

CURRICULUM VITAE

NAME: Stasinos Stavrianeas, Ph.D.

ADDRESS: 5955 Darcy St. SE, Salem, OR 97306

PLACE OF BIRTH: Athens, Greece

DATE OF BIRTH: July 15, 1966

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 weight training classes, University of Oregon.
- 1986-1988 Member, Science Team, Greek National Swimming Federation, Athens, Greece

GRANTS AND FELLOWSHIPS

- 2011 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)
- 2010 Willamette University Hewlett Grant: “Modernizing the Exercise Science curriculum” (\$3,500)
- 2009 Willamette University Hewlett Grant: “Interdisciplinary learning in the sciences” co-authored with Professor Mark Stewart (Psychology). (\$6,000)
- 2008 National Science Foundation DUE-CCLI Grant titled “Promoting science literacy through neuroscience laboratory exercises” co-authored with Professor Mark Stewart (Psychology). (\$105,794)
- 2007 Willamette University Hewlett Grant: “Game Plan: exemplars to investigate the intricate interrelationships between sport, law and social values” co-authored with Professors Peter Harmer (CLA), James Nafziger (LAW), and Dean Richardson (LAW). (\$2,800).

- 2006 Willamette University Hewlett Grant: “Beyond the printed page: developing a web-based, textbook-less curriculum” co-authored with Professor Peter Harmer (Exercise Science). (\$2,500)
- 2005 National Science Foundation DUE-CCLI Grant titled “Investigative Learning in the Exercise Physiology Laboratory”. (\$99,654)
- 2004 Willamette University Hewlett Grant: Development of a Neuroscience Curriculum for an MOI class at Willamette, visiting neuroscience programs at other institutions, and for writing a grant proposal to the NSF for the Neuroscience course. Co-authored with Professor Mark Stewart (Psychology). (\$4,000)
- 2002 Willamette University Hewlett Grant: “Restructuring of the laboratory component of the Exercise Science Curriculum”. Co-authored with Professor Julianne Abendroth-Smith (Exercise Science). (\$2,500)
- 2002 PT3 Grant: “Creating a student-oriented, web-based laboratory environment for an Exercise Physiology class: the importance of technology”. (\$900)
- 2002 National Science Foundation DUE-CCLI Grant titled “Investigative Physiology and Technology in Introductory Physiology”. Co-authored with Professor Gary Tallman and Professor Scott Hawke (Biology). (\$85,000)
- 1997 American Heart Association, Oregon Affiliate, Postdoctoral Grant titled: “Calcium Release from Sarcoplasmic Reticulum from Animals with Congestive Heart Failure”.
- 1997 Eugene Evonuk Memorial Graduate Fellowship in Environmental or Stress Physiology, titled: “The Role of Ca²⁺ Metabolism and cross-bridge cycling kinetics in diaphragmatic fatigue”. (\$4,500).

PEER-REVIEWED RESEARCH PUBLICATIONS

Physiology Research (* indicates Willamette student collaborators)

- *Soma, E.A., Lockard, M.M., Stavrianeas, S. (2010). Challenging the accuracy of a single-test lactate threshold protocol in collegiate rowers. *International Journal of Exercise Science* 3(4): 206-213.
- Janeba, M., *Yaeger D., *White R., Stavrianeas, S. (2010). The Dmax method does not produce a valid estimate of the lactate threshold. *Journal of Exercise Physiology* 13(4): 50-57.
- *White, R., *Yaeger, D., Stavrianeas, S. (2009). Determination of blood lactate concentration: reliability and validity of a lactate oxidase-based method. *International Journal of Exercise Science* 2(2): 83-93.
- *Boggs, G.W., *Ward, J.R., Stavrianeas, S. (2008). The external nasal dilator does not alter aerobic performance in college-age women. *Journal of Sport and Conditioning Research* 22(1): 269-275.
- Stavrianeas, S., Stephenson, A. (2007). Lactate testing revisited: a reliable indicator of training for all swimmers. *International Journal of Aquatic Research and Education* 1(1): 65-72.
- Muramatsu, S., Matsuura, T., Hattori, Y., Hattori, Y., Muramatsu, T., Brodowicz, G., Stavrianeas, S. (2004). Effects of subjective intensity self-resistance training on oxygen consumption, blood lactate concentration, and heart rate in male university students. *Bulletin of the Faculty of Education, Chiba University* 52,381-387.
- Muramatsu, S., Hirota, Y., Saito, H., Stavrianeas, S. (2004). Changes of POMS profiles of university female volleyball players with or without counseling of nutrition and life style. *Bulletin of the Faculty of Education, Chiba University* 52,389-397.

- Stavrianeas, S., Spangenburg, E.E., Batts, T.W., Williams, J.H., Klug, G.A. (2003). Prolonged exercise potentiates sarcoplasmic reticulum Ca²⁺ uptake in rat diaphragm. *European Journal of Applied Physiology* 89(1): 63-68.
- Favero, T.G., Stavrianeas, S., Klug, G.A. (1999). Training-induced alterations in lactate dehydrogenase reaction kinetics: a re-examination. *Experimental Physiology*, Vol. 84, No. 5, pp. 989-998.
- Williams, J.H., Ward, C.W., Spangenburg, E.E., *Nelson, R., Stavrianeas, S., Klug, G.A. (1998). Glucose-6-Phosphate alters skeletal muscle contractile apparatus and sarcoplasmic reticulum function. *Experimental Physiology*, Vol. 83, No. 4, pp. 481-488.
- Kalomoiris, G., Kavouras, S., Stavrianeas, S., Mpountolos, K., (1992). Methodology of talent selection in swimming. In: *Horizons of the Sports Science, Department of Physical Education and Sports Science Publications, University of Athens.*

Research on Science Pedagogy and Interdisciplinarity

- Stavrianeas, S., Stewart, M. (2011 forthcoming). Teaching and learning in Exercise Science: contributing to the health of the nation? *Accepted for publication, Journal of College Science Teaching (manuscript #2010-Feb-JCST-RT 0232).*
- Stavrianeas, S. (2009). Understanding data collection in the modern physiology laboratory. *Advances in Physiology Education*, 33:78-79.
- *Dirga, A.A., Stavrianeas, S. (2008). Learn to Live: simple and practical activities to promote health, nutrition, and physical fitness in the K-8 curriculum. *Journal of Youth Development*, Vol. 3(2), 080302RR001.
- Stewart, M., Stavrianeas, S. (2008). Leading with lab: a learning cycle approach to neuroscience labs for non-sciences students. *Journal of Undergraduate Neuroscience Education* Spring 2008, 6(2):A74-A77.
- Stewart, M., Stavrianeas, S. (2008). Teaching instrument reliability and validity using a handheld lactate analyzer. *Advances in Physiology Education* 32: 165-166.
- Stavrianeas, S. Stewart, M., Harmer, P. (2008). Beyond the printed page: physiology education without a textbook? *Advances in Physiology Education* 32: 76-80.
- Stavrianeas, S., Harmer, P. (2006). Destination – BIO2010: taking the road less traveled. *CUR Quarterly*, June 2006: 146-150.
- Stavrianeas, S., Silverstein, T. (2005). Teaching glycolysis in a human physiology class using a hydroelectric power generation analogy. *Advances in Physiology Education* 29: 128–130.

Book Chapters

- Stavrianeas, S., Stewart, M. (2011). *iScience and general education: science literacy for all students.* In Guske, I., Swaffield, B., Eds., “*Global Encounters – Pedagogical Paradigms and Educational Practices*” Cambridge Scholars Press, UK, pp. 69-77.
- Stavrianeas, S. (2009). Aquatics. In: Caine, D.J., Harmer, P.A., Schiff, M.A., Eds., “*Epidemiology of Injury in Olympic Sports*” Volume XVI of The Encyclopedia Of Sports Medicine, An IOC Medical Commission Publication, Blackwell Publishing, West Sussex, UK, pp. 3-17.
- Stavrianeas, S. (2009). Understanding data collection and analysis. In: Francine Armenth- Brothers, Ed., “*Great Ideas: Active Ways to Teach Nutrition*” Pearson/Benjamin Cummins Publications.

- Hawke, S., Stavrianeas, S., Tallman, G.J. (2007). Investigative learning in introductory physiology. In: Karukstis, K.K. and Elgren, T.E., Eds., *"Designing, Implementing, and Sustaining a Research-Supportive Undergraduate Curriculum: A Compendium of Successful Curricular Practices from Faculty and Institutions Engaged in Undergraduate Research"* Council on Undergraduate Research, Washington, D.C., pp. 119-121.

Abstracts in Refereed Journals (* indicates Willamette student collaborators)

- *Murphy, K., *Winger, J., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in competitive cyclists. *Medicine and Science in Sports and Exercise, Vol. 40, No. 5 Supplement 1:S40.*
- *Winger, J., *Murphy, K., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in recreational runners. *Medicine and Science in Sports and Exercise, Vol. 41, No. 5 Supplement 1:S543.*
- Stavrianeas, S., *Yaeger, D.B. (2008). Exercise intensity influences the onset and magnitude of cardiovascular drift. *Medicine and Science in Sports and Exercise, Vol. 40, No. 5 Supplement 1:S395.*
- *Yaeger, D.B., Stavrianeas, S. (2008). A second incremental test is needed to estimate maximal lactate steady state. *Medicine & Science in Sports & Exercise, Vol. 40, No. 5 Supplement 1:S395.*
- Stavrianeas, S. (2008). Students prefer service learning over traditional lecture in a nutrition course. *The FASEB Journal 22:683.1.*
- *Yaeger, D. B. *White, R.F., Stavrianeas, S. (2007). determination of maximal lactate steady state: convenience over accuracy? *Medicine and Science in Sports and Exercise, Vol. 39, No. 5 Supplement, pp. S251.*
- *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. *Medicine and Science in Sports and Exercise, Vol. 39, No. 5 Supplement, pp. S346-S347.*
- *Clifton, H., *Southard, G., Stavrianeas, S. (2004) Onset of cardiovascular drift does not alter energy expenditure during prolonged exercise. *NWACSM Newsletter, Spring 2004.*
- *Boggs, G.W., *Ward, J.R., Stavrianeas, S. (2003). The external nasal dilator does not alter aerobic performance in college-age women. *Medicine and Science in Sports and Exercise, Vol. 35, No. 5 Supplement, pp. S372.*
- Stavrianeas S., Spangenburg E.E., Batts T.W., Williams J.H., Klug G.A. (1999). Sarcoplasmic reticulum function in rat diaphragm following prolonged exercise. *Medicine and Science in Sports and Exercise, Vol. 31, No. 5 Supplement, pp. S223.*
- Stavrianeas S., Klug G.A (1998). The effect of muscle ischemia on sarcoplasmic reticulum Ca²⁺-ATPase function: an in-situ rat model. *NWACSM Newsletter, Spring 1998.*

REFEREED POSTER PRESENTATIONS (* indicates Willamette student collaborators)

- Francois, M.E., Graham, M.J., Parr, E.B., Rehrer, N.J., Lucas, S.J.E., Stavrianeas, S., Cotter, J.D. (2010). Repeated high-intensity exercise with arms or legs is a time efficient strategy to increase metabolism in recovery. *New Zealand Sports Medicine and Science, Wellington, New Zealand.*
- Stavrianeas, S., Stewart, M.T. (2009) Promoting science literacy through a lab-led introductory course in neuroscience. *Society for Neuroscience Oregon Chapter, Troutdale, OR.*

- *Murphy, K., *Winger, J., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in competitive cyclists. *ACSM Northwest Annual Meeting*, Seattle, WA and *Experimental Biology Meeting*, New Orleans, LA.
- *Winger, J., *Murphy, K., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in recreational runners. *ACSM Annual Meeting*, Seattle, WA. Aspects of this work were presented at *ACSM Northwest Annual Meeting*, Seattle, WA and *Experimental Biology Meeting*, New Orleans, LA.
- *Soma, E.A., *Schultz, L., Lockard, M.M., Stavrianeas, S. (2009). A new protocol to estimate lactate threshold in collegiate rowers. *ACSM Northwest Annual Meeting*, Seattle, WA.
- Stavrianeas, S. (2008). Exercise Science: An exemplar for interdisciplinary learning in the sciences. National Science Foundation CCLI Conference, Washington, DC.
- Stavrianeas, S., *Yaeger, D.B. (2008). Exercise intensity influences the onset and magnitude of cardiovascular drift. *ACSM National Meeting*, Indianapolis, IN.
- *Yaeger, D.B., Stavrianeas, S. (2008). A Second incremental test is needed to estimate Maximal Lactate Steady State. *ACSM National Meeting*, Indianapolis, IN.
- *Yaeger, D. B., Stavrianeas, S. (2008). Determination of MLSS: two tests are better than one. *Experimental Biology Meeting*, San Diego, CA.
- Stavrianeas, S. (2008). Students prefer service learning over traditional lecture in a nutrition course. *Experimental Biology Meeting*, San Diego, CA.
- Stavrianeas, S. (2008). Investigative learning in exercise physiology research: a liberal arts model. *Experimental Biology Meeting*, San Diego, CA.
- Stavrianeas, S., *Yaeger, D.B. (2008). Exercise intensity influences the onset and magnitude of cardiovascular drift. *ACSM Northwest Annual Meeting*, Seattle, WA.
- *Yaeger, D. B., Stavrianeas, S. (2008). Zeroing in on MLSS: Two tests are better than one. *ACSM Northwest Annual Meeting*, Seattle, WA.
- Del Pozzi, A.T., Papadopoulos, C., Stavrianeas, S. (2008) Ventilatory threshold and lactate threshold coincide using the Dmax method. *ACSM Northwest Annual Meeting*, Seattle, WA.
- *Yaeger, D. B., *White, R.F., Stavrianeas, S. (2007). Determination of Maximal Lactate Steady State: Convenience over Accuracy? *ACSM National Meeting*, New Orleans, LA.
- *White, R.F., *Yaeger, D.B., and Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. *ACSM National Meeting*, New Orleans, LA.
- Hawke, S., Stavrianeas, S., Tallman, G. (2007). An investigative laboratory for integrated plant and animal physiology at the sophomore-level at Willamette University. *Botany and Plant Biology Annual Meeting*, Chicago, IL.
- *Yaeger, D.B., *White, R.F., Stavrianeas, S. (2007). Determination of maximal lactate steady state: one test is not enough. *Sigma Xi Columbia-Willamette Annual Meeting*, Portland, OR.
- *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. *Sigma Xi Columbia-Willamette Annual Meeting*, Portland, OR.
- *Yaeger, D.B., *White, R.F., Stavrianeas, S. (2007). Determination of maximal lactate steady state: convenience over accuracy? *ACSM Northwest Annual Meeting*, Seattle, WA.
- Stavrianeas, S., *Yaeger, D.B., *White, R.F. (2007). Is cardiovascular drift linked to oxygen drift? *ACSM Northwest Annual Meeting*, Seattle, WA.
- Stavrianeas, S. (2007). Undergraduate research and exercise science education: a symbiotic relationship in a small liberal arts college. *ACSM Northwest Annual Meeting*, Seattle, WA.
- Janeba, M.R., *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Raising Doubts About The Use Of D_{max} To Estimate Lactate Threshold. *ACSM Northwest Annual Meeting*, Seattle, WA.

- Hawke, S., Stavrianeas, S., Tallman, G. (2007). An investigative laboratory for integrated plant and animal physiology at the sophomore level. *Oregon Academy of Science Annual Meeting*, Monmouth, OR.
- *Boggs, G.W., *Ward, J.R., and Stavrianeas, S. (2003). The external nasal dilator does not alter aerobic performance in college-age women. *ACSM National Meeting*, San Francisco, CA.
- Stavrianeas, S., McCarthy, J.J., Klug, G.A. (2000). Decreased protein yield in rat gastrocnemius muscle following a single bout of exercise to exhaustion. *ACSM Northwest Annual Meeting*, Boise, ID.
- Stavrianeas, S., Spangenburg, E.E., Batts, T.W., Williams, J.H., Klug, G.A. (1999). Sarcoplasmic reticulum function in rat diaphragm following prolonged exercise. *ACSM National Meeting*, Seattle, WA.
- Stavrianeas S., Klug G.A. (1998). The effect of muscle ischemia on sarcoplasmic reticulum Ca²⁺-ATPase function: an *in-situ* rat model. *ACSM Northwest Annual Meeting*, Kalispell, MT.

REFEREED CONFERENCE PRESENTATIONS

- Cotter, J.D., Parr, E.B., Stavrianeas, S., Graham, M.J., Ainslie, P.N. and Lucas, S.J.E. (2011). Blunted cardiovascular adaptations to intense-interval compared with endurance training. *European College of Sports Science Annual Congress*, Liverpool, UK.
- Cotter, J.D., Parr, E.B., Lucas, S.J.E., Francois, M.E., Graham, M.J., Ainslie, P.N, and Stavrianeas, S. (2011). The Hare and the tortoise: aerobic conditioning revisited? *National Strength and Conditioning Association. Oregon State Clinic: Strength and Conditioning, Science & Applications*, Corvallis, OR.
- Parr, EB., Lucas, S.J.E., Stavrianeas, S., Graham, M.J., Rehrer, N.J., and Cotter, J.D. (2011). Indices of metabolic health are similar following intense-interval or endurance cycling training. *European College of Sports Science Annual Congress*, Liverpool, UK.
- Graham, M.J, Francois, M.E., Parr, E.B., Stavrianeas, S., Lucas, S.J.E., and Cotter, J.D. (2011). Blood pressure and plasma volume responses during recovery: Effect of exercise intensity and exercise limb. *European College of Sports Science Annual Congress*, Liverpool, UK.
- Stavrianeas, S. (2011). Service Learning and Nutrition Education. *Silver Falls Higher Education Conference*. Silver Falls, OR.
- Stavrianeas, S. and Stewart, M. (2010). Examination of science literacy through an *iScience* lens. *Worldwide Forum on Education and Culture*, Rome, Italy.
- Parr, E.B., Rehrer, N.J., Lucas, S.J.E., Stavrianeas, S., Graham, M.J., Francois, M.E., and Cotter, J.D. (2010). Mediators of improved exercise capacity following sprint or endurance training. *New Zealand Sports Medicine and Science*, Wellington, New Zealand.
- Cotter, J.D., Parr, E.B., Lucas, S.J.E., Stavrianeas, S., Graham, M.J. and Ainslie, P.N. (2010). Red cell and blood volumes improve more with endurance than repeat-high-intensity training. *New Zealand Sports Medicine and Science*, Wellington, New Zealand.
- Stavrianeas, S. and Stewart, M. (2009). Teaching Research Ethics in the Undergraduate Laboratory: International Perspective within the *iScience* Framework. *Worldwide Forum on Education and Culture*, Rome, Italy.
- McCann, D., and Stavrianeas, S. (2009). Exercise Science Education: A Call to Action. *ACSM Northwest Annual Meeting*, Seattle, WA.
- Stavrianeas, S. (1999). Skeletal Muscle and Diaphragmatic Fatigue: The Role of Sarcoplasmic Reticulum. *Eugene Evonuk Symposium*, Eugene, OR.

- Stavrianeas S., and Klug G.A (1998). Skeletal muscle ischemia and the function of the SR Ca²⁺-ATPase. American College of Sports Medicine Northwest Chapter regional Meeting, Kalispell, MT.

REFEREED STUDENT SLIDE PRESENTATIONS (* indicates Willamette student collaborators)

- *Murphy, K., *Winger, J., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in competitive cyclists. *ACSM National Meeting*, Seattle, WA.
- *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. *ACSM Northwest Annual Meeting*, Seattle, WA.
- *Clifton, H., *Southard, G., Stavrianeas, S. (2004). Onset of cardiovascular drift does not alter energy expenditure during prolonged exercise. *ACSM Northwest Annual Meeting*, Seattle, WA.
- *Boggs, G.W., *Ward, J.R., Stavrianeas, S. (2003). The external nasal dilator does not alter aerobic performance in college-age women. *ACSM National Meeting*, San Francisco, CA.

NON-REFEREED POSTER PRESENTATIONS (* indicates Willamette student collaborators)

- Stavrianeas, S., and Stewart, M. (2010). *iScience at Willamette: Promoting science literacy one lab activity at a time*. Willamette Valley Biological Education Network, Willamette University, Salem, OR.
- Stewart, M. and Stavrianeas, S. (2010). *iScience: A Pedagogical Framework for Promoting Science Literacy*. *Project Kaleidoscope FIDL Meeting*, Washington, DC.
- *Murphy, K., *Winger, J., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in competitive cyclists. *M.J. Murdock Conference*, University of Puget Sound, WA.
- *Winger, J., *Murphy, K., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in recreational runners. *M.J. Murdock Conference*, University of Puget Sound, WA.
- *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2006). Validation of an experimental protocol to establish maximal lactate steady state. *M.J. Murdock Conference*, Portland, OR.
- *Jager, J., *Hendrickson, K., Stavrianeas, S. (2004) "Cardiovascular drift: bioenergetics and methodological considerations." *M.J. Murdock Conference*, Portland, OR.
- Stavrianeas, S., Kephart S. (2002) "Willamette University: linking technology to a diverse curriculum." *Presented at the PT3 Technology Conference*, Portland, OR.
- Kephart, S., Stavrianeas S. (2002) "Willamette University: using software to engage interactive learning." *Presented at the PT3 Technology Conference*, Portland, OR.

OTHER PRESENTATIONS (informal or non-refereed)

- Interdisciplinary Science Education. Faculty Colloquium, Willamette University. With Prof. Mark Stewart (Psychology) (4/17/09).
- Cardiovascular Drift During Exercise: Who Cares? Faculty Colloquium, Willamette University (10/16/2007).
- Cardiovascular Drift During Prolonged Submaximal Exercise. Faculty Colloquium, Willamette University (10/3/2004).
- Athletics in Ancient Greece. Archaeological Institute of America, Salem Society, Salem, OR (3/31/2004).
- Physiology of aging and how exercise affects the aging process. HEAL Conference, Senior Fitness Workshop, International Institute of Sport and Human Performance, University of Oregon, Eugene, OR (5/6/02)
- Exercise and diet - strategies to improve blood lipids. HEAL Conference, Eugene, OR (3/26/02)
- The Use of Information Technology in the Classroom. Willamette University, Salem, OR (12/11/01)
- Having Fun In The Sciences: The Exercise Science Way. Pacific University, Forest Grove, OR (11/26/01)
- Television Interview, Southern Greece Television Network, Kalamata, Greece (7/1/01).
- ACSM and the Future of Exercise Science. Pacific University, Forest Grove, OR (12/2/00).
- Skeletal muscle and diaphragmatic fatigue. Faculty Colloquium, Willamette University (3/7/00).
- The Effects of Calcium Metabolism on Skeletal Muscle Fatigue, Willamette University Department of Biology Senior Seminar (12/7/99).
- The American College of Sports Medicine and the Students of Exercise Science. Pacific University, Forest Grove, OR (12/1/99).
- The use of an *in-situ* model to study skeletal muscle fatigue. University of Oregon, Eugene, OR (11/26/96).

AWARDS AND HONORS:

2010	Promotion to Professor of Exercise Science, Willamette University.
2009	Professor of the Year, Willamette University Department of Athletics.
2005	Tenured faculty, Willamette University.
2003	Re-elected Treasurer and Member of the Executive Board of the Northwest Chapter of the American College of Sports Medicine.
2003	Faculty Achievement Award, Willamette University.
2003	Service Award, Northwest Chapter of the American College of Sports Medicine
2002	Association of American Colleges and Universities Recognition Award.
2001	Re-elected President of the Board of Directors, International Institute for Sport and Human Performance, Eugene, Oregon.
2001	Service Award, Northwest Chapter of the American College of Sports Medicine Annual Meeting 2001.
2000	Treasurer and Member of the Executive Board of the Northwest Chapter of the American College of Sports Medicine.
2000	Chair, Finance Committee, Northwest Chapter of the American College of Sports Medicine.
1999	President of the Board of Directors, International Institute for Sport and Human Performance, Eugene, Oregon.
1998	Member of the Board of Directors, International Institute for Sport and Human

- Performance, Eugene, Oregon.
- 1998 Outstanding Student Research Award, NWACSM meeting, Kalispell, MT.
- 1997 Eugene Evonuk Memorial Scholarship in Environmental and Stress Physiology.
- 1993-1998 Graduate Teaching and Research Fellowship, Department of Exercise and Movement Science, University of Oregon.
- 1992-1996 Graduate Teaching Fellowship, Physical Activities and Recreation Services, University of Oregon.
- 1992-1994 Graduate Fellowship, Greek National Scholarship Foundation (I.K.Y.).
- 1982-1987 Member of the Greek National Swimming Team, and holder of several Greek national swimming titles and records.

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS:

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| 1996 – Present | American College of Sports Medicine |
| 1996 – Present | American College of Sports Medicine Northwest Chapter |
| 2006 – Present | American Physiological Society |

COURSE MATERIAL

- 2005 Authored PowerPoint ancillaries (23 chapters) for a new Exercise Physiology textbook by Lippincott, Williams & Wilkins Publishers.
- 1999-present Created several comprehensive web pages for all my classes. They can be seen at <http://www.willamette.edu/~stas/index.htm>
- 1997-1998 Created class packets for the Human Physiology I and II Laboratory sections, University of Oregon (available upon request).
- 1994-1999 Created class packets for the Exercise Physiology Laboratory section, University of Oregon (available upon request).

UNIVERSITY, COMMUNITY, AND PROFESSIONAL SERVICE

Presentations

- Nutrition and Health. McKinley Elementary (12/15/09).
- School and Life in the U.S. – adjustments and obstacles. TIUA lecture (8/30/07).
- Living and Learning in a Foreign Country. TIUA lecture (9/8/2006).
- Willamette University Department of Exercise Science – Learning and Career Opportunities. Parents and Family Weekend, Willamette University (10/7/03)
- The importance of nutrition for overall good health. Willamette University Classified Staff luncheon (4/19/01).
- Having Fun in The Sciences: the Department of Exercise Science – Learning and Career Opportunities. Parents and Family Weekend, Willamette University (10/7/00).
- Metabolic Calculations in Exercise Physiology. Willamette University brown bag lecture (2/20/01).
- Exercising at Extreme Environments. Willamette University brown bag lecture (2/21/01).
- Faculty-Student Roundtable, Teaching Enhancement Committee (1/11/01).
- The effects of calcium metabolism on skeletal muscle fatigue. Senior Research Seminar - Department of Biology, Willamette University (12/7/99).
- Plyometrics in exercise training. Willamette University brown bag lecture (11/11/99).

Electrocardiography: an overview. Willamette University brown bag lecture (10/21/99).
Metabolic Calculations in Exercise Physiology (part II). Willamette University brown bag lecture (10/7/99).
Metabolic Calculations in Exercise Physiology (part I). Willamette University brown bag lecture (9/30/99).

Other Recent Relevant Activities

2010 Study Abroad Director, New Zealand.
2008-2009 Member, Faculty Resources Committee.
2007-2008 Member, Trustee Working Group on Athletics.
2008 Member, Search Committee for new Exercise Science TT position.
2007 Faculty Sponsor, Carson Undergraduate Research Grant for Brittany Thiemens, to study “VO₂ max Testing in Swimmers: Non-Sport Specific Monark[®] Arm Crank vs. Sport-Specific VASA[®] Ergometer”
2007 Authored and submitted a grant “From Waste to Compost: A McKinley Roots & Shoots Program” to the Marion County Waste Reduction Program on behalf of the McKinley Elementary School. (\$11,193)
2007 Member, Search Committee for new Exercise Science TT position.
2005-2007 Member of the Faculty Council, Willamette University
2005-Present Reviewer for several peer-reviewed journals (details upon request).
2006, 2008 Reviewer, National Science Foundation DUE-CCLI panelist.
2005 Coordinated a study of elementary student dietary intake in three elementary schools within the Salem-Keizer School District. Report presented to the School District and the not-for-profit organization “Stand For Children” on May 2005.
2001-2006 Abstracts Coordinator, Northwest Chapter of the American College of Sports Medicine Annual Meeting Committee.