**ACADEMIC DEGREES**

Ph.D. - Physiology of Exercise, University of Oregon, 1998.

M.S. - Physiology of Exercise, University of Oregon, 1995.

B.S. - Physical Education, University of Athens, Greece, 1990.

## PROFESSIONAL/TEACHING EXPERIENCE

2010 Professor of Exercise Science, Willamette University.

2005-2010 Associate Professor of Exercise Science, Willamette University.

1999-2005 Assistant Professor of Exercise Science, Willamette University.

1998-1999 Adjunct Assistant Professor, Department of Exercise and Movement Science, University of Oregon.

1998 Visiting Assistant Professor of Exercise Science, Willamette University.

1996-2002 Instructor, American College of Sports Medicine Certification Seminars (Health-Fitness Instructor, and Exercise Specialist, Sports Nutrition).

1996-1998 Instructor, Physiology Laboratory, Department of Biology, University of Oregon.

1992-1998 Instructor, Exercise Physiology Laboratory, Department of Exercise and Movement Science, University of Oregon.

1997 Adjunct Assistant Professor of Exercise and Movement Science, University of Oregon.

1992-1996 Instructor, aquatics and strength and conditioning, University of Oregon.

#### 1986-1988 Member, Science Team, Greek National Swimming Federation, Athens, Greece

## EXTERNAL GRANTS

2019 Principal Investigator, National Science Foundation RCN-UBE Grant titled “RCN-UBE: Promoting Sustainable Student Success in Life Sciences from Next Generation Science Standards to Vision and Change” ($498,928) *In review.*

2013 Principal Investigator, National Science Foundation RCN-UBE Grant titled “RCN-UBE: Northwest Biosciences Consortium (NWBC): Implementation of Vision and Change in the Introductory Biology Curriculum” ($499,025).

2011 Co-PI, W.M. Keck Foundation Grant: “iScience: Advancing Interdisciplinarity and Quantitative Literacy in Liberal Arts Science Education” co-authored with Professor Mark Stewart (Psychology) ($250,000)

2008 Co-PI, National Science Foundation DUE-CCLI Grant titled “Promoting science literacy through neuroscience laboratory exercises.” ($105,794)

2005 Principal Investogator, National Science Foundation DUE-CCLI Grant: “Investigative Learning in the Exercise Physiology Laboratory”. ($99,654)

2002 Co-PI, National Science Foundation DUE-CCLI Grant titled “Investigative Physiology and Technology in Introductory Physiology.” ($85,000)

**RECENT RESEARCH PUBLICATIONS** (Last five years, \* indicates Willamette student collaborators)

* Schnitzler, C., Frison, G., Stavrianeas, S., Dufour, S.P., Favret, F. (2018). A Single-visit test to assess maximal aerobic speed in four competitive swim strokes. In review, *Journal of Sport Conditioning Research.*
* Stavrianeas, S. (2018). Service Learning in a college nutrition class: examination of elementary school lunch. *Partnerships: A Journal of Service-Learning and Civic Engagement.* 9(1): 2-17.
* \*Yaeger, D., \*Murphy, K., \*Winger, J., Stavrianeas, S. (2018). A two-test protocol for the precise determination of the maximal lactate steady state. *International Journal of Exercise Science* 11(4): 681-695. Available at <https://digitalcommons.wku.edu/ijes/vol11/iss4/12/> .
* \*Howard, N. Stavrianeas, S. (2017). In-Season High-Intensity Interval Training improves conditioning in high school soccer players. *International Journal of Exercise Science:* Vol. 10 (5): 713 - 720. Available at: <http://digitalcommons.wku.edu/ijes/vol10/iss5/7> .
* Francois, M.E., Graham, M.J., Parr, E.B., Rehrer, N.J., Lucas, S.J.E., Stavrianeas, S., Cotter, J.D. (2016). Similar metabolic response to lower- versus upper-body interval exercise or endurance exercise. *Metabolism Journal* 68: 1-10. dx.doi.org/10.1016/j.metabol.2016.11.009.
* Graham, M.J., Lucas, S.J.E., Francois, M.E., Stavrianeas, S., Parr, E.B., Thomas, K.N., Cotter, J.D. (2016). Low-volume intense exercise elicits post-exercise hypotension and subsequent hypervolemia, irrespective of which limbs are exercised. *Frontiers in Physiology, Exercise Physiology.* Published: 31 May 2016, doi: 10.3389/fphys.2016.00199.

### Abstracts in Refereed Journals (\* indicates Willamette student collaborators)

* Fisher, B., Scott-Wright, J., Fish, S., Stavrianeas, S. (2015). Validity of a new recline cycle ergometer using the Wingate anaerobic cycle test, International Journal of Exercise Science: Conference Proceedings: Vol. 8: Iss. 3, Article 48. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/48>
* Goodwater, H., Gendreau, A., Fleming, E., Friedrich, K., Stavrianeas, S. (2015). Validity of VO2max testing on a recumbent ergometer compared to treadmill. International Journal of Exercise Science: Conference Proceedings: Vol. 8: Iss. 3, Article 49. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/49>
* Mendenhall, A., Rieger, K., Wong, J., Stavrianeas, S. (2015). Validity of VO2max testing on a recumbent ergometer compared to an upright cycle ergometer. International Journal of Exercise Science: Conference Proceedings: Vol. 8: Iss. 3, Article 50. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/50>
* Mendoza, J.R., Piper, S., Tarran, G., and Stavrianeas, S. (2015). Validity of a new recline cycle ergometer using the anaerobic treadmill test. International Journal of Exercise Science: Conference Proceedings: Vol. 8: Iss. 3, Article 43. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/43>

**ORAL AND POSTER CONFERENCE PRESENTATIONS** (Last five years)

* Kiser, S., Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Seidel, S., Shriner, W., Stavrianeas, S., Tillberg, C. (2018). A Network Approach to Vertical Transfer and Articulation for Student Success in Biology: a fourth workshop hosted by the Northwest Biosciences Consortium RCN-UBE. *Northwest Biology Instructors’ Organization Annual Meeting.* Portland, OR.
* Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Seidel, S., Shriner, W., Stavrianeas, S., Tillberg, C. (2018). A network approach to vertical transfer and articulation for student success in biology: A fourth workshop hosted by the Northwest Biosciences Consortium RCN-UBE. *Experimental Biology 2018.* The FASEB Journal 2018 32:1\_supplement, 535.11-535.11. San Diego, CA.
* Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J. Kayes, L., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2017). The Northwest Biosciences Consortium: Easing the transfer from introductory to upper division coursework, within and between institutions.  National Association of Biology Teachers Annual Professional Development Symposium.
* Kayes, L.J. Beadles-Bohling, A., Brown, J., Duncan, J., Baumgartner, E., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2017). Evaluation of the State of the Introductory Biology in Oregon*.* *Society for the Advancement of Biology Education Research (SABER) Annual Meeting.* Minneapolis, MN.
* Kayes, L.J., Baumgartner, E.,Beadles-Bohling, A., Brown, J., Duncan, J., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2017). Majors Biology Summit: A Report from the Northwest Biosciences Consortium. *Society for the Advancement of Biology Education Research – Western Meeting. Irvine, CA.*
* Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Seidel, S., Shriner, W., Stavrianeas, S., Tillberg, C. (2017). Northwest Biosciences Consortium RCN-UBE: Organization and Development of a Faculty Network Leadership Team. *Experimental Biology Meeting.* Chicago, IL.
* Stavrianeas, S., Stewart, M. (2016). STATUS: Implementing pre-college STEM Access and Training for Underserved Students. Envisioning the Future of Undergraduate STEM Education (EnFUSE): Research and Practice. *AAAS and NSF Conference*, Washington, DC.
* Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2016). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Biosciences Consortium. *Experimental Biology Meeting*, San Diego, CA.
* Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2016). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Biosciences Consortium. *American Association for the Advancement of Science/National Science Foundation RCN Summit*, Washington, DC.
* Kayes, L.J., S. Kiser, E. Baumgartner, A. Kruchten, J. Brown, J. Duncan, A. Beadles-Bohling, W. Shriner, & S. Stavrianeas (2016). Oregon Introductory Biology Majors Summit Report. *Northwest Biology Instructors’ Organization Annual Meeting.* Eugene, OR.
* Kayes, L.J., Baumgartner, E., Brown, J., Duncan, J., Beadles-Bohling, A., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2016). State of the Introductory Biology Sequence in the Pacific Northwest: NW Bioscience Consortium Survey Results. Biology Leadership Conference. New Orleans, LA.
* Duncan, J., Baumgartner, E., Shriner, W., Kayes, L., Kiser, S., Brown, J., Beadles-Bohling, A., Kruchten, A., Stavrianeas, S. (2016). Introductory Biology: NWBC Summit Report on Majors Biology. *Northwest Biology Instructors Organization*, University of Oregon, Eugene, OR.
* Kayes, L., Kiser, S., Baumgartner, E., Kruchten, A., Brown, J., Duncan, J., Gaiser, C., Shriner, W., Stavrianeas, S. (2015). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Bioscience Consortium (NWBC). *Northwest Biology Instructors Organization*, University of British Columbia, Vancouver, BC.
* Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2015). Introductory Biology for All Students; Progress of the NWBC. *Crossing Boundaries: Transforming STEM Education, American Association of Colleges and Universities Conference*, Seattle, WA.
* Kayes, L.J., E. Baumgartner, J. Brown, J. Duncan, C. Gaiser, S. Kiser, A. Kruchten, W. Shriner, & S. Stavrianeas. (2015). Northwest Biosciences Network: Vision and Change in the Pacific Northwest. Biology Leadership Conference, Austin, TX.
* Stavrianeas, S., Baumgartner, E., Brown, J., Duncan, J., Gaiser, C., Kayes, L.,Kiser, S., Kruchten, A., Shriner, W. (2015). Northwest Biosciences Network: Implementation of Vision and Change in Introductory Biology. *Experimental Biology Meeting*, Boston, MA.
* Kruchten, A., Baumgartner, E., Brown, J., Duncan, J., Gaiser, C., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2015). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Biosciences Consortium. *Experimental Biology Meeting*, Boston, MA.

**AWARDS AND HONORS** (Last five years)

2014 Service Award, American College of Sports Medicine, Northwest Chapter.

2011-14 President-Elect/President/Past-President of the American College of Sports Medicine, Northwest Chapter.

**MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS:**

1996 – Present American College of Sports Medicine

1996 – Present American College of Sports Medicine Northwest Chapter

2006 – Present American Physiological Society

2016 - Present National Science Teachers Association

### UNIVERSITY, COMMUNITY, AND PROFESSIONAL SERVICE

### Conferences

* Organizer, NWBC Articulation Workshop, Willamette University, Salem, OR (February 8-10, 2018).
* Organizer, NWBC Non-majors Biology Workshop, Willamette University, Salem, OR (February 10-11, 2017).
* Organizer, NWBC Majors Biology Workshop, Willamette University, Salem, OR (February 26-27, 2016).
* Organizer, NWBC Science Teaching Workshop, Willamette University, Salem, OR (February 26-28, 2015).
* Organizer, iScience Conference, Willamette University, Salem, OR (November 4-5, 2013).
* Organizer, American College of Sports Medicine Northwest Chapter Annual Meeting, Willamette University, Salem, OR (March 15-16, 2013).
* Organizer, M.J. Murdock Regional Science Conference, Willamette University (February 6-7, 2007).

### Journal Reviewer (1999 – Present)

Journal of American College Health

Journal of Sport and Health Science

National Science Foundation, TUES/CCLI/IUSE

M.J. Murdock Charitable Trust Life Sciences Program

Advances in Physiology Education

Analytical Biochemistry

CUR Quarterly

International Journal of Exercise Science

Journal of Applied Physiology

Wilderness and Environmental Medicine

International Journal of Undergraduate Research and Creative Activities

### Other Relevant Activities

2018-2019 Academic Status Committee

2016-2018 Library Committee

2015-16 Pre-Health Committee

2014-2017 Member, Oregon Science Content and Assessment Panel, Oregon Department of Education

2014 Member, Students Scholarship Recognition Day Committee