology, 1999.*
8. Energy Restricted Diet and Free Fatty Acid Metabolism in Obese Adult Females. *Experimental Biology, 2000.*
9. Common Carotid Blood Flow During Ergometer Exercise in Children. *Experimental Biology, 2002.*

10. Central and Regional Blood Flow During Orthostatic Stress in Children. *Experimental Biology*, 2002.

Regional

1. Comparison Between Field and Clinical Protocol for Cycling. Colorado Association for ACSM. 2001.

Educational Presentations

Regional

1. Future Direction in Health Education. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1998.
2. Developing and Revising Your Health Education Curriculum. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1998.
3. Future Direction in Health Education. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1999.
4. Ethics in Health Education. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1999.
5. Nutrition for Health and Performance. Kansas Department of Education, 1999.
6. Making Floor Hockey Safe. Central District Association for Health, Physical Education, Recreation, and Dance. Accepted for the 2006 Conference.

Local

1. Implementing a Personal Fitness Program. Seattle Athletic Club, 1985.
2. Improving Your Lower Back Fitness. The Department of Energy, Oakridge Tenn., 1987.
3. Reducing and Coping with Stress. The Department of Energy, Albuquerque New Mexico, 1987.
4. Eating Healthy on the Road. The Department of Energy, Albuquerque New Mexico, 1987.
5. How to Maintain an Exercise Program on the Road. The Department of Energy, Albuquerque New Mexico, 1988.
6. Implementing a Personal Fitness Program. Belen New Mexico health fair, 1988.
7. Activity and Health. Alamosa Rotary Club, 1996.
8. Energy Restrictive Diet and Free Fatty Acid Metabolism in Obese Adult Females. New Mexico Highlands University faculty colloquium, 1996.
9. Developing and Revising Your Health Education Curriculum. Colorado Association for Health, Physical Education, Recreation, and Dance. 1997.
10. Recreational Jogging. Colorado Association for Health, Physical Education, Recreation, and Dance. 1997.
11. Activity and Health. Mesa State College colloquium 1997.
12. Incorporating Mountain Biking into Your Secondary Physical Education Curriculum. Colorado Association for Health, Physical Education, Recreation, and Dance. 1998.
13. Jogging for Fun. Colorado Association for Health, Physical Education, Recreation, and Dance. 1998.
14. Nutrition for Health and Performance. Colorado Association for Health, Physical Education, Recreation, and Dance. 1999.
15. Nutrition for better Track and Field Performance. Glenwood Springs High School. 2000.
16. Exercise Physiology for Physical Educators. Colorado Association for Health, Physical Education, Recreation, and Dance. 2000.
17. Daily Physical Education Attenuates the Prevalence of Adult-Onset Diabetes in Children and Adolescents. Colorado Association for Health, Physical Education, Recreation, and Dance. 2001.
18. Aerobic Conditioning Principles: How Children Differ from Adults. Colorado Association for Health, Physical Education, Recreation, and Dance. 2001.
19. How Daily Physical Education Reduces the Prevalence of Diabetes in Children and Adolescents. Colorado Association for Health, Physical Education, Recreation, and Dance. 2002.

20. Developing a Proactive Classroom Management Plan. Keynote Speaker for MSC student internship orientation: 2003.
21. Ring Hockey: A Safe Alternative to Floor Hockey. Colorado Association for Health, Physical Education, Recreation, and Dance. 2004.
22. Adult-Onset Diabetes: How Physical Education Can Help. Colorado Association for Health, Physical Education, Recreation, and Dance. 2004.
23. Making Floor Hockey Safe. Colorado Association for Health, Physical Education, Recreation, and Dance. 2005.

Educational Material Reviews

1. Complete Physical Education for Grades 7-12 by Isobel Kleinman: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 22, 2002.
2. It's Not Just Gym Anymore by Bane McCracken: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 22, 2002.
3. Teaching Children Physical Education by George Graham: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 22, 2002.
4. Play Practice: The Games Approach to Teaching and Coaching Sports by Alan Launder: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 23, 2002.
5. Fit Kids Classroom Workout Video: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 23, 2002.

Editorships/Boards

1. Editor/ Reviewer for: Associate Editor for Journal of Health Education since 1999, Reviewer for the Colorado Association for Health, Physical Education, Recreation, and Dance. Since 2000.
2. Elected Board Member for: American Heart Association. Since 1996, Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance 1997-2000, Colorado Association of the American Alliance for Health, Physical Education, Recreation, and Dance 1996-1999. Colorado School Health Council 1997-1999.

Membership in Professional Organizations

1. American Alliance for Health, Physical Education, Recreation, and Dance. Present Member.
2. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1997-2000
3. Colorado Association of the American Alliance for Health, Physical Education, Recreation, and Dance. Present Member
4. Colorado School Health Council. 1997-1999

Funding Received

1. Fritz, KR and Hoffman, BR. \$4775 to implement an after school activity program for middle school students in Grand Junction. OSC Funding. 1998.
2. Developed by MSC's Community Wellness Committee. \$10,000 to implement an osteoporosis prevention program. OSC Funding. 1999

Recognition

1. American Heart Association's Community Man of the Year. 2000

GUY W. LEADBETTER III

2440 Santa Rosa Lane, Grand Junction, CO 81503
Home: (970) 243-6557
Work: (970) 248-1194

EDUCATION:

- 1989 - 1992 University of New Mexico; Albuquerque, NM
Ph.D., Exercise Science - May, 1993
Minor: Biology/Statistics
- 1985-1988 University of Montana; Missoula, MT
MS, Exercise Physiology/Fitness Program Management
- 1973-1977 Bowdoin College; Brunswick, ME
BA, Biology/Environmental Studies

PROFESSIONAL EXPERIENCE:

Professor, Mesa State College, Grand Junction, CO (2003-Present)
Assoc. Professor, MSC, Grand Junction, CO (1998-2003)
Assist. Professor, MSC, Grand Junction, CO (1993-1998)

MESA STATE COLLEGE; Grand Junction, CO

Professor, Exercise Science classes: Exercise Physiology w/ Lab, Sport Nutrition, ACSM Health Fitness Instructor Prep, Activity and Aging, Senior Seminar, & Rock Climbing.

- 1989-1992 UNIVERSITY OF NEW MEXICO, Albuquerque, NM
Graduate Assistant: Human Performance Laboratory Technician (1990-1993).
Taught advanced lab coursework with additional duties in conducting GXT stress tests with accompanying gas analysis, hydrostatic weighing, pulmonary function measures, various body composition measures, and flexibility. In addition, I interpreted results and consulted clients.
- Coordinator for Altitude Education and Research:
Organizing and scheduling altitude research at the chamber facility.
Lecturing beginning and advanced classes in altitude physiology.
- 1990-1992 Instructor: Instructor for "Foundations for Human Performance" and Assistant Instructor for "Beginning and Intermediate Exercise Physiology".

PRESENTATIONS, ABSTRACTS and PUBLICATIONS:

- 1991 Presentation/Abstract: "Early Season Training Improvements in Collegiate Competitive Swimmers", Southwest ACSM Convention, San Diego, CA.
- 1992 Presentation/Abstract: "Cross Training between Running and Cycling in Previously Sedentary Females", Southwest ACSM Convention, San Diego, CA.

Abstract: "Improvements in Treadmill, Cycle and Arm Ergometry Following Cycle and Run Training in Sedentary Females." *The Physiologist* 35(4): 180, 1992.

Abstract: "Erythropoietic Response to Intermittent Altitude Exposure." *The Physiologist* 35(4): 233, 1992.

Abstract: "Early Season Training Improvements in Collegiate Distance and Sprint Swimmers." *Sports Medicine, Training and Rehabilitation* 3: 220, 1992.

Abstract: "Fitness Evaluation of Police Officers." *Sports Medicine, Training and Rehabilitation* 3: 225, 1992.

Publication: "What's New in Ergogenic Aids?" *American Fitness Quarterly*, May/June edition, 1992.

1993 Presentation/Abstract: "Effect of Intermittent Altitude Exposure on Erythropoiesis and Performance", Southwest ACSM Convention, San Diego, CA.

Presentation/Abstract: "Intermittent Altitude Exposure Increases Erythropoiesis", *Sports Medicine, Training and Rehabilitation* 4: 142, 1993.

Presentation/Abstract: "The Effects of Liquid Versus Solid Carbohydrate on Cycling Performance." *Sports Medicine, Training and Rehabilitation* 4: 140, 1993.

Presentation/Abstract: "Intermittent Altitude Exposure Ameliorates Symptoms of Acute Mountain Sickness." *Sports Medicine, Training and Rehabilitation* 4: 145, 1993.

1994 Presentation: "Antioxidant Revolution", CAHPERD Conference; Denver, CO.

Presentation: "Altitude Illness: Pathology and Treatment", VA Winter Sports Clinic, Crested Butte, CO.

1995 Presentation: "What's New with Antioxidants?", Central District ACSM, Wichita, KS.

Presentation: "Setting up a Cardiorespiratory Program for Endurance Athletes", Western Orthopedic Sports Medicine Conference, Grand Junction, CO.

1996 Presentation: "Designing a Weight Training Program", Western Orthopedic Sports Medicine Conference, Grand Junction, CO.

Presentation: "Prescription for Young Athletes", St. Mary's Sports Medicine Conference, Grand Junction, CO.

Presentation: "Designing a Cardiorespiratory Program", VA Winter Sports Clinic, Crested Butte, CO.

Publication: "Cross Training Between Cycling and Running in Previously Sedentary Females." *Journal of Sports Medicine and Physical Fitness*, 37(3): 175-181, 1996

- 1997 Presentation: "Exercise and Aging", VA Winter Sports Clinic, Crested Butte, CO.
- Presentation: "Cardiovascular Training/ All Sports with an Emphasis in Cross Country"
- Presentation/Abstract: "Acute Mountain Sickness and Disabilities", International Hypoxia Symposium, Jasper, Canada.
- 1998 Presentation: "Exercise Induced Asthma", VA Winter Sports Clinic, Crested Butte, CO.
- Publication: " The Influence of the National Disabled Veteran's Winter Sports Clinic on the Self-Concept and Leisure Satisfaction of Adult Veteran's with Disabilities", Palestra, 1998.
- Publication: "Blood Glucose and Glucoregulatory Hormone Responses to Solid and Liquid Carbohydrate Ingestion During Exercise." International Journal of Sports Nutrition, 8(1): 70-83, 1998.
- 1999 Presentation/Abstract: "Intermittent High Altitude Exposure and the Alleviation of Acute Mountain Sickness", International Hypoxia Symposium, Jasper, Canada.
- 2001 Presentation/Abstract: "Ginkgo biloba reduces incidence and severity of acute mountain sickness", International Hypoxia Symposium, Jasper, Canada.
- Presentation/Abstract: "Effects of standard fire fighting carrying loads on the energy expenditure during escape route hiking", American College of Sports Medicine National Conference, Baltimore, MD.
- Presentation/Abstract: "Comparison between field and clinical protocols for VO₂, ventilatory threshold, RER, and prescription application", Regional American College of Sports Medicine Conference, Frisco, Colorado.
- 2003 Presentation/Abstract: "Comparison of ginkgo biloba, acetazolamide, and placebo for prevention of acute mountain sickness", International Hypoxia Symposium, Jasper, Canada.
- Presentation: Saccamano Sports Medicine Workshop, "Evaluation, Interpretation, and Exercise Prescription from a Treadmill Test."
- "Wildland Firefighter Load Carriage: "Effects on Transit Time and Physiological Responses During Simulated Escape to Safety Zone." International Journal of Wildland Fire, 12, 111-116.
- 2005 Greater Free Plasma VEGF and lower soluble VEGF receptor-1 in acute mountain sickness." Journal of Applied Physiology 98: 1626-1629. (January 2005)

PUBLICATIONS (Nonpeer Reviewed)

- 2005 Business Times Articles
1. "A Long-Term, Cost Saving New Years Resolution: Let's Lose

Weight”

2. **“How to Lose Weight the Right Way is Good Business”**
3. **“Exercise to Improve Your Business”**

2006

Velo News, Article, “Are there training differences between stationary cycling and trail riding: a scientific approach

STEVEN ROSS MURRAY

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CURRICULUM VITAE

EDUCATION

Doctor of Arts, Middle Tennessee State University (Physical Education, 1996)
Master of Science, Middle Tennessee State University (Wellness and Fitness, 1993)
Bachelor of Science, University of North Alabama (Physical Education, 1991)
(Additional graduate study in human resource management, Cumberland University, 1998)

PROFESSIONAL EXPERIENCES

Head, Department of Kinesiology, Mesa State College, Grand Junction, Colorado (2003-present)
Associate Professor, Department of Kinesiology, Mesa State College, Grand Junction, Colorado (2002-present; tenured 2003)
Assistant Professor, Department of Kinesiology (formerly Department of Human Performance and Wellness), Mesa State College, Grand Junction, Colorado (1998-2002)

Courses Taught:

- Event and Program Management in Sport and Fitness (MBA course)
- Facility and Equipment Management in Sport and Fitness (MBA course)
- Governance and Communication in Sport
- History and Philosophy of Sport and Physical Education
- Organization/Administration/Legal Considerations of Sport and Physical Education
- Worksite Health Promotion
- Health and Wellness
- Methods of Track and Field
- American Red Cross Courses (i.e., First Aid, CPR, WSI, Lifeguard Training)
- Activity courses (i.e., swimming, hiking, golf, and bowling)
- Introduction to Higher Education

Courses Supervised:

- Internship
- Practicum
- Student Teaching Internship

Interim Women's Cross Country Coach, Department of Athletics, Mesa State College, Grand Junction, Colorado (2003)

Director, Grants and Foundation Giving, Office of Development, Cumberland University, Lebanon, Tennessee (1997-98)

Visiting Assistant Professor, Division of Physical Education and Exercise Science, Lander University, Greenwood, South Carolina (1996-97)

Courses Taught:

- Historical and Philosophical Principles of Physical Education and Sport

- Wellness for Life
- American Red Cross Courses (i.e., First Aid/CPR, Swimming)

Graduate Assistant, Department of Health, Physical Education, Recreation, and Safety,
Middle Tennessee State University, Murfreesboro, Tennessee (1993-96)

Courses Taught:

- Personal Fitness
- Exercise Physiology (Teaching Internship under Dr. Timothy J. Michael)
- Tests and Measurement (Teaching Internship under Dr. Dianne Bartley)
- Various activities within the Human Performance Laboratory

Wellness Advisor, Nissan Motor Manufacturing Corporation, Smyrna, Tennessee (1992-93)

Student Teacher (physical education, grades 5-8), Avalon Middle School, Muscle Shoals, Alabama
(1991)

Undergraduate Teaching Assistant, Department of Health and Physical Education, Berea
College, Berea, Kentucky (1987-88)

Courses Taught (assisted):

- Fundamental Skills
- Aquatics (i.e., Swimming and Lifesaving)

Instructor for Water Safety, First Aid, and CPR, American Red Cross (1986-present)

Courses Taught:

- Swimming (beginner to advanced)
- Cardiopulmonary resuscitation (CPR)
- Community and Standard First Aid
- Responding to Emergencies
- Basic Rescue
- Water Safety Instructor
- Lifeguard Training

CERTIFICATIONS

Health Promotion Director, Cooper Institute, Dallas, Texas

Instructor, First Aid/CPR, Lifeguard Training, and Water Safety, American Red Cross

Instructor Trainer, Water Safety Instructor, American Red Cross

K-12 Teaching Certificate in Physical Education, State of Alabama (not current)

AWARDS AND ACCOMPLISHMENTS

Certificate of Merit, Academic Services Department, Mesa State College, 2001

Official Finisher, TIMEEX® IRONMAN CANADA Triathlon Championship, 1995

Triathlon Today All-American Triathlon Team, 1987; honorable mention, 1988-1990

Triathlon Today All-American Duathlon Team honorable mention, 1990

Triathlon Federation USA, Male Overall Mid-East Regional Triathlon Champion, 1989

NCAA All-Gulf South Conference Cross Country Runner, 1989

3-time NAIA National Cross Country Championship Qualifier, 1986-88

3-time NAIA All-District 32 Cross Country Runner, 1986-1988

NAIA District 32 Track Champion, 10,000m, 1988

PUBLICATIONS

Peer-reviewed Journal Articles

1. Pettitt, Robert W., Markus Amann, and Steven R. Murray. (In Review). A Simple Approach to Teach Mechanical Efficiency and Oxygen Uptake Kinetics. *Advances in Physiology Education*.
2. Pettitt, Robert W., Cherie D. Pettitt, and Steven R. Murray. (In Review). The J-Motion Squat: An Ancillary Lift for Enhancing Olympic-Style Lifts and Power. *Strength and Conditioning Journal*.
3. Udermann, Brian E., David M. Reineke, John M. Mayer, Steven R. Murray, Raymond D. Martinez, Mark H. Gibson, Cordial M. Gillette, and Scott T. Doberstein. (In Review). The Effect of Resistance Training on Lumbar Muscular Strength and Endurance. *Gundersen Lutheran Medical Journal*.
4. Hager, Staci, Brian E. Udermann, David Reineke, Mark H. Gibson, Steven R. Murray, and John Mayer. (In Review). Quantification of Lumbar Endurance on a BackUP Lumbar Extension Dynamometer. *Journal of Sport Science and Medicine*.
5. Harmon, Kelley J., Michael T. Reeder, Brian E. Udermann, and Steven R. Murray. (2006). Isolated Rupture of the Plantaris Tendon in a High School Track Athlete. *The Clinical Journal of Sport Medicine* 16(4), 361-363.
6. Murray, Steven R., Michael T. Reeder, Brian E. Udermann, and Robert W. Pettitt. (2006). High-Risk Stress Fractures: Pathogenesis, Evaluation, and Treatment. *Comprehensive Therapy*, 32(1), 20-25.
7. Udermann, Brian E. and Steven R. Murray. (2006). Cup Stacking: Does it Deserve a Place in Physical Education Curricula? *Teaching Elementary Physical Education*, 17(1), 8-9.
8. Doberstein, Scott T., Brian E. Udermann, Steven R. Murray, Marco S. Boscolo, David W. Neuefeldt, and Phillip O. Burr. (2005). Validity of Clarke Sign in Assessing Anterior Knee Pain. *Gundersen Lutheran Medical Journal*, 3(2), 51-53.
9. Udermann, Brian E., Daniel G. Cavanaugh, Mark H. Gibson, Scott T. Doberstein, John M. Mayer, and Steven R. Murray. (2005). Slipping Rib Syndrome in a Collegiate Swimmer. *Journal of Athletic Training*, 40(2), 120-122.
10. Murray, Steven R., Michael Reeder, Troy Ward, and Brian E. Udermann. (2005). Navicular Stress Fractures in Identical Twin Runners: High-Risk Fractures Require Structured Treatment. *The Physician and Sportsmedicine*, 33(1), 28-33.
11. Udermann, Brian E., John M. Mayer, and Steven R. Murray. (2004). Quantification of Isometric Lumbar Extension Strength Using a BackUP™ Lumbar Extension Dynamometer. *Research Quarterly for Exercise and Sport*, 75(4), 434-439.
12. Udermann, Brian E., John M. Mayer, Richard G. Donelson, James E. Graves, and Steven R. Murray. (September 2004). Combining Lumbar Extension Training with McKenzie Therapy: Effects on Pain, Disability, and Psychosocial Functioning in Chronic Low Back Pain Patients. *Gundersen Lutheran Medical Journal*, 3(2), 7-12.
13. Murray, Steven R., Michael T. Reeder, and Brian E. Udermann. (2004). Urachal Cyst in a Collegiate Football Player. *The Clinical Journal of Sport Medicine*, 14(2), 101-102.
14. Udermann, Brian E., Steven R. Murray, John M. Mayer, and Kenneth Sagendorf. (2004). The Influence of Cup Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students. *Perceptual and Motor Skills*, 98, 409-414.

15. Miller, Jessica L. and Steven R. Murray. (2004). Wellness and Its Relationship to Self-Concept and Identity Development. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 29(1), 5-6.
16. Murray, Steven R. and Brian E. Udermann. (2004). Motor Programs: Do they Exist? *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 29(1), 10-13.
17. Udermann, Brian E., John M. Mayer, James E. Graves, and Steven R. Murray. (2003). Quantitative Assessment of Lumbar Para-Spinal Muscle Endurance. *Journal of Athletic Training*, 38(3), 259-262.
18. Murray, Steven. (July 2003). Female Gladiators of the Ancient Roman World. *The Journal of Combative Sport*, <http://ejmas.com/jcs/jcsframe.htm>.
19. Murray, Steven R. and Brian E. Udermann. (2003). Fluid Replacement: A Historical Perspective and Critical Review. *International Sports Journal*, 7(2), 58-73.
20. Ray, Tommy L., Michael Reeder, Brian E. Udermann, Steven R. Murray, and Robert E. Ryan. (April 2003). Lacerated Liver in an Intercollegiate Men's Baseball Player During a Flag Football Game: A Case Report. In the "From the *Journal of Athletic Training*" section of the *NATA NEWS*, 57-60.
21. Miller, Jessica L. and Steven R. Murray. (2003). Wellness: Course Efficacy and Relationship to Self-Concept. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 28(1), 14-18.
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23. Fram, Eugene, Gary Bonvillian, and Steven Murray (2002). Business Can't Afford to Ignore Costly Issue of Employee Stress. *HR Advisor: Legal & Practical Guidance*, 8(1), 15-21. Reprinted in *HR Advisor: Legal & Practical Guidance*, 8(3), 31-37.
24. Udermann, Brian E., Steven R. Murray, and Kenneth S. Sagendorf. (2002). Safety in Athletics: Proper Coverage and the Role of the Certified Athletic Trainer. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 27(1), 4-7.
25. McMasters, Daniel N. and Steven R. Murray. (2002). Playground Safety: How Safe is Your School's Playground? *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 27(1), 13-15.
26. Murray, Steven R. and Jessica L. Miller (2001). College Students' Perceptions of Wellness. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 26(1), 7-9.
27. Tomaino, Lisa, Steven R. Murray, and Susan A. Yeager. (2001). The Status of Required Physical Education in the Curriculum of Colorado Colleges and Universities. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 26(1), 10-12.
28. Murray, Steven R. (2000). The Defense of Required Physical Education in the College Curriculum. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 25(1), 1-2.
29. Murray, Steven R. and Jessica L. Miller (2000). Birth Control and Condom Usage Among College Students. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 25(1), 6-8.
30. Murray, Steven R., Timothy J. Michael, and Powell D. McClellan. (1995). The Influence of Fluid Replacement Rate on HR and RPE of Individuals Exercising in a Hot, Humid Environment. *Journal of Strength and Conditioning Research*, 9(4), 251-255.

31. Murray, Steven R. and Jim Colligon. (1995). Fitness Profiles: A Comparison of University Faculty/Staff and Police Personnel. *Alabama State Alliance of Health, Physical Education, Recreation, and Dance Journal*, 37-39.

Other Publications

1. Murray, Steven R. (February, 2006). Name Change More Reflective of Work in Kinesiology Department. *MaxConnections*, 1(6), 3.
2. Murray, Steven R. (October 13, 2004). Self-care programs give employees a role in reducing premiums. *The Business Times of Western Colorado*, 11(36), 13.
3. Murray, Steven R. (September 1, 2004). Employees, like athletes, need motivation. *The Business Times of Western Colorado*, 11(30), 11.
4. Murray, Steven R. and Brian Udermann. (2004). Responses to "Questionable Practices in Physical Education": Research Supports Cup Stacking. *The Journal of Physical Education, Recreation, and Dance*, 75(6), 7.
5. Murray, Steven R. (July 28, 2004). Hot times require cool prevention: Avoid dehydration and heat-related illness. *The Business Times of Western Colorado*, 11(25), 16.
6. Murray, Steven R. (June 16, 2004). Helping employees to do their parts curbs health costs. *The Business Times of Western Colorado*, 11(19), 11.
7. Murray, Steven R. (May 12, 2004). Research confirms that healthy workers are more productive. *The Business Times of Western Colorado*, 11(14), 12.
8. Murray, Steven R. (April 7, 2004). Workplace safety: Prevention pays. *The Business Times of Western Colorado*, 11(9), 12.
9. Murray, Steven R. (March 3, 2004). Alcohol abuse hurts not only employees, but also employers. *The Business Times of Western Colorado*, 11(4), 15.
10. Murray, Steven R. (February 4, 2004). Fighting Obesity: Employee's loss, business' gain. *The Business Times of Western Colorado*, 10(52), 15.
11. Murray, Steven R. (December 10, 2003). Pain hurts productivity, too. *The Business Times of Western Colorado*, 10(44), 15.
12. Murray, Steven R. (November 12, 2003). Want to cut health care costs? Let employees help. *The Business Times of Western Colorado*, 10(40), 14.
13. Murray, Steven R. (October 8, 2003). Get moving to lower health costs. *The Business Times of Western Colorado*, 10(35), 12.
14. Murray, Steven R. (September 3, 2003). Programs bridge workplace gap. *The Business Times of Western Colorado*, 10(30), 12.
15. Murray, Steven R. (August 6, 2003). Falls on the job no laughing matter. *The Business Times of Western Colorado*, 10(26), 16.
16. Murray, Steven R. (June 25, 2003). Work in the sun not always fun: Employees need protection from harmful effects of ultraviolet radiation. *The Business Times of Western Colorado*, 10(20), 11.
17. Murray, Steven R. (May 21, 2003). Stretching to curb injuries free and easy. *The Business Times of Western Colorado*, 10(15), 16.
18. Murray, Steven R. (April 23, 2003). Hazardous materials used at the worksite? Information saves lives. *The Business Times of Western Colorado*, 10(11), 11.
19. Murray, Steven R. (March 26, 2003). Dealing with injuries that occur on the job a matter of training: Employees should know first aid and CPR. *The Business Times of Western Colorado*, 10(7), 11.
20. Murray, Steven R. (February 26, 2003). Protective gear helps prevent injuries on the job. *The Business Times of Western Colorado*, 10(3), 11.

21. Murray, Steven R. (January 22, 2003). Now's the time to capitalize on New Year's resolutions: Promote employee health. *The Business Times of Western Colorado*, 9(23), 13.
22. Murray, Steven R. (December 18, 2002). Eat, drink and be very careful: The holidays can trigger digestive disorders—and sick employees. *The Business Times of Western Colorado*, 9(21), 21. Excerpts reprinted in *Mesa State College Faculty/ Staff Club Newsletter*, February 2003. 1(2), 2.
23. Murray, Steven R. (November 20, 2002). Wash out for viruses: There are handy ways to avoid getting sick. Reducing costly employee absenteeism a matter of inexpensive educational efforts. *The Business Times of Western Colorado*, 9(19), 27.
24. Murray, Steven R. (October 16, 2002). Stress on the job literally a headache. *The Business Times of Western Colorado*, 9(17), 23.
25. Murray, Steven R. (September 18, 2002). Older and wiser? Education helps. *The Business Times of Western Colorado*, 9(15), 19.
26. Murray, Steven R. (August 21, 2002). Stretching benefits: Reduction in injuries. Simple exercises can help alleviate problems. *The Business Times of Western Colorado*, 9(13), 25.
27. Murray, Steven R. (July 17, 2002). Pitcher's death shows tragic effects of CVD. *The Business Times of Western Colorado*, 9(11), 22.
28. Murray, Steven R. (June 19, 2002). Reduced productivity costly. *The Business Times of Western Colorado*, 9(9), 19.
29. Murray, Steven R. (May 15, 2002). Spring—and ailments—in the air. *The Business Times of Western Colorado*, 9(7), 24.
30. Murray, Steven R. (April 2002). Issues Response: Should commercial sponsorship be used to subsidize athletics programs? *Journal of Physical Education, Recreation, and Dance*, 73(4), 9.
31. Murray, Steven R. (April 17, 2002). Students on track for career opportunities. *The Business Times of Western Colorado*, 9(5), 15.
32. Murray, Steven R. (March 20, 2002). Back breaker: Injuries costly: On-the-job back injuries common, but prevention programs effective. *The Business Times of Western Colorado*, 9(3), 19.
33. Murray, Steven R. (February 20, 2002). At the Winter Games, and at the work place, "Light the Fire Within." *The Business Times of Western Colorado*, 9(1), 17.
34. Murray, Steven R. (January 23, 2002). Resolution the solution to cut weight, expenses. *The Business Times of Western Colorado*, 8(25), 17.
35. Murray, Steven R. (December 19, 2001). Reducing stress especially important during the holidays. *The Business Times of Western Colorado*, 8(23), 17.
36. Murray, Steven R. (November 21, 2001). Good prenatal care a sound investment. *The Business Times of Western Colorado*, 8(21), 16.
37. Murray, Steven R. (October 17, 2001). Screenings first step toward controlling health care expenses. *The Business Times of Western Colorado*, 8(19), 16.
38. Murray, Steven R. (September 19, 2001). Health care savings start with employees. *The Business Times of Western Colorado*, 8(17), 13.
39. Murray, Steven R. (August 15, 2001). Statistics tell frightening health story. *The Business Times of Western Colorado*, 8(15), 20.
40. Murray, Steven R. (July 18, 2001). In hot weather, workers must keep their cool. *The Business Times of Western Colorado*, 8(13), 14.
41. Murray, Steven R. (June 20, 2001). High blood pressure: Awareness program stops "silent killer." *The Business Times of Western Colorado*, 8(11), 19.

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43. Murray, Steven R. (April 2001). Issues Response: Is there a place for dodgeball in physical education? *Journal of Physical Education, Recreation, and Dance*, 72(4), 17-18.
44. Murray, Steven R. (April 18, 2001). Seat belts save lives—and money: Buckling up can prevent workday commute from becoming a real killer. *The Business Times of Western Colorado*, 8(6), 14.
45. Murray, Steven R. (March 21, 2001). Prevention the key to workplace safety. *The Business Times of Western Colorado*, 8(5), 10.
46. Murray, Steven R. (February 21, 2001). Alcohol abuse exacts toll on human capital. *The Business Times of Western Colorado*, 8(3), 13.
47. Murray, Steven R. (February 7, 2001). It's the perfect time for health promotion. *The Business Times of Western Colorado*, 8(2), 10, 13.
48. Murray, Steven R. (January 2001). Get employees moving toward better health. *The Business Times of Western Colorado*, 8(1), 18.
49. Murray, Steven R. (January 2001). Exercising in the Cold: How to prevent cold-weather injuries. *Mesa State College Sports Medicine Newsletter*, Winter, 1-2.
50. Murray, Steven R. (December 2000). Keep profits from going up in smoke. *The Business Times of Western Colorado*, 7(12), 20.
51. Murray, Steven R. (November/December 2000). Issues Response: Should martial arts be taught in physical education classes? *Journal of Physical Education, Recreation, and Dance*, 71(9), 12-14.
52. Murray, Steven R. (November 2000). Carpal tunnel syndrome preventable. *The Business Times of Western Colorado*, 7(11), 17.
53. Murray, Steven R. (October 2000). Here's why health promotion pays. *The Business Times of Western Colorado*, 7(10), 16.
54. Murray, Steven R., (September 2000). Stress can take deadly toll on employees. *The Business Times of Western Colorado*, 7(9), 24.
55. Murray, Steven R. (August 2000). Employers can promote healthy habits. *The Business Times of Western Colorado*, 7(8), 19.
56. Murray, Steven R. (July 2000). Healthy workers mean healthy profits. *The Business Times of Western Colorado*, 7(7), 20.
57. Murray, Steven R. and Brian E. Udermann. (June 2000). Championships Are Won During The Summer. *Mesa State College Sports Medicine Newsletter*, Spring/Summer, 1-2.
58. Murray, Steven R. (March 2000). Issues Response: In which department or college of a university should sport studies (sport management, sport administration, etc.) be taught? *Journal of Physical Education, Recreation, and Dance*, 71(3), 13.
59. Murray, Steven R., (February 2000). Issues Response: How can you have an elective physical education program and maintain gender balance within the classes? *Journal of Physical Education, Recreation, and Dance*, 71(2), 11.
60. Murray, Steven R. (June 1999). Dehydration and Fluid Replacement. *Mesa State College Sports Medicine Newsletter*, Spring/Summer, 1-3.
61. Murray, Steven R. (April 1999). Issues Response: Should men coach women's teams and vice versa? *Journal of Physical Education, Recreation, and Dance*, 70(4), 11.

Book

1. Murray, Steven R. (2005). *Wellness for Life*. Grand Junction, CO: Black Rhino Press.

PROFESSIONAL CONFERENCE PRESENTATIONS AND ABSTRACTS

1. 2006 American College of Sports Medicine National Conference. Udermann, Brian E., David M. Reineke, John M. Mayer, Steven R. Murray, Rebecca A. Battista, Molly J. Uhrich. *Developing Delayed Onset Muscle Soreness in the Lumbar Extensor Muscles*. (Published abstract in *Medicine and Science in Sports and Exercise*, 2006, 38(5S), S387).
2. 2006 National Association for Kinesiology and Physical Education in Higher Education National Conference. Murray, Steven R. and Jill C. Cordova. *The Making of an Interdisciplinary Graduate Degree: Master of Business Administration (MBA) with a Track in Sport and Fitness Management*. (Published abstract in conference proceedings).
3. 2005 American College of Sports Medicine National Conference. Udermann, Brian E., Dave M. Reineke, John M. Mayer, Steven R. Murray, Raymond D. Martinez, Mark H. Gibson, Cordial M. Gillette, and Scott T. Doberstein. *The Effect of Resistance Training on Lumbar Muscular Strength and Endurance*. (Published abstract in *Medicine and Science in Sports and Exercise*, 2005, 37(5S)).
4. 2005 Rocky Mountain Athletic Trainers' Association Conference. Pettitt, Robert W. and Steven R. Murray. *Changes in Optimum Angle and Fatigability Subsequent to Repeated Bouts of Eccentric Exercise at Long versus Short Muscle Length in Untrained Women*. (Published abstract in conference proceedings).
5. 2004 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Murray, Steven R. and Jessica L. Miller. *Wellness and Its Relationship to Self-Concept and Identity Development*. (Published abstract in *Research Quarterly for Exercise and Sport*, 2004, 75(1S), A-29).
6. 2004 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Udermann, Brian E., Steven R. Murray, John M. Mayer, and Ken Sagendorf. *Influence of Cup Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students*. (Published abstract in *Research Quarterly for Exercise and Sport*, 2004, 75(1S), A-53).
7. 2003 American College of Sports Medicine National Conference. Udermann, B.E., S.T. Doberstein, J.M. Mayer, and S.R. Murray. *Wrist Injury—Football*. (Published abstract in *Medicine and Science in Sports and Exercise*, 2003, 35(5S)).
8. 2002 Colorado Association for Health, Physical Education, Recreation, and Dance Convention. Murray, Steven R. *Olympic Revival: The First Three Olympiads 1896-1904*. (Published abstract in conference proceedings).
9. 2002 American College of Sports Medicine National Conference. Udermann, B., M. Reeder, M. Copeland, R. Ryan, and S. Murray. *Urachal Cyst in a Collegiate Football Player*. (Published abstract in *Medicine and Science in Sports and Exercise*, 2002, 34(5S)).
10. 2001 American College of Sports Medicine National Conference. Udermann, B., J. Mayer, S. Murray, and D. Babble. *Quantification of Isometric Lumbar Extension Strength on a BackUp Lumbar Extension Dynamometer*. (Published abstract in *Medicine and Science in Sports and Exercise*, 2001, 33(5S)).
11. 2000 American Psychological Society National Conference. Miller, Jessica L. and Steven R. Murray. *Wellness and Its Relationship to Self-Efficacy*. (Published abstract in conference proceedings).
12. 2000 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Murray, Steven R. and Jessica L. Miller. *Students' Attitudes Toward Wellness*. (Published abstract in *Research Quarterly for Exercise and Sport*, 2000, 71(1S), A-42).

13. 2000 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Murray, Steven R. and Jessica L. Miller. *Birth Control and Condom Usage Among College Students*. (Published abstract in *Research Quarterly for Exercise and Sport*, 2000, 71(1S), A-42).
14. 1999 Colorado Association for Health, Physical Education, Recreation, and Dance Annual Conference. Perrin, Karen and Steven R. Murray. *Developing a Collegiate Basic Instructional Program Policy Manual*. (Published abstract in conference proceedings).
15. 1999 American Psychological Society National Conference, Miller, Jessica L. and Steven R. Murray. *Wellness: Course Efficacy, Student Attitudes, and Relationship to Self-Concept*. (Published abstract in conference proceedings).
16. 1997 Southern District Association for Health, Physical Education, Recreation, and Dance Conference. Murray, Steven R. and Timothy J. Michael. *The Efficacy of an Introductory Health/Wellness Course in Positively Changing Wellness Behaviors*. (Published abstract in conference proceedings).
17. 1995 Southern District Association for Health, Physical Education, Recreation, and Dance Conference. Murray, Steven R. and Jim Colligon. *Wellness, Fitness, Health Habits, Blood Lipid, and Stress Profiles of Police Officers*. (Published abstract in conference proceedings).
18. 1994 Alabama State Association for Health, Physical Education, Recreation, and Dance Conference. Murray, Steve. *Wellness Profiles: A Comparison of University Faculty/Staff and Police Personnel*. (Published abstract in conference proceedings).
19. 1994 Southern District Association for Health, Physical Education, Recreation, and Dance Conference. Murray, S., McClellan, P., Michael, T., and Truelove, C. *Rate of Fluid Replacement and Heart Rate of Individuals Exercising in a Hot and Humid Environment*. (Published abstract in conference proceedings).

GRANTS AND CONTRACTS

Externally funded

1. Mesa County Health Department, Grand Junction, Colorado, \$5,000 for the delivery of specialized exercise courses for the *Steps to a Healthier US* initiative through the Mesa County, Colorado LiveWell program, 2005.
2. Mesa County Health Department, Grand Junction, Colorado, \$2,000 for the delivery of a smoking cessation program to the students at Mesa State College, 2002
3. William Randolph Hearst Foundation, \$50,000 for the beginning endowment of the William Randolph Hearst Nursing Scholarship at Cumberland University, 1998 (N.B., A follow-up grant of an additional \$50,000 was awarded the following year.)
4. Tennessee Arts Commission, \$600 for the Adams Art Gallery Lecture Series at Cumberland University, 1998
5. AT&T Foundation, \$7,000 for the Spring Lyceum Lecture Series at Cumberland University, 1998
6. RockTenn Corporation, \$15,000 for Vise Library at Cumberland University, 1998
7. AT&T Foundation, \$7,000 for the Fall Lyceum Lecture Series at Cumberland University, 1998
8. Thackston Family Foundation, \$2,000 for the Adams Art Gallery Lecture Series at Cumberland University, 1998
9. George I. Alden Trust, \$25,000 matching challenge grant for the Cumberland University Scholarship Program, 1998

10. Tennessee Arts Commission, \$1,100 for the Middle Tennessee Professional Development Workshop, Murfreesboro, Tennessee, 1998
11. Tennessee Historical Commission, \$29,000 for the interior renovation of Cumberland University's Baird Chapel, 1998
12. Cracker Barrel Old Country Store Foundation, \$15,000 for the Heydel Scholarship Endowment (\$10,000) and annual funds (\$5,000) of Cumberland University, 1998
13. Lettie Pate Whitehead Foundation, \$20,000 for the Nursing Scholarship Program at Cumberland University, 1998
14. Cracker Barrel Old Country Store Foundation, \$15,000 for the interior renovation of Cumberland University's Baird Chapel, 1998
15. Tennessee Arts Commission, \$2,500 for the Adams Art Gallery at Cumberland University, 1997
16. Thackston Family Foundation, \$1,200 for the Fall Film Festival at Cumberland University, 1997
17. Tennessee Historical Commission, \$40,000 grant for the exterior renovation of Cumberland University's Baird Chapel, 1997
18. Private Industry Council (federal grant), \$790,000 for *The 1997 Summer Youth Employment and Training Program* through Mid-Cumberland Human Resource Agency, Nashville, Tennessee. (N.B., I worked with Dr. Daniel N. McMasters on the development and writing of the grant, but he was the program director), 1997
19. Private Industry Council (federal grant), \$436,000 for *The 1996 Summer Youth Employment and Training Program* through Mid-Cumberland Human Resource Agency, Nashville, Tennessee, 1996

Internally funded

1. Mesa State College, \$800 for professional development to make two presentations at the National AAHPERD Convention in New Orleans, Louisiana, 2004.
2. Office of State Colleges of Colorado, \$700 for special inventive professional development programs to obtain Health Promotion Director Certification from the Cooper Institute in Dallas, Texas, 2001.
3. Mesa State College, \$800 for professional development to make two presentations at the National AAHPERD Convention in Orlando, Florida, 2000.

PROFESSIONAL SERVICE

Member, Executive Board of the Colorado Association for Health, Physical Education, Recreation, and Dance (1999-2004)

Editor-in-Chief, Colorado Association for Health, Physical Education, Recreation, and Dance Journal (2000-2004)

Book Reviewer, Wadsworth Group: Thomson Learning (2001-present)

Book Reviewer, McGraw-Hill (2004-present)

Book Reviewer, Pearson: Benjamin Cummings (2005-present)

Book Reviewer, Holcomb Hathaway, Publishers (2006-present)

MAJOR COLLEGE OR UNIVERSITY SERVICE

Mesa State College, Grand Junction, Colorado

- Head, Department of Kinesiology (2003-present)

- Member, Graduate Council (2000-present), Chairman (2002-2006)
- Member, seven faculty search committees and two departmental staff committees, Chairman of two faculty search committees (1998-present)
- Member, Assistant Vice President of Academic Affairs search committee (2006)
- Chairman, Head Wrestling Coach search committee (2006)
- Acting Dean, School of Business and Professional Studies, (June-August 2004)
- Senator, Faculty Senate (2003-2004)
- Chairman, College Organizational Structure Committee (2004)
- Chairman, North Central Association Accreditation Sub-committee (2004)
- Member, Dean search committee (2001)
- Chairman, Departmental NCATE preparation committee (1998)

Cumberland University, Lebanon, Tennessee

- Administrator, Baird Chapel Renovation (1997-1998), a \$250,000 grant-funded project
- University liaison, *The Phoenix Ball* (1998), the major annual black-tie fund-raiser for the university
- Head university liaison for the Law Recognition Committee (1998), a secondary fund-raising event for the university
- Member, Marketing Task Force (1997-98)

Lander University, Greenwood, South Carolina

- Member, Departmental NCATE preparation committee (1997)

Middle Tennessee State University, Murfreesboro, Tennessee (as a graduate student)

- Student Member, Graduate Council (1995-1996)
- Student Member, Institutional Review Board (1995-1996)

Robert Eugene Ryan MA, ATC, CSCS

Curriculum Vitae

Work Address: Mesa State College

Acting Program Director
Athletic Training Education Program
1100 North Ave.
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Phone: 970-248-1374
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Education:

- June 1990 – Aug 1992 University of Northern Colorado, Greeley CO
School of Kinesiology and Physical Education
Masters of Arts – Mechanical Kinesiology – 1992
- Jan 1988 – May 1991 Mesa State College, Grand Junction, CO
School of Social and Behavioral Sciences
- Aug 1984 – May 1985 University of Colorado – Boulder, Boulder, CO
School of Education
- Aug 1978 – May 1984 University of Colorado – Boulder, Boulder, CO
School of Arts and Sciences
Bachelor of Arts – Biology – 1984
- Sept 1978 – June 1981 Trinidad State Junior College, Trinidad, CO

Teaching Experience:

- Fall 2005 – Present Mesa State College, Grand Junction CO
Acting Program Director
Athletic Training Education Program
Department of Kinesiology
- Fall 2002 – Summer 2005 Mesa State College, Grand Junction CO
Coordinator of Clinical Experiences
Athletic Training Education Program
Human Performance and Wellness
- Fall 1992 – Fall 2005 Mesa State College, Grand Junction, CO
Lecturer
Human Performance and Wellness

Teaching Experience (cont):

- Spring 1990 Mesa State College, Grand Junction, CO
Faculty Assistant

Fall 1986 – Fall 1990

Mesa State College, Grand Junction, CO
Instructor

Courses taught:

Prevention and Care of Athletic Injuries
Advanced Athletic Training Principles
Therapeutic Modalities and Rehabilitative Techniques (Topics)
Training Room Organization and Administration
Clinical Experiences in Athletic Training I,II,III,IV
Orthopedic Assessment / Evaluation
Upper Body Assessment
Anatomical Kinesiology
Anatomical Kinesiology Lab
Therapeutic Modalities
Medical Conditions and Pharmacology in Sports
Standard First Aid – ARC Responding to Emergencies
Advanced First Aid – ARC Emergency Response
First Aid Instructor (Topics)
School and Personal Health
Community Health
Health and Wellness
Weight Training
Fitness Walking

Professional Experience:

Aug 1992 – Aug 2005

Mesa State College, Grand Junction, CO
Head Certified Athletic Trainer

Aug 1991 – May 1992

Platte Valley High School, Kersey, CO
Head Certified Athletic Trainer

Aug 1985 – June 1991

Mesa State College, Grand Junction, CO
Head Certified Athletic Trainer

Publication:

Ray TL, Reeder MT, Udermann BE, Murray SR, **Ryan R.** Lacerated Liver in an Intercollegiate men's Baseball Player During a Flag Football Game: A Case Report. NATA News. 2003;4:57-60

Presentations:

20th Annual Disabled Veterans Winter Sports Clinic, Exercise and Rehab Prescription for Chronic Medical Conditions, April 5, 2006

Certifications:

National Athletic Trainers Association
Certified Athletic Trainer – 1985 (current)

National Strength and Conditioning Association
Certified Strength and Conditioning Specialist - 2000 (current)

American Red Cross
CPR for the Professional Rescuer/AED
Emergency Response

American Red Cross Instructor
First Aid/ CPR/ AED, Sports Safety Training, Responding to Emergencies
Emergency Response

American Red Cross Instructor Trainer
Emergency Response (current)
Includes First Aid/CPR/AED, Sports Safety Training Responding to
Emergencies

Emergency Medical Technician (5/81- 5/84)

Membership in Professional Organizations:

National Athletic Trainers Association NATABOC # 000050402
(Student 1983-1985, Certified 1985- present)

Colorado Athletic Trainers Association
Election Committee - chairperson (1998 - present)

National Strength and Conditioning Association cert #200013341
(Professional 1986 – 2000, Certified 2000- present)

Community Service:

American Red Cross – Western Colorado Chapter
Health and Safety Committee – (Sept 1996 – May 2006)
Health and Safety Advisory Board/ Instructor Cadre (May 2006- present)
Instructor Trainer (1995 – present)
Volunteer Instructor (1990 – present)

Curriculum Vitae
Susan Anne Yeager

Educational Background:

<u>School</u>	<u>Date of Graduation</u>	<u>Degree</u>	<u>Major</u>	<u>Minor</u>
Indiana University Instructional Systems Technology	1980	P.E.D.	Physical Education	
Dissertation Topic: "Performance Rhythms of Skilled Gymnasts in the Teaching of Gymnastics Skills to Novices."				
South Dakota State University and Counseling	1969	M.S.	Physical Education	Guidance
Thesis Topic: "The Effects of Varying Training Time Periods Upon the Development of Cardiovascular Efficiency in College Women."				
Luther College, Decorah, IA	1968	B.A.	Physical Education	English

Other Training / Certifications

Secondary Education Teaching License - 1968
 University of Wisconsin / La Crosse: Cardiac Rehabilitation Administration Workshop - 1979.
 International Biomechanics Teaching Symposia: 1984 and 1989
 American Red Cross Adult CPR and First Aid Certification - yearly, 1988-2003
 American Coaching Effectiveness Program Level I Instructor Certification - 1989

Employment:

1988 - present present)	Mesa State College (associate professor until 1994; full professor 1994 to present)
1988-1991	Department Chair, Mesa State College
1981 - 1988	St. Olaf College (assistant professor)
1987	Physical Fitness Consultant and Tester for Federated Insurance, Owatonna MN
1981	Biomechanics and Fitness Consultant and Tester, Sioux Falls (SD) Fire Department
1979 - 1980	Indiana University (graduate assistant)
1975 - 1981	South Dakota State University (assistant professor)
1970 - 1975	South Dakota State University (instructor)
1969 - 1970	Dakota State College (instructor)
1968 - 1969	South Dakota State University (graduate assistant)
1968	Sterling-Coloma (IL.) Park District (summer)

Total Career Courses Taught:

Skills Courses: archery, badminton, basketball, billiards, body mechanics (individual fitness), bowling, cycling, fencing, field hockey, fitness walking, folk dance, golf, intermediate golf, gymnastics, handball, racquetball, soccer, softball, team handball, tennis, tumbling, trampoline, track and field, volleyball.

Professional Courses: Health and Wellness, School and Personal Health, Introduction to (and History and Philosophy of) Sport and Physical Education, Fundamentals of Movement, Adapted Physical Education, Senior Majors Seminar, Exercise Physiology Lab, Methods of Teaching Secondary Physical Education, Curriculum Development in Physical Education, Coaching of Field Hockey, Kinesiology, Biomechanics (graduate and undergraduate course), Biomechanics Lab,

Methods of Gymnastics, Stunts, and Tumbling, Methods of Soccer, Methods of Golf, Methods of Badminton, Methods of Archery, Methods of Folk and Square Dance, Methods of Dance and Gymnastics, Pre-Internship.

Additional Duties: Department chair, supervising student teachers, District 51 Physical Education Liaison, Concentration head for K12 majors, advising of undergraduates (majors and non-majors), advising for independent studies, various committee assignments including Faculty Senate Secretary (2 years) and Curriculum Committee member (4 years) and chair (2 years) and coaching of golf, field hockey, volleyball, soccer, softball, track and field, tennis, and badminton teams.

Professional Presentations:

Central District Association for Health, Physical Education and Recreation, 1970 and 1971 conventions.

South Dakota Education Association meeting, 1972.

Indiana Interagency meeting, 1979.

National Association of College Admissions Counselors, 1982 convention.

Community Presentations: Weight Watchers and several other groups.

Recorder, AAHPERD Convention, April 1987.

Professional Publications:

Journal article, "Effects of Varying Training Periods on the Development of Cardiovascular Efficiency of College Women," 41:4 The Research Quarterly, December, 1970.

Microfiche Publication, "Performance Rhythms of Skilled Gymnasts in the Teaching of Gymnastics Skills of Novices," March, 1981.

Reviewer, JOPERD, Fall 1987.

Journal article, "Tuning in to the Olympics," Journal of Physical Education, Recreation, and Dance, 59:3, March 1988.

Reviewer, CAHPERD Journal, 2000 - 2002

Journal article, "Innovative Teaching Method Courses," CAHPERD Journal, 25:1, Fall 2000

Book review, "Youth Development and Physical Activity: Linking Universities and Communities," by Don Hellison et al., CAHPERD Journal, 26:1, Fall 2001

Journal article, "Teaching Safety to Physical Education Majors," CAHPERD Journal, 27:1, Fall 2002

Journal article, "Friendly, Yes, Friend, No", CAHPERD Journal, 28:1, Fall 2003

Coaching and Officiating Highlights:

Coach of undefeated Field Hockey team (12 - 0), South Dakota State University, 1971

Coached several AIAW National Track and Field athletes, South Dakota State University, 1971 - 1981

Coach of St. Olaf Soccer Team: six-year record (50 wins, 40 losses, 9 ties, including MIAC championship 1983).

Coach of St. Olaf Women's Golf Team, including third place team, MWCGA, 1985.

Chief Inspector, MIAC Indoor Track Championships, March 1987.

Clerk of Course, Invitational Indoor Track Meet, 1984.

Many tournaments organized, hosted, and directed.

NCAA National Division III Track and Field Championships, Jumping Events Coordinator and Official, 1984

NCAA National Division III Track and Field Championships, Long Jump and Triple Jump Official, 1988

Professional and Honorary Organizations:

1964 - present, AAHPERD (American Alliance for Health, Physical Education, Recreation and Dance)

1969 - present, Kappa Delta Pi (Honorary Education)

1996 - present Delta Kappa Gamma (Women's Education); Second Vice-President 1997-1999

1970 - 1988, NAPEHE (National Association of Physical Educators in Higher Education)

1983 - 1987, NSCAA (National Soccer Coaches Association of America)
1983 - 1984, ITCA (Intercollegiate Tennis Coaches Association)
1986 - 1988, NGCA (National Golf Coaches Association)
1987 - present, MACPEW (Minnesota Association for College Physical Education for Women)
1988 - present, COAHPERD (Colorado Association for Health, Physical Education, Recreation and Dance)

Selected Committees and Service:

Audiovisual Co-Chair, Local Committee, AAHPERD National Convention, 1983
Chair, MIAC Soccer Coaches, 1984-85
MWCGA (Minnesota Women's Collegiate Golf Association) By-laws Committee, 1986
MWCGA Chair, 1987-88

Selected Mesa State College Committee Assignments:

Chair, Discipline Committee 1988-1989
Chair, Search Committee for Acting Vice President for Student Affairs, 1989
Chair, Faculty Committee, NCATE Self-Study, 1992-1993
Chair, Institutional Advisory Committee (Presidential Search) 1995-1996
Chair, Teacher Education Director Search Committee, 1996-1997
Academy for Educational Excellence Committee, 1996-1999
Secretary (and member of) Community Wellness Center Committee, 1997-2001
Curriculum Committee member 1997-2001 and 2005-present
 Vice-Chair, 1998-1999, and 2005-2006
Member of UTEC Curriculum Committee 1998-1999
Chair of Curriculum Committee 1999-2001
Tenure Appeal Committee, 1998
Sabbatical Committee, 2002-2006
Promotion and Tenure Committees - 1995-present
College Faculty Search Committees - at least 5
Other departmental committees 1988-present

Selected Community Activities:

Member, handbell choirs (31 years) and [singing] choir (many years)
Road Race Official (4 years)
Public Radio Fund-raising Volunteer (4 years)
Victim Support Helpline (3 years)
Recording Secretary for Church Administrative Council, 1997-2002
Church Liturgist, 1998-present
Voting Delegate to Church Annual Conference (regional meetings), 1999, 2002-2008
Stephen Minister 1999-2001
Stephen Leader 2001-present
Congregation Lay Leader 2005 - present
 Chair of several committees
Speaker for community Live Well programs (6 sessions), 2005 - present

Appendix B
Library Assessment

**Library Program Assessment
John U. Tomlinson Library
Mesa State College**

Date of Assessment: ____ Summer 2006

Purpose of Assessment: _____

Program under review: __ Kinesiology

Program Level/s: __ bachelor degrees

Liaison Signature: __ Barbara Borst

1. Collection Assessment

a. Reference Support:

Reference Collection provides basic support Kinesiology with specialized dictionaries and encyclopedias. Representative titles include:

- Encyclopedia of Sports Science (1997)
- Encyclopedia of the Modern Olympic Movement (2004)
- Dictionary of Sport and Exercise Sciences (1991)
- Gray's Anatomy (2005)
- Encyclopedia of Exercise, Sport and Health (2004)
- Encyclopedia of Sports Medicine (2005)
- Handbook of Sports Injuries (1999)
- Physician's Desk Reference (2006)

b. Monographic Sources

The collection was divided into six groups for analysis: Adapted Physical Education, Athletic Training, Exercise Science, Individual sports-coaching-officiating, K-12 teacher education, and Sports & Fitness Management. Three areas have over 40% of the collection older than 1980 (Adapted PE, Individual sports, K-12 teacher ed). All six have at least 30% of the collection published since 1990 with two areas over 50% (Exercise Science 53% and Athletic Training 71%). In looking at the total collection 37.7% is pre-1980 and 41.3% is post-1990. Overall, the collection is in pretty good shape.

- Age Analysis (attached)

c. Periodicals

The Library subscribes to 40 magazines and journals that support Kinesiology. In addition the aggregator databases provide indexing and full text articles for

some additional titles. Sports law, education and general business topics receive the best coverage from these databases.

Current Paper Subscriptions:

ACSM's Health & Fitness Journal
Adapted Physical Activity Quarterly
American Journal of Health Education
Annual Review of Physiology
Applied Physiology, Nutrition & Metabolism
Athletic Administration
Coach & Athletic Director
Colorado Bowhunter
Health
Health Promotion Practice
International Journal of Sports Medicine
Journal of Aging & Physical Activity
Journal of Applied Biomechanics
Journal of Applied Physiology (microfiche only)
Journal of Athletic Training
Journal of Community Health
Journal of Nutrition
Journal of Nutrition Education & Behavior
Journal of Physical Education, Recreation & Dance
Journal of Sport History
Journal of Sports Medicine & Physical Fitness
Journal of Teaching in Physical Education
Medicine & Science in Sports & Exercise
NASPE News
Newsletter – North American Society for Sport History
Palaestra
Pediatric Exercise Science
Physical Educator
Proceedings – North American Society for Sport History
Research Quarterly for Exercise & Sport
Sports Illustrated
Sports 'N Spokes
Strategies (AAHPERD)
Strength & Conditioning Journal
Teaching Elementary Physical Education
University of California Berkeley Wellness Letter

Electronic journals

Canadian Journal on Aging
Job Safety & Health Quarterly
Journal of Rehabilitation Research & Development
NINE: A Journal of Baseball History & Culture

d. Electronic Resources

Indexes which include Kinesiology journals:

Physical Education Index

Medline

CINAHL

Wilson OmniFile Select

Academic Search Premier

Business Source Premier

ERIC

Science Direct

2. Evaluation of the total collection

a. Strengths

1. Athletic Training/Sports Medicine collection is very current and strong.
2. All six areas show current growth with either equal or greater purchasing than in the 1980s and 1990s.

b. Weaknesses

1. Very few online resources and electronic journals.
2. The two smallest collections each have about 100 total titles with 50 or less since 1990. (Adapted PE & Sports & Fitness Mgt.)
3. Journal support for Sports & Fitness Management is very weak.

3. Recommendations

- a. Review pre-1980 materials for relevance to collection. Identify titles that should be kept – core, historical, and still current titles – and those that need to be withdrawn.
- b. Need to give additional attention to purchasing for Adapted PE and Sports & Fitness Management while not ignoring the other areas.
- c. Need more journal support for Sports & Fitness Management.

Library Director: _____ Date: _____

Adapted PE	
By Location	
2nd Floor	101
Special Collections	5
Volumes=	108
Titles=	102
By Publication Date	
Before 1980	43
1980-1989	27
1990-1999	22
2000-	10

42%
26%
22%
10%

Athletic Training	
By Location	
2nd Floor	9
3rd Floor	348
New Books	31
Oversize	1
Reference	10
Volumes=	399
Titles=	399
By Publication Date	
Before 1980	64
1980-1989	53
1990-1999	111
2000-	171

16%
13%
28%
43%

Exercise Science	
By Location	
2nd Floor	66
3rd Floor	220
New Books	10
Reference	2
Microfiche	1
Volumes=	299
Titles=	287
By Publication Date	
Before 1980	74
1980-1989	62
1990-1999	77
2000-	74

26%
21%
27%
26%

Individual sports, coaching, officiating	
By Location	
2nd Floor	1581
New Books	36
Oversize	40
Microfiche	1
Reference	90
Reserves	3
Special Collections	55
Volumes=	1776
Titles=	1668
By Publication Date	
Before 1980	751
1980-1989	371
1990-1999	268
2000-	271
Date Unknown	7

45%
23%
16%
16%

K-12 Teacher education	
By Location	
2nd Floor	304
New Books	4
Oversize	1
Reference	1
Volumes=	310
Titles=	310
By Publication Date	
Before 1980	132
1980-1989	42
1990-1999	68
2000-	67
no date	1

43%
13%
22%
22%

Sports & Fitness Management	
By Location	
2nd Floor	96
3rd Floor	8
New Books	4
Oversize	4
Reference	1
Volumes=	113
Titles=	113
By Publication Date	
Before 1980	21
1980-1989	41
1990-1999	31
2000-	20

19%
36%
27%
18%

Appendix C

Summary of Majors and Degrees Awarded

Undergraduate Human Performance and Wellness Enrollment by Major Code, Spring Terms 2001-2005
Mesa State College**

Level	Major Code	Program Name	Enrollment				
			2001	2002	2003	2004	2005
Freshman							
	3140	HPW - Adapted PE	1	5	3	2	3
	3139	HPW - Sport and Fitness Management	6	9	4	9	4
	3142	HPW - Teaching (K-12)	11	19	22	17	16
	3143	HPW - Exercise Science	8	16	23	25	24
	3144	HPW - Athletic Training	18	2	0	0	0
	3145	HPW - Pre-Athletic Training	0	23	27	40	42
	TOTAL		44	74	79	93	89
Sophomore							
	3140	HPW - Adapted PE	0	0	2	2	4
	3139	HPW - Sport and Fitness Management	4	7	6	11	10
	3142	HPW - Teaching (K-12)	11	11	24	15	16
	3143	HPW - Exercise Science	11	14	9	29	13
	3144	HPW - Athletic Training	4	3	0	0	0
	3145	HPW - Pre-Athletic Training	0	13	15	13	18
	TOTAL		30	48	56	70	61
Junior							
	3140	HPW - Adapted PE	0	2	0	4	1
	3139	HPW - Sport and Fitness Management	6	12	6	17	21
	3142	HPW - Teaching (K-12)	21	10	17	19	14
	3143	HPW - Exercise Science	11	13	18	15	33
	3144	HPW - Athletic Training	4	5	2	0	3
	3145	HPW - Pre-Athletic Training	0	0	3	12	15
	TOTAL		42	42	46	67	87
Senior							
	3140	HPW - Adapted PE	1	2	3	0	2
	3139	HPW - Sport and Fitness Management	12	12	20	10	26
	3142	HPW - Teaching (K-12)	19	29	20	23	31
	3143	HPW - Exercise Science	31	23	19	25	26
	3144	HPW - Athletic Training	8	3	6	8	5
	3145	HPW - Pre-Athletic Training	0	3	0	2	2
	TOTAL		71	72	68	68	92
All Levels							
	3140	HPW - Adapted PE	2	9	8	8	10
	3139	HPW - Sport and Fitness Management	28	40	36	47	61
	3142	HPW - Teaching (K-12)	62	69	83	74	77
	3143	HPW - Exercise Science	61	66	69	94	96
	3144	HPW - Athletic Training	34	13	8	8	8
	3145	HPW - Pre-Athletic Training	0	39	45	67	77
	TOTAL		187	236	249	298	329

** First and second major code only

**Baccalaureate in Human Performance and Wellness Awarded by Major Code, Academic Years 2001 - 2005
Mesa State College**

Level	Major Code	Program Name	Degree Attainment					
			2001	2002	2003	2004	2005	2006 (proj)

Program Review Final Report
Kathy L. Ermler, Ed.D.
Program Reviewer

This report is the program review of the Department of Kinesiology and the B.A degree in Kinesiology within this Department at Mesa State College conducted on December 4-6, 2006. The B.A. in Kinesiology has five concentrations; Athletic Training (ATEP); Adapted Physical Education; Exercise Science; K-12 Teaching; and Sport and Fitness Management.

Introduction

I have completed the program review of the Department of Kinesiology at Mesa State College in Grand Junction, CO. I commend the faculty for their dedication to their teaching and to their students and thank them for the time they spent with me during the campus visit. I would also like to thank the administration for undertaking external program reviews. The beneficiaries of the program reviews are the students in the Department of Kinesiology. I would like to thank Dr. Steven Murray, Dr. Richard Bell, Dr. Keith Fritz, Dr. Guy Leadbetter, Mr. Robert Ryan, Dr. Susan Yeager from the Department of Kinesiology and Dr. Cathy Barkley for their attention to detail and their greatly appreciated and numerous courtesies, which allowed me efficient access to the breadth and depth of the information needed for this program review.

Curriculum

Current Status. The Department of Kinesiology offers a B.A. in Kinesiology with five concentrations (Adapted Physical Education; ATEP; Exercise Science; K-12 Teaching; and Sport and Fitness Management). It also offers two minors (Personal Training and Sport and Fitness Management). The department also offers a curriculum track in Sport and Fitness Management in conjunction with the MBA program in Business Administration. In addition, the university physical activity courses (KINA) are offered and scheduled through the Department of Kinesiology.

The B.A. in Kinesiology has an enrollment of 331 students. This enrollment is up from 206 students in 2000. The enrollment for the 2005-2006 academic year for each concentration was as follows: Adapted Physical Education (N=12); ATEP (N=15); Exercise Science (N=94); K-12 Teaching (N=75); Sport and Fitness Management (N=71); and Pre-Athletic Training (N=64).

The graduation rates for each concentration in the B.A. in Kinesiology for the 2005-2006 academic year were: Adapted Physical Education (N=3); ATEP (N=3); Exercise Science (N=16); K-12 Teaching (N=9); and Sport and Fitness Management (N=22).

The Department of Kinesiology generates approximately 10,000 credit hours per year. It also leads the campus in offering more internet classes than any other department on campus and currently generates 32% of all distance learning classes at Mesa State College.

All bachelors degrees at Mesa State College and in the state of Colorado may not exceed 120 credit hours.

Changes. In speaking with Dr. Steve Murray and faculty members in the Department of Kinesiology, the following curricular changes have occurred or will be offered during the 2006-2007 academic year.

1. The Athletic Training concentration will move from a concentration to a BS degree in Athletic Training during the 2006-2007 academic year. At the time of the review, the necessary curriculum materials have been moved through the Department of Kinesiology to the University Curriculum committee.
2. The Sport and Fitness Management concentration is projected to move to a BS degree in Sport Management during the 2006-2007 academic year. At the time of the review, the necessary curriculum materials have not moved through the Department of Kinesiology.

Strengths. During the visit and upon reviewing the written and electronic curriculum materials, the following strengths were noted:

1. The movement to a separate major for ATEP is a necessary step to be aligned with CAATE accreditation for Athletic Training programs. While this does not need to occur until 2010, it is a positive, proactive step in creating Athletic Training as a separate and stand-alone major in the Department of Kinesiology. The ATEP is very concerned with accreditation and has reviewed its curriculum to align it with accreditation requirements.
2. The potential of the Sport and Fitness Management concentration to move to a BS degree in Sport Management would be an excellent change for this program. Dr. Bell indicated that he would like to seek approval from the North American Society for Sport Management (NASSM) after this concentration has moved to an independent degree program in the Department of Kinesiology.
3. The K-12 Teaching concentration and the Adapted Physical Education concentration compliment and fit quite well together.
4. In the K-12 Teaching concentration, there appears to be progressive practicum experiences (from observation to increased responsibilities to full control over classes) for K-12 education majors.

Challenges and Recommendations. The following recommendations and challenges are offered in relation to the curriculum.

1. The K-12 Teaching concentration should undergo a review of its requirements. After speaking to alumni, faculty and students, it was noted that this concentration had a "traditional" approach to teaching physical education and that the courses focus heavily on teaching for middle and secondary students. One alumnus indicated that there is a notable lack of emphasis on lower elementary activities.
2. The Exercise Science concentration would be a strong program if it was made an independent major in the Department of Kinesiology. While Adapted Physical Education and K-12 Teaching integrate very well together, Exercise Science does not. While I am aware of some of the administrative concerns that may occur if Exercise Science is developed into a BS degree in Exercise Science, the curriculum and students in the program would be better served and better prepared if this occurred.
3. In speaking with the students, they indicated that they would like to have a Biomechanics class added to the curriculum. In reviewing the concentrations, this would make an excellent addition to all concentrations.

4. Syllabi should all contain student outcomes/objectives. In reviewing the current syllabi, several do not include student outcomes. I would recommend that syllabi in all concentrations be more uniform in their content and organization to include, but not limited to course description, student outcomes, calendar of topics, course evaluation/assessment and instructor contact information. While I believe in academic freedom, I also advocate that establishing minimal expectations for what a course syllabi must include provides students and faculty with a useful, informational and, at time, legal tool.
5. KINE 213 - Applied Physical Fitness and Exercise Prescription seems to be out of sequence. If this class is the application of exercise physiology principles, it should be sequenced after KINE 303 Exercise Physiology.
6. The Exercise Science and Sport and Fitness Management concentrations should examine the practical experiences they provide their students outside of the internship experience and consider offering more field based experiences before internship.

Faculty/University Relationships

Current Status. The Department of Kinesiology has seven faculty members. Six of the seven hold doctorate degree and are full-time tenure track faculty members. The faculty member who does not possess a doctorate degree has all the appropriate certifications to direct the ATEP program and is a full-time visiting assistant professor. In addition, nine coaches within the Department of Athletics and six to eleven part-time instructors from the community are hired to teach various classes in the concentrations. Dr. Steven Murray is the Chair of the Department of Kinesiology.

Faculty load at Mesa State College is defined as 12 credit hours per semester. In addition, the faculty divide the advising responsibilities. However, none of the faculty maintain a 12 credit per semester faculty load. If faculty members teach more than 12 hours, they are paid an overload to teach. In addition, distance classes are not considered part of the faculty load and faculty are compensated very well for teaching the online classes.

Faculty development opportunities are offered to the faculty. The Department of Kinesiology (as all departments on the Mesa State Campus), receive \$600 per faculty member for travel. Dr. Murray indicated that faculty can travel to one convention or conference per year and have the entire expense funded through the Department. Faculty belong to appropriate professional organizations. Faculty are evaluated by students through student evaluation and results are reported back to the Chair and the individual faculty member.

The Department of Kinesiology follows the Mesa State College's policy for faculty evaluation, tenure and promotion. Appropriately, the primary consideration is quality teaching (60%). Scholarship and service are the other components of faculty review and the percentage can be adjusted to reflect the various strengths and/or interests of the faculty member.

The faculty in the Department of Kinesiology meet two to four times per year as a faculty group for departmental meetings. They all seemed to agree that because the Department was small and Dr. Murray was very efficient at handling departmental

concerns as these arose, there was no need to meet more frequently as a faculty group.

In conversations with the Department Chair and faculty members, the development of departmental goals are not established on an annual basis. The setting of departmental goals seems to be a very informal process.

Faculty in the K-12 Teaching concentration are responsible for placing and supervising student teachers. This process is initiated by the students who seek out a placement and then have the placement approved by a faculty member. All other educational programs at Mesa State College have their student teaching placements arranged through the Center for Teacher Education.

Changes. The following changes in the area of faculty have occurred or will be offered during the 2006-2007 academic year.

1. A merit based annual review of the faculty is being discussed and may be instituted by the end of the 2006-2007 academic year. The faculty seem to be confused and concerned about this type of review. The procedures for conducting this review have not been solidified or clarified at this time.
2. During the 2005-2006 academic year, the Department of Kinesiology had one failed faculty search.

Strengths. During the visit and upon reviewing the written and electronic materials, the following strengths were noted:

1. The faculty in the K-12 Teaching concentration have a strong, positive relationship with the Mesa School District and the teachers within this district. The K-12 Advisory Committee is a great resource for the faculty and students in this concentration.
2. The ATEP has access to five clinical sites for the athletic training students. To have access to five clinical sites is very impressive and a great strength for the ATEP program.
3. The working relationship between the Department of Athletics, Student Recreation and the Department of Kinesiology is a very strong and cooperative working relationship. This relationship is not found on many campuses.
4. The cooperative relationship between the Department of Business Administration and the Sport and Fitness Management concentration will lend strength to the newly developing Sport Management degree.
5. While the ATEP has only 1½ full-time faculty members for the program, this program has access to three additional fully certified athletic trainers in the Department of Athletics.

Challenges and Recommendations. The following recommendations and challenges are offered in relation to the faculty.

1. The faculty is stretched too thin and is doing more with the same resources. Faculty in the Department of Kinesiology are teaching from 16 to 21 hours per semester. This is a difficult cycle to break since the reward to take on more teaching load, particularly online classes, is rewarded financially. However, the more classes the faculty teach, the more the administration expects them to continue to teach these loads without adding additional

faculty resources to the programs. At this point, the Department of Kinesiology cannot grow in credit hour production without additional faculty resources. I would contend that the faculty have a difficult time developing the areas of scholarship and service with this current faculty load.

2. In speaking with the faculty and the Chair, the attitude toward the departmental goals seems to be one of, "if it isn't broken, don't fix it." While maintaining quality and continuing to do the things they do well is critical, the department faculty also needs to focus on annual goals to enhance and improve the already established quality present in the department.
3. With the current number of full-time faculty, it will be difficult, if not impossible, for the concentrations to grow any further. Additional full time faculty will be needed to permit further student growth. The department may need to examine its admission policies in high demand areas and determine if an admission cap will need to be placed on the concentration if additional faculty resources are not provided.
4. Faculty development and attendance at regional and national conventions and conferences should be encouraged. Some of the faculty consistently attend professional conventions and conferences, while others seem content not to attend any professional development or to attend only the state level convention.
5. Student teaching placement should go through a centralized placement center. I would recommend that faculty members send a list of students with the requested supervising teachers to the Center for Teacher Education and let this office make all the placements in consultation with the faculty in the Department of Kinesiology.

Advising/Student Organizations

Current Status. All faculty in the Department of Kinesiology serve as advisors. The advising structure in the Department of Kinesiology (and all other departments at Mesa State College) is a very loosely structured advising system. Students do not need to see an advisor in the Department of Kinesiology to register, or for that matter for any reason. Students are provided a program checklist and then are free to register and sequence their program any way they wish to do so. All concentrations have a specific student club to which students in this concentration are encouraged to participate and join.

Changes. At this time, there is no indication of any changes being made to the advising structure in the Department of Kinesiology.

Strengths. During the visit and upon reviewing the written and electronic materials, the following strengths were noted:

1. The departmental checklist and recommended sequence of classes is extremely clear and well-documented.
2. Students take responsibility and are involved in their own degree.
3. In speaking with the students, they all agree that the student clubs provide valuable experiences for them.

Challenges and Recommendations. The following recommendations and challenges are offered in relation to the advising area.

1. The students to whom I spoke indicated they would like more direction in the selection and sequencing of their programs. They also indicated that mistakes they have made in choices of classes may have added an additional semester of college to their schedules.
2. The students who decide to take a B.A. in Kinesiology are given their advising sheets by the administrative assistant. This is the only time the program is explained to them. I would recommend that one of the early classes (e.g., KINE 100) in the program be used to review concentration and core requirements and to make sure students are aware of class sequencing.
3. I would recommend that Mesa State College review the advising system for the entire college. It would not be appropriate to recommend that one department change its advising procedures without the continuity of the entire college.

Assessment

Current Status. The assessment process in the Department of Kinesiology is in its initial stages. All data collected reflect summative types of data. The Department collects the following assessment data depending on the area of concentration:

1. PLACE exam scores
2. NATABOC examinations scores
3. Exit exams
4. Number of students accepted in graduate or professional schools
5. Alumni and Employer surveys

Changes. At this time, there is no indication of any changes being made to the assessment process in the Department of Kinesiology. However, Mesa State College is in the process of looking at the assessment process for the entire college.

Strengths. During the visit and upon reviewing the written and electronic materials, the following strengths were noted:

1. The results of the data indicate the students are performing very well on exit type examinations.
2. The pass rate on the NATABOC national board examinations for athletic training is higher than the national pass rate.
3. The response from alumni on the annual survey indicated that alumni were very satisfied or very satisfied with their undergraduate preparation from the Department of Kinesiology.
4. One hundred percent of the students who applied for graduate or professional school were accepted.

Challenges and Recommendations. The following recommendations and challenges are offered in relation to the assessment area.

1. The exit exam could be a great assessment tool for all concentrations in the Department of Kinesiology. However, little is done with the data acquired by the exit exam and no consequences are put in place for students not achieving a passing score on the exit exam. The faculty may want to rethink the reasons for requiring this exam and determine appropriate measures to follow if students do not pass this exam.

2. While 80% of the graduating seniors passed the concentration specific section of the exit exam, only 14% of the K-12 Teaching students passed the specific section of this exam. This is extremely low and not representative of the other concentration areas. These results should be reviewed and goals set to improve the performance of the students in the K-12 Teaching concentration on the concentration-specific area.
3. NCATE accreditation will pose a great challenge to the K-12 Teaching concentration. At the present time, this program has not identified its seven to eight major assessments that it will use to meet the SPA (NASPE) standards. Data for at least three years for these major assessments will need to be provided at the next SPA and NCATE review.
4. The Department of Kinesiology should balance the summative types of assessments with equivalent formative types of assessments.
5. A systematic way for faculty to review the data from all programs needs to be established.

Library Resources

Current Status. The Library resources for the Department of Kinesiology include print and electronic collections housed in the Tomlinson Library. Barbara Borst prepared a list of electronic indexes and databases available in the area of Kinesiology. The library belongs to the Ask Colorado Virtual Reference System through which students can ask questions of a librarian 24 hours a day, 7 days a week. Barbara Borst indicated the Department of Kinesiology has approximately \$5,000 each year to buy library materials (excluding journals). This is equivalent to funding level of other departments on campus.

A review of the books available indicates that most concentrations are well-represented with current, appropriate books for the areas in the Department of Kinesiology. The indexes and databases available in Kinesiology include:

1. Physical Education Index
2. CINAHL with Full text
3. MEDLINE
4. Micromedex
5. ERIC
6. Business Source Premier
7. Science Direct
8. General Databases
9. OmniFile Select
10. Science Direct
11. Toxline
12. PsycINFO

Changes. With the potential to move the Sport and Fitness Management concentration to a BS degree program, the library is looking to improve the resources available to students and faculty in this program.

Strengths. During the visit and upon reviewing the written and electronic materials, the following strengths were noted:

1. The library resources for the ATEP program have been substantially increased over the past five years. This improvement has been the result of the movement to a BS degree in Athletic Training and the CAATE accreditation requirements.

2. Books and journals for K-12 Teaching and Adapted Physical Education are very current and of sufficient depth and breadth in these areas.
3. Online students are provided with tutorials, checklists, reference assistance in order to access material through the library.
4. Faculty can request the library purchase selected resources.

Challenges and Recommendations. The following recommendations and challenges are offered in relation to the Library resources.

1. Online resources available for distance learning students are limited and need to be expanded. This is a concern that is campus-wide and not specific to the Department of Kinesiology. However, since the Department of Kinesiology accounts for 32% of all online classes, this is a particularly relevant concern for this department.
2. The library needs to improve its collection of books and journals related to Sport and Fitness Management. I would recommend that either the library contact Dr. Richard Bell or that Dr. Bell draw up a list of quality resources that need to be acquired by the library in this area.

Facilities and Equipment

Current Status. The Department of Kinesiology is housed in the Saunders Field House. Within this facility, the department has access to three classrooms, a human performance laboratory, an athletic training room, a multi-purpose room, two gymnasias, tennis courts, outside activity fields and a swimming pool. All of these facilities are shared with the Department of Athletics, the Department of Campus Recreation, and the Department of Theater and Dance. All classrooms in the Saunders Field House are "smart classrooms." The computers in these classrooms have recently been upgraded.

Changes. A renovation of Saunders Field House has been proposed and plans for this renovation have been developed. If this renovation is able to be funded, many of the challenges/recommendations cited in the section below will be removed.

Strengths. During the visit and upon reviewing the written and electronic materials, the following strengths were noted:

1. Saunders Field House has adequate activity space (2 gymnasias) and the technology in the classrooms is current and adequate for the teaching needs of the Department of Kinesiology.
2. The cooperative relationship among the Department of Athletics, the Department of Campus Recreation and the Department of Kinesiology provide additional facility use that would not be available if these relationships did not exist (Athletic Training room, student recreation facility).

Challenges and Recommendations. The following recommendations and challenges are offered in relation to the facilities and equipment.

1. The human performance laboratory is inadequate to meet the growing needs in Exercise Science, K-12 Teaching and Athletic Training. The lab is too small and while it contains some excellent testing equipment (Hypobaric chamber, metabolic cart, ECG, Monarch Ergometer, Quinton Treadmill,

etc.), the space and the amount of equipment need to be improved. The space is woefully inadequate for a normal class and the amount of the equipment does not permit practical, hands-on experience with the equipment and testing protocol. I would recommend that the faculty in the Department of Kinesiology design a 3 to 5 year equipment priority list. This list would be used to guide equipment purchases and to advocate across campus for additional equipment purchases. It was unclear to me if this space is being used for the ATEP laboratory. If this is the case, the ATEP programs needs its own dedicated space for an ATEP laboratory.

2. The multi-purpose area used for the academic strength and conditioning needs an increase in space and an updating in the equipment.
3. Equipment seems adequate but focused on traditional physical activities. Elementary equipment is stored in a faculty member's office. If it is so inconvenient to retrieve the equipment from the equipment room in the basement, the faculty may want to consider adding a space more accessible on the ground floor.

