

Curriculum Vitae

Hirofumi Tanaka, Ph.D.

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CONTACT INFORMATION:

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EDUCATIONAL BACKGROUND:

Postdoctoral	July 1998	University of Colorado, Boulder, Colorado Integrative Physiology
Ph.D.	August 1995	University of Tennessee, Knoxville, Tennessee Applied/Exercise Physiology
M.S.	May 1992	Ball State University, Muncie, Indiana Human Bioenergetics
B.A.	March 1989	International Martial Arts University, Chiba, Japan Physical Education/Martial Arts

PROFESSIONAL APPOINTMENTS/EXPERIENCE:

Program Director, Exercise Physiology, Department of Kinesiology and Health Education, University of Texas at Austin, Austin, Texas, 2018-present.

Program Director, Exercise Science, Department of Kinesiology and Health Education, University of Texas at Austin, Austin, Texas, 2016-2018.

Professor, Department of Kinesiology and Health Education, University of Texas at Austin, Austin, Texas, 2013-present.

Fellow, Oscar and Anne Mauzy Regents Professorship in Educational Research and Development, University of Texas at Austin, 2017-2018.

Fellow, Joe R. & Teresa Lozano Long Endowed Faculty Fellows Fund, College of Education, University of Texas at Austin, 2012-2017.

Associate Professor, Department of Kinesiology and Health Education, University of Texas, Austin,

Texas, 2006-2013.

Fellow, Elizabeth Glenadine Gibb Teaching Fellowship in Education, College of Education, University of Texas at Austin, 2011-2012.

Director, Cardiovascular Aging Research laboratory, Department of Kinesiology and Health Education, University of Texas, Austin, Texas, 2006-present.

Coordinator, Graduate Clinical Exercise Physiology Program, Department of Kinesiology and Health Education, University of Texas, Austin, Texas, 2006-2012.

Fellow, Lee Hage Jamail Regents Chair in Education, College of Education, University of Texas at Austin, 2006-2011.

Center Investigator, Center for Health Promotion Research, School of Nursing, University of Texas, Austin, Texas, 2006-2011.

Associate Professor, Department of Kinesiology, University of Wisconsin-Madison, Madison, Wisconsin 2005.

Coordinator, Graduate Clinical Exercise Physiology Program, Department of Kinesiology and Health Education, University of Texas, Austin, Texas, 2002-2005.

Assistant Professor, Department of Kinesiology and Health Education, University of Texas, Austin, Texas, 2002-2005.

Adjunct Assistant Professor, College of Pharmacy, University of Texas, Austin, Texas, 2003-2004.

Director, Cardiovascular Aging Research laboratory, Department of Kinesiology and Health Education, University of Texas, Austin, Texas, 2002-2004.

Co-Director, Integrative Physiology Core Laboratory, Satellite General Clinical Research Center, University of Colorado, Boulder, Colorado, 2000-2001.

Co-Director, Human Cardiovascular Research Laboratory, Department of Kinesiology and Applied Physiology, University of Colorado, Boulder, Colorado, 1999-2001.

Research Assistant Professor, Department of Kinesiology and Applied Physiology, University of Colorado, Boulder, Colorado. 1998-2001.

Associate Faculty, Center for Physical Activity, Disease Prevention, and Aging, University of Colorado, Boulder, Colorado, 1997-2001.

Research Associate/Postdoctoral Fellow, Human Cardiovascular Research Laboratory, Department of Kinesiology, University of Colorado, Boulder, Colorado. 1995-1998.

Graduate Teaching Associate, Exercise Science Unit, University of Tennessee, Knoxville, Tennessee. 1994-1995.

Graduate Research Assistant, Department of Human Performance and Sport Studies, University of Tennessee, Knoxville, Tennessee. 1994.

Program Director, Health-Related Fitness Testing, Center for Physical Activity and Health, University of Tennessee, Knoxville, Tennessee. 1992-1994.

Graduate Teaching Associate, Department of Human Performance and Sport Studies, University of Tennessee, Knoxville, Tennessee. 1992-1994.

Research Assistant, Human Performance Laboratory, Ball State University, Muncie, Indiana. 1990-1992.

Volunteer Coach, Judo Club, Ball State University, Muncie, Indiana. 1990.

Laboratory Assistant, Exercise Physiology and Biomechanics Laboratories, International Martial Arts University, Chiba, Japan. 1989.

Student Teacher, Fujimori High School, Tokyo, Japan. 1988.

Assistant Soccer Coach, Fujimori High School, Tokyo, Japan. 1985-1988.

CERTIFICATIONS:

Health/Fitness Instructor Certification (American College of Sports Medicine)

Teaching Certificate in Physical Education (elementary school to high school) in Japan

Instructor Certification, Japanese National Recreation Association

Black Belts in Karate, Judo, and Kendo (3 forms of martial arts)

Community CPR (American Red Cross)

Community First Aid and Safety (American Red Cross)

National Youth Coaching Diploma (National Soccer Coaches Association of America)

State Youth Coaching License level C (South Texas Youth Soccer Association)

HONORS AND AWARDS:

Fellowship:

Fellow, Society of Geriatric Cardiology, 1998

Fellow, American College of Sports Medicine, 2003

Fellow, Gerontological Society of America 2004

Fellow, Lee Hage Jamail Regents Chair in Education, University of Texas at Austin, 2006-2011

Fellow, American Heart Association, 2007

Fellow, Elizabeth Glenadine Gibb Teaching Fellowship in Education, University of Texas at Austin, 2011-2012

Fellow, Teresa Lozano Long Endowed Chair in Kinesiology and Health Education, 2012-2017

Big XII Faculty Fellow, 2016-2017

Fellow, Oscar and Anne Mauzy Regents Professorship in Educational Research and Development, 2017-2018

Awards:

Graduate Student Research Award, American College of Sports Medicine, 1994

Outstanding Doctoral Student Award, University of Tennessee, 1995
 Chancellor's Graduate Teaching Award, University of Tennessee, 1995
 National Research Service Award, National Institute on Aging, NIH, 1996-1998
 Mentored Research Scientist Development Award, National Institute on Aging, NIH, 1998-2003
 Burroughs Visiting Scholar Award, Burroughs Welcome Fund, 1999
 Research Career Enhancement Award, American Physiological Society, 1999
 New Investigator Award, American College of Sports Medicine, 2000
 Young Investigator Award, American Physiological Society, 2000
 Teaching Career Enhancement Award, American Physiological Society, 2004
 APS Star Reviewer, *Journal of Applied Physiology*, 2005 and 2008
 High Impact Research Award, Society for Clinical Blood Pressure and Arterial Waveform, 2007
 Research Administration Volunteer Recognition Award, American Heart Association, 2007
 Top 25 Reviewers, *Journal of Applied Physiology*, 2007
 Frontiers in Physiology Research Host Award, American Physiological Society, 2012
 Distinguished Scholar Award, Texas A&M University, 2016
 Academic Enrichment Award, University of Texas at Austin 2017
 Graduate Teaching Excellence Award, University of Texas at Austin 2018

Other Honors:

Four-Year Academic Scholarship at the International Martial Arts University, 1985-1989
 Valedictorian at the International Martial Arts University, 1989
 Member, American Heart Association behavioral science, epidemiology, & prevention peer study section, 2003-2007
 Texas chapter of American College of Sports Medicine Spring Lecture Series speaker, 2004
 Southeast American College of Sports Medicine Fall Lecture Series speaker, 2004
 National Institute on Aging Pepper Center study section member, NIH, 2007
 Chair, American Heart Association behavioral science, epidemiology, & prevention peer review committee 2009
 Board of Directors, Texas Chapter of American College of Sports Medicine, 2009-2012
 Innovative Awards study section member, American Heart Association, 2012
 President, Texas chapter of the American College of Sports Medicine, 2017-2018
 Academic Enrichment Fund, University of Texas at Austin 2017-2018
 Member, American Heart Association transformational project award peer review committee, 2018
 Member, Chronic medical conditions and aging study section, Veterans Affairs peer review committee, 2019

RESEARCH GRANTS (with direct costs):

"Resistance Training Effects on Swim Performance"	1992
Graduate Student Grant Competition, Ball State University	\$300
Graduate Student Travel Support	1992
Office of Research, Ball State University	\$200
"Exaggerated Blood Pressure Response to Exercise"	1994
Research Assistantship Award, University of Tennessee	\$1,500
"Changes in Plasma Amino Acids in the Overtraining Syndrome"	1994-1995
Doctoral Student Research Grant, ACSM Foundation (P.I.)	\$2,500

"Effects of Swim Training on Blood Pressure" BERS Internal Mini-Grant, University of Tennessee-Knoxville	1995 \$1,910
"Obese Postmenopausal Women: Effects of Exercise & Diet" NIH Individual NRSA, AG05717 (P.I.)	1996-1999 \$74,908
"Influences of Body Fatness and Exercise on Coronary Risk Profiles" NIH/JISTEC Science & Technology Award, 397033 (P.I.)	1998 \$7,000
"Aging, Habitual Exercise, and Arterial Compliance" NIH K01 AG00847 (P.I.)	1998-2003 \$451,623
"Research Career Enhancement Award" American Physiological Society	1999 \$2,950
"Regular Physical Activity and Age-Related Increase in Carotid Artery Intima-Media Thickness AHA Beginning Grant-in-Aid (P.I.)	1999-2001 \$59,211
Hypertension Summer School Travel Stipend AHA	1999 \$550
"Age-Related Changes in Arterial Wall Biochemical Composition" NIH/JSPS, Visiting Scientist Award, 29937003 (P.I.)	1999 \$5,500
"Small Artery Structure, Aging, and Regular Physical Activity" Burroughs Welcome Fund, 1000331 (P.I.)	1999 \$2,950
"Sodium Restriction & Arterial Compliance in Older Humans" NIH R01 AG13038 (Co-P.I.)	2000-2004 \$1,058,356
General Clinical Research Center-Boulder Campus Satellite PHS 501 RR-00051 (Co-Director, IPCL)	2000-2001 \$2,817,913
"Mechanisms for Reduced Limb Perfusion with Human Aging" NIH R21 AG19365 (Co-P.I.)	2001-2003 \$300,000
UCHSC Aging Training Grant NIH T32 AG00279 (Co-I)	2001-06 \$1,190,254
"Smoking, Regular Exercise, and Arterial Function" Student Grant, Gatorade Sports Science Institute (Sponsor)	2002-2003 \$1,500
"Screening Device for Cardiovascular Disease" Colin Corporation (P.I.)	2002-2003 \$45,000
"Special Research Grant" University of Texas at Austin (P.I.)	2002 \$750

"Regular Exercise, Aging, and Basal Limb Blood Flow" NIH/JSPS S-03701 (P.I.)	2003 \$6,000
"Aging, Exercise, and Basal Blood Flow" NIH F31 HL072729 (Sponsor)	2003-2005 \$50,399
"Could Regular Exercise Prevent Smoking-Induced Arterial Stiffening in Hispanics?" Center for Health Promotion Research, UT-Austin (P.I.)	2003-2004 \$10,000
"Carotid Palpation and Heart Rate during Exercise" UT Office of the Vice President for Research Undergraduate Research Fellowship (Sponsor)	2003 \$600
"Aging, Blood flow, and vascular conductance" Spanish Ministry of Education Postdoctoral Fellowship (Sponsor)	2003-2005 \$70,460
"Doppler vs. oscillometric determinations of ankle-brachial index" Southwest Research Institute Sub-contracted research investigation (P.I.)	2003-2004 \$15,000
"Resistance Training & Age-Related Arterial Stiffening" NIH R01 AG/HL20966 (P.I.)	2003-2010 \$1,200,000
"Prevention of Arterial stiffness" Japanese Ministry of Education (Co-I)	2004 \$18,000
"Teaching Career Enhancement Award" American Physiological Society (P.I.)	2004 \$1,318
"Age-related Arterial Stiffening" Meiji Life Insurance (Co-I)	2004 \$9,000
"Smoking and Exercise on Arterial Stiffness" NIH F31 DA018431 (Sponsor)	2005-2008 \$74,754
"Limb Perfusion and Smoking" Senior Honors Thesis (Sponsor)	2005 \$1,650
"Cardiovascular Responses to Panasonic Core Trainer Exercise" Panasonic (P.I.)	2006 \$14,300
"Association between Carotid and Radial Augmentation Index" Omron Healthcare (P.I.)	2007-2008 \$8,000
"Yoga practice and vascular health" Yoga Care Foundation (P.I.)	2009 \$1,000

“Regular swimming and dynamic arterial compliance in older adults” American Heart Association 09GRNT2010136 (P.I.)	2009-2012 \$140,000
“Validation of the automatic device to measure toe-brachial index” Fukuda Denshi (P.I.)	2010-2011 \$10,000
“Atherosclerosis Risk in Community Study” NIH HC55015 (Co-I)	2011-2016 \$107,062
“Hypotensive Effects of Conventional Dairy Products: Role of Arterial Stiffness” Dairy Research Institute (P.I.)	2011-2014 \$334,943
“Resilience-Based Diabetes Self-Management among African-Americans” NIH R34DK085218 (Co-I)	2011-2014 \$447,276
“Neuroimaging obesity-related brain vulnerability in older adults” NIH F31 AG040890 (Co-sponsor)	2012-2014 \$74,272
“Regular swimming, vascular function, & arthritis” National Swimming Pool Foundation (P.I.)	2012-2014 \$50,000
“Effects of fluid milk in attenuating hyperglycemia and hypertriglyceridemia after meal” Dairy Research Institute (P.I.)	2013-2015 \$272,074
“Effects of blood pressure perturbations on arterial stiffness” Fukuda Denshi (P.I.)	2014-2015 \$50,000
“Center for Transdisciplinary Collaborative Research” NIH P30 NR015335 (Center Faculty)	2014-2019 \$478,836
“Destiffening and hypotensive effects of whole milk and full-fat dairy products” Dairy Research Institute (P.I.)	2015-2018 \$390,523
“Vascular function and structure of Japanese pearl divers” NIH/JSPS S15718 (P.I.)	2015 \$20,000
“Cognitive enhancement through transcranial laser therapy” NIH R21 AG050898 (Co-I)	2016-2018 \$275,000
“Changes in arterial stiffness, cognition, and dementia risk in a diverse cohort” NIH R01 AG053938-01 (Co-I)	2016-2020 \$622,072
“A diabetes prevention program culturally tailored for Hispanics” NIH R01 DK109920 (Consultant)	2017-2022 \$2,972,599

“Sedentary behaviour interrupted: acute, medium and long-term effects on biomarkers of healthy aging, physical function, and mortality” NIH P01 AG052352-01A1 (Consultant)	2017-2022 \$1,903,305
“Comparison of aquatic and standard cardiac rehabilitation in patients with heart failure” Baylor Scott & White Health CVRRC (Co-I)	2018-2019 \$49,915
“Arterial stiffness, brain morphology, cognition, and dementia in US Hispanics/Latinos” NIH R01AG061088 (Co-I)	2019-2023 \$499,918
“Improving Health Outcomes in African Americans with Type 2 Diabetes: A Culturally Tailored, Resilience-Based Diabetes Self-Management Education (RB-DSME) Intervention” NIH R01 DK123146 (Co-I)	2019-2024 \$3,828,029
“Arterial Stiffness and Brain Health in African Americans” NIH R01 AG062488 (Co-I)	2019-2023 \$37,280

PROFESSIONAL/ACADEMIC SERVICE:

Campus Representative, Gerontological Society of America. 1998-2003
Grant reviewer, Academic Development Fund, University of Western Ontario, Canada 1998-1999
Member-at-Large, Rocky Mountain Chapter of American College of Sports Medicine. 2000-2001
Scientific Advisory Committee, Adult General Clinical Research Center, University of Colorado Health Sciences Center, Denver, Colorado, 2000-2001
Grant reviewer, Research into Ageing, London, UK 2000
President-Elect, Rocky Mountain Chapter of the American College of Sports Medicine, 2001-2002
Grant reviewer, National Heart Foundation, Australia 2001 & 2003
Research Award Committee, American College of Sports Medicine, 2002-2005
Research Committee, Council for Aging and Adult Development, 2002-2012
Grant reviewer, American Heart Association Western Consortium, 2003-2006
Grant reviewer, American Heart Association National Center, 2005-2008
Grant reviewer, Texas Chapter of the American College of Sports Medicine, 2006-2007
Speakers Bureau, American Heart Association Austin chapter, 2006-present
Grant reviewer, Thomas F. and Kate Miller Jeffress Memorial Trust, 2007
Grant reviewer, National Institute on Aging Pepper Center grants. 2007
Grant reviewer, Government of Alberta Advanced Education and Technology, 2008
Tenure/Promotion reviewer, University of Texas at El Paso, 2009
Board of Directors (Basic and Applied Sciences Representative), Texas Chapter of the American College of Sports Medicine, 2009-2012
Grant reviewer, American Federation for Aging Research, 2011-2012
Tenure/Promotion reviewer, University of Western Australia, 2011
Host, Frontier in Physiology Research Teacher Professional Development, American Physiological Society, 2012-2013
Grant Reviewer, American Heart Association innovative award, 2012
Grant Reviewer, Romanian National Council for Scientific Research, 2012-2017
Speaker, Medical Monday, 2012

Grant reviewer, Dunhill Medical Trust, 2013

Tenure/promotion review, West Virginia University 2015, Florida State University 2016, University of Texas at Arlington 2016

Grant reviewer, University of Texas CPRIT High-Impact/High-Risk Research Awards 2016

Grant reviewer, Wellcome Trust, UK 2017

Grant reviewer, The Physiological Society (London), UK 2017

Grant reviewer, Center for Advancement of Science in Space (CASIS) 2018

Grant reviewer, Veterans Affairs peer review committee 2019

Tenure/Promotion reviewer, University of Utah 2019

EDITORIAL SERVICE:

Editor-in-Chief

Journal of Gerontology and Geriatric Research (2012-2016)

Associate Editor

Journal of Exercise Physiology (1998-2007)

Exercise and Sport Sciences Reviews (2007-)

Review Editor

Frontiers in Physiology (2015-)

Editorial Board

Journal of Applied Physiology (2001-)

Exercise and Sport Sciences Reviews (2007-)

Open Sports Medicine Journal (2007-)

Open Medical Informatics Journal (2007-)

Brazilian Journal of Biomotricity (2008-)

Open Hypertension Journal (2008-)

ISRN Cardiology (2010-)

World Journal of Hypertension (2011-)

American Journal of Cardiovascular Disease (2011-)

Journal of Gerontology and Geriatric Research (2011-)

World Journal of Translational Medicine (2011-)

Annals of Applied Sports Science (2013-)

Evidence-Based Complementary and Alternative Therapy (2014-)

Current Hypertension Reviews (2015-)

Journal Referee

International Journal of Sports Medicine (1991-), *Journal of Applied Physiology* (1995-), *Medicine and Science in Sports and Exercise* (1995-), *European Journal of Applied Physiology* (1995-), *American Journal of Physiology: Endocrinology and Metabolism* (1996-), *American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology* (1997-), *Journal of Physiology* (1997-), *Journal of Gerontology: Medical Sciences* (1997-), *Journal of Exercise Physiology* (1998-), *Hypertension* (1998-), *American Journal of Physiology: Heart and Circulatory Physiology* (1999-), *Preventive Medicine* (2000-), *Circulation* (2000-), *Arteriosclerosis, Thrombosis, and Vascular Biology* (2000-), *British Medical Journal* (2000-), *Clinical Science* (2001-), *Advances in Physiology Education* (2001-), *American Journal of Cardiology* (2001-), *Journal of the American Geriatric Society* (2002-), *American Journal of*

Health Education (2002-), *Journal of Aging and Physical Activity* (2002-), *Cardiovascular Research* (2002-), *Canadian Journal of Applied Physiology* (2003-), *Stroke* (2004-), *Hypertension Research* (2004-), *British Journal of Sports Medicine* (2004-), *Exercise and Sports Sciences Reviews* (2005-), *Dynamic Medicine* (2005-), *Advances in Physiology Education* (2006-), *Diabetes* (2006-), *Physiological Genomics* (2006-), *Experimental Physiology* (2007-), *JAMA* (2010-), *Clinical Epidemiology* (2011-), *Experimental Gerontology* (2013-), *Circulation Research* (2013-), *Journal of Rheumatology* (2013-), *Pulse* (2015-), *Frontiers in Physiology* (2016-), *BMC Medicine* (2018-), *PLOS ONE* (2018-), *Clinical and Experimental Hypertension* (2018-), *Journal of Clinical Hypertension* (2019-), *Diabetologia* (2019-), *Nicotine&Tobacco Research* (2019-)

Book Referee

Encyclopedia of Medical Devices and Instrumentation (2005)
ACSM's Advanced Exercise Physiology (2010)

Abstract Referee

Gerontological Society of America annual meeting (1998-2002, 2010-2012)
 XIVth World Congress of Cardiology (2002)
 Research Consortium, American Association for Health, Physical Education, Recreation, and Dance annual meeting (2007-2013, 2015)
 SHAPE meeting, abstract review committee chair (2016)
 International Conference on Sports and Exercise Science, Bangkok, Thailand (2018)

COLLEGE AND UNIVERSITY SERVICE:

Human Research Committee, University of Colorado at Boulder, Boulder, Colorado, 2000-2001
 Advisory Council, Center for Health Promotion and Disease Prevention Research in Underserved Populations, UT School of Nursing, 2003-2010
 Grant reviewer, Vice President for Research, University of Texas at Austin, 2003
 Faculty Budget Advisory Committee, College of Education, University of Texas at Austin 2003-2004
 Recreation Sports Board member, University of Wisconsin-Madison, 2005
 Member, Institutional Review Board, University of Texas at Austin, 2006-2010
 University committee member, Responsibilities, Rights, and Welfare of Graduate Student Academic Employees, University of Texas at Austin, 2007-2009
 University committee member, Education Policy, University of Texas at Austin, 2008-2010
 Center Investigator, Center for Health Promotion Research, School of Nursing, University of Texas, Austin, Texas, 2006-2011
 Committee Chair, Outstanding Graduate Student Selection Committee, Graduate School, University of Texas at Austin, 2012
 University committee member, Parking and Appeals Panel, University of Texas at Austin 2016-2019
 Committee Chair, Parking and Appeals Panel, University of Texas at Austin 2018-2019
 University committee member, Student Life Committee, University of Texas at Austin 2016-2019
 Grant reviewer, NSF major research instrumentation program internal competition 2018
 Reviewer, Graduate school's outstanding master's thesis/report review committee 2019

NOTABLE DEPARTMENTAL SERVICE:

Organizer, McCraw departmental lecture series, 2006-2017
 Program Coordinator, Clinical Exercise Physiology graduate program, 2006-2012

Chair, Departmental Review Committee, 2007-2010
 Board member, Fitness Institute of Texas, 2008-2011
 Director, Exercise Science program 2016-2018
 Director, Exercise Physiology program 2018-

PROFESSIONAL SOCIETIES:

American College of Sports Medicine, Fellow 1991-present
 American Physiological Society, 1993-present
 American Heart Association, Epidemiology and Prevention Council, Fellow 1995-present
 Gerontological Society of America, Fellow 1997-present
 Society for Experimental Biology and Medicine, 1998-2000
 Society of Geriatric Cardiology, Fellow 1998-2009
 Japanese Society of Physical Fitness and Sports Medicine, 1998-present
 American Association for Active Lifestyles and Fitness, 2001-present
 American Society of Hypertension, 2003-2004

TEACHING/LECTURE EXPERIENCE:

Fitness Games and Activities (Continuous Education)
 15 weeks of Fun and Fitness (Continuous Education)
 Personal Health and Wellness (PH 100)
 Fitness for Life (HPSS 276)
 Fitness Testing and Exercise Prescription (HPSS 414)
 Physiology of Exercise (HPSS 480)
 Laboratory Techniques in Exercise Physiology (HPSS 563)
 Advanced Exercise Physiology (ES 565)
 Advanced Physiology of Human Performance (PEP 603)
 Systemic Cardiovascular Regulation (KINE 6640)
 Colloquium in Kinesiology (KAPH 4100)
 Advanced Exercise Physiology I (KIN 395)
 Advanced Exercise Physiology II (KIN 395)
 Clinical Exercise Physiology: Theory and Practice (KIN 382)
 Aging and Cardiovascular Function/Disease Risks (KIN 395)
 Exercise Physiology (KINE 314)
 Biological Factors in Exercise: Regulation and Adaptation (KINE 614)
 Physiology of Exercise (KIN 325K)
 Advanced Laboratory Techniques for Exercise Physiology (KIN 382)
 Exercise Testing and Prescription (KIN 395)
 Cardiovascular Responses to Exercise (KIN 395)
 Doctoral Seminar (KIN 196)

INVITED SCHOLARLY SEMINARS/LECTURES:

- 1) "Does regular swimming increase maximal aerobic capacity and improve risk factors for cardiovascular disease in humans?" Presented at Kinesiology Colloquium Series, University of Colorado, Boulder, CO, March 1996.
- 2) "Influence of age on maximal aerobic and physiological functional capacities" Presented at Kinesiology Colloquium Series, University of Colorado, Boulder, CO, September 1997.

- 3) "Regular swimming exercise and cardiovascular risk factors". Presented at the National Institute of Health and Nutrition, Tokyo, Japan, February 1998.
- 4) "Aging, habitual exercise, and arterial compliance" Presented at Kinesiology Colloquium Series, University of Colorado, Boulder, CO, October 1998.
- 5) "Influence of aging and regular exercise on arterial function and structure". Presented at the TARA Center at the University of Tsukuba, Ibaraki, Japan, November 1999.
- 6) "Can regular exercise prevent arterial wall thickening with age?" Presented at Kinesiology Colloquium Series, University of Colorado, Boulder, CO, November 1999.
- 7) "Habitual Exercise and Age-Related Changes in Cardiovascular Risk Factors in Women". Presented at the International Conference on Exercise & Nutrition for Better Health and Chronic Diseases, Beijing, China, June 2000.
- 8) "Primary aging, habitual exercise, and dynamic arterial compliance". Presented at the Center on Aging Research Seminar Series, University of Kansas Medical Center, Kansas City, Kansas, November 2000.
- 9) "Are aging arteries compliant to exercise?" Presented at Kinesiology Colloquium Series, University of Colorado, Boulder, CO, November 2000.
- 10) "Significance and treatment of arterial stiffness: insight from pulse wave velocity and augmentation index". Presented at Clinical Research on Arterial Stiffness and Waveform Conference, Tokyo, Japan, May 2001.
- 11) "Structural evidence for altered muscle blood flows with advancing age". Presented at American College of Sports Medicine annual meeting, Baltimore, Maryland, June 2001.
- 12) "Could arterial stiffness be reversed?" Presented at Kansai Arterial Waveform conference, Osaka, Japan, November 2001.
- 13) "Non-pharmacological treatments of arterial stiffness". Presented at Shizuoka Saiseikai General Hospital, Shizuoka, Japan, November 2001.
- 14) "Habitual exercise and age-related declines in maximal aerobic capacity" Presented at American College of Sports Medicine Texas chapter meeting, George Town, TX, February 2002.
- 15) "Influence of lifestyle modifications on arterial stiffness" Presented at Clinical Research on Arterial Stiffness and Waveform annual conference. Tokyo, Japan, May 2002.
- 16) "Age and sex-based interactions for aerobic performance" Presented at the annual meeting of the American College of Sports Medicine. St. Louis, MO, May 2002.
- 17) "Age-related reductions in physiological functional capacity in women" Presented at McCraw lecture at University of Texas, Austin, TX, September 2002.

- 18) "Primary and secondary prevention of arterial stiffening: is regular exercise effective?" Presented at Texas A&M University, College Station, TX, September 2002.
- 19) "Age-related declines in physiological functional capacity: insight from exercise performance and VO₂max" Presented at University of Tennessee, Knoxville, TN, October 2002.
- 20) "Aging, habitual exercise, and basal limb blood flow" Presented at Kawasaki University of Medical Welfare, Okayama, Japan. June 2003
- 21) "Exercise, hypertension, and cognition" Presented at Advanced Research Workshop on Aging, Exercise, and Cognition. Austin, TX, June 2003.
- 22) "Age-related reductions in basal limb blood flow" Presented at Japan Society of Exercise and Sports Physiology annual meeting, Nagoya, Japan. August 2003.
- 23) "Research career in the US: Differences and similarities between the Japanese and US system" Presented at Japan Society of Exercise and Sports Physiology annual meeting, Nagoya, Japan. August 2003.
- 24) "Age-related reductions in basal blood flow in humans: neurophysiological and pharmacological approaches" Presented at Toxicology seminar series, University of Texas College of Pharmacy, October 2003.
- 25) "Habitual exercise and age-related increases in arterial stiffness" Presented at Texas A&M University, College Station, TX March 2004.
- 26) "Age-related reductions in physiological functional capacity in women" Presented at Southwestern University, Georgetown, TX March 2004.
- 27) "Age-related reductions in physiological functional capacity in women " Presented at Baylor University, Waco, TX March 2004.
- 28) "Habitual exercise and age-related increases in arterial stiffness" Presented at Texas Lutheran University, Seguin, TX March 2004.
- 29) "Age-related reductions in physiological functional capacity in women " Presented at Texas Tech University, Lubbock, TX March 2004.
- 30) "Artery: another place that gets stiff as we get old" Presented at UT LAMP program, University of Texas, Austin, Texas April 2004.
- 31) "Impact of lifestyle modifications on arterial stiffness" Presented at the National Institute of Health and Nutrition, Tokyo, Japan May 2004.
- 32) "Exercise, cognition, and disease states" Presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN June 2004.
- 33) "Arterial stiffness: significance, methodology, and exercise effects" Presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN June 2004.

- 34) "Aging, habitual exercise, and arterial stiffness" Presented at College of Veterinary Medicine, Mississippi State University, Starkville, MS September 2004.
- 35) "Aging, exercise, and physiological functional capacity in women" Presented at Department of Kinesiology, Louisiana State University, Baton Rouge, LA September 2004.
- 36) "Aging, habitual exercise, and arterial stiffness" Presented at Department of Physiology, University of Kentucky, Lexington, KY September 2004.
- 37) "Aging, habitual exercise, and arterial stiffness" Presented at Department of Exercise Science, University of Tennessee-Knoxville, Knoxville, TN September 2004.
- 38) "Peripheral vs. central arterial stiffening" Presented at Department of Bioengineering, University of Pittsburgh, Pittsburgh, PA October 2004.
- 39) "Female Masters athletes: impact of lifelong exercise on cardiovascular and physiological functions" Presented at Kinesiology Spring Colloquium, University of Wisconsin-Madison, WI April, 2005.
- 40) "Lifestyle modifications and arterial stiffness" Presented at Colin Medical Technologies, Nagoya, Japan. May 2005.
- 41) "Regular exercise and atherosclerosis" Presented at Japan Women's College of Physical Education. Tokyo, Japan. June 2005.
- 42) "Noninvasive measures of arterial stiffness" Presented at the Workshop on Investigation of Human Muscle Function In Vivo, Nashville, TN October 2005.
- 43) "Augmentation index: past, present, and future" Presented at Omron Health Care, Baltimore, MD October, 2005.
- 44) "Swimming and cardiovascular disease risks" Presented at the annual meeting of the National Aquatic Council, Austin, TX March 2006.
- 45) "Role of weight-bearing exercises in the life of a healthy senior" Presented at the UT Retired Faculty and Staff Association meeting, Austin, TX March 2006.
- 46) "Research without data acquisition: Use of athletic records to gain physiological insight into age-related reductions in functional capacity" Presented at the annual American College of Sports Medicine meeting, Denver, CO June 2006.
- 47) "Augmentation index and central blood pressure: Research trends in the USA" Presented at Clinical Research on Arterial Stiffness and Waveform annual conference, Tokyo, Japan, June 2006.
- 48) "Myths and misconceptions in exercise, fitness, and health" Presented at Lakeway Men's Breakfast Club, Austin, TX September 2006.

- 49) "Age-related arterial stiffening: combative role of habitual exercise" Presented at the University of Texas Medical Branch, Galveston, TX October 2006.
- 50) "Hardening of muscles and softening of arteries: impact of exercise on arterial stiffness" Presented at R. Tait McKenzie Symposium at the University of Tennessee, Knoxville, TN March 2007.
- 51) "Effect of resistance exercise on vascular function" Presented at the annual American Heart Association meeting, Orlando, FL. November 2007.
- 52) "Resistance training: stiffening of muscles and softening of arteries" Presented at the University of Florida, Gainesville, FL. November 2007.
- 53) "baPWV" Presented at Arterial Waveform Working Group meeting in Tokyo, Japan. January 2008.
- 54) "Role of regular exercise on preventive gerontology" Presented at the Research Conference on Advancing Healthy Aging at the University of Texas at Austin, Austin, TX February 2008.
- 55) "Targeting vascular function of older adults: endurance training, resistance training, or both?" Presented at Texas A&M University, College Station, TX March 2008.
- 56) "Aging, habitual exercise, and large elastic artery stiffness" Presented at the American Aging Association annual meeting, Boulder, CO June 2008.
- 57) "Academic research in the USA: Differences and similarities between the US and Japanese system" Presented at the Department of Sports Medicine at the University of Tsukuba, Ibaraki, Japan. June 2008.
- 58) "Comparisons between brachial-ankle pulse wave velocity and aortic pulse wave velocity" Presented at the Pulse Wave Velocity Working Group Meeting. Tokyo, Japan. June 2008.
- 59) "Academic research opportunities in the US and other countries: recommendations for young investigators, postdoctoral fellows, and graduate students" Presented at the annual meeting of the Japanese Society of Physical Education, Health and Sport Sciences, Tokyo, Japan, September 2008.
- 60) "Use of athletic performance records to study functional capacity" Presented at the Kinesiology Seminar at Penn State University, University Park, PA, November 2008.
- 61) "Habitual exercise and senile arteriosclerosis" Presented at the Noll Physiology Seminar Series at Penn State University, University Park, PA, November 2008.
- 62) "Exploring the Investment hypothesis: aging, habitual exercise, and cardiovascular function" Presented at the American College of Sports Medicine meeting, Seattle, WA, May 2009.
- 63) "Measures of arterial stiffness and compliance" Presented at the American College of Sports Medicine meeting, Seattle, WA, May 2009.
- 64) "Developing an independent extramurally-supported research program" Presented at the annual Summer Research Institute sponsored by the Center for Health Promotion and Disease

Prevention Research in Underserved Populations (CHPR), Austin, TX June 2009.

- 65) "Habitual exercise and arterial wall function" Presented at 1 Simposio de Exercício Fisico Baseado em Evidencia, Porto Alegre, Brazil, July 2009.
- 66) "Role of regular exercise on preventive gerontology" Presented at 1 Simposio de Exercício Fisico Baseado em Evidencia, Porto Alegre, Brazil, August 2009.
- 67) "Swimming and cardiovascular disease risks" Presented at the McCraw lecture series, University of Texas at Austin, Austin, TX February 2010.
- 68) "Habitual exercise and arterial aging" Presented at the Experimental Biology meeting, Anaheim, CA April 2010.
- 69) "Aging, habitual exercise, and large elastic artery stiffness" Presented at the Experimental Biology meeting, Anaheim, CA April 2010.
- 70) "You are as old as your arteries" Presented at the Central Texas Clinical Research Forum, Austin, TX May 2010.
- 71) "Measurements of arterial stiffness and ankle-brachial index" Presented at the University of Texas Health Sciences Center School of Public Health, Houston, TX September 2010.
- 72) "Development and aging on progression of athletic performance" Presented at the INSEP "Limits in Performance: The Athletic Records in Question" conference. Paris, France December 2010.
- 73) "Habitual exercise for vascular medicine: effects above and beyond traditional risk factors". Presented at the annual Texas chapter of the American College of Sports Medicine meeting, Austin, TX February 2011.
- 74) "Current and future research in traditional Chinese medicine for vascular health". Presented at the Southwest Symposium, Austin, TX March 2011.
- 75) "Resistance training and vascular disease risks" Presented at the annual American College of Sports Medicine meeting, Denver, CO. June 2011.
- 76) "Physiology of the aging vasculature" Presented at Ritsumeikan University, Shiga, Japan January 2012.
- 77) "Battle of traditional Chinese medicine vs. Western medicine: David vs. Goliath or Yoda vs. Darth Vader" Presented at the Southwest Symposium, Austin, TX March 2012.
- 78) "Stiffening arteries while stiffening muscles: influence of resistance training on vascular function" Presented at the University of North Carolina Greensboro, Greensboro, NC March 2012.
- 79) "Present state and future agenda for US medical care: Strategies to combat ever-increasing metabolic syndrome" Presented at the Omron Healthcare, Kyoto, Japan June 2012.
- 80) "Swimming and cardiovascular health: What do we know?" Presented at the World Aquatic Health

Conference, Norfolk, VA October 2012.

- 81) "Exploring the benefits of Oriental medicine: A research perspective from the forty acres"
Presented at the Southwest Symposium, Austin, TX February 2013.
- 82) "Masters athletes: super humans with grey hair and wrinkled skin" Presented at the Sports Science Symposium, Bloomington, IN May 2013.
- 83) "Effect of lifestyle interventions on central arterial function in aging and disease" Presented at the North American Artery Society meeting, Chicago, IL September 2013.
- 84) "Myths and misconceptions in exercise, fitness, and health" Presented at the UT Informal Class Odyssey series, Austin, TX October 2013.
- 85) "Ischemic conditioning and athletic performance" Presented at Ischemic Conditioning, Endothelial Function, and Enhanced External Counterpulsation meeting, Dallas, TX November, 2013.
- 86) "Myths and misconceptions in sports science that coaches should know" Presented at the Egyptian Olympic Committee, Cairo, Egypt March 2014.
- 87) "Regular exercise and prevention and reversal of vascular dysfunction" Presented at the annual congress of Tanta Faculty of Medicine, Tanta, Egypt March, 2014.
- 88) "Masters athletes: super humans with grey hair and wrinkled skin?" Presented at the annual congress of Tanta Faculty of Medicine, Tanta, Egypt March, 2014.
- 89) "Myths and misconceptions in sports science" Presented at the Department of Physical Training, Tanta University, Tanta, Egypt March 2014.
- 90) "Meet the Expert: Arterial stiffness" Presented at the World Congress of Cardiology meeting, Melbourne, Australia, May 2014.
- 91) "Effects of regular exercise on vascular distensibility" Presented at Victoria University, Melbourne, Australia, May 2014.
- 92) "Middle-aged athletes: Medieval warriors in modern athletics" Presented at the American College of Sports Medicine annual meeting, Orlando, FL May 2014.
- 93) "Biobehavioral measures in health promotion research" Presented at St David's CHPR Summer Research Institute, Austin, TX June 2014.
- 94) "Aging and exercise performance" Presented at the International Conference on Exercise Physiology and Fitness, Taipei, Taiwan June 2014.
- 95) "Health-enhancing effects of regular exercise on aging vasculature" Presented at the Incheon Asian Games International Sports Science Congress, Incheon, South Korea, August 2014.
- 96) "Interacting and opposing effects of aging and exercise training: from sedentary frailty to elite sports performance" Presented at the Institut de Recherche bioMédicale et d'Epidémiologie du

Sport symposium, Paris, France, September 2014

- 97) "Myths and misconceptions in exercise science and sports medicine" Presented at Paris Descartes University, Paris, France, September 2014.
- 98) "Swimming and Arthritis" Presented at the World Aquatic Health conference, Portland, OR October 2014.
- 99) "Swimming Exercise: Keep Disease and Joint Pain at Bay" Presented at the World Aquatic Health conference, Portland, OR October 2014.
- 100) "Myths and misconceptions in sports science" Presented at National Taiwan Normal University, Taipei, Taiwan October 2014.
- 101) "Myths and misconceptions in exercise, fitness, and health" Presented at the National Taipei University of Nursing and Health Sciences, Taipei, Taiwan October 2014.
- 102) "Habitual exercise is vascular medicine" Presented at the Taiwan Ministry of Science and Technology, Taipei, Taiwan October 2014.
- 103) "Regular exercise and vascular dysfunction" Presented at the University of Houston, Houston, TX November 2014.
- 104) "Remote ischemic preconditioning as an ergogenic aid" Presented at the American Heart Association meeting, Chicago, IL November 2014.
- 105) "Training and ergogenic aids to enhance judo performance" Presented at the Egyptian Judo Federation Technical Course for Coaches, Sharm El-Sheikh, Egypt, December 2014.
- 106) "Sports science trend in the USA" Presented at International Budo (Martial Arts) University, Chiba, Japan, June 2015.
- 107) "Exercise physiology and sports medicine have full of flaws" Presented at the University of Tsukuba, Ibaraki, Japan. July 2015.
- 108) "Regular exercise and cardiovascular function" Presented at Juntendo University, Chiba, Japan. July 2015.
- 109) "Lifestyle modifications for the treatment of vascular dysfunction" Presented at Asahikawa Medical University, Hokkaido, Japan. August 2015.
- 110) "Enormous benefits of physical activity in active aging" Presented at the Westminster retirement community, Austin, TX. September 2015.
- 111) "Aquatic activity and hypertension" Presented at the World Aquatic Health Conference, Scottsdale, AZ October 2015.
- 112) "Preventing and lowering high blood pressure" Presented at the World Aquatic Health Conference, Scottsdale, AZ October 2015.

- 113) "Reducing arthritis joint stress" Presented at the World Aquatic Health Conference, Scottsdale, AZ October 2015.
- 114) "Habitual exercise for primary and secondary prevention of vascular dysfunction" Presented at the University of Alabama Birmingham, Birmingham, AL October 2015.
- 115) "Myths in sports science" Presented at General Authority of Youth and Sports Welfare, Dubai, UAE December 2015.
- 116) "Physiological testing for athletes" Presented at General Authority of Youth and Sports Welfare, Dubai, UAE December 2015.
- 117) "Ergogenic aids" Presented at General Authority of Youth and Sports Welfare, Dubai, UAE December 2015.
- 118) "Vascular aging and exercise: Are you as old as your arteries?" Presented at Texas chapter of American College of Sports Medicine meeting, College Station, TX March 2016.
- 119) "Utility of exercise to destiffen arteries: walking in Carlson Gym to swimming in 40 Acres and beyond" Presented at the University of Colorado Integrative Physiology Colloquium, Boulder, CO April 2016.
- 120) "Masters athletes: super humans with grey hair and wrinkled skin?" Presented at the University of Texas at Arlington Texas ACSM lecture series, Arlington, TX April, 2016.
- 121) "Habitual exercise and cardiovascular changes with aging" Presented at the University of Mississippi, Oxford, MS June 2016.
- 122) "Translational Gerontology for Lifestyle Interventions" Presented at the German Congress of Geriatrics and Gerontology, Stuttgart, Germany September 2016.
- 123) "Swimming and sports medicine: Key findings for the US Masters Swimming community" Presented at the United States Aquatic Sports Convention, Atlanta, GA September 2016.
- 124) "Vascular aging and exercise: Are you as old as your arteries?" Presented at the Annual Vascular Biology and Hypertension Symposium, Birmingham, AL October 2016.
- 125) "Exercise and arterial stiffness" Presented at the Mid-Atlantic chapter of the American College of Sports Medicine meeting, Harrisburg, PA November 2016.
- 126) "Resistance training and vascular function" Presented at the International Physical Therapy Conference/Physical Therapy Mahidol University Research Symposium, Bangkok, Thailand, December 2016.
- 127) "Stiffening of joint and hardening of the arteries" Presented at the International Physical Therapy Conference/Physical Therapy Mahidol University Research Symposium, Bangkok, Thailand, December 2016.

- 128) “Utility of swimming in exercise rehabilitation” Presented at the International Physical Therapy Conference/Physical Therapy Mahidol University Research Symposium, Bangkok, Thailand, December 2016.
- 129) “Vascular and joint stiffness screening” Presented at the International Physical Therapy Conference/Physical Therapy Mahidol University Research Symposium, Bangkok, Thailand, December 2016.
- 130) “Masters athletes: super humans with grey hair and wrinkled skin?” Presented at the Huffines Discussion 7 at Texas A&M University, College Station, TX November, 2017.
- 131) “Reading, reviewing, and writing for scientific journals: how to develop these important skills” Presented at Chulalongkorn University, Bangkok, Thailand, December, 2017.
- 132) “Exercise and age-related vascular stiffening: Are you as old as your arteries?” Presented at Utah Vascular Research Laboratory’s Colloquium Series, Salt Lake City, UT March 2018.
- 133) “Physical education to sport science to kinesiology: Where is our field moving to?” Presented at the First International Conference on Sport Peace Message, Sharm El-Sheikh, Egypt April 2018.
- 134) “Smoking and exercise on vascular damage: What have we done?” Presented at the Texas Tobacco Center of Regulatory Science monthly speaker series, Austin, TX April 2018.
- 135) “Vascular adaptations to exercise training: Resistance vs. aerobic training-US Presidential Version-” Presented at the American College of Sports Medicine national conference, Minneapolis, MN May 2018.
- 136) “Ischemic preconditioning on athletic performance” Presented at the 8th International Conference on Sports and Exercise Science, Bangkok, Thailand. June 2018.
- 137) “Exercise is medicine in our aging societies worldwide” Presented at the 8th International Conference on Sports and Exercise Science, Bangkok, Thailand. June 2018.
- 138) “Habitual exercise and cigarette smoking on vascular damage” Presented at the 8th International Conference on Sports and Exercise Science, Bangkok, Thailand. June 2018.
- 139) “The anti-aging effects of aerobic exercise on systemic arteries” Presented at the American Heart Association Hypertension Council meeting, Chicago, IL September 2018.
- 140) “Sports science in masters swimming: key research findings for masters swimmers” Presented at the US Masters Swimming Convention, Jacksonville, FL September 2018.
- 141) “Stiffening arteries while stiffening muscles: Influence of resistance training on vascular function” John Keener Keynote lecture presented at the Northland Chapter of the American College of Sports Medicine meeting, Brookings, SD October 2018.
- 142) “Aging of competitive athletes” Presented at the Northland Chapter of the American College of Sports Medicine meeting, Brookings, SD October 2018.

- 143) “Exercise and age-related vascular stiffening: Are you as old as your arteries?” Presented at the Barshop Symposium on Aging “Exercise Regulation of Biological Aging, Bandera, TX October 2018.
- 144) “Ischemic Pre-Conditioning and Blood Flow Restriction for Sport Performance and Rehabilitation” Presented at the Ischemia Preconditioning Focus Group meeting, Chicago, IL November 2018.
- 145) “Tips for presenting a scientific poster at a conference” Presented at Chulalongkorn University, Bangkok, Thailand December 2018.
- 146) “Tips for presenting a scientific poster at a conference” Presented at the University of Tsukuba, Ibaraki, Japan March 2019.
- 147) “Recommendations for studying and building career in the US” Presented at the University of Tsukuba, Ibaraki, Japan March 2019.
- 148) “Anti-aging effects of aerobic exercise on systemic arteries” Presented at the Texas A&M Center for Translational Research in Aging and Longevity April 2019.
- 149) “Under the SEA: The benefits of water immersion and aquatic exercise: A rising tide of evidence” Presented at the national American College of Sports Medicine meeting. Orlando, FL May 2019.

PUBLICATIONS:

Publication statistics: In Google Scholar (as of August 1st, 2019), h-index = 71 (roughly translated as having 71 publications with at least 71 citations) and i10-index = 178 (number of publications with at least 10 citations).

- 1) Hickey, M.S., D.L. Costill, G.K. McConell, J.J. Widrick, and **H. Tanaka**. Day to day variation in time trial cycling performance. *International Journal of Sports Medicine*. 13(6): 467-470, 1992.
- 2) **Tanaka, H.**, D.L. Costill, R. Thomas, W.J. Fink, and J.J. Widrick. Dry-land resistance training for competitive swimming. *Medicine and Science in Sports and Exercise*. 25(8): 952-959, 1993.
- 3) Widrick, J.J., D.L. Costill, W.J. Fink, G.K. McConell, M.S. Hickey, and **H. Tanaka**. Carbohydrate feedings and exercise performance: effect of initial muscle glycogen concentration. *Journal of Applied Physiology*. 74(6): 2998-3005, 1993.
- 4) **Tanaka, H.**, D.R. Bassett, Jr., T.C. Swensen, and R.M. Sampedro. Aerobic and anaerobic power characteristics of competitive cyclists in the United State Cycling Federation. *International Journal of Sports Medicine*. 14(6): 334-338, 1993.
- 5) McConell, G.K., D.L. Costill, M.S. Hickey, J.J. Widrick, **H. Tanaka**, and P. Gastin. Reduced training volume and intensity maintain aerobic capacity, but not performance in distance runners. *International Journal of Sports Medicine*. 14(1): 33-37, 1993.
- 6) **Tanaka, H.** and H. Kanehisa. Effects of high resistance training in competitive swimmers: a review.

Japanese Journal of Training Science. 5(2): 75-78, 1993.

- 7) **Tanaka, H.** Effects of cross-training: transfer of training effects on VO₂max between cycling, running, and swimming. *Sports Medicine*. 18(5): 330-339, 1994.
- 8) Tanaka, J.A., **H. Tanaka**, and W. Landis. An assessment of carbohydrate intake in collegiate distance runners. *International Journal of Sport Nutrition*. 5(3): 206-214, 1995.
- 9) Turner, M.J., E.T. Howley, **H. Tanaka**, M. Ashraf, D.R. Bassett, Jr., and D.J. Keefer. Effects of graded epinephrine infusion on blood lactate response to exercise. *Journal of Applied Physiology*. 79(4): 1206-1211, 1995.
- 10) **Tanaka, H.**, D.R. Bassett, Jr., S.K. Best, and K.R. Baker, Jr. Seated vs. standing cycling in competitive road cyclists: energy expenditure during uphill cycling and maximal oxygen uptake. *Canadian Journal of Applied Physiology*. 21(2): 149-154, 1996.
- 11) **Tanaka, H.**, D.R. Bassett, Jr., and M.J. Turner. Exaggerated blood pressure response to maximal exercise in endurance-trained individuals. *American Journal of Hypertension*. 9(11): 1099-1103, 1996.
- 12) Turner, M.J., **H. Tanaka**, D.R. Bassett, Jr., and T.R. Fitton. The equilibrium CO₂ rebreathing method does not affect resting or exercise blood pressure. *Medicine and Science in Sports and Exercise*. 28(7): 921-925, 1996.
- 13) **Tanaka, H.**, K.A. West, G.E. Duncan, D.R. Bassett, Jr., and E.T. Howley. Changes in plasma tryptophan/branched chain amino acid ratio in responses to training volume variation. *International Journal of Sports Medicine*. 18(4): 270-275, 1997.
- 14) **Tanaka, H.**, D.R. Bassett, Jr., E.T. Howley, D.L. Thompson, M. Ashraf, and F.L. Rawson. Swimming training lowers the resting blood pressure in individuals with hypertension. *Journal of Hypertension*. 15(6): 651-657, 1997.
- 15) FitzGerald, M.D., **H. Tanaka**, Z.V. Tran, and D.R. Seals. Age-related declines in maximal aerobic capacity in regularly exercising vs. sedentary females: a meta-analysis. *Journal of Applied Physiology*. 83(1): 160-165, 1997.
- 16) **Tanaka, H.**, and D.R. Seals. Age and gender interactions in physiological functional capacity: insight from swimming performance. *Journal of Applied Physiology*. 82(3): 846-851, 1997.
- 17) Hunt, B.E., K.P. Davy, P.P. Jones, C.A. DeSouza, R.E. Van Pelt, **H. Tanaka**, and D.R. Seals. Systemic hemodynamic determinants of blood pressure in women: age, physical activity, and hormone replacement. *American Journal of Physiology*. 273(2 Pt 2): H777-H785, 1997
- 18) **Tanaka, H.**, D.R. Bassett, Jr., and E.T. Howley. Effects of swim training on body weight, carbohydrate metabolism, lipid and lipoprotein profile. *Clinical Physiology*. 17(4): 347-359, 1997.
- 19) Van Pelt, R.E., P.P. Jones, K.P. Davy, C.A. DeSouza, **H. Tanaka**, B.M. Davy, and D.R. Seals.

- Regular exercise and the age-related decline in resting metabolic rate in women. *Journal of Clinical Endocrinology and Metabolism*. 82(10): 3208-3212, 1997.
- 20) **Tanaka, H.**, C.A. DeSouza, P.P. Jones, E.T. Stevenson, K.P. Davy, and D.R. Seals. Greater rate of decline in maximal aerobic capacity with age in physically active vs. sedentary healthy women. *Journal of Applied Physiology*. 83(6): 1947-1953, 1997.
 - 21) **Tanaka, H.** and T. Swensen. Impact of resistance training on endurance performance. a new form of cross-training? *Sports Medicine*. 25(3): 191-200, 1998.
 - 22) Bassett, D.R., W.J. Duey, A.J. Walker, D.J. Torok, E.T. Howley, and **H. Tanaka**. Exaggerated blood pressure response to exercise: importance of resting blood pressure. *Clinical Physiology*. 18(5): 457-462, 1998.
 - 23) **Tanaka, H.**, C.A. DeSouza, and D.R. Seals. Absence of age-related increase in central arterial stiffness in physically active women. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 18(1): 127-132, 1998.
 - 24) Davy, K.P., D.R. Seals, and **H. Tanaka**. Augmented cardiopulmonary and integrative sympathetic baroreflexes but attenuated peripheral vasoconstriction with age. *Hypertension*. 32(2): 298-304, 1998.
 - 25) **Tanaka, H.**, M.J. Reiling, and D.R. Seals. Regular walking increases peak limb vasodilatory capacity of older hypertensive humans: implications for arterial structure. *Journal of Hypertension*. 16(4): 423-428, 1998.
 - 26) **Tanaka, H.** and M. Higuchi. Age, exercise performance, and physiological functional capacities. *Advances in Exercise and Sports Physiology*. 4(2): 51-56, 1998.
 - 27) Hunt, B.E., K.P. Davy, P.P. Jones, C.A. DeSouza, R.E. Van Pelt, **H. Tanaka**, and D.R. Seals. Role of central circulatory factors in the fat-free mass-maximal aerobic capacity relation across age in humans. *American Journal of Physiology*. 275(4 Pt 2): H1178-H1182, 1998.
 - 28) **Tanaka, H.**, C.M. Clevenger, P.P. Jones, D.R. Seals, and C.A. DeSouza. Influence of body fatness on the coronary risk profile of physically-active postmenopausal women. *Metabolism*. 47(9): 1112-1120, 1998.
 - 29) Davy, K.P., **H. Tanaka**, E.A. Andros, J.G. Gerber, and D.R. Seals. Influence of age on arterial baroreflex inhibition of sympathetic nerve activity in healthy adult humans. *American Journal of Physiology*. 275 (5 Pt 2): H1768-H1772, 1998.
 - 30) **Tanaka, H.**, C.A. DeSouza, and D.R. Seals. Arterial stiffness and hormone replacement use in healthy postmenopausal women. *Journal of Gerontology: Medical Sciences*. 53A(5): M344-M346, 1998.
 - 31) **Tanaka, H.**, F.A. Dinunno, B.E. Hunt, P.P. Jones, C.A. DeSouza, and D.R. Seals. Hemodynamic sequelae of age-related increases in arterial stiffness in healthy women. *American Journal of Cardiology*. 82(9): 1152-1155, 1998.

- 32) **Tanaka, H.** Current trends of graduate school and postdoctoral training in kinesiology/exercise science departments in the U.S. (in Japanese). *Japanese Journal of Health, Physical Education, and Recreation*. 49(4): 344-346, 1999.
- 33) Ishikawa, K., T. Ohta, J. Zhang, S. Hashimoto, and **H. Tanaka**. Influence of age and gender on exercise-training induced blood pressure reduction in systemic hypertension. *American Journal of Cardiology*. 84(2): 192-196, 1999.
- 34) **Tanaka, H.**, K.P. Davy, and D.R. Seals. Cardiopulmonary baroreflex inhibition of sympathetic nerve activity is preserved with age in healthy humans. *Journal of Physiology (London)*. 515(1): 249-254, 1999.
- 35) Dinunno, F.A., P.P. Jones, D.R. Seals, and **H. Tanaka**. Limb blood flow and vascular conductance are reduced in healthy humans: relation to elevations in sympathetic nerve activity and declines in oxygen demand. *Circulation*. 100(2): 164-170, 1999.
- 36) Parker Jones, P.P., K.P. Davy, C.A. DeSouza, and **H. Tanaka**. Total blood volume in endurance-trained postmenopausal females: relation to exercise mode and maximal aerobic capacity. *Acta Physiologica Scandinavica*. 166(4): 327-334, 1999.
- 37) **Tanaka, H.**, G. Dale, and D.R. Bassett, Jr. Influence of regular swimming on profile of mood states in obese subjects with essential hypertension. *Japanese Journal of Physical Fitness and Sports Medicine*. 48(4): 447-452, 1999.
- 38) Seals, D.R., P.P. Jones, C.A. DeSouza, and **H. Tanaka**. Lack of age-associated elevations in 24-hour systolic and pulse pressures in women who exercise regularly. *American Journal of Physiology*. 277(3 Pt 2): H947-H955, 1999.
- 39) **Tanaka, H.**, C.A. DeSouza, and D.R. Seals. Exercise and hypertension in older adults. In *Exercise for Preventing Common Disease*. H. Tanaka and M. Shindo (eds). Springer-Verlag, Tokyo. pp45-50, 1999.
- 40) **Tanaka, H.** Habitual exercise and age-related changes in cardiovascular risk factors in women. *Proceedings of the International Conference on Exercise and Nutrition for Better Health and Chronic Diseases*. Beijing, China. pp92-96, 2000.
- 41) Wilson, T.M. and **H. Tanaka**. Meta-analysis of the age-associated decline in maximal aerobic capacity in men: relation to habitual aerobic exercise status. *American Journal of Physiology: Heart and Circulatory Physiology*. 278(3): H829-H834, 2000.
- 42) **Tanaka, H.** Regular physical activity and age-associated changes in cardiovascular function (in Japanese). *Japanese Journal of Health, Physical Education, and Recreation*. 50(5): 334-337, 2000.
- 43) Dinunno, F.A., P.P. Jones, D.R. Seals, and **H. Tanaka**. Age-associated arterial wall thickening is related to elevations in sympathetic activity in healthy humans. *American Journal of Physiology: Heart and Circulatory Physiology*. 278(4): H1205-H1210. 2000.

- 44) Seals, D.R. and **H. Tanaka**. Manuscript peer review: A helpful checklist for students and novice referees. *Advances in Physiology Education*. 22(1): 52-58. 2000.
- 45) **Tanaka, H.**, F.A. Dinunno, K.D. Monahan, C.M. Clevenger, C.A. DeSouza, and D.R. Seals. Aging, habitual exercise, and dynamic arterial compliance. *Circulation*. 102(11): 1270-1275, 2000.
- 46) DeSouza, C.A., L.F. Shapiro, C.M. Clevenger, F.A. Dinunno, K.D. Monahan, **H. Tanaka**, and D.R. Seals. Regular aerobic exercise prevents and restores age-related declines in endothelium-dependent vasodilation in healthy men. *Circulation*. 102(12): 1351-1357, 2000.
- 47) **Tanaka, H.**, F.A. Dinunno, and D.R. Seals. Age-related increase in intima-media thickness in healthy humans (letter to the editor). *Arteriosclerosis, Thrombosis, and Vascular Biology*. 20(9): 2172, 2000.
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- 51) Miyachi, M., **H. Tanaka**, K. Yamamoto, A. Yoshioka, K. Takahashi, and S. Onodera. Effects of one-legged endurance training on femoral arterial and venous size in healthy humans. *Journal of Applied Physiology*. 90(6): 2439-2444. 2001.
- 52) **Tanaka, H.**, F.A. Dinunno, K.D. Monahan, C.A. DeSouza, and D.R. Seals. Carotid artery wall hypertrophy with age is related to local systolic blood pressure in healthy men. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 21(1): 82-87, 2001.
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