

## **CURTIS L. HART, Ed.D.**

### **Address**

#### *Professional:*

Department of Health and Kinesiology  
The University of Texas at San Antonio  
One UTSA Circle  
San Antonio, TX 78249-0654  
Tel. (210) 458-5795  
E-mail: chart@utsa.edu

### **EDUCATION**

Oklahoma State University, Stillwater, Oklahoma, Ed.D., Applied Educational Studies-Health, Physical Education and Leisure, 1998.

Iowa State University of Science & Technology, Ames, Iowa, M.S., Physical Education and Leisure Studies, Exercise Physiology, 1989.

Central University of Iowa, Pella, Iowa, B.A., Physical Education and Recreation, 1981.

### **HONORS AND AWARDS**

- 1996-98 Aix B. Harrison Scholarship Award, School of Health, Physical Education and Leisure, Oklahoma State University.
- 1996-98 Distinguished Graduate Fellowship, Oklahoma State University.
- 1995-96 Presidential Graduate Fellowship, Oklahoma State University.

### **PROFESSIONAL AFFILIATION AND CERTIFICATIONS**

#### *Memberships:*

American College of Sports Medicine (ACSM)  
American Society of Exercise Physiologists  
Texas Alliance of Health, Physical Education, Recreation and Dance  
Texas Chapter of ACSM

*Certifications:*

Professional Teacher's License: Endorsements; Secondary Teaching, K-12  
Physical Education and K-12 Athletic Coaching, Folder # 211807, 6/30/1981 to  
5/31/2007, State of Iowa Board of Education

**PROFESSIONAL EXPERIENCE**

2006-present **Senior Lecturer**, Department of Health and Kinesiology, The University of Texas  
at San Antonio, San Antonio, Texas

Undergraduate Courses Taught:

Advanced Topics in Exercise Physiology and Fitness Training  
Anatomy and Physiology for Kinesiology  
Applied Exercise Science  
Exercise Physiology  
Fitness Testing and Exercise Prescription,  
Management and Organization in Kinesiology and Sports  
Practicum in Kinesiology  
Scientific and Cultural Foundations of Kinesiology

Graduate Course Taught: Research Methods

2000-2006 **Assistant Professor**, Department of Health and Kinesiology, The University of  
Texas at San Antonio, San Antonio, Texas

Undergraduate Courses Taught:

Advanced Topics in Exercise Physiology and Fitness Training  
Anatomy and Physiology for Kinesiology  
Cardiopulmonary and Musculoskeletal Rehabilitation  
Evaluation  
Exercise Physiology  
Fitness and Wellness Concepts  
Fitness Testing and Exercise Prescription  
Team Sports

Graduate Course Taught: Research Methods

2001-2005 **Department Chair**, Department of Health and Kinesiology, The University of Texas at San Antonio, San Antonio, Texas

1999-2000 **Visiting Assistant Professor**, Kinesiology and Health Program, The University of Texas at San Antonio, San Antonio, Texas

Undergraduate Courses Taught:

Coaching Athletics  
Evaluation  
Exercise Physiology  
Exercise Prescription  
Introduction to Sport Management

1998-99 **Post Doctoral Research Fellow**, Cardiology Research Laboratory, William K. Warren Medical Research Institute, University of Oklahoma Health Science Center, Tulsa, Oklahoma.

Perform research for a American Heart Association funded study titled "Comparative Radiotracer Assessment of Myocardial Viability".

1998 **Adjunct Instructor**, Science and Math Division, Tulsa Community College, Tulsa, Oklahoma.

Undergraduate Course Taught: Introduction to Cell Biology

1995-98 **Graduate Teaching Assistant**, School of Health, Physical Education and Leisure, Oklahoma State University, Stillwater, Oklahoma.

Undergraduate Courses Taught:

Applied Anatomy  
Physiology of Exercise Laboratory  
Total Wellness

1996 **Research Assistant**, Department of Physiology and Pharmacology, Oklahoma State University-College of Osteopathic Medicine, Tulsa, Oklahoma.

Research technician on a funded study titled "A study of the interaction of hemodilution, hypothermia, hypertension and LRT's Brain Resuscitation Perfusate<sup>TM</sup> in the amelioration of post-cerebral ischemic damage in the rat."

1989-95 **Specialist**, Department of Exercise, Sport and Health Studies, The University of Texas at Arlington, Arlington, Texas.

Undergraduate Majors Courses Taught:

- Biophysical Principles of Human Movement Laboratory
- Exercise Science Internship
- Exercise Science Practicum
- Fitness Management Internship
- Fitness Measurement
- Physical Conditioning
- Physiology of Exercise
- Physiology of Exercise Laboratory

Exercise, Sport and Health Studies Department Assignments: Academic Advisor for students with primary interests in corporate fitness, exercise science or allied health sciences (1989-95), Departmental Research Enhancement Committee (1991-95), Departmental Curriculum Committee (1992-95).

Departmental Publications: Co-authored with Barry McKeown, The University of Texas at Arlington Physiology of Exercise Laboratory Manual, 1991.

1985-89 **Lecturer**, Department of Exercise, Sport and Health Studies, The University of Texas at Arlington, Arlington, Texas.

Undergraduate Non-Majors Activity Courses Taught:

- Basketball
- Bowling
- Jogging for Fitness
- Physical Conditioning
- Racquetball
- Tennis
- Weight Training

1984-85 **Physical Fitness Instructor**, Supreme Court Racquetball & Health Clubs, Austin, Texas.

Duties: Designed and implemented physical fitness programs for adults.

1983-84 **Laboratory Technician**, Department of Physiology & Pharmacology, University of Osteopathic Medicine and Health Sciences, Des Moines, Iowa.

Duties: Prepare and maintain medical physiology & pharmacology lab. Assisted in the instruction of laboratory experiments for medical and physician assistant students. Assisted technicians in gross anatomy, biochemistry, and surgery labs.

1982-83 **Graduate Teaching and Research Assistant**, Department of Physical Education & Leisure Studies, Iowa State University of Science & Technology, Ames, Iowa.

Undergraduate Non-Majors Activity Courses Taught:

Bowling  
Physical Conditioning  
Tennis  
Weight Training

Research duties included designing SAS programs for statistical analysis of isokinetic and biomechanics data.

## PUBLICATIONS

*Refereed Journal Articles:*

1. Hart, C.L., T.E. Ward, J.L. Mayhew, and T.E. Ball. Pushups as a measure of upper body strength. *Journal of Human Movement Studies*. 18:287-294, 1990.
2. Mayhew, J.L., T.E. Ball, T.E. Ward, C.L. Hart, and M.D. Arnold. Relationships of structural dimensions to bench press strength in college males. *Journal of Sports Medicine and Physical Fitness*. 31:135-141, 1991.
3. Hart, C.L., T.E. Ward, and J.L. Mayhew. Anthropometric correlates with bench press performance following resistance training. *Sports Training, Medicine and Rehabilitation*. 2:89-95, 1991.
4. Dott, G.A., C.L. Hart, and C. McKay. Predictability of sacral base levelness based on iliac crest measurements. *Journal of the American Osteopathic Association*. 94(5):383-390, 1994.
5. Imrhan, S.N., V. Imrhan, and C.L. Hart. Can self-estimates of body weight and height be used in place of measurements for college students? *Ergonomics*. 39(12):1445-1453, 1996.
6. Ward, T.E., C.L. Hart, B.C. McKeown, and J. Kras. The Bruce Treadmill Protocol: Does walking or running during the fourth stage alter oxygen consumption values. *The Journal of Sports Medicine and Physical Fitness*. 38(2):132-137, 1998.

7. McKay, C., C.L. Hart, and G. Erbacher. Objectivity and accuracy of the interpretation of mammograms using the BI-RADS final assessment categories in 40 to 49 year old females. *Journal of the American Osteopathic Association*. 100(10):615-620, 2000.
8. Zhang, J.Q., Ji, L.L., Nunez, G., Feathers, S., Hart, C.L., and Yao, W.X. Effect of exercise timing on postprandial lipemia in hypertriglyceridemic men, *Canadian Journal of Applied Physiology*. 29(5): 590-603, 2004
9. Johnson, G., Okada, C., Hocherman, S.D., Liu, Z., Hart, C.L., Khaw, B.A., and Okada, R.D. <sup>99m</sup>Tc-Glucarate imaging for the early detection of infarct in partially reperfused canine myocardium, *European Journal of Nuclear Medicine and Molecular Imaging*, Accepted for publication.

*Research Abstracts:*

1. Hart, C.L., T.E. Ward, and B.C. McKeown. Blood pressure and heart rate responses during two modes of the Bruce Treadmill Test. *Research Proceedings of Southern District AAHPERD Annual Meeting*. Little Rock, AR, 1988.
2. Ward, T.E., C.L. Hart, and B.C. McKeown. Perceived exertion and oxygen consumption during two modes of the Bruce Treadmill Test. *Research Proceedings of Southern District AAHPERD Annual Meeting*. Little Rock, AR, 1988.
3. Ward, T.E., B.C. McKeown, C.L. Hart, and S.A. Zinkgraf. An alternative protocol to the Bruce Treadmill Test for young trained adult males. *Research Proceedings of AAHPERD Annual Meeting*. Boston, MA, 1988.
4. Mayhew, J.L., T.E. Ball, T.E. Ward, and C.L. Hart. Prediction of bench press performance from anthropometric dimensions in college males. *Research Proceedings of National Strength and Conditioning Association Annual Meeting*. Orlando, FL, 1988.
5. Hart, C.L., T.E. Ward, and B.C. McKeown. Physiological responses between two age groups of trained adult males during the Bruce Treadmill Test. *Research Proceedings of Central States ACSM Annual Meeting*. Tulsa, OK, 1988.
6. Ward, T.E., C.L. Hart, and B.C. McKeown. Perceived exertion and physiological responses during two modes of the Bruce Treadmill Test on trained males aged 45-59 years. *Research Proceedings of Central States ACSM Annual Meeting*. Tulsa, OK, 1988.
7. Hart, C.L., T.E. Ward, and B.C. McKeown. Actual and predicted oxygen consumption across age groups of trained adult males during the Bruce Treadmill Test. *Medicine and Science in Sports and Exercise*. 21:S53, 1989.

8. Ward, T.E., B.C. McKeown, and C.L. Hart. An alternative protocol to the Bruce Treadmill Test. *Medicine and Science in Sports and Exercise*. 21:S53, 1989.
9. Hart, C.L., R.L. Sharp, and S. Imrhan. The effect of a moderate dose of sodium bicarbonate on muscle fatigue. *Research Proceedings of Central States ACSM Annual Meeting*. Kansas City, MO, 1989.
10. Hart, C.L., T.E. Ward, J.L. Mayhew, and T.E. Ball. Pushups as a measure of upper body strength. *Research Proceedings of Central District AAHPERD Annual Meeting*, Denver, CO, 1990.
11. Ward, T.E., B.C. McKeown, and C.L. Hart. Body Height: Effect on metabolic cost during the Bruce Treadmill Test. *Research Proceedings of AAHPERD Annual Meeting*, New Orleans, LA, 1990.
12. Hart, C.L., T.E. Ward, J.L. Mayhew, and T.E. Ball. Pushups as a measure of upper body strength. *Research Proceedings of Central District AAHPERD Annual Meeting*, Denver, CO, 1990.
13. Chapel, C., B.C. McKeown, and C.L. Hart. The effects of pedal speed during incremental cycle ergometry exercise. *Research Proceedings of Texas/Southern District AHPERD Meeting*, Dallas, TX, 1993.
14. Gentile, J.P., B.C. McKeown, and C.L. Hart. Effects of pre-exercise stretching and warm-up on ratings of delayed onset muscle soreness. *Research Proceedings of Texas/Southern District AHPERD Meeting*, Dallas, TX, 1993.
15. Graves, K.G., B.C. McKeown, and C.L. Hart. Muscular strength measurements of untrained male and female college students. *Research Proceedings of Texas/Southern District AHPERD Meeting*, Dallas, TX, 1993.
16. Hart, C.L. and R.L. Sharp. The effects of pre-exercise acidosis on human skeletal muscle performance. *Research Proceedings of Texas/Southern District AHPERD Meeting*, Dallas, TX, 1993.
17. Wooten, J.G., C.L. Hart, and T.E. Ward. Physical fitness status of entry-level physical education majors. *Research Proceedings of Texas/Southern District AHPERD Meeting*, Dallas, TX, 1993.
18. Wooten, J.G., B.C. McKeown, and C.L. Hart. Comparison of efficiencies of two different modes of stationary cycle ergometry. *Research Proceedings of Texas/Southern District AHPERD Meeting*, Dallas, TX, 1993.

19. Stonecipher, L., C. Hart, and T. Wheeler. Perceived benefits of exercise: differences according to gender and level of activity. *Research Proceedings of AAHPERD Annual Meeting*, Washington, DC, 1993.
20. Hart, C.L., T.E. Ward, and B.C. McKeown. The accuracy of predicting aerobic capacity from Bruce treadmill performance times. *Research Proceedings of Central States ACSM Annual Meeting*, Little Rock, AR, 1995.
21. Hart, C.L. The accuracy of predicting 1RM bench press performance from submaximal exercise loads. *Research Proceedings of Central States ACSM Annual Meeting*, Norman, OK, 1996.
22. Hart, C.L. and F.A. Kulling. The effects of resistance training intensity and volume on delayed onset muscle soreness. *Research Proceedings of Central States ACSM Annual Meeting*, Kansas City, MO, 1997.
23. McKay, C. and C.L. Hart. Objectivity and accuracy of the interpretation of mammograms using the BI-RADS final assessment categories in 40 to 49 year old females. *Research Proceedings of American College of Osteopathic Radiology Annual Meeting*, Tuscon, AZ, 1998.
24. Hart, C.L., F.A. Kulling, and Tatum, G. The effects of acute altitude exposure of 1829 m on maximal graded exercise performance. *Research Proceedings of Central States ACSM Annual Meeting*, Kansas City, MO, 1998.
25. Hart, C.L. and G.W. Tatum. Hemodynamic responses to graded exercise during acute simulated mild altitude exposure. *Journal of the American Society of Exercise Physiologists* [online], Albuquerque, NM, 1999.
26. Liu, Z., G. Johnson, C.L. Hart, M.W. Eaton, C.J. Higgins, D.R. Okada, and R.D. Okada. Prognox<sup>TM</sup> (99<sup>m</sup>Tcnetium-HL91) can identify hypoxic, viable regions in ischemic-reperfused myocardium with infarct. *Journal of the American College of Cardiology* 35; 2 (Supplement A): p. 493, 2000.
27. Johnson, G., Z. Liu, C.L. Hart, M.W. Eaton, K.Y. Pak, B.-A. Khaw, and R.D. Okada, Selective detection of infarct in myocardium with residual ischemia using 99mTc-Glucarate. *Journal of Nuclear Medicine*, 41 (suppl): p171-172, 2000.
28. Liu, Z., G. Johnson III, C.L. Hart, M.W. Eaton, R. Pasqualini, and R.D. Okada, Myocardial distribution of 99mTcN-NOET following occlusion and residual ischemia with necrosis. *Journal of Nuclear Cardiology* 7;4: S1, 2000.
29. Liu, Z., G. Johnson III, C.L. Hart, , M.W. Eaton, R. Pasqualini, and R.D. Okada, Myocardial distribution of 99mTcN-NOET following occlusion and reperfusion with residual ischemia with necrosis. *Journal of American College of Cardiology* 37; 2 (Supplement) 2001.

30. Johnson, G., Z. Liu, C. Hart, M. Eaton, B.A. Kaw, K.Y. Pak, and R. Okada, Selective detection of infarct in reperfused myocardium using <sup>99m</sup>Tc-Glucarate. *Journal of Nuclear Medicine*, 42:5: p 164, 2001
31. Johnson, G., Z. Liu, C. Hart, M. Eaton, R. Pasqualini, R. Okada, Myocardial kinetics of Tc-<sup>99m</sup>N NOEt following ischaemia and reperfusion with infarct. *Journal of Nuclear Cardiology* 8;2 (Supplement): p 76, 2001.
32. Hart, C.L., F.A. Kulling, G. Tatum, C. McKay, L. Martin. Graded exercise test performance during acute mild altitude exposure (1829 m). *Medicine and Science in Sports and Exercise*, 33:5, 2001.
33. McKay, C., P. Otto, C. Hart, D. Icenogle, A. Miller, M. Kahlenberg, Agreement of diagnosis from needle core biopsy and surgical excision of mammographic radial scars. *Research Proceedings of the American Osteopathic College of Radiology*, 2001.
34. McKay, C., P. Otto, C. Hart, D. Icenogle, The effects of environment on patient anxiety in the mammography waiting room. *Journal of Breast Cancer Research*, p 208, 2001.
35. Zhang, J.Q., L.L. Ji , C. Hart, W. Yao, G. Nunez, S. Feather, and K.Y. Zhang. Effect of exercise timing on postprandial hypertriglyceridemia in patients with hypertriglyceridemia. *The Fellowship of American Society of Experimental Biology Journal*, 2002.
36. Yao, W.X., B. DeSola, C. Hart, J. Zhang, Effects of speeds on oxygen expenditure and EMG waves. *Medicine and Science in Sports and Exercise*, 34:S176, 2002.
37. Yao, W.X., B. DeSola, C. Hart, L. Ji, J.Q. Zhang. The effect of variable-practice on wheelchair-propulsion energy expenditure and propulsive patterns. *Medicine and Science in Sports and Exercise*, 35:S346, 2003.
38. Zhang, J.Q. L. Ji, V. Fretwell, C. Hart, W. Yao. Exercise intensity and postprandial lipemia. *The Fellowship of American Society of Experimental Biology Journal*, A453-4, 2003.
39. Zhang, J.Q., L. Ji, V. Fretwell, G. Nunez, C. Hart, W. Yao. Effect of exercise intensity on postprandial lipemia in patients with hypertriglyceridemia. *Medicine and Science in Sports and Exercise*, 35:S87, 2003.
40. Zhang, J.Q., L. Ji, V. Fretwell, C. Hart, W. Yao. Exercise duration and postprandial lipemia. *The Fellowship of American Society of Experimental Biology Journal*, A1293, 2004.

41. Kerksick, C., J. Mayhew, A. Smith, B. Johnson, C. Hart. General and specific strength development following resistance training in college men and women. *Medicine and Science in Sports and Exercise*, 2007.

#### **UNPUBLISHED RESEARCH PRESENTATIONS**

1. Hart, C.L., T.E. Ward, and B.C. McKeown. Morphological measures on female collegiate volleyball players. Texas AHPERD Annual Meeting. Houston, TX, 1986.
2. Ward, T.E., C.L. Hart, and B.C. McKeown. Performance variables of female collegiate volleyball players. Texas AHPERD Annual Meeting. Houston, TX, 1986.
3. Hart, C.L., F.J. Iivonen, and C.D. Lane. Influence of interval training on body composition estimates of beginning level adolescent female swimmers. Texas AHPERD Annual Meeting. San Antonio, TX, 1988.
4. Ward, T.E., C.L. Hart, and B.C. McKeown. Physiological responses of trained adult males during a single mode of the Bruce Treadmill Test. Texas AHPERD Annual Meeting. San Antonio, TX, 1988.
5. Hart, C.L., T.E. Ward, and B.C. McKeown. Differences in morphological variables of female intercollegiate volleyball players. Texas AHPERD Annual Meeting. Dallas, TX, 1989.
6. Roe, N.L., C.L. Hart, T.E. Ward, and B.C. McKeown. Health related physical fitness status of public school physical educators. Texas AHPERD Annual Meeting. Dallas, TX, 1989.
7. Hart, C.L. The physiological responses to graded exercise during acute exposure to mild altitude. William K. Warren Medical Research Institute Symposium, Tulsa, OK, 1999.
8. Hart, C.L. Distance learning for exercise physiology. American Society of Exercise Physiologists., Memphis, TN, 2001.
9. McKay, C., C. Hart, P. Otto, and D. Icenogle. The influence of waiting room environment on patient anxiety prior to mammography. National Consortium of Breast Centers, Las Vegas, NV, 2002.

## GRANT EXPERIENCE

1. "Interdisciplinary training grant for health care for rural areas", unfunded by the U.S. Department of Health and Human Services (\$500,457). Role: Co-Investigator, 1990.
2. "Research Methods" course development for the UT Telecampus MS in Kinesiology. Funded by the University of Texas Pan American (\$5,600). Role: Co-Developer, 2000.

## PROFESSIONAL, UNIVERSITY AND COMMUNITY SERVICE

- 1986-88 Measured body composition and flexibility at UTA Faculty/Staff Health Fair.
- 1987 "UTA Today" cable television show discussing the importance health related physical fitness.
- 1988 Presentation and demonstration on graded exercise testing and body composition analysis to UTA Medical Dental Preparatory Association.
- 1989-90 Organized and directed UTA Faculty/Staff and student blood chemistry analysis.
- 1989-91 Participant in American Heart Association "Walk the Block" and bicycle riding fundraising drive.
- 1989-92 Participant in Food Bank Charity Turkey Trot at UTA.
- 1989-93 Measured body composition of UTA women softball and volleyball teams.
- 1990-92 Presented coronary heart disease risk factors and health risk appraisals at the City of Arlington Employee Health Fair.
- 1990-93 Lectured to biology class at Oakridge School discussing body composition analysis.
- 1991 Luncheon presentation on the importance of health related physical fitness to the Arlington Kiwanis Club.
- 1992 Fitness tested and designed exercise programs for UTA Police Department.
- 1992 Reviewed textbook titled, Basic Weight Training for Men & Women by Thomas Fahey for Mayfield Publishing Company.

- 1993 Huddle Leader for "Day of Champions" program for inner city youth of Dallas sponsored by the Fellowship of Christian Athletes at Southern Methodist University.
- 1994 Presented "Risk Factors of Coronary Heart Disease" to the Arlington Chapter of the American Heart Association.
- 1994 Wrote article for UTA Wellness Program Newsletter titled "New Years Exercise Resolution"
- 1994 Presented "Top Ten Exercise Myths List" to UTA Faculty Staff Wellness Program members.
- 1995-99 Collected and donated food to the Mannford Ministerial Alliance Food Pantry, Mannford, Oklahoma.
- 1997 Volunteer in Cardiac Rehabilitation, Cardiology of Oklahoma, Columbia Tulsa Regional Medical Center, Tulsa, Oklahoma.
- 1999 Volunteer for fall clean-up and maintenance at Christian Heritage Schools, San Antonio, Texas.
- 1999 Participant in Run 4 Life, Breast and Prostate Cancer 10k Race, San Antonio, Texas.
- 1999 Guest Speaker on "The effects of smoking on your body" to 1<sup>st</sup> grade class at Christian Heritage Schools, San Antonio, Texas.
- 2000 Guest Speaker on "Jack the skeleton" to 2<sup>nd</sup> grade class at Christian Heritage Schools, San Antonio, Texas.
- 2000-04 Volunteer at Run 4 Life, Breast and Prostate Cancer 10k Race, San Antonio, Texas.
- 2001-05 Volunteer at Habitat for Humanity House, San Antonio, Texas.
- 2001 Field Event Judge for Christian Heritage Schools Olympics, San Antonio, Texas.
- 2001 Volunteer at Run 4 Life, Breast and Prostate Cancer 10k Race, San Antonio, Texas.
- 2001 Guest Speaker on "Faith-Based Physical Fitness" at The Academy for Spiritual Formation, The Oblate Renewal Center, San Antonio, Texas.

- 2001 Guest Speaker on “Exercise Adherence” at The Academy for Spiritual Formation, The Oblate Renewal Center, San Antonio, Texas.
- 2002 Guest Speaker on “Exercise Myths” at The Academy for Spiritual Formation, The Oblate Renewal Center, San Antonio, Texas.
- 2002 Volunteer 3<sup>rd</sup> & 4<sup>th</sup> Grade Youth Sports Coach at Christian Heritage Schools, San Antonio, Texas.
- 2002-04 Volunteer Youth Football and Soccer Coach at the Mays/NE YMCA, San Antonio, Texas.
- 2002 Guest Speaker on “Anatomy” at Stone Oak Elementary School After School Program, San Antonio, Texas.
- 2002 Guest Speaker on “Anatomy” at San Antonio Christian Schools 1<sup>st</sup> Grade Class, San Antonio, Texas.
- 2002-03 External Reviewer for research manuscripts for the *Texas Alliance of Health, Physical Education, Recreation and Dance Journal*
- 2003-04 Volunteer Finish Line Judge and Timer for San Antonio Christian Schools Spring Track Meet, San Antonio, Texas
- 2004 Volunteer Youth Football Coach for the National Youth Sport’s Spring Eight Man Football League in San Antonio, Texas
- 2005 Volunteer Middle School Assistant Track Coach for San Antonio Christian Schools in San Antonio, Texas
- 2005-present Volunteer Assistant Football Coach for San Antonio Christian Schools in San Antonio, Texas