

## **CURRICULUM VITAE**

Philip R. Stanforth

Residence:	Department of Kinesiology & Health Education
7626 Rockpoint Drive	2109 San Jacinto; D3700
Austin, TX 78731	UT Austin
(512) 794-5807	Austin, TX 78712
p.stanforth@austin.utexas.edu	(512)475-9694

### **Degrees**

Northern State College, B.S., 1976, Physical Education & Special Education  
University of Arizona, M.S., 1978, Physical Education

### **Professional Registrations, Licensures, & Certifications**

Certified American College of Sports Medicine (ACSM) Health/Fitness Director  
Certified ACSM Health Fitness Specialist  
Certified ACSM Exercise Test Technologist  
Member, ACSM  
Member, Texas Chapter of the ACSM (TACSM)

### **Professional Appointments**

Clinical Associate Professor, Department of Kinesiology and Health Education (KHE), The University of Texas at Austin, Austin, Texas (2018 – )

Senior Lecturer, Department of Kinesiology and Health Education (KHE), The University of Texas at Austin, Austin, Texas (2016 – 2018)

Lecturer, Department of Kinesiology and Health Education (KHE), The University of Texas at Austin, Austin, Texas (2000 – 2016)

Director, Fitness Institute of Texas (FIT), Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas (2003 – 2006)

Senior Research Associate, HERITAGE Research Project, Department of Health and Kinesiology, Texas A & M University, College Station, Texas (1998 – 2000)

Local Project Coordinator, HERITAGE Research Project, Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas (1992-1998)

Director, Adult Fitness Program, Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas (1987-1992)

Lecturer, Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas (1986-1992 & Fall 1997)

Coordinator, Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas (1985-1987)

Director, Adult Fitness Program, Department of Physical Education, University of Arizona, Tucson (1979-1985)

Assistant Director, Adult Fitness Program, Department of Physical Education, University of Arizona, Tucson (1977-1979)

Head Women's Cross Country and Assistant Track Coach, Department of Physical Education, University of Arizona, Tucson (1977-1978)

### Honors

1977 Teaching Assistant of the Year, Department of Physical Education, University of Arizona

1985 Service Award, Association for Fitness in Business

1987 Fellow, Association for Fitness in Business

2004 Elected Representative, Texas Chapter of the American College of Sports Medicine

2009 Elected President, Texas Chapter of the American College of Sports Medicine

2011 *FIT Start*, developed by P. R. Stanforth & the Fitness Institute of Texas receives the *Innovation Health Award* at the OS1 Symposium

2012 UT Austin receives the *Effective and Innovative Practices Award* from the Association of Physical Plant Administrators for *FIT Start*, developed by P. R. Stanforth & the Fitness Institute of Texas

2015 Inducted into the Platte, South Dakota High School Track and Field Hall of Fame

2017 Service Award, Texas Chapter of the American College of Sports Medicine

2017 Fellow, American College of Sports Medicine

### Peer Reviewed Research Publications

- 1) Buono, M.J., S.H. Constable, and P.R. **Stanforth**. Maximum oxygen uptake and body composition of varsity collegiate tennis players. *The AZ J Health Phys Ed Rec.* Spring, 1980.
- 2) Buono, M.J., S.H. Constable, A.R. Morton, T.C. Rotkis, P.R. **Stanforth** and J.H. Wilmore. The effect of an acute bout of exercise on selected pulmonary function measurements. *Med Sci Sports Exerc.* 13: 290-293, 1981.
- 3) Rotkis, T.C., T.W. Boyden, R.W. Pamentner, P.R. **Stanforth** and J.H. Wilmore. High density lipoprotein cholesterol and body composition of female runners. *Metabolism.* 30: 994-995, 1981.
- 4) Boyden, T.W., R.W. Pamentner, P.R. **Stanforth**, T.C. Rotkis and J.H. Wilmore. Evidence

- for mild thyroidal impairment in women undergoing endurance training. *J Clin Endocrinol Metab.* 54: 53-56, 1982.
- 5) Boyden, T.W., R.W. Pamentier, D. Grasso, P.R. **Stanforth**, T.C. Rotkis and J.H. Wilmore. Prolactin responses, menstrual cycles and body composition of women runners *J Clin Endocrinol Metab.* 54: 711-714, 1982.
  - 6) Wilmore, J.H., S.H. Constable, P.R. **Stanforth**, et al. Mechanical and physiological calibration of four-cycle ergometers. *Med Sci Sports Exerc.* 14: 322-325, 1982.
  - 7) Boyden, T.W., R.W. Pamentier, P.R. **Stanforth**, T.C. Rotkis and J.H. Wilmore. Sex steroids and endurance running in women. *Fertil Steril.* 39: 629-632, 1983.
  - 8) Ewy, G.A., J.H. Wilmore, A.R. Morton, P.R. **Stanforth**, et al. The effect of beta-adrenergic blockade in obtaining a trained state. *J Cardiac Rehabil.* 3: 25-29, 1983.
  - 9) Ewy, G.A., J.H. Wilmore, A.R. Morton, P.R. **Stanforth**, et al. The effect of beta-adrenergic blockade on submaximal and maximal exercise performance. *J Cardiac Rehabil.* 3: 30-36, 1983.
  - 10) Marsh, R., D. Lapan, S. Goldman, T.W. Boyden, T.C. Rotkis, P.R. **Stanforth** and J.H. Wilmore. Effects of chronic moderate endurance running on body composition and cardiac structure in women. *J Cardiac Rehabil.* 3: 208-212, 1983.
  - 11) Wilmore, J.H., F.B. Roby, P.R. **Stanforth**, M.J. Buono, S.H. Constable, Y. Tsao, and B.J. Lowdon. Rating of perceived exertion, heart rate, and treadmill speed in the prediction of maximal oxygen uptake during submaximal treadmill exercise. *J Cardiopulm Rehabil.* 5: 540, 1985.
  - 12) Wilmore, J.H., F.B. Roby, P.R. **Stanforth**, M.J. Buono, S.H. Constable, Y. Tsao, and B.J. Lowdon. Ratings of perceived exertion, heart rate, and power output in predicting maximal oxygen uptake during submaximal cycle ergometry. *Physician Sportsmed.* 14(3): 133-143, 1986.
  - 13) Morton, A.R., P.R. **Stanforth**, B.J. Freund, M.J. Joyner, S.M. Jilka, A.A. Hartzell, G.A. Ewy. and J.H. Wilmore. Alterations in plasma lipids consequent to endurance training and beta-blockade. *Med Sci Sports Exerc.* 21: 288-292, 1989.
  - 14) **Stanforth**, P.R., T.L. Painter and J.H. Wilmore. Alterations in concentric strength consequent to Powercise and Universal Gym circuit training. *J Appl Sport Sci Res.* 6: 152-157, 1992.
  - 15) **Stanforth**, D. and P.R. **Stanforth**. Aerobic Requirement of Bench Stepping. *Int J Sport Med.* 14: 129-133, 1993.
  - 16) **Stanforth**, P.R. and D. **Stanforth**. The effect of adding external weight on the aerobic requirement of bench stepping. *Res Q Exerc Sport.* 67: 469 – 472. 1996.
  - 17) Wilmore, J.H., P.R. **Stanforth**, et al. Endurance exercise training has a minimal effect on resting heart rate: the HERITAGE study. *Med Sci Sports Exerc.* 28: 829-835, 1996.
  - 18) Wilmore, J.H., P.R. **Stanforth**, et al. Reproducibility of anthropometric and body composition measurements: the HERITAGE study. *Int J Obes.* 21: 297 - 303, 1997.
  - 19) **Stanforth**, D., P.R. **Stanforth**, et al. A 10-week training study comparing resistaball® and traditional trunk training. *J Dance Med Sci.* 2: 134 - 140, 1998.
  - 20) Wilmore, J.H., P.R. **Stanforth**, et al. Reproducibility of cardiovascular, respiratory, and metabolic responses to submaximal exercise: the HERITAGE study. *Med Sci Sports Exerc.* 30: 259 - 265, 1998.
  - 21) Wilmore, J.H., P.R. **Stanforth**, et al. Alterations in resting metabolic rate as a consequence of 20 wk of endurance training: the HERITAGE Family Study. *Am J Clin Nutr.* 68: 66 - 71, 1998.
  - 22) **Stanforth**, P.R., et al. Accuracy of prediction equations to estimate submaximal VO<sub>2</sub>

- during cycle ergometry: The HERITAGE Family Study. *Med Sci Sports Exerc.* 31: 183 - 188, 1999.
- 23) **Stanforth, P.R.**, et al. Submaximal Aerobic Fitness Evaluation. *United States Air Force School of Aerospace Medicine.* SAM-FP-BR-TR-1999-0002, 1999.
  - 24) Wilmore, J.H., J.P. Després, P.R. **Stanforth**, et al. Alterations in body weight and composition consequent to 20 wk of endurance training: the HERITAGE Family Study. *Am J Clin Nutr.* 70: 346 - 352, 1999
  - 25) **Stanforth, P.R.**, et al. Reproducibility of resting blood pressure and heart rate measurements: The HERITAGE Family Study. *Ann Epidemiol.* 10: 271 – 277, 2000.
  - 26) Stanforth, D., P.R. **Stanforth**, and M.P. Hoemeke. Physiologic and metabolic responses to a Body Pump workout. *J Strength Cond Res.* 14: 144 – 150, 2000.
  - 27) Wilmore J.H., J.S. Green, P.R. **Stanforth**, et al. Relationship of changes in maximal and submaximal aerobic fitness to changes in cardiovascular disease and non-insulin-dependent diabetes mellitus risk factors with endurance training: The HERITAGE Family Study. *Metabolism* 50(11):1255-1263, 2001.
  - 28) Wilmore, J.H., P.R. **Stanforth**, et al. Cardiac output and stroke volume changes with endurance training: The HERITAGE Family Study. *Med Sci Sports Exerc.* 33: 99 – 106, 2001.
  - 29) Wilmore, J.H., P.R. **Stanforth**, et al. Heart rate and blood pressure changes with endurance training: The HERITAGE Family Study. *Med Sci Sports Exerc.* 33: 107 - 116, 2001.
  - 30) Green, J.S. P.R. **Stanforth**, et al. Menopause, estrogen, and training effects on exercise hemodynamics: the HERITAGE Family Study. *Med Sci Sports Exerc.* 34: 74 - 82, 2002.
  - 31) Jackson, A.S., P.R. **Stanforth**, et al. The effect of sex, age and race on estimating percentage body fat from body mass index: The Heritage Family Study. *Int J Obes.* 26: 1 - 8, 2002.
  - 32) **Stanforth, P.R.**, et al. Generalized abdominal visceral fat prediction models for black and white adults aged 17-65 y: the HERITAGE Family Study. *Int J Obes.* 28: 925 - 932, 2004.
  - 33) Turley K.R., **P.R. Stanforth**, et al. Scaling submaximal exercise cardiac output and stroke volume: The HERITAGE Family Study. *Int J Sport Med* 27:993-999, 2006.
  - 34) Tierney, M.T., D. Lenar, P.R. **Stanforth**, J.N. Craig, and R. P. Farrar. Prediction of aerobic capacity in firefighters using submaximal treadmill and stairmill protocols. *J Strength Cond Res* 24:757–764, 2010.
  - 35) Pepper, M.R., J.H. Freeland-Graves, W. Yu, **P.R. Stanforth**, et al. Validation of a 3-Dimensional Laser Body Scanner for Assessment of Waist and Hip Circumference. *Journal of the American College of Nutrition.* 29: 179-188, 2010.
  - 36) Stanforth, D., M. Steinhardt, M. Mackert, P.R. **Stanforth**, C.T. Gloria. An Investigation of Exercise and the Placebo Effect. *Am J Health Behav.* 35(3):257-268, 2011.
  - 37) Stults-Kolehmainen, M.A., P.R. **Stanforth**, J.B. Bartholomew. Fat in android, trunk, and peripheral regions varies by ethnicity and race in college aged women. *Obesity* 20: 660 – 665, 2012.
  - 38) Stults-Kolehmainen, M.A., P.R. **Stanforth**, J.B. Bartholomew, et al. DXA estimates of fat in abdominal, trunk and hip regions varies by ethnicity in men. *Nutr Diabetes* 3(3):e64, 2013.
  - 39) **Stanforth, P.R.**, B.Crim, D. Stanforth, M.A. Stults-Kolehmainen. Body composition changes among female NCAA Division 1 athletes across the competitive season and over a multiyear time frame. *J Strength Cond Res* 28(2): 300–307, 2014.

- 40) B. Strasser, M. Arvandi, E.P. Pasha, A.P. Haley, P. **Stanforth**, H. Tanaka. Abdominal obesity is associated with arterial stiffness in middle-aged adults. *Nutrition, Metabolism & Cardiovascular Diseases* 25: 495-502, 2015.
- 41) Stanforth, D., T. Lu, M.A. Stults-Kolehmainen, B. Crim, and **P.R. Stanforth**. Bone mineral content and density among female NCAA Division I athletes across the competitive season and over a multi-year time frame. *J Strength Cond Res* 30(10): 2828-2838, 2016.
- 42) Lee, J.L., J.H. Freeland-Graves, M.R. Pepper, **P.R. Stanforth**, B. Xu. Prediction of android and gynoid body adiposity via a three-dimensional stereovision body imaging system and dual-energy x-ray absorptiometry. *Journal of the American College of Nutrition* 34(5): 367-377, 2015.
- 43) Bosch, T.A., A. Carbuhn, **P.R. Stanforth**, J.M. Oliver, K.A. Keller, D.R. Dengel. Body composition and bone Mineral Density of Division I collegiate football players, a Consortium of College Athlete Research (C-CAR) study. *J Strength Cond Res* 33(5): 1339-1346, 2019.
- 44) Czeck, M.A., C.J. Raymond-Pope, T.A. Bosch, C.W. Bach, J.M. Oliver, A. Carbuhn, **P.R. Stanforth**, D.R. Dengel. Total and regional body composition of NCAA Division I collegiate baseball athletes. *Int J Sport Med* 40(07): 447-452, 2019. DOI: 10.1055/a-0881-2905.
- 45) Czeck, M.A., C.J. Raymond-Pope, **P.R. Stanforth**, A. Carbuhn, T.A. Bosch, C.W. Bach, J.M. Oliver, D.R. Dengel. Total and regional body composition of NCAA Division I collegiate female softball. *Int J Sport Med* 40(10): 645-649, 2019. DOI: 10.1055/a-0962-1283.
- 46) Watson, R.M., **P.R. Stanforth**, A.E. Talley, M.A. Stults-Kolehmainen. Influence of Age, Ethnicity and Sex on Body Composition Thresholds for the Accumulation of Visceral Adipose Tissue in Adults. *American Journal of Sports Science* 7(3): 111-120, 2019. doi: 10.11648/j.ajss.20190703.15
- 47) Dengel, D.R., K.A. Keller, **P.R. Stanforth**, J.M. Olive, A. Carbuhn, T.A. Bosch. Body Composition and bone mineral density of Division I collegiate track and field athletes, a Consortium of College Athlete Research (C-CAR) Study. *Journal of Clinical Densitometry* 23(2):303-313, 2020. doi: <https://doi.org/10.1016/j.jocd.2019.07.008>
- 48) Raymond-Pope, C.J., A.L. Solfest, A. Carbuhn, **P.R. Stanforth**, J. Oliver, C.W. Bach, T. Bosch, D.R. Dengel. Total and Regional Body Composition of NCAA Division I Collegiate Basketball Athletes. *Int J Sport Med* 41: 242-247, 2020. <https://doi.org/10.1055/a-1073-7941>.
- 49) Roelofs, E., A. Bockin, T. Bosch, J. Oliver, C.W. Bach, A. Carbuhn, P.R. Stanforth, D.R. Dengel. Body Composition of National Collegiate Athletic Association (NCAA) Division I Female Soccer Athletes through Competitive Seasons. *Int J Sport Med* 41: 766-770, 2020. Doi: <https://doi.org/10.1055/a-1177-0716>.
- 50) Bisch K.L., T.A. Bosch, A. Carbuhn, P.R. Stanforth, J.M. Oliver, C.W. Bach, D. R. Dengel. Positional Body composition of female division I collegiate volleyball players. *J Strength Cond Res* 34(11):3055-3061, 2020. doi:10.1519/JSC.0000000000003808.

#### Abstracts & Abstract Poster Presentations

- 1) Ewy, G.A., J.H. Wilmore, P.R. **Stanforth**, et al. Maximal cardiorespiratory endurance performance as modified by beta adrenergic blockade. *Med Sci Sports Exerc.* 12: 114, 1980. (Presented at the 27<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Las Vegas, NV.)
- 2) Rotkis, T.C., M.J. Buono, S.H. Constable, P.R. **Stanforth** and J.H. Wilmore. Differences in plasma clearance of a fat emulsion between training groups. *Med Sci Sports Exerc.* 13: 98, 1981. (Presented at the 28<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Miami Beach, FL.)
- 3) Wilmore, J.H., S.H. Constable, P.R. **Stanforth**, et al. Coronary artery disease risk factors in 13-to-15-year-old boys. *Med Sci Sports Exerc.* 13: 99, 1981. (Presented at the 28<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Miami Beach, FL.)
- 4) Buono, M.J., S.H. Constable, A.R. Morton, T.C. Rotkis, P.R. **Stanforth** and J.H. Wilmore. Post-exercise pulmonary function measures: implications for body composition analysis. *Med Sci Sports Exerc.* 13: 121, 1981. (Presented at the 28<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Miami Beach, FL.)
- 5) Constable, S.H., M.J. Buono, P.R. **Stanforth**, et al. Physiological profiles of randomly selected 13-15 year-old boys. *Med Sci Sports Exerc.* 13: 110, 1981. (Presented at the 28<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Miami Beach, FL.)
- 6) Constable, S.H., J.H. Wilmore, P.R. **Stanforth**, A.R. Morton and T.C. Rotkis. The influence of maximal exercise on residual lung volume. *Int J Sports Med.*, 1982. (Presented at Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV.)
- 7) **Stanforth**, P.R., J.H. Wilmore, T.C. Rotkis and S.H. Constable. Physiological alterations subsequent to endurance training in men 60-75 years of age. *Int J Sports Med.*, 1983. (Presented at Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV.)
- 8) Stanforth, D. and P.R. **Stanforth**. Aerobic requirement of Jazzerstep. *Med Sci Sports Exerc.* 25: S83, 1993. (Presented at the 40<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle, WA.)
- 9) Turley, K.R., F.M. Spears, P.R. **Stanforth**, T. Rankinen, et al. Scaling submaximal cardiovascular data: The HERITAGE Family Study. *Med Sci Sports Exerc.* 34(5):S272, 2002. (Presented at the 49<sup>th</sup> Annual Meeting of the American College of Sports Medicine, St. Louis, MO.)
- 10) Green, J.S., P.R. **Stanforth**, et al. Estrogen Replacement and exercise effects on visceral fat in postmenopausal women: The HERITAGE Family Study. *Med Sci Sports Exerc.* 35(5):S12, 2003. (Presented at the 50<sup>th</sup> Annual Meeting of the American College of Sports Medicine, San Francisco, CA.)
- 11) Wilner, C.D. & P.R. **Stanforth**. Cross-Validation of Bioelectrical Impedance Analyzers for Estimating Percent Body Fat in Young Adults. *Med Sci Sports Exerc.* 36(5):S71, 2004. (Presented at the 51<sup>st</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
- 12) Stanforth, D., P. Smith, P.R. **Stanforth**. Urine Specific Gravity Patterns in EMS Flight Workers. *Med Sci Sports Exerc.* 40(5):S189, 2008. (Presented at the 55<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
- 13) Stults-Kolehmainen, M.A., P.R. **Stanforth**. Ethnic Differences in Regional Body Composition Among College-Aged Women. *Med Sci Sports Exerc.* 40(5):S279, 2008. (Presented at the 55<sup>th</sup> Annual Meeting of the American College of Sports Medicine,

- Indianapolis, IN.)
- 14) D. Stanforth, P.R. **Stanforth**, B.N. Crim, M.A. Stults-Kolehmainen. *Bone mineral content and density among NCAA Division I female athletes across competitive seasons and over a multi-year time frame. Med Sci Sports Exerc.* 45(5S), 2013. (Presented at the 60<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
  - 15) Crim, B.N., P.R. **Stanforth**, D. Stanforth, M.A. Stults-Kolehmainen. Body Composition Changes Among Female Collegiate Athletes Across the Competitive Season and Over Multiple Years. *Med Sci Sports Exerc.* 45(5S):443-451, 2013. (Presented at the 60<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
  - 16) **Stanforth**, P.R., M.A. Stults-Kolehmainen, C.J. Abolt, J.B. Batholomew, T. Lu. The influence of ethnicity on fat in android, trunk and peripheral regions in young men. *Med Sci Sports Exerc.* 45(5S):443-451, 2013. (Presented at the 60<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
  - 17) **Stanforth** P.R., Talley AE, Jarzabkowski VA, Stanforth D. Regional Body Composition Changes with Weight Loss. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):540-1. doi: 10.1249/01.mss.0000486626.84052.a3.
  - 18) Stanforth D, A. Lazard, P.R. Stanforth, B. Wyeth, M. Mackert, X. Li. Signage Increases Stair Use: Applying Visual Metaphors with Health and Non-health Messages For Behavior Change. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl1):137. doi: 10.1249/01.mss.0000485410.93648.e8.
  - 19) Stanforth, P.R., Watson RM, Talley AE. Total Body Adiposity And Accumulated Visceral Adipose Tissue: Influence Of Age, Race/ethnicity And Sex. *Med Sci Sports Exerc.* 2017 May;49(5 Suppl 1):10241. DOI: 10.1249/01.mss.0000519809.69802.6c.
  - 20) Dengel, D.R., K.A. Keller, A.F. Carbuhn, P.R. **Stanforth**, J.M. Oliver, T.A. Bosch. Body Composition And Bone Mineral Density Of Division I Collegiate Track And Field Athletes. *Med Sci Sports Exerc.* 2017 May;49(5 Suppl 1):256. DOI: 10.1249/01.mss.0000517554.42595.0e.
  - 21) Bosch, T.A., A. Carbuhn; P.R. Stanforth; J.M. Oliver; K.A. Keller; D.R. Dengel. Body Composition and Bone Mineral Density of NCAA Division I Football Players. *Med Sci Sports Exerc.* 2017 May;49(5 Suppl 1):174-175. DOI: 10.1249/01.mss.0000517309.39024.e.
  - 22) Czeck, M.A., C.J. Raymond-Pope; T.A. Bosch; J.W. Ransone; J.M. Oliver; A. Carbuhn; P.R. Stanforth. Body Composition of Collegiate Baseball and Softball Athletes, Consortium of College Athlete Research (C-CAR) Study. *Med Sci Sports Exerc.* 2018 May;50(5S):381–382, DOI: 10.1249/01.mss.0000536342.77996.93.
  - 23) Solfest, A.L.; C.J. Raymond-Pope; A. Carbuhn; P.R. Stanforth; J.M. Oliver; J.W. Ransone; T.A. Bosch; D.R. Dengel. Body Composition of Division I Collegiate Basketball Athletes, Consortium of College Athlete Research (C-CAR) Study. *Med Sci Sports Exerc.* 2018 May;50(5S):382, DOI: 10.1249/01.mss.0000536343.85619.46
  - 24) Bisch, K.L., T.A. Bosch; A. Carbuhn; P.R. Stanforth; J.M. Oliver; J.W. Ransone; A. Kreutzer; D.R. Dengel. Positional Body Composition of Division I Volleyball Players, Consortium of College Athlete Research (C-CAR) Study. *Med Sci Sports Exerc.* 2018 May;50(5S): 382, DOI: 10.1249/01.mss.0000536344.85619.88.

## Book Chapters

Boyden, T.W., R.W. Pamentier, T.C. Rotkis, D.A. Morrison, B.J. Freund, P.R. **Stanforth**, and J.H.

Wilmore. Effects of exercise training on plasma cholesterol, high density-lipoprotein cholesterol, and sex steroid concentrations in women, *Coronary Heart Disease in Women, Haymarket Doyma, Inc.*, 1987.

### Scholarly Presentations

- 2013 *Exercise is Medicine*, TACSM, Marble Falls, TX.
- 2012 *Body Composition*, PaleoFX12 Conference, Austin, TX.
- 2010 *Body Composition Assessment in University Student Athletes*, 37<sup>th</sup> Annual Symposium on Sports Medicine co-sponsored by the University of Texas at San Antonio and The University of Texas, Austin, TX.
- 2010 *Exercise as Medicine*, Continuing Medical Education, University of Texas at Austin Health Services, Austin, TX.
- 2009 University Interscholastic League Minimum Weight Certification Workshop, Austin, TX.
- 2007 University Interscholastic League Minimum Weight Certification Workshop, San Antonio, TX.
- 2007 University Interscholastic League Minimum Weight Certification Workshop, Austin, TX (March & August).
- 2007 *Health Fitness Programming, Applied Exercise, & Physical Fitness Testing Lectures*, ACSM Health/Fitness Instructor Workshop, Austin, TX.
- 2005 University Interscholastic League Minimum Weight Certification Workshop, McAllen, TX.
- 2005 University Interscholastic League Minimum Weight Certification Workshop, Austin, TX.
- 2005 *Strengths and Weaknesses of Physical Fitness Tests*, Texas Community College Teachers 58<sup>th</sup> Annual Convention, Austin, TX.
- 2005 *Metabolic Calculations*, ACSM Health/Fitness Instructor Workshop, Austin, TX.
- 2000 *Race Differences in Residual Volume: The HERITAGE Family Study*, HERITAGE Consortium Science Day, College Station, TX.

### Research Contracts, Grants, and Gifts

International Association of Firefighters, Farrar, R. and P.R. **Stanforth** (co-PI). *Treadmill and Stepmill Maximal VO<sub>2</sub> Testing*, \$39,930 (9/06 – 9/07).

US Air Force School of Aerospace Medicine, Bartholomew, J.B., P.R. **Stanforth** (co-PI).



*Submaximal Aerobic Fitness Evaluation*, \$8,000 (2/97 – 10/98).

The Step Company, Stanforth, D., **P.R. Stanforth** (co-PI). *The Energy Cost of Bench Step Exercise*, \$4,650 (1998).

Jazzercise, Inc., Stanforth, D., **P.R. Stanforth** (co-PI). *The Energy Cost of Jazzercise*, \$3,000 (1993).

Texas Education Association Education Service Center Region 12, **Stanforth**, P.R. (PI). *Promoting Healthy Weight in Texas*, \$10,000 (2003).

The Academy.com, Rountree, L., P.R. **Stanforth** (co-PI). *The Academy E-Training Course for Physical Activity*, \$8,000 (2009).

UT Custodial Services, P. R. **Stanforth** (PI), Faries, M., Drake, J. *FIT Start: A Warm-up Program and Manual for Custodial Workers*, \$5,000 (2010).

Dell, Inc., J. B. Bartholomew, M. D. Faries, P. R. **Stanforth** (Co-PI). *Energy expenditure during stability ball sitting at work*, \$20,000 (2011).

UT Custodial Services, P. R. **Stanforth** (PI), Drake, J. *FIT Start Update*, \$5,000 (2013).

### **Advising and Student Related Service**

Supervise 200+ students for Field Work/Internship

Student Research Supervision

- 1) Galant, C. R, J. Supak and P. R. Stanforth. Body Composition: Bioelectrical Impedance vs. Hydrostatic Weighing. (Presented at the Annual Meeting of TACSM, 2002.)
- 2) Herring, M. A., C. R. Galant and P. R. Stanforth. Comparison of Vertical Jump Assessments in Estimating Anaerobic Power in Collegiate Populations. (Presented at the Annual Meeting of TACSM, 2002.)
- 3) N. J. Dellas, Schwartz, L., and Stanforth, P.R., Reproducibility of the Texas Power Bike Test. (Presented at the Annual Meeting of TACSM, 2003.)
- 4) Wilner, C.D. & P.R. Stanforth. Cross-Validation of Bioelectrical Impedance Analyzers for Estimating Percent Body Fat in Young Adults. *Med Sci Sports Exerc.* 36(5):S71, 2004. (Presented at the Annual Meeting of the ACSM, 2004.)
- 5) T. M. Schwartz and Stanforth, P.R. Reliability of the United States Swimming Association's Strength Testing Protocol.
- 6) Funke, C. Changes in Body Composition and Bone Density in Female NCAA Division I Track and Field Athletes.
- 7) Crim, B.N., P.R. Stanforth, D. Stanforth, M.A. Stults-Kolehmainen. Body Composition Changes Among Female Collegiate Athletes Across the Competitive Season and Over Multiple Years. (Presented at the Annual Meeting of the American College of Sports Medicine, 2013.)
- 8) Atkins, W. A Pilot Study on the Metabolic Costs of Dynamax© Medicine Ball Training.
- 9) Sheriff, F. the effect of the 'GET FIT' program on body composition changes in program participants
- 10) Chang, S.J. Visceral fat prediction models according to age and gender.
- 11) Laverone, E. Get FIT's Impact on Metabolic Syndrome Risk Factors.
- 12) E.R. Cheng. Association of a Calorie Restriction, Behavior Change, and Exercise on Body Composition and the Risk Factors of Metabolic Syndrome

- 13) Carolan, K. Regional body composition changes in men during weight loss
- 14) Miller, M. Changes in Regional Fat Mass During Weight-loss in Women
- 15) L.L. Bagwell. Anthropometric Measures of Bodily Dissatisfaction in Adult Men and Women.
- 16) M. McKenzie. Obtaining Lean Mass Indices for Adult Males
- 17) M. Pattyjohn. Total lean mass and lean mass index for adult women aged 18-75 years

Invited lectures and presentations including:

- KHE Freshman Interest Group (once/semester)
- KHE Athletic Training Program Aerobic Testing Lab (once/year)
- KHE Undergraduate Exercise Physiology Lab Tours of FIT (5 times/semester)
- College of Nursing Guest Lecture (once/semester)

Special support to assist students gaining practical and research experience, including:

- UTeach: assist with teaching projects (1-2 per year)
- Nutrition: work with Nutrition undergraduate students to gain fieldwork and research experience (~10 students/year)
- Fitness testing for UT students (~400 students per year)
- Letters of Recommendations for Graduate and Professional School (~10 per year)

**Administrative and Committee Service**

- |             |  |
|-------------|--|
| 2014 - 2015 | KHE: Strategic Planning: Non-Research Revenue Subcommittee |
| 2014 - 2015 | KHE: Exercise Science Committee                            |
| 2003 - 2014 | KHE: Exercise Physiology Committee                         |
| 2003 - 2010 | KHE: Health Promotion & Fitness Undergraduate Committee    |

**Professional and Public Service**

- |             |  |
|-------------|--|
| 2013 – 2015 | Member, ACSM Student Bowl Committee  |
| 2012 – 2015 | Board of Directors, Regional Chapter Representative, TACSM   |
| 2011 – 2012 | Board of Directors, Immediate Past President, TACSM  |
| 2010 – 2011 | Board of Directors, President, TACSM   |
| 2009 – 2010 | Board of Directors, President-Elect, TACSM   |
| 2007        | Abstract Reviewer, TACSM Annual Meeting  |
| 2007        | Director, ACSM Health/Fitness Instructors Workshop, Austin, TX                                     |
| 2007        | Certification Director, ACSM Health/Fitness Instructors Certification, Austin, TX                  |
| 2006 - 2015 | State Assessor, University Interscholastic League Wrestling Weight Certification Program           |
| 2006        | Abstract Reviewer, TACSM Annual Meeting  |
| 2006 - 2008 | State Assessor Trainer, University Interscholastic League Wrestling Weight Certification Program   |
| 2006        | Director, ACSM Health/Fitness Instructors Workshop, Austin, TX                                     |
| 2006        | Certification Director, ACSM Health/Fitness Instructors Certification, Austin, TX                  |
| 2005        | Development Group Member, University Interscholastic League Wrestling Weight Certification Program |
| 2004 – 2008 | Board of Directors, Representative, TACSM  |
| 2005        | Director, ACSM Health/Fitness Instructors Workshop, Austin, TX                                     |

2005	Certification Director, ACSM Health/Fitness Instructors Certification, Austin, TX
2004	Director, ACSM Health/Fitness Instructors Workshop, Austin, TX 2004 Certification Director, ACSM Health/Fitness Instructors Certification, Austin, TX
2003	Certification Director, ACSM Health/Fitness Instructors Certification, Arlington, TX
1987 – 1990	Secretary Treasurer, TACSM

### **Other Evidence of Merit**

#### Growth and Development of the Fitness Institute of Texas

- Developed all initial programs, tests, policies, and procedures.
- Helped develop all subsequent programs and tests including: DXA body composition (2002), Functional Movement Screen (2004), GET FIT (2008), FIT to Eat (2008), Nutrition FIT (2009), GET FIT at the Texas Medical Association (2010), FIT to the Core (2013), Start FIT (2015), small animal DXA body composition (2015).
- Initiated collaboration with Department of Psychology to develop FIT Mind and Body Program (2015)
- Increased non-student fee FIT funding from \$4,000 (2000), to \$27,500 (2005), \$215,000 (2010), and \$289,000 (2014).
- Secured testing from UT Athletics (2003-2004) with 3 teams and \$2,575 in yearly revenue. Increased to 14 teams and \$29,400 in yearly revenue (2014-2015).

#### Development and growth of research support by FIT for KHE and UT research including:

- Assisting 8 KHE and 3 non KHE faculty members in data collection resulting in numerous publications.
- Collaborator on three federally funded studies:
  - 1) *Promoting Healthy Behaviors in Low-Income Cancer Survivors* (Martha Meraviglia, PI, School of Nursing)
  - 2) *ICan* (John Bartholomew, PI, KHE)
  - 3) *Validation and Evaluation of a Portable Body Scanner for Determination of Obesity* (Jeanne Freeland Graves, co PI, Nutrition)
- Collaborator on five studies that did not or have not yet received federal funding:
  - 1) *Everyone plays! A Feasibility Study of Innovative Sport Programming for Adolescent Girl* (Marlene Dixon, PI, KHE)
  - 2) *UT2FIT: A Wearable Microsystem for Promoting Healthy Behaviors* (Xiaofen Keating, Yuebing Zheng, David Pan, and Nan Sun, PIs, Curriculum & Instruction)
  - 3) *3-Dimensional Body Scanning as a Motivator for Weight Loss in Low-Income Women* (Jeanne Freeland Graves, PI, Nutrition)
  - 4) *Support from Romantic Partners in Weight Loss* (Rene Dailey, PI, Communication Studies)
  - 5) *Augmenting Exposure Therapy with Exercise* (Jasper Smits, PI, Psychology)

#### Professional stature evidenced by

- Invited book reviewer, *Get Fit, Stay Fit*, McGraw-Hill (2005)
- Invited book reviewer, *ACE Lifestyle & Weight Management Manual* (2005)
- Numerous invited manuscript reviews by the *Journal of Strength and Conditioning*

Research, Rejuvenation, British Journal of Sports Medicine

Invited presentations including

- *Optimal Wellness*, Delta Kappa Gamma International Society for Key Women Educators, McCombs School of Business Texas Executive Education Program, Austin, TX (July 2010, 2012, 2014).
- *Integrating Health and Fitness into a Busy and Successful Life*, Texas Governor's Executive Development Program, Galveston, TX (October 2011).
- *Fit for Life*, Dallas Texas Exes Association, Dallas, TX (May 2014).