

STEVEN ROSS MURRAY
HEARST MEMORIAL GYMNASIUM
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CURRICULUM VITAE

EDUCATION

Doctor of Arts, Middle Tennessee State University (Physical Education, 1996)
Master of Science, Middle Tennessee State University (Wellness and Fitness, 1993)
Bachelor of Science, University of North Alabama (Physical Education, 1991)
Berea College, Berea, Kentucky (Health and Physical Education, 1986-1988)

(Additional graduate study in human resource management, Cumberland University, Lebanon, Tennessee, 1998; N.B., I was procuring and supervising numerous grants at the time and needed to understand more about labor law.)

PROFESSIONAL EXPERIENCES

Director, Health and Wellness Minor, University of California, Berkeley (2021-present)
Director, Physical Education Program, University of California, Berkeley (2018-present)
Professor of Teaching, Division of Biological Sciences, College of Letters & Science, University of California, Berkeley (2018-present)
Courses Taught:

- History and Philosophy of Sport and Physical Activity
- Wellness for Life

Courses Supervised:

- Field Study
- Physical Education Activities for Intercollegiate Athletics

Professor, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2007-2018)
Head, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2003-2007)
Acting Dean, School of Business and Professional Studies, Colorado Mesa University, Grand Junction, Colorado (May-August 2004)
Associate Professor, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2002-2007; tenured 2003)
Assistant Professor, Department of Kinesiology (formerly Department of Human Performance and Wellness), Colorado Mesa University (formerly Mesa State College), Grand Junction, Colorado (1998-2002)
Courses Taught:

- Event and Program Management in Sport (MBA course)
- Facility and Equipment Management in Sport (MBA course)
- Governance and Communication in Sport
- History and Philosophy of Sport and Physical Education
- Organization/Administration/Legal Considerations of Sport and Physical Education
- Worksite Health Promotion
- Health and Wellness

- Methods of Track and Field
- Introduction to Higher Education
- American Red Cross Courses
 - Standard First Aid
 - Cardiopulmonary Resuscitation (CPR)
 - Water Safety Instructor
 - Lifeguard Training
- Activity courses
 - Beginning and Intermediate Swimming
 - Hiking
 - Golf
 - Beginning and Intermediate Bowling

Courses Supervised:

- Internship
- Practicum
- Student Teaching Internship

On-line Courses Taught:

- Facility and Equipment Management in Sport (MBA course)
- Governance and Communication in Sport
- Organization/Administration/Legal Considerations of Sport and Physical Education
- Introduction to Sport Management
- History and Philosophy of Sport and Physical Education
- Health and Wellness
- Medical Conditions and Pharmacology in Sport

Collaborative Graduate Faculty, Minnesota State University, Mankato (2010-2015)

National Faculty, United States Sports Academy, Daphne, Alabama (2010-2016)

Course Taught:

- Sport Facility and Event Management

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

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

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

Courses Taught:

- Historical and Philosophical Principles of Physical Education and Sport
- Wellness for Life
- American Red Cross Courses
 - Standard First Aid
 - Cardiopulmonary Resuscitation (CPR)
 - Beginning Swimming
 - Intermediate Swimming

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

Courses Taught:

- Personal Fitness
- Physiology of Exercise (Teaching Internship under Dr. Timothy J. Michael)
- Tests and Measurement (Teaching Internship under Dr. Dianne Bartley)

- Performed various activities within the Human Performance Laboratory
 - Maximal and submaximal VO₂ testing via treadmill, bicycle and hand ergometry, and step test
 - Body composition assessment via skinfolds, hydrostatic weighing, and bioelectrical impedance
 - Resting and exercise electrocardiography (EKG)
 - Electromyography (EMG)
 - Rudimentary anthropometry, e.g., circumferences, height and weight, body mass index (BMI)
 - Laboratory course sessions
 - Guest lectures for various professors in undergraduate courses

Program Director, Mid-Cumberland Human Resource Agency, Nashville, Tennessee (1996)

- Wrote, submitted, and secured a federal grant for \$436,000 for *The 1996 Summer Youth Employment and Training Program*
- Supervised an 11-county program, employing roughly 500 individuals
- Collaborated with 11 County Commissioners to develop a work-and-learning job-skills program for area youth
- Completed the project within the budgetary restrictions and federal regulations

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

- Worked within the cooperative program through Middle Tennessee State University as a master's student
- Supervised some 20 employees within the corporation's activity center
- Oversaw fitness testing, program development, recreational and aquatic activities, and employee training
- Developed, initiated, and taught certification programs for American Red Cross First Aid and Cardiopulmonary Resuscitation (CPR), Water Safety Instructor, and Lifeguarding.

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

- Taught multiple physical education courses to students in grades 5-8 in a coeducational environment
- Performed fitness testing and assessments of students

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

Courses Taught (assisted):

- Fundamental Skills
- Swimming
- Lifesaving

Instructor for Water Safety, First Aid, and CPR, American Red Cross (1986-2004)

Courses Taught:

- Beginning/Intermediate/Advanced Swimming
- Cardiopulmonary Resuscitation (CPR)
- Community/Standard First Aid
- Responding to Emergencies
- Basic Rescue
- Water Safety Instructor
- Lifesaving/Lifeguard Training

Lifeguard, Cleveland Community Center, City of Cleveland, Tennessee (Summers 1986-1991, 1994-1995)
Swimming Coach, YMCA of Cleveland, Tennessee (Summer 1990)
Lifeguard and Swimming Instructor, YMCA of Cleveland, Tennessee (Spring and Summer 1985)

CERTIFICATIONS AND LICENSES (N.B., not all are current)

Health Promotion Director, Cooper Institute, Dallas, Texas
Instructor, First Aid/Cardiopulmonary Resuscitation (CPR), American Red Cross
Instructor, Lifeguard Training, American Red Cross
Instructor, Water Safety, American Red Cross
Instructor Trainer, First Aid/Cardiopulmonary Resuscitation (CPR), American Red Cross
Instructor Trainer, Water Safety Instructor, American Red Cross
K-12 Teaching Certificate in Physical Education, State of Alabama
Driver's License with Motorcycle Endorsement, State of Utah
Scuba Diver, Professional Association of Diving Instructors (PADI)
Open Water Diver, Professional Association of Diving Instructors (PADI)

AWARDS AND ACCOMPLISHMENTS

Academic

Exemplary Faculty Award, Colorado Mesa University, 2013, 2018
Outstanding Research Award, Western Society for Kinesiology and Wellness, 2016
Distinguished Faculty Award, Outstanding Performance in Scholarship, Colorado Mesa University, 2007
Faculty Service Award, Student Services, Colorado Mesa University, 2001

Athletic

IRONMAN® All-World Athlete, 2016, 2017, 2018, 2019
Official Finisher, IRONMAN® World Championship, 2016, 2017, 2018
Official Finisher, IRONMAN® Boulder, 2015, 2017, 2018
Official Finisher, IRONMAN® Texas, North American Championship, 2018
Official Finisher, IRONMAN® Lake Tahoe, 2015
Official Finisher, IRONMAN® Arizona, 2014
Official Finisher, TIMEX® IRONMAN® CANADA Triathlon Championship, 1995
USA Triathlon All-American, 2015, 2019
Triathlon Today All-American Triathlon Team, 1987; honorable mention, 1988-1990
Triathlon Today All-American Duathlon Team honorable mention, 1990
Triathlon Federation USA, Male Overall Mid-East Regional Triathlon Champion, 1989
Official finisher of over 100 multi-sport events and road races
Letterman in Cross Country, University of North Alabama, Florence, Alabama, 1989
Top-10 finisher, Gulf South Conference and NCAA Qualifier Cross Country Meet, 1989
3-year letterman in Cross Country, Berea College, Berea, Kentucky, 1986-1988
3-time NAIA National Cross Country Championship Qualifier, 1986-88
3-time NAIA All-District 32 Cross Country Runner, 1986-1988
Runner on 3-time NAIA District 32 Championship Team in Cross Country, 1986-1988
3-time top-5 finisher at the NAIA District 32 Cross Country Championships, 1986-1988
2-year letterman in Track and Field, Berea College, Berea, Kentucky, 1988-1989
Runner on 2-time NAIA District 32 Championship Team in Track and Field, 1988-1989
NAIA District 32 Track Champion, 10,000m, 1988

NAIA District 32 Track Runner-up, 3,000m steeplechase, 1988
NAIA District 32 Track Runner-up, 10,000m, 1989
3-year letterman in Swimming, Berea College, Berea Kentucky, 1986-1988
Runner-up, 1650-yard Freestyle, Kentucky Intercollegiate Swimming Championship, 1989

PUBLICATIONS

Articles in Peer-reviewed Journals

1. Murray, Steven Ross and Bruce Pruett. (In Preparation). The Roman *Plumbata*: A Call for Research.
2. Murray, Melonie B., Megan Glenn Zollinger, and Steven Ross Murray. (2022). Framing Dance *Only* as Art: The Philosophical Conundrum of Dance in Education. *Dance Education in Practice*, 8(1), 22-29.
3. Murray, Melonie B. and Steven Ross Murray. (2022). Reconnecting Dance and Physical Education through Dance Science. *The Physical Educator*, 79(1), 37-59.
4. Murray, Steven Ross, Melonie B. Murray, Kristin J. Heumann. (2021). The Status of Physical Education Service Programs in Utah's Colleges and Universities. *Journal of Kinesiology and Wellness*, 10(1), 85-97.
5. Murray, Steven Ross, Bronwyn A. Buchanan, Amy J. Bronson, and Robert W. Pettitt. (2021). Avulsion Fracture of the Iliac Crest in a Female High School Distance Runner. *Athletic Training & Sports Health Care: The Journal for the Practicing Clinician*, 13(2), 94-96.
6. Murray, Steven Ross. (2020). "Won by the Spear": The Importance of the *Dory* to the Ancient Greek Warrior. *Журнал По Истории Античной Педагогической Культуры* [in English: *Hypothekai: Journal of the History of Ancient Pedagogical Culture*], 4, 74-88. [Invited Manuscript].
7. Heumann, Kristin J. and Steven Ross Murray. (2019). The Status of Physical Education in Colorado's Colleges and Universities. *Journal of Kinesiology and Wellness*, 8, 29-35.
8. Sands, William, Marco Cardinale, Jenny McNeal, Steven Murray, Christopher Sole, Jacob Reed, Nikos Apostolopoulos, and Michael Stone. (2019). Recommendations for Measurement and Management of an Elite Athlete. *Sports*, 7(5), 105, 1-17. doi:10.3390/sports7050105.
9. Bronson, Amy J., Nikki Williams, and Steven R. Murray. (February, 2019). Actinic Keratoses: Field Cancerization and Photodynamic Therapy. *The Clinical Advisor*, 24-28. https://issuu.com/clinicaladvisor/docs/clinicaladvisor_february_2019_digit.
10. Perry, Nathan, T. Timothy Casey, and Steven Ross Murray. (2018). Do Socio-cultural Traits and Other Demographics Affect Outdoor Recreation Constraints? The Case for Mesa County, Colorado. *Journal of Kinesiology and Wellness*, 7, 97-108.
11. Sands, William A., Steven R. Murray, Jeni R. McNeal, Cindy Slater, and Michael H. Stone. (2018). Historical Changes in Height, Mass, and Age of USA Women's Olympic Gymnastics Team: An Update. *Science of Gymnastics Journal*, 10(3), 391-399.
12. Heumann, Kristin J. and Steven Ross Murray. (2018). Double the Fun with Two-person, One-rope Jump Rope. *Strategies: A Journal for Physical and Sport Educators*, 31(1), 5-12.
13. Pettitt, Robert W., Jacob B. Mehrhoff, David S. Mandeville, Cherie D. Pettitt, and Steven Ross Murray. (2017). Influence of Elbow Angle on the Reliability and Validity of Bioelectrical Impedance Analysis. *Journal of Sports Medicine and Therapy*, 2, 138-144.

14. Murray, Steven Ross, Coryann Ledford, Duane O. Hartshorn, Colby Crawford, David Nock, James A. Merrell, Michael T. Reeder, Robert W. Pettitt, and Jeremy R. Hawkins. (2017). An Unnecessary Broken Jaw: A Case Report Justifying Mandatory Protective Headgear for Girls' and Women's Lacrosse. *International Journal of Sports Science and Medicine*, 1(2), 032-033.
15. Murray, Steven Ross, Michael T. Reeder, and Matthew R. Compton. (2017). Weighted-ball Training Leading to a Stress Fracture of the Distal Ulna in a Collegiate Softball Pitcher. *Athletic Training & Sports Health Care: The Journal for the Practicing Clinician*, 9(3), 138-140.
16. Sands, William A., Ashley A. Kavanaugh, Steven R. Murray, Jeni R. McNeal, and Monèm Jemni. (2017). Modern Techniques and Technologies Applied to Training and Performance Monitoring. *International Journal of Sports Physiology and Performance*, 12(Suppl2), S2-63-S2-72.
17. Murray, Melonie B. and Steven R. Murray. (2017). The Physical Practice of Dance and Sport as Cultural Expression. John Massengale Papers in the *Western Society for Kinesiology and Wellness Chronicles of the Journal of Kinesiology and Wellness*, 6, 12-16. [Invited paper with editorial review only]
18. Murray, Melonie B. and Steven R. Murray. (2017). The Performance of Gender in American Dance. John Massengale Papers in the *Western Society for Kinesiology and Wellness Chronicles of the Journal of Kinesiology and Wellness*, 6, 4-11. [Invited paper with editorial review only]
19. Heumann, Kristin J., Jacob Cimolino, Jeremy R. Hawkins, Robert W. Pettitt, and Steven R. Murray. (2016). The Acute Effects of Exercise on Ultrasound Measurements from the Achilles InSight Ultrasonometer in College-aged Individuals. *International Journal of Exercise Science*, 9(4), 168-173.
20. Dicks, Nathan D., Nicholas A. Jamnick, Steven R. Murray, and Robert W. Pettitt. (2016). Load Determination for the 3-min All-out Exercise Test for Cycle Ergometry. *International Journal of Sports Physiology and Performance*, 11, 197-203.
21. Sands, William A., Jeni R. McNeal, Gabriella Penitente, Michael H. Stone, Steven Ross Murray, Lawrence Nassar, and Monèm Jemni. (2015). Stretching the Spine of Gymnasts: A Review. *Sports Medicine*, 1-13. doi:10.1007/s40279-015-0424-6.
22. Heumann, Kristin J. and Steven Ross Murray. (2015). Jump Rope: “Tricks” of the Trade. *Strategies: A Journal for Physical and Sport Educators*, 28(5), 3-9.
23. Pettitt, Robert W. Ashley M. Placek, Ida E. Clark, Nicholas A. Jamnick, and Steven R. Murray. (2015). Sensitivity of Prescribing High-Intensity, Interval Training with the Critical Power Model. *International Journal of Exercise Science*, 8(3), 202-212.
24. Sands, William A., Jeni R. McNeal, Steven R. Murray, and Michael H. Stone. (2015). Dynamic Compression Enhances Pressure-to-Pain Threshold in Elite Athlete Recovery: Exploratory Study. *The Journal of Strength and Conditioning Research*, 29(5), 1263-1272.
25. Sands, William A., Brent Alumbaugh, Jenni R. McNeal, Steven Ross Murray, and Michael H. Stone. (2014). Comparison of Floor Exercise Apparatus Spring-types on a Gymnastics Rearward Tumbling Take-off. *Science of Gymnastics Journal*, 6(2), 41-51.
26. Sands, William A., Melonie B. Murray, Steven R. Murray, Jeni R. McNeal, Satoshi Mizuguchi, Kimitake Soto, and Michael H. Stone. (2014). Peristaltic Pulse Compression of the Lower Extremity Enhances Flexibility. *The Journal of Strength and Conditioning Research*, 28(4), 1058-1064.

27. Austad, Mark. A., Chip R. Gay, Steven R. Murray, and Robert W. Pettitt. (2013). Acute Response of High-intensity and Traditional Resistance Exercise on Anaerobic Power. *The Journal of Strength and Conditioning Research*, 27(9), 2444-2448.
28. Clark, Ida E., Steven R. Murray, and Robert W. Pettitt. (2013). Alternative Procedures for the 3-min All-out Exercise Test. *The Journal of Strength and Conditioning Research*, 27(8), 2104-2112.
29. Clark, Ida E., Brianne M. West, Sheila K. Reynolds, Steven R. Murray, and Robert W. Pettitt. (2013). Applying the Critical Velocity Model for an Off-Season Interval Training Program. *The Journal of Strength and Conditioning Research*, 27(12), 3335-3341.
30. Sands, William A., Wendy L. Kimmel, Jeni R. McNeal, Sarah L. Smith, Gabriella Penitente, Steven Ross Murray, Michael W. Ramsey, Kimitake Sato, Satoshi Mizuguchi, and Michael H. Stone. (2013). Kinematic and Kinetic Tumbling Take-off Comparisons of a Spring-floor and an Air Floor™: A Pilot Study. *Science of Gymnastics Journal*, 5(3), 31-46.
31. Sands, William A., Jeni R. McNeal, Steven R. Murray, Michael W. Ramsey, Kimitake Soto, Satoshi Mizuguchi, and Michael H. Stone. (2013). Stretching and Its Effect on Recovery: A Review. *Strength and Conditioning Journal*, 35(5), 30-36.
32. Pettitt, Robert W., JoLynne D. Niemeyer, Patrick J. Sexton, Amanda Lipetzky, and Steven R. Murray. (2013). Do the Noncaffeine Ingredients of Energy Drinks Affect Metabolic Responses to Heavy Exercise? *The Journal of Strength and Conditioning Research*, 27(7), 1994-1999.
33. Malehorn, Kindal, Jodi Hiniker, Theresa Mackey, Kristin J. Heumann, Steven Ross Murray, and Robert W. Pettitt. (2013). Kinesio Tape® Applied to the Thorax Augments Ventilatory Efficiency during Heavy Exercise. *International Journal of Exercise Science*, 6(2), 157-163.
34. Murray, Steven Ross, William A. Sands, and Douglas A. O'Roark. (2012). Recreating the Ancient Greek Javelin Throw: How Far Was the Javelin Thrown? *Nikephoros: Zeitschrift für Sport und Kultur im Altertum*, 25, 143-154.
35. Sands, William A., Cindy Slater, Jeni R. McNeal, Steven Ross Murray, and Michael H. Stone. (2012). Historical Trends of the Size of U.S. Olympic Female Artistic Gymnasts. *International Journal of Sports Physiology and Performance*, 7(4), 350-356.
36. Pettitt, Robert W., Ida E. Clark, Stacy M. Ebner, Daniel T. Sedgeman, and Steven R. Murray. (2012). Gas Exchange Threshold and VO_{2max} Testing for Athletes: An Update. *The Journal of Strength and Conditioning Research*, 27(2), 549-555.
37. Ryan, Robert, Steven Ross Murray, and Robert W. Pettitt. Invited contributing authors for Doherty-Restrepo, Jennifer. (2012). Education Literature: Current Literature Summary. *Athletic Training Education Journal*, 7(1), 45-48.
38. Sands, William A., Wendy L. Kimmel, Jeni R. McNeal, Steven Ross Murray, and Michael H. Stone. (2012). A Comparison of Pairs Figure Skaters in Repeated Jumps. *Journal of Sports Science and Medicine*, 11, 102-108.
39. Murray, Steven Ross, William A. Sands, and Douglas A. O'Roark. (2011). Throwing the Ancient Greek *Dory*: How Effective is the Attached *Ankyle* at Increasing the Distance of the Throw? *Palamedes: A Journal of Ancient History*, 6, 137-151.
40. Johnson, Tyler M., Patrick R. Sexton, Ashley M. Placek, Steven R. Murray, and Robert W. Pettitt. (2011). Reliability of the 3-min All-Out Exercise Test for Cycle Ergometry. *Medicine & Science in Sports & Exercise*, 43(12), 2375-2380.

41. Andrews, Tedi R., Theresa Mackey, Thomas A. Inkrott, Steven R. Murray, Ida E. Clark, and Robert W. Pettitt. (2011). Effect of Hang Cleans or Squats Paired with Countermovement Vertical Jumps on Vertical Displacement. *The Journal of Strength and Conditioning Research*, 25(9), 2448-2452.
42. Ryan, Robert E., Joshua D. Fullmer, and Steven Ross Murray. (2011). Digital Dislocation During American Football Practice, Resulting in Surgical Amputation: A Case Review. *Athletic Training & Sports Health Care: The Journal for the Practicing Clinician*, 3(3), 141-143.
43. Murray, Steven Ross, William A. Sands, Nathan A. Keck, and Douglas A. O'Roark. (2010). Efficacy of the Ankyle in Increasing the Distance of the Ancient Greek Javelin Throw. *Nikephoros: Zeitschrift für Sport und Kultur im Altertum*, 23, 43-55, 329-333.
44. Pettitt, Robert W., Brian E. Udermann, David M. Reineke, Glenn A. Wright, Rebecca A. Battista, John M. Mayer, and Steven Ross Murray. (2010). Time-Course of Delayed Onset Muscle Soreness Evoked by Three Intensities of Lumbar Eccentric Exercise. *Athletic Training & Sports Health Care: The Journal for the Practicing Clinician*, 2(4), 171-176.
45. Murray, Steven Ross. (2010). Fighting Arts of the Hellenic, Hellenistic, and Roman Eras [approximately 4,000 words] in *Martial Arts of the World: An Encyclopedia of History and Innovation* edited by T. A. Green and J. R. Svinth. Santa Barbara, CA: ABC-CLIO, 233-40.
46. Murray, Steven Ross. (2010). Amazons and Gladiatrices [approximately 2,000 words] in *Martial Arts of the World: An Encyclopedia of History and Innovation* edited by T. A. Green and J. R. Svinth. Santa Barbara, CA: ABC-CLIO, 213-217.
47. Murray, Steven Ross. (2010). Boxing Gloves of the Ancient World. *The Journal of Combative Sport*, <http://ejmas.com/jcs>.
48. Murray, Steven R., Brian E. Udermann, David M. Reineke, and Rebecca A. Battista. (2009). Energy Expenditure of Sport Stacking. *The Physical Educator*, 66(4), 180-185.
49. Ryan, Robert E., Troy E. Ward, Steven R. Murray, Mitchell T. Copeland, Brian E. Udermann, and Robert W. Pettitt. (2009). Giant-Cell Reaction to a Bioabsorbable Implant. *Gundersen Lutheran Medical Journal*, 6(1), 21-23.
50. Ryan, Robert E., Steven R. Murray, and Malissa Martin. (2009). The Use of Discovery Learning in Athletic Training Education. *Athletic Therapy Today*, 14(4), 32-35.
51. Udermann, Brian E., Kevin Miller, Scott T. Doberstein, David M. Reineke, Steven R. Murray, and Robert W. Pettitt. (2009). Spatting Restricts Ankle Motion more Effectively than Taping During Exercise. *International Journal of Exercise Science*, 2(2), 72-82.
52. Pettitt, Robert W., Scott R. Sailor, Gary Lentell, Cary Tanner, and Steven R. Murray. (2009). Yergason's Test: Discrepancies in Description and Implications. *Athletic Training Education Journal*, 3(4), 143-147.
53. Pettitt, Robert W., Cherie D. Pettitt, and Steven R. Murray. (2008). The J-Motion Squat: A lift for Enhancing Olympic-Style Lifts and Power. *The Sport Journal*, 11(3), <http://www.thesportjournal.org/article/j-motion-squat-ancillary-lift-enhancing-olympic-style-lifts-and-power>.
54. Milton, Denise, John P. Porcari, Carl Foster, Mark Gibson, Brian Udermann, John Greany, and Steven R. Murray. (2008). The Effect of Functional Exercise Training on Functional Fitness Levels of Older Adults. *Gundersen Lutheran Medical Journal*, 5(1), 4-8.

55. Block, Anna, Brian E. Udermann, Emmanuel Felix, David M. Reineke, and Steven R. Murray. (2008). Achievement and Satisfaction in an Online versus a Traditional Health and Wellness Course. *Journal of Online Learning and Teaching*, 4(1), 57-66.
56. Udermann, Brian E., Greta E. Schutte, David M. Reineke, William A. Pitney, Mark H. Gibson, and Steven R. Murray. (2008). Spirituality in the Curricula of Accredited Athletic Training Education Programs. *Athletic Training Education Journal*, 3(1), 21-27.
57. Bell, Richard, Sarah Elizabeth Ratzlaff, and Steven Ross Murray. (2008). The Impact of the HIPAA Privacy Rule on Collegiate Sport Professionals. *The Sport Journal*, 11(2), <http://www.thesportjournal.org/article/impact-hipaa-privacy-rule-collegiate-sport-professionals>.
58. Steerman, James G., Michael T. Reeder, Brian E. Udermann, Robert W. Pettitt, and Steven R. Murray. (2008). Avulsion Fracture of the Iliac Crest Apophysis in a Collegiate Wrestler. *The Clinical Journal of Sport Medicine*, 18(1), 102-103.
59. Pettitt, Robert W., Cherie D. Pettitt, Chad A. Cabrera, and Steven R. Murray. A Theoretical Method of Using Heart Rate to Estimate Energy Expenditure During Exercise. (2007). *International Journal of Sports Science and Coaching*, 2(3), 319-327.
60. Meehan, William F. and Steven R. Murray. (2007). A Pathfinder of Resources for the Sport of Rowing. *The Sport Journal*, Fall 10(4), http://www.thesportjournal.org/2007Journal/Vol10-No4/08meehan_murray.asp.
61. Udermann, Brian E., David M. Reineke, Raymond D. Martinez, Mark H. Gibson, Cordial M. Gillette, Scott T. Doberstein, John M. Mayer, Steven R. Murray, and Michael T. Reeder. (2006). The Effect of Resistance Training on Lumbar Muscular Strength and Endurance. *Gundersen Lutheran Medical Journal*, 4(1), 8-13.
62. Hager, Staci, Brian E. Udermann, David Reineke, Mark H. Gibson, Steven R. Murray, and John Mayer. (2006). Quantification of Lumbar Endurance on a BackUP Lumbar Extension Dynamometer. *Journal of Sport Science and Medicine*, 5, 656-661.
63. Harmon, Kelley J., Michael T. Reeder, Brian E. Udermann, and Steven R. Murray. (2006). Isolated Rupture of the Plantaris Tendon in a High School Track Athlete. *The Clinical Journal of Sport Medicine*, 16(4), 361-363.
64. Murray, Steven R., Michael T. Reeder, Brian E. Udermann, and Robert W. Pettitt. (2006). High-Risk Stress Fractures: Pathogenesis, Evaluation, and Treatment. *Comprehensive Therapy*, 32(1), 20-25.
65. Udermann, Brian E. and Steven R. Murray. (2006). Cup Stacking: Does it Deserve a Place in Physical Education Curricula? *Teaching Elementary Physical Education*, 17(1), 8-9.
66. Doberstein, Scott T., Brian E. Udermann, Steven R. Murray, Marco S. Boscolo, David W. Neufeldt, and Phillip O. Burr. (2005). Validity of Clarke Sign in Assessing Anterior Knee Pain. *Gundersen Lutheran Medical Journal*, 3(2), 51-53.
67. Udermann, Brian E., Daniel G. Cavanaugh, Mark H. Gibson, Scott T. Doberstein, John M. Mayer, and Steven R. Murray. (2005). Slipping Rib Syndrome in a Collegiate Swimmer. *Journal of Athletic Training*, 40(2), 120-122.
68. Murray, Steven R., Michael Reeder, Troy Ward, and Brian E. Udermann. (2005). Navicular Stress Fractures in Identical Twin Runners: High-Risk Fractures Require Structured Treatment. *The Physician and Sportsmedicine*, 33(1), 28-33.
69. Udermann, Brian E., John M. Mayer, and Steven R. Murray. (2004). Quantification of Isometric Lumbar Extension Strength Using a BackUP™ Lumbar Extension Dynamometer. *Research Quarterly for Exercise and Sport*, 75(4), 434-439.

70. Udermann, Brian E., John M. Mayer, Richard G. Donelson, James E. Graves, and Steven R. Murray. (2004). Combining Lumbar Extension Training with McKenzie Therapy: Effects on Pain, Disability, and Psychosocial Functioning in Chronic Low Back Pain Patients. *Gundersen Lutheran Medical Journal*, 3(2), 7-12.
71. Murray, Steven R., Michael T. Reeder, and Brian E. Udermann. (2004). Urachal Cyst in a Collegiate Football Player. *The Clinical Journal of Sport Medicine*, 14(2), 101-102.
72. Udermann, Brian E., Steven R. Murray, John M. Mayer, and Kenneth Sagendorf. (2004). The Influence of Cup Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students. *Perceptual and Motor Skills*, 98, 409-414.
73. Miller, Jessica L. and Steven R. Murray. (2004). Wellness and Its Relationship to Self-Concept and Identity Development. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 29(1), 5-6.
74. Murray, Steven R. and Brian E. Udermann. (2004). Motor Programs: Do they Exist? *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 29(1), 10-13.
75. Udermann, Brian E., John M. Mayer, James E. Graves, and Steven R. Murray. (2003). Quantitative Assessment of Lumbar Para-Spinal Muscle Endurance. *Journal of Athletic Training*, 38(3), 259-262.
76. Murray, Steven. (July 2003). Female Gladiators of the Ancient Roman World. *The Journal of Combative Sport*, <http://ejmas.com/jcs/jcsframe.htm>.
77. Murray, Steven R. and Brian E. Udermann. (2003). Fluid Replacement: A Historical Perspective and Critical Review. *International Sports Journal*, 7(2), 58-73.
78. Ray, Tommy L., Michael Reeder, Brian E. Udermann, Steven R. Murray, and Robert E. Ryan. (April 2003). Lacerated Liver in an Intercollegiate Men's Baseball Player During a Flag Football Game: A Case Report. In the "From the *Journal of Athletic Training*" section of the *NATA NEWS: News Magazine of the National Athletic Trainers' Association*, 57-60.
79. Miller, Jessica L. and Steven R. Murray. (2003). Wellness: Course Efficacy and Relationship to Self-Concept. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 28(1), 14-18.
80. Murray, Steven R. and Brian E. Udermann. (2003). Massed versus Distributed Practice: Which is better? *Colorado Association for Health, Physical Education, Recreation, and Dance Journal*, 28(1), 19-22.
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88. Murray, Steven R. and Jim Colligon. (1995). Fitness Profiles: A Comparison of University Faculty/Staff and Police Personnel. *Alabama State Alliance of Health, Physical Education, Recreation, and Dance Journal*, 37-39.
89. Murray, Steven R., Timothy J. Michael, and Powell D. McClellan. (1995). The Influence of Fluid Replacement Rate on HR and RPE of Individuals Exercising in a Hot, Humid Environment. *The Journal of Strength and Conditioning Research*, 9(4), 251-255.

Other Publications (Newsletters, newspapers, and other periodicals)

1. Murray, Steven Ross. (January 2021). How and Why We Age: What We Can Do About It. *ASEA Impact*. <https://aseaimpact.com/blog/tag/aging/>.
2. Murray, Steven Ross. (2015). "Boxing Gloves of the Ancient World" in the Official Program for the 16th Indian Women National Boxing Championship, 2015-2016. N.B., The article was an abridged version of a similar piece published in *The Journal of Combative Sport* under the same title.
3. Murray, Steven Ross. (Fall 2015). COMMENTARY: The Importance of Physical Fitness for Police Officers. *Colorado Police Quarterly: The Official Journal of the Colorado Association of Chiefs of Police*, 1(1), 4.
4. Murray, Steven Ross. (Spring 2013). Antik Dünyada Kadın Gladyatörler. *Aktüel Arkeoloji*, 68-73. (In Turkish). N.B., Translated to English it reads: Female Gladiators of the Ancient World. *Actual Archaeology*, 68-73.
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9. Murray, Steven R. (June 16, 2004). Helping employees to do their parts curbs health costs. *The Business Times of Western Colorado*, 11(19), 11.
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12. Murray, Steven R. (March 3, 2004). Alcohol abuse hurts not only employees, but also employers. *The Business Times of Western Colorado*, 11(4), 15.

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20. Murray, Steven R. (May 21, 2003). Stretching to curb injuries free and easy. *The Business Times of Western Colorado*, 10(15), 16.
21. Murray, Steven R. (April 23, 2003). Hazardous materials used at the worksite? Information saves lives. *The Business Times of Western Colorado*, 10(11), 11.
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24. Murray, Steven R. (January 22, 2003). Now's the time to capitalize on New Year's resolutions: Promote employee health. *The Business Times of Western Colorado*, 9(23), 13.
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27. Murray, Steven R. (October 16, 2002). Stress on the job literally a headache. *The Business Times of Western Colorado*, 9(17), 23.
28. Murray, Steven R. (September 18, 2002). Older and wiser? Education helps. *The Business Times of Western Colorado*, 9(15), 19.
29. Murray, Steven R. (August 21, 2002). Stretching benefits: Reduction in injuries. Simple exercises can help alleviate problems. *The Business Times of Western Colorado*, 9(13), 25.
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32. Murray, Steven R. (May 15, 2002). Spring—and ailments—in the air. *The Business Times of Western Colorado*, 9(7), 24.

33. Murray, Steven R. (April 2002). Issues Response: Should commercial sponsorship be used to subsidize athletics programs? *Journal of Physical Education, Recreation, and Dance*, 73(4), 9.
34. Murray, Steven R. (April 17, 2002). Students on track for career opportunities. *The Business Times of Western Colorado*, 9(5), 15.
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41. Murray, Steven R. (September 19, 2001). Health care savings start with employees. *The Business Times of Western Colorado*, 8(17), 13.
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43. Murray, Steven R. (July 18, 2001). In hot weather, workers must keep their cool. *The Business Times of Western Colorado*, 8(13), 14.
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45. Murray, Steven R. (May 16, 2001). EAPs best way to promote worksite health. *The Business Times of Western Colorado*, 8(9), 16.
46. Murray, Steven R. (April 2001). Issues Response: Is there a place for dodgeball in physical education? *Journal of Physical Education, Recreation, and Dance*, 72(4), 17-18.
47. Murray, Steven R. (April 18, 2001). Seat belts save lives—and money: Buckling up can prevent workday commute from becoming a real killer. *The Business Times of Western Colorado*, 8(6), 14.
48. Murray, Steven R. (March 21, 2001). Prevention the key to workplace safety. *The Business Times of Western Colorado*, 8(5), 10.
49. Murray, Steven R. (February 21, 2001). Alcohol abuse exacts toll on human capital. *The Business Times of Western Colorado*, 8(3), 13.
50. Murray, Steven R. (February 7, 2001). It’s the perfect time for health promotion. *The Business Times of Western Colorado*, 8(2), 10, 13.
51. Murray, Steven R. (January 2001). Get employees moving toward better health. *The Business Times of Western Colorado*, 8(1), 18.
52. Murray, Steven R. (January 2001). Exercising in the Cold: How to prevent cold-weather injuries. *Mesa State College Sports Medicine Newsletter*, Winter, 1-2.
53. Murray, Steven R. (December 2000). Keep profits from going up in smoke. *The Business Times of Western Colorado*, 7(12), 20.

54. Murray, Steven R. (November/December 2000). Issues Response: Should martial arts be taught in physical education classes? *Journal of Physical Education, Recreation, and Dance*, 71(9), 12-14.
55. Murray, Steven R. (November 2000). Carpal tunnel syndrome preventable. *The Business Times of Western Colorado*, 7(11), 17.
56. Murray, Steven R. (October 2000). Here's why health promotion pays. *The Business Times of Western Colorado*, 7(10), 16.
57. Murray, Steven R., (September 2000). Stress can take deadly toll on employees. *The Business Times of Western Colorado*, 7(9), 24.
58. Murray, Steven R. (August 2000). Employers can promote healthy habits. *The Business Times of Western Colorado*, 7(8), 19.
59. Murray, Steven R. (July 2000). Healthy workers mean healthy profits. *The Business Times of Western Colorado*, 7(7), 20.
60. Murray, Steven R. and Brian E. Udermann. (June 2000). Championships Are Won During The Summer. *Mesa State College Sports Medicine Newsletter*, Spring/Summer, 1-2.
61. Murray, Steven R. (March 2000). Issues Response: In which department or college of a university should sport studies (sport management, sport administration, etc.) be taught? *Journal of Physical Education, Recreation, and Dance*, 71(3), 13.
62. Murray, Steven R., (February 2000). Issues Response: How can you have an elective physical education program and maintain gender balance within the classes? *Journal of Physical Education, Recreation, and Dance*, 71(2), 11.
63. Murray, Steven R. (June 1999). Dehydration and Fluid Replacement. *Mesa State College Sports Medicine Newsletter*, Spring/Summer, 1-3.
64. Murray, Steven R. (April 1999). Issues Response: Should men coach women's teams and vice versa? *Journal of Physical Education, Recreation, and Dance*, 70(4), 11.

Books

1. Murray, Steven Ross and Kristin J. Heumann. (2015, forthcoming 2022). *Wellness for Life E-Text and Interactive Website [3rd, 4th Editions]*. Dubuque, IA: Kendall Hunt Publishing Company.
2. Murray, Steven Ross. (2012). *Wellness for Life E-Text and Interactive Website [2nd Edition]*. Dubuque, IA: Kendall Hunt Publishing Company.
3. Murray, Steven Ross. (2009). *Wellness for Life*. Dubuque, IA: Kendall Hunt Publishing Company.
4. Murray, Steven Ross. (2009). *Fitness Walking*. Dubuque, IA: Kendall Hunt Publishing Company.
5. Murray, Steven Ross. (2007). *Wellness for Life*. Reno, NV: Bent Tree Press.
6. Murray, Steven Ross. (2001, 2003, 2005). *Wellness for Life [1st, 2nd, 3rd Editions]*. Grand Junction, CO: Black Rhino Press.

Book Chapters

1. Sands, William A. and Steven R. Murray. (2021). Thinking Sensibly about Recovery. In: Jeffreys, Ian and Jeremy Moody (Eds.). *Strength and Conditioning for Sports Performance* (2nd Edition). London: Routledge. pp. 237-462.

COMPUTER SOFTWARE

1. Murray, Robert W. and Steven R. Murray. (2015). *Diet Analyzer 3.0*. Dubuque, IA: Kendall Hunt Publishing Company.

2. Murray, Robert W. and Steven R. Murray. (2009). *Diet Analyzer 2.0*. Dubuque, IA: Kendall Hunt Publishing Company.
3. Murray, Robert W. and Steven R. Murray. (2007). *Diet Analyzer 2.0*. Reno, NV: Bent Tree Press.
4. Murray, Robert W. and Steven R. Murray. (2003). *Diet Analyzer 1.0*. Grand Junction, CO: Black Rhino Press.

PEER-REVIEWED CONFERENCE PRESENTATIONS AND PUBLISHED ABSTRACTS

1. 2020 Western Society for Kinesiology and Wellness Conference. Murray, Melonie and Steven R. Murray. *Dance Science: The Rejoining of the Disciplines of Dance and Kinesiology in American Academe*. (Published abstract in the conference's proceedings).
2. 2019 International Society for the History of Physical Education and Sport Congress. Murray, Steven Ross. *The IRONMAN Triathlon: From Extreme to Mainstream*. (Published abstract in congress's proceedings only).
3. 2019 International Society for the History of Physical Education and Sport Congress. Murray, Melonie B. and Steven Ross Murray. *Dance as an Academic Discipline in the United States and its Return to its Roots in Physical Education* (Published abstract in congress's proceedings only).
4. 2016 Western Society for Kinesiology and Wellness Conference. Murray, Melonie B. and Steven R. Murray. *The Physical Practice of Dance and Sport as Cultural Expression** (Published abstract in the conference's proceedings). *Awarded the *Outstanding Research Award* for the Conference.
5. 2016 Western Society for Kinesiology and Wellness Conference. Murray, Steven R., Nathan C. Perry, and Timothy Casey. *Do Socio-cultural and Other Demographics Affect Outdoor Recreation Constraints? The Case for Mesa County, Colorado* (Published abstract in the conference's proceedings).
6. 2015 Tennessee Association for Health, Physical Education, Recreation, and Dance Annual Convention. Murray, Steven Ross and Kristin J. Heumann. Invited Presentation: *Developing and Implementing Fully Online and Blended University-level Health and Wellness Courses: Issues, Solutions, and Results*. (N.B., the presentation was delivered twice at the convention; published abstract in the convention's proceedings.)
7. 2015 Tennessee Association for Health, Physical Education, Recreation, and Dance Annual Convention. Murray, Steven Ross, Jacob Cimolino, Robert W. Pettitt, Jeremy R. Hawkins, and Kristin J. Heumann. *The Acute Effect of Walking on Ultrasound Measurements from the Achilles InSight Ultrasonometer in College-aged Individuals*. (Published abstract in the convention's proceedings).
8. 2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium. Pettitt RW, Austad MA, Murray SR, Sexton PJ. *Acute Response of High-Intensity and Traditional Resistance Exercise on Anaerobic Power*. (Published abstract in *Journal of Athletic Training*, 2013, 48(3 Supplement), S-251).
9. 2013 American College of Sports Medicine Annual Meeting. Clark, Ida E., Steven R. Murray, Cherie D. Pettitt, Thomas W. Kernozek, and Robert W. Pettitt. *Alternative Procedures for the 3-Min All-Out Exercise Test*. (Published abstract in *Medicine & Science in Sports & Exercise*, 2013, 45(5S), S573).
10. 2013 American College of Sports Medicine Annual Meeting. West, Brianne, Ida E. Clark, Cherie D. Pettitt, Steven R. Murray, Thomas W. Kernozek, and Robert W. Pettitt.

- Applying the Critical Velocity Model for an Off-Season Interval Training Program.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2013, 45(5S), S423).
11. 2013 American College of Sports Medicine Annual Meeting. Sands, William A., Jeni R. McNeal, Brent Alumbaugh, Gabriella Penitente, Monèm Jemni, Steven Ross Murray, Chieh-Ying Chiang, Christopher J. Sole, and Michael H. Stone. *Tumbling Take-Off Foot Contact Comparisons—Two Types of Gymnastics Spring Floors.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2013, 45(5S), S453).
 12. 2012 Association for Distance Education and Independent Learning (ADEIL) Annual Conference. Murray, Steven R. *Designing an Asynchronous, Self-Paced Course for Online and Blended Delivery: Problems, Solutions, and Results.*
 13. 2012 Northland Chapter—American College of Sports Medicine Annual Meeting. Clark, Ida E., Steven Ross Murray, and Robert W. Pettitt. *Alternative Procedures for the 3-min All-Out Exercise Test.* (Published abstract in the conference's proceedings).
 14. 2011 The Popular Culture Association in the South and the American Culture in the South Conference. Swanson, Margaret A., William F. Meehan III, and Steven R. Murray. *Gridiron Greatness and Traditions: Football in the Big Ten and Southeastern Conferences.*
 15. 2011 American College of Sports Medicine Annual Meeting. Murray, Steven Ross, William A. Sands, Nathan A. Keck, and Douglas A. O'Roark. *Efficacy of the Ankyle in Increasing the Distance of the Ancient Greek Javelin Throw.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2011, 43(5S), S598).
 16. 2011 Northland Chapter—American College of Sports Medicine Annual Meeting. Placek, Ashley M., Ida E. Clark, Steven R. Murray, and Robert W. Pettitt. *3-Minute All-Out Cycle Ergometer Test for Predicting Intervals.* (Published abstract in the conference's proceedings).
 17. 2011 Rocky Mountain Chapter—American College of Sports Medicine Annual Meeting. Cramer, M.J., K. Fritz, A. Skarda, J. Richmeier, B. Alumbaugh, C. Auswandon, S. Murray, R. Pettitt, and G. Leadbetter. *The Effect of Moderate Alcohol Consumption on Fuel Utilization, Perceived Exertion, and Running Performance Between Genders [sic].* (Published abstract in the conference's proceedings).
 18. 2009 Hawaii International Conference on Education. Udermann, Brian E. and Steven R. Murray. *Assessing Faculty Preference for Online Programming.*
 19. 2008 American College of Sports Medicine Annual Meeting. Udermann, Brian E., Christopher J. Durall, David R. Reineke, Barbara L. Gibson, Cordial M. Gillette, Steven R. Murray, and John M. Mayer. *Ten Weeks of a Lumbar Endurance Floor Exercise Routine Improves Endurance Capacity of the Trunk Extensors.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2008, 40(5S), S258).
 20. 2008 Athens Institute for Education and Research/Panhellenic Association of Sports Economists and Managers International Conference on Health, Fitness, and Active Living, Athens, Greece. Murray, Steven R., Michael T. Reeder, Brian E. Udermann, and Robert W. Pettitt. *High-Risk Stress Fractures: A Case Study and Critical Review.* (Published abstract in the conference's proceedings).
 21. 2007 American College of Sports Medicine Annual Meeting. Murray, Steven R., Brian E. Udermann, David M. Reineke, and Rebecca A. Battista. *Energy Expenditure of Sport Stacking.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2007, 39(5S), S401).
 22. 2007 American College of Sports Medicine Annual Meeting. Udermann, Brian E., Dia M. Dohlman, David M. Reineke, John M. Mayer, and Steven R. Murray. *The Effect of*

- Motivation on Achievement and Behavior Modification in a Health and Wellness Course.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2007, 39(5S), S195).
23. 2007 Far West Athletic Trainers' Association Conference. Pettitt, R. W. and S. R. Murray. *Shift of Optimum Angle and Transient Change in Fatigability and Subsequent to Repeated Eccentric Exercise is Length Dependent.* (Published abstract in the conference's proceedings).
 24. 2007 Far West Athletic Trainers' Association Conference. Hatfield, L. N., R. W. Pettitt, R. S. Kraft, and S. R. Murray. *Reiter's Syndrome: A Case Report on an Atypical Cause for Ipsilateral Ankle Edema.* (Published abstract in the conference's proceedings).
 25. 2006 American College of Sports Medicine Annual Meeting. Udermann, Brian E., David M. Reineke, John M. Mayer, Steven R. Murray, Rebecca A. Battista, Molly J. Uhrich. *Developing Delayed Onset Muscle Soreness in the Lumbar Extensor Muscles.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2006, 38(5S), S387).
 26. 2006 National Association for Kinesiology and Physical Education in Higher Education National Conference. Murray, Steven R. and Jill C. Cordova. *The Making of an Interdisciplinary Graduate Degree: Master of Business Administration (MBA) with a Track in Sport and Fitness Management.* (Published abstract in the conference's proceedings).
 27. 2005 American College of Sports Medicine Annual Meeting. Udermann, Brian E., Dave M. Reineke, John M. Mayer, Steven R. Murray, Raymond D. Martinez, Mark H. Gibson, Cordial M. Gillette, and Scott T. Doberstein. *The Effect of Resistance Training on Lumbar Muscular Strength and Endurance.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2005, 37(5S), S185).
 28. 2005 Rocky Mountain Athletic Trainers' Association Conference. Pettitt, Robert W. and Steven R. Murray. *Changes in Optimum Angle and Fatigability Subsequent to Repeated Bouts of Eccentric Exercise at Long versus Short Muscle Length in Untrained Women.* (Published abstract in the conference's proceedings).
 29. 2004 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Murray, Steven R. and Jessica L. Miller. *Wellness and Its Relationship to Self-Concept and Identity Development.* (Published abstract in *Research Quarterly for Exercise and Sport*, 2004, 75(1S), A-29).
 30. 2004 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Udermann, Brian E., Steven R. Murray, John M. Mayer, and Ken Sagendorf. *Influence of Cup Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students.* (Published abstract in *Research Quarterly for Exercise and Sport*, 2004, 75(1S), A-53).
 31. 2003 American College of Sports Medicine Annual Meeting. Udermann, B.E., S.T. Doberstein, J.M. Mayer, and S.R. Murray. *Wrist Injury—Football.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2003, 35(5S), S362).
 32. 2002 Colorado Association for Health, Physical Education, Recreation, and Dance Convention. Murray, Steven R. *Olympic Revival: The First Three Olympiads 1896-1904.* (Published abstract in the conference's proceedings).
 33. 2002 American College of Sports Medicine Annual Meeting. Udermann, B., M. Reeder, M. Copeland, R. Ryan, and S. Murray. *Urachal Cyst in a Collegiate Football Player.* (Published abstract in *Medicine & Science in Sports & Exercise*, 2002, 34(5S), S164).
 34. 2001 American College of Sports Medicine Annual Meeting. Udermann, B., J. Mayer, S. Murray, and D. Babble. *Quantification of Isometric Lumbar Extension Strength on a*

- BackUp Lumbar Extension Dynamometer*. (Published abstract in *Medicine & Science in Sports & Exercise*, 2001, 33(5S), S300).
35. 2000 American Psychological Society National Conference. Miller, Jessica L. and Steven R. Murray. *Wellness and Its Relationship to Self-Efficacy*. (Published abstract in the conference's proceedings).
 36. 2000 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Murray, Steven R. and Jessica L. Miller. *Students' Attitudes Toward Wellness*. (Published abstract in *Research Quarterly for Exercise and Sport*, 2000, 71(1S), A-42).
 37. 2000 American Alliance for Health, Physical Education, Recreation, and Dance National Convention. Murray, Steven R. and Jessica L. Miller. *Birth Control and Condom Usage Among College Students*. (Published abstract in *Research Quarterly for Exercise and Sport*, 2000, 71(1S), A-42).
 38. 1999 Colorado Association for Health, Physical Education, Recreation, and Dance Annual Conference. Perrin, Karen and Steven R. Murray. *Developing a Collegiate Basic Instructional Program Policy Manual*. (Published abstract in the conference's proceedings).
 39. 1999 American Psychological Society National Conference, Miller, Jessica L. and Steven R. Murray. *Wellness: Course Efficacy, Student Attitudes, and Relationship to Self-Concept*. (Published abstract in the conference's proceedings).
 40. 1997 Southern District Association for Health, Physical Education, Recreation, and Dance Conference. Murray, Steven R. and Timothy J. Michael. *The Efficacy of an Introductory Health/Wellness Course in Positively Changing Wellness Behaviors*. (Published abstract in the conference's proceedings).
 41. 1995 Southern District Association for Health, Physical Education, Recreation, and Dance Conference. Murray, Steven R. and Jim Colligon. *Wellness, Fitness, Health Habits, Blood Lipid, and Stress Profiles of Police Officers*. (Published abstract in the conference's proceedings).
 42. 1994 Alabama State Association for Health, Physical Education, Recreation, and Dance Conference. Murray, Steve. *Wellness Profiles: A Comparison of University Faculty/Staff and Police Personnel*. (Published abstract in the conference's proceedings).
 43. 1994 Southern District Association for Health, Physical Education, Recreation, and Dance Conference. Murray, S., McClellan, P., Michael, T., and Truelove, C. *Rate of Fluid Replacement and Heart Rate of Individuals Exercising in a Hot and Humid Environment*. (Published abstract in the conference's proceedings).

GRANTS AND CONTRACTS

Externally funded

1. Far West Athletic Trainers' Association, \$2,000 for a research study entitled *Reexamining the Mechanistic Basis of Resistive PNF Exercise* (N.B., Dr. Robert W. Pettitt was the Principal Investigator; I assisted with developing and writing the grant.), 2008.
2. Mesa County Health Department, Grand Junction, Colorado, \$2,000 for the delivery of specialized exercise courses for the *Steps to a Healthier US* initiative through the Mesa County, Colorado LiveWell program, 2006.
3. Mesa County Health Department, Grand Junction, Colorado, \$5,000 for the delivery of specialized exercise courses for the *Steps to a Healthier US* initiative through the Mesa County, Colorado LiveWell program, 2005.

4. Mesa County Health Department, Grand Junction, Colorado, \$2,000 for the delivery of a smoking cessation program to the students at Colorado Mesa University, 2002.
5. William Randolph Hearst Foundation, \$50,000 for the beginning endowment of the William Randolph Hearst Nursing Scholarship at Cumberland University, 1998 (N.B., A follow-up grant of an additional \$50,000 was awarded the following year.).
6. Tennessee Arts Commission, \$600 for the Adams Art Gallery Lecture Series at Cumberland University, 1998.
7. AT&T Foundation, \$7,000 for the Spring Lyceum Lecture Series at Cumberland University, 1998.
8. RockTenn Corporation, \$15,000 for Vise Library at Cumberland University, 1998.
9. AT&T Foundation, \$7,000 for the Fall Lyceum Lecture Series at Cumberland University, 1998.
10. Thackston Family Foundation, \$2,000 for the Adams Art Gallery Lecture Series at Cumberland University, 1998.
11. George I. Alden Trust, \$25,000 matching challenge grant for the Cumberland University Scholarship Program, 1998.
12. Tennessee Arts Commission, \$1,100 for the Middle Tennessee Professional Development Workshop, Murfreesboro, Tennessee, 1998.
13. Tennessee Historical Commission, \$29,000 for the interior renovation of Cumberland University's Baird Chapel, 1998.
14. Cracker Barrel Old Country Store Foundation, \$15,000 for the Heydel Scholarship Endowment (\$10,000) and annual funds (\$5,000) of Cumberland University, 1998.
15. Lettie Pate Whitehead Foundation, \$20,000 for the Nursing Scholarship Program at Cumberland University, 1998.
16. Cracker Barrel Old Country Store Foundation, \$15,000 for the interior renovation of Cumberland University's Baird Chapel, 1998.
17. Tennessee Arts Commission, \$2,500 for the Adams Art Gallery at Cumberland University, 1997.
18. Thackston Family Foundation, \$1,200 for the Fall Film Festival at Cumberland University, 1997.
19. Tennessee Historical Commission, \$40,000 grant for the exterior renovation of Cumberland University's Baird Chapel, 1997.
20. Private Industry Council (federal grant), \$790,000 for *The 1997 Summer Youth Employment and Training Program* through Mid-Cumberland Human Resource Agency, Nashville, Tennessee. (N.B., I worked with Dr. Daniel N. McMasters on developing and writing the grant, but he was the program director), 1997.
21. Private Industry Council (federal grant), \$436,000 for *The 1996 Summer Youth Employment and Training Program* through Mid-Cumberland Human Resource Agency, Nashville, Tennessee, 1996.

Internally funded

1. Colorado Mesa University Faculty Professional Development Fund, \$498 for professional development to make two presentations at the Western Society for Kinesiology and Wellness Conference in Reno, Nevada, 2016.
2. Colorado Mesa University Lectures and Forums Committee, \$700 to help bring Professor Lee Sandstead of The Travel Channel's *Art Attack with Lee Sandstead* to campus to make several lectures to the community and campus, 2008.

3. Colorado Mesa University Faculty Professional Development Fund, \$1,200 for professional development to make a presentation at the International Conference on Health, Fitness, and Active Living in Athens, Greece, 2008.
4. Colorado Mesa University Faculty Professional Development Fund, \$800 for professional development to make two presentations at the National American Alliance for Health, Physical Education, Recreation, and Dance Convention in New Orleans, Louisiana, 2004.
5. Office of State Colleges of Colorado, \$700 for special inventive professional development programs to obtain Health Promotion Director Certification from the Cooper Institute in Dallas, Texas, 2001.
6. Colorado Mesa University, \$800 for professional development to make two presentations at the National Alliance for Health, Physical Education, Recreation, and Dance Convention in Orlando, Florida, 2000.

INVITED LECTURES AND PROFESSIONAL WORKSHOPS DELIVERED

- *Holistic Physical Education and Wellness: Arete and How the Origin of Physical Education and Wellness from the Ancient Past Can Lead the Curriculum in the Future.* The Delphi Public School Society, New Delhi, Delhi, India, September 27, 2021.
- *Effective Cross-training for Healthy Dancers.* Joffrey Ballet School, New York City, New York/New Jersey City University, Jersey City, New Jersey, November 6, 2020.
- *The Hook and the Lure: Publishing Case Reports in Health Professional Journals.* Keynote Speaker, Scholarship Symposium. Rock Mountain University of Health Professions, Provo, Utah, August 14, 2020.
- *Coming Full Circle: The Importance of Case Reports in the Professional Literature and How Best to Prepare Them.* Distinguished Lecture, Rocky Mountain University of Health Professions, Provo, Utah, April 8, 2019.
- *Keys to Training for the Recreational Athlete.* Cycling CME (Continuing Medical Education), Grand Junction, Colorado, September 9, 2016.
- *Career and Professional Preparation for Students Studying Kinesiology.* Martin Methodist College, Pulaski, Tennessee, October 28, 2015.
- *Hydration in the Athlete and Active Patient.* Cycling CME (Continuing Medical Education), Grand Junction, Colorado, September 23, 2015.
- *Sport Facilities and Event Management.* Seef Area, Kingdom of Bahrain, under the auspices of the General Organization of Youth and Sports, April 5-9, 2010.

GRADUATE EDUCATION SUPERVISION

1. Black, Cameron. (2021). Department of History, University of California, Berkeley. Doctoral (PhD) Qualifying Examination Committee Member.
2. Hartman, Mark. (2014). *Examining the Relationship Between Mental Toughness and State Anxiety.* Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.
3. Austad, Mark A. (2012). *The Effects of High-Intensity vs. Traditional Resistance Training on Depleting Anaerobic Capacity.* Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.
4. Schommer, Paula. (2011). *Validation of the 3-minute Test to Prescribe Interval Training in Active College Runners.* Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.

5. Johnson, Tyler. (2010). *Reliability of the 3-min All-Out Exercise Test for Cycle Ergometry*. Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.
6. Mulani, Shailish. (2010). *Taping vs. Spatting on Peroneal Muscle Activation and Dynamic Single Leg Balance*. Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.
7. Malehorn, Kindall. (2010). *Effect of Diaphragmatic Kinesio Taping on Ventilation and Mechanical Efficiency during Heavy Exercise*. Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.
8. Andrews, Tedi. (2010). *Effect of Back Squats and Hang Cleans Paired with Vertical jumps on Vertical Displacement*. Department of Human Performance, Minnesota State University, Mankato, Master's Degree Research Committee Member.
9. Hughes, Michael. (2009). *A Comparison of the Funding of Club Sports at Institutions throughout the Rocky Mountain Athletic Conference*. Department of Business Administration, Colorado Mesa University, Master of Business Administration Degree Research Practicum Content Area Advisor.

PROFESSIONAL SERVICE

- Member*, Scientific Committee, International Conference on Sport History, Ministry of Education, National University of Physical Education and Sport of Bucharest, Romania (2021)
- External Reviewer*, Promotion Dossier for Professor. Melissa J. Benton, PhD, RN, FACSM, FGSA of the Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences at the University of Colorado, Colorado Springs (2017)
- External Reviewer*, Doctoral Comprehensive Examinations at Rocky Mountain University of Health Professions, Provo, Utah (2017)
- External Reviewer*, Promotion Dossier for Professor. Matthew Rhea, PhD, of A.T. Still University's Arizona School of Health Sciences. Mesa, Arizona (2015)
- External Reviewer*, Tenure and Promotion Dossier for Professor Ali Duffy, BFA, MFA, of the Department of Theatre & Dance in the College of Visual & Performing Arts, Texas Tech University, Lubbock, Texas (2014).
- Associate Editor*, Journal of Colorado Policing: The Official Journal of the Colorado Association for Chiefs of Police (formerly Colorado Police Quarterly) (2015-present)
- Ad Hoc Reviewer*, The International Journal of Sport and Society (2022-present)
- Ad Hoc Reviewer*, The International Journal of Health, Wellness, and Society (2020-present)
- Ad Hoc Reviewer*, Sports (2020-present)
- Ad Hoc Reviewer*, Journal of Kinesiology and Wellness (2019-present)
- Ad Hoc Reviewer*, International Journal of Environmental Research and Public Health (2020-present)
- Ad Hoc Reviewer*, Common Ground Research Network (2019-present)
- Invited Member*, Editorial Board, Sports Medicine and Rehabilitation (2016-2018)
- Invited Member*, Editorial Board, Archives of Sports Medicine (2016-2018)
- Invited Member*, Editorial Board, The Journal of Sports Medicine and Therapy (2016-2018)
- Invited Manuscript Reviewer*, Past Imperfect (a peer-reviewed journal supported by the Department of History and Classics at the University of Alberta) (2012)
- Invited Manuscript Reviewer*, European Physical Education Review (2011)
- Invited Grant Reviewer*, National Association for Sport and Physical Education's NASPE/ING Run for Something Better[®] School Awards Program (2010 to 2012)

Author, Kendall Hunt Publishing Company (2009-present)
Author, Bent Tree Press (2007-2009)
Member, Executive Board of the Colorado Association for Health, Physical Education, Recreation, and Dance (1999-2004)
Editor-in-Chief, Colorado Association for Health, Physical Education, Recreation, and Dance Journal (2000-2004)
Book Reviewer, Wadsworth Group: Thomson Learning (2001-2004)
Book Reviewer, McGraw-Hill (2004-2009, 2014-2017)
Book Reviewer, Pearson: Benjamin Cummings (2005-2007)
Book Reviewer, Holcomb Hathaway, Publishers (2006-2008)
Book Reviewer, F.A. Davis Company (2011-2016)

UNIVERSITY SERVICE (N.B., Only major assignments are listed)

University of California, Berkeley

- *Member*, Faculty Athletics Council (2021-present)
- *Member*, Committee for Academic Review of the Undergraduate Interdisciplinary Group Major Program in Political Economy (2021)
- *Member*, Undergraduate Council (2020-present)
- *Member*, Remote Exam Working Group (2020)
- *Member*, Committee on Teaching (2019-2020)

Colorado Mesa University (formerly Mesa State College), Grand Junction, Colorado

- *Member*, Faculty Tenure and Promotion Committee (2007-2010, 2012, 2014-2016); Chairman of the sub-committee for promotion from Assistant to Associate Professor (2007 and 2009)
- *Member*, Faculty Pre-tenure Review Committee (2009-2017), Chairman (2009-2010; 2013-2017)
- *Member*, Library Advisory Committee (2014-2017), Vice Chairman (2016-2017)
- *Member*, Benefits Committee (2007-2011)
- *Member*, Distance Learning and Technology Committee (2007-2009, 2012-2014)
- *Member*, Graduate Council (2000-2010), Chairman (2002-2006), Vice Chairman (2001-2002, 2006-2007, 2008-2010)
- *Head*, Department of Kinesiology (2003-2007)
- *Acting Dean*, School of Business and Professional Studies (May-August 2004; June 1999, 2001, and 2002)
- *Member*, Suspensions and Appeals Committee (2003-2009)
- *Chairman*, Institutional Review Board (2009-2010)
- *Member*, nine faculty search committees and two departmental staff committees, i.e., athletic trainers (1998-2018)
- *Chairman*, three faculty search committees (1998, 2002, 2017)
- *Member*, Degree Distinction Committee (2008-2009)
- *Member*, Department Head Merit Pay Committee (2007)
- *Member*, Faculty Compensation and Merit Pay Committee (2006)
- *Member*, Assistant Vice President of Academic Affairs search committee (2006)
- *Chairman*, Wrestling Head Coach search committee (2006)
- *Senator*, Faculty Senate (2003-2004)
- *Chairman*, College Organizational Structure Committee (2004)
- *Chairman*, North Central Association Accreditation Sub-committee (2004)
- *Member*, North Central Association Accreditation Committee (2004)

- *Member*, Dean search committee (2001)
- *Chairman*, Departmental NCATE preparation committee (1998)
- *Member*, Freshman Year Initiative (FYI) development committee (2002); professor for the FYI Program (2002-2008).

Cumberland University, Lebanon, Tennessee

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

Lander University, Greenwood, South Carolina

- *Member*, Departmental NCATE preparation committee (1997)
- *Member*, Departmental curriculum committee (1997)

Middle Tennessee State University, Murfreesboro, Tennessee (graduate student member)

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