

STASINOS STAVRIANEAS, Ph.D.

Curriculum Vitae

ACADEMIC DEGREES

- Ph.D. - Physiology of Exercise, University of Oregon, 1998.
M.S. - Physiology of Exercise, University of Oregon, 1995.
B.S. - Physical Education, University of Athens, Greece, 1990.

PROFESSIONAL/TEACHING EXPERIENCE

- 2010 Professor of Exercise Science, Willamette University.
2005-2010 Associate Professor of Exercise Science, Willamette University.
1999-2005 Assistant Professor of Exercise Science, Willamette University.
1998-1999 Adjunct Assistant Professor, Department of Exercise and Movement Science, University of Oregon.
1998 Visiting Assistant Professor of Exercise Science, Willamette University.
1996-2002 Instructor, American College of Sports Medicine Certification Seminars (Health-Fitness Instructor, and Exercise Specialist, Sports Nutrition).
1996-1998 Instructor, Physiology Laboratory, Department of Biology, University of Oregon.
1992-1998 Instructor, Exercise Physiology Laboratory, Department of Exercise and Movement Science, University of Oregon.
1997 Adjunct Assistant Professor of Exercise and Movement Science, University of Oregon.
1992-1996 Instructor, aquatics and strength and conditioning, University of Oregon.
1986-1988 Member, Science Team, Greek National Swimming Federation, Athens, Greece

GRANTS AND FELLOWSHIPS

- 2019 Principal Investigator, National Science Foundation RCN-UBE Grant titled “RCN-UBE: Promoting Sustainable Student Success in Life Sciences from Next Generation Science Standards to Vision and Change” (\$498,928) *In review*.
2013 Principal Investigator, National Science Foundation RCN-UBE Grant titled “RCN-UBE: Northwest Biosciences Consortium (NWBC): Implementation of Vision and Change in the Introductory Biology Curriculum” (\$499,025).
2011 Co-PI, W.M. Keck Foundation Grant: “iScience: Advancing Interdisciplinarity and Quantitative Literacy in Liberal Arts Science Education” co-authored with Professor Mark Stewart (Psychology) (\$250,000)
2010 PI, Willamette University Hewlett Grant: “Modernizing the Exercise Science curriculum” (\$3,500)
2009 Co-PI, Willamette University Hewlett Grant: “Interdisciplinary learning in the sciences.” (\$6,000)
2008 Co-PI, National Science Foundation DUE-CCLI Grant titled “Promoting science literacy through neuroscience laboratory exercises.” (\$105,794)
2007 Co-PI, Willamette University Hewlett Grant: “Game Plan: exemplars to investigate the intricate interrelationships between sport, law and social values.” (\$2,800).
2006 Co-PI, Willamette University Hewlett Grant: “Beyond the printed page: developing a web-based, textbook-less curriculum.” (\$2,500)
2005 PI, National Science Foundation DUE-CCLI Grant: “Investigative Learning in the Exercise Physiology Laboratory”. (\$99,654)
2004 Co-PI, Willamette University Hewlett Grant: “Development of a Neuroscience Curriculum for an MOI class at Willamette.” (\$4,000)

- 2002 Co-PI, Willamette University Hewlett Grant: “Restructuring of the laboratory component of the Exercise Science Curriculum.” (\$2,500)
- 2002 PI, PT3 Grant: “Creating a student-oriented, web-based laboratory environment for an Exercise Physiology class: the importance of technology”. (\$900)
- 2002 Co-PI, National Science Foundation DUE-CCLI Grant titled “Investigative Physiology and Technology in Introductory Physiology.” (\$85,000)
- 1997 PI, American Heart Association, Oregon Affiliate, Postdoctoral Grant titled: “Calcium Release from Sarcoplasmic Reticulum from Animals with Congestive Heart Failure”.
- 1997 PI, 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)

- Schnitzler, C., Frison, G., Stavrianeas, S., Dufour, S.P., Favret, F. (2018). A Single-visit test to assess maximal aerobic speed in four competitive swim strokes. In review, *Journal of Sport Conditioning Research*.
- *Yaeger, D., *Murphy, K., *Winger, J., Stavrianeas, S. (2018). A two-test protocol for the precise determination of the maximal lactate steady state. *International Journal of Exercise Science* 11(4): 681-695. Available at <https://digitalcommons.wku.edu/ijes/vol11/iss4/12/>.
- *Howard, N. Stavrianeas, S. (2017). In-Season High-Intensity Interval Training improves conditioning in high school soccer players. *International Journal of Exercise Science: Vol. 10 (5): 713 - 720*. Available at: <http://digitalcommons.wku.edu/ijes/vol10/iss5/7>.
- Francois, M.E., Graham, M.J., Parr, E.B., Rehrer, N.J., Lucas, S.J.E., Stavrianeas, S., Cotter, J.D. (2016). Similar metabolic response to lower- versus upper-body interval exercise or endurance exercise. *Metabolism Journal* 68: 1-10. dx.doi.org/10.1016/j.metabol.2016.11.009.
- Graham, M.J., Lucas, S.J.E., Francois, M.E., Stavrianeas, S., Parr, E.B., Thomas, K.N., Cotter, J.D. (2016). Low-volume intense exercise elicits post-exercise hypotension and subsequent hypervolemia, irrespective of which limbs are exercised. *Frontiers in Physiology, Exercise Physiology*. Published: 31 May 2016, doi: 10.3389/fphys.2016.00199.
- *Cahill, C., Stavrianeas, S. (2013). Assessing dietary changes in and barriers to international study abroad university students. *Journal of Exercise Physiology Online* 16(4): 51-63.
- *O’Leary, C., Stavrianeas, S. (2012). Respiratory rate and the ventilatory threshold in sedentary untrained participants. *Journal of Exercise Physiology Online* 15(4): 1-10.
- *Rowan, A.E., *Kueffner, T.E., Stavrianeas, S. (2012). Short duration high-intensity interval training improves aerobic conditioning of female college soccer players. *International Journal of Exercise Science* 5(3): 232-238.
- *Burfeind, K., Hong, J., Stavrianeas, S. (2012). Gender differences in the neuromuscular fitness profiles of NCAA Division III soccer players. *Isokinetics and Exercise Science* 20(2): 115-120.
- *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 Online* 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* 84(5): 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* 83(4): 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. (2018). Service Learning in a college nutrition class: examination of elementary school lunch. *Partnerships: A Journal of Service-Learning and Civic Engagement*. 9(1): 2-17
- Stavrianeas, S., Stewart, M. (2011). Teaching and learning in Exercise Science: contributing to the health of the nation? *Journal of College Science Teaching* 41: 14-21.
- 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*, 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* 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)

- Fisher, B., Scott-Wright, J., Fish, S., Stavrianeas, S. (2015). Validity of a new recline cycle ergometer using the Wingate anaerobic cycle test, *International Journal of Exercise Science: Conference Proceedings*: Vol. 8: Iss. 3, Article 48. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/48>
- Goodwater, H., Gendreau, A., Fleming, E., Friedrich, K., Stavrianeas, S. (2015). Validity of VO_{2max} testing on a recumbent ergometer compared to treadmill. *International Journal of Exercise Science: Conference Proceedings*: Vol. 8: Iss. 3, Article 49. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/49>
- Mendenhall, A., Rieger, K., Wong, J., Stavrianeas, S. (2015). Validity of VO_{2max} testing on a recumbent ergometer compared to an upright cycle ergometer. *International Journal of Exercise Science: Conference Proceedings*: Vol. 8: Iss. 3, Article 50. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/50>
- Mendoza, J.R., Piper, S., Tarran, G., and Stavrianeas, S. (2015). Validity of a new recline cycle ergometer using the anaerobic treadmill test. *International Journal of Exercise Science: Conference Proceedings*: Vol. 8: Iss. 3, Article 43. Available at: <http://digitalcommons.wku.edu/ijesab/vol8/iss3/43>
- *Kueffner, T. E., *Rowan, A. E., Stavrianeas, S. (2012). Short duration high-intensity interval training improves aerobic conditioning of female college soccer. *Medicine and Science in Sports and Exercise*, 40(5) Supplement 1:S399.
- *Howard, N., Stavrianeas, S. (2012). High-intensity interval training is a viable alternative to more traditional aerobic conditioning in adolescent soccer players. *Medicine and Science in Sports and Exercise*, 44(5) Supplement 1:S399.
- Stavrianeas, S., *Burfeind, K., Hong, J. (2012). Gender differences in the neuromuscular fitness profiles of NCAA Division III soccer players. *Medicine and Science in Sports and Exercise*, 44(5) Supplement 1:S141.
- *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*, 40(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*, 41(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*, 40(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*, 40(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*, 39(5) Supplement, 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*, 39(5) Supplement, 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*, 35(5) Supplement, 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*, 31(5) Supplement, 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*.

PEER-REVIEWED POSTER PRESENTATIONS (* indicates Willamette student collaborators)

- Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Seidel, S., Shriner, W., Stavrianeas, S., Tillberg, C. (2017). Northwest Biosciences Consortium RCN-UBE: Organization and Development of a Faculty Network Leadership Team. *Experimental Biology Meeting*. Chicago, IL.
- Stavrianeas, S., Stewart, M. (2016). STATUS: Implementing pre-college STEM Access and Training for Underserved Students. Envisioning the Future of Undergraduate STEM Education (EnFUSE): Research and Practice. *AAAS and NSF Conference*, Washington, DC.
- Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2016). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Biosciences Consortium. *Experimental Biology Meeting*, San Diego, CA.
- Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2016). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Biosciences Consortium. *American Association for the Advancement of Science/National Science Foundation RCN Summit*, Washington, DC.
- Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2015). Introductory Biology for All Students; Progress of the NWBC. *Crossing Boundaries: Transforming STEM Education, American Association of Colleges and Universities Conference*, Seattle, WA.
- Kayes, L.J., E. Baumgartner, J. Brown, J. Duncan, C. Gaiser, S. Kiser, A. Kruchten, W. Shriner, & S. Stavrianeas. (2015). Northwest Biosciences Network: Vision and Change in the Pacific Northwest. *Biology Leadership Conference*, Austin, TX.
- Stavrianeas, S., Baumgartner, E., Brown, J., Duncan, J., Gaiser, C., Kayes, L., Kiser, S., Kruchten, A., Shriner, W. (2015). Northwest Biosciences Network: Implementation of Vision and Change in Introductory Biology. *Experimental Biology Meeting*, Boston, MA.
- Kruchten, A., Baumgartner, E., Brown, J., Duncan, J., Gaiser, C., Kayes, L., Kiser, S., Shriner, W., Stavrianeas, S. (2015). Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Biosciences Consortium. *Experimental Biology Meeting*, Boston, MA.
- Stavrianeas, S., Moore, M. (2013). Northwest Biosciences Consortium: Introductory biology for all students. *Vision and Change Conference*, Washington, DC.
- *Cahill, C., Stavrianeas, S. (2013). Assessing health and nutrition changes in Asian international students at Willamette University. *FASEB Experimental Biology Meeting*, Boston, MA.
- Stavrianeas, S., *Burfeind, K., Hong, J. (2012). Gender differences in the neuromuscular fitness profiles of NCAA Division III soccer players. *ACSM Annual Meeting*, San Francisco, CA.

- *Kueffner, T. E., *Rowan, A. E., Stavrianeas, S. (2012). Short duration high-intensity interval training improves aerobic conditioning of female college soccer. *ACSM Northwest Annual Meeting*, Coeur D'Alene, ID, and *ACSM Annual Meeting*, San Francisco, CA.
- *Howard, N., Stavrianeas, S. (2012). High-intensity interval training is a viable alternative to more traditional aerobic conditioning in adolescent soccer players. *ACSM Northwest Annual Meeting*, Coeur D'Alene, ID, and *ACSM Annual Meeting*, San Francisco, CA.
- *O'Mahony, E., *Schlueter, H., Hong, J., Stavrianeas, S. (2012). Gender differences in decreased ambulation and balance associated with Alzheimer's Disease. *ACSM Northwest Annual Meeting*, Coeur D'Alene, ID.
- 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 Ca^{2+} -ATPase function: an *in-situ* rat model. *ACSM Northwest Annual Meeting*, Kalispell, MT.

REFEREED/INVITED CONFERENCE PRESENTATIONS

- Kiser, S., Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Seidel, S., Shriner, W., Stavrianeas, S., Tillberg, C. (2018). A Network Approach to Vertical Transfer and Articulation for Student Success in Biology: a fourth workshop hosted by the Northwest Biosciences Consortium RCN-UBE. *Northwest Biology Instructors' Organization Annual Meeting*. Portland, OR.
- Kruchten, A., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Seidel, S., Shriner, W., Stavrianeas, S., Tillberg, C. (2018). A network approach to vertical transfer and articulation for student success in biology: A fourth workshop hosted by the Northwest Biosciences Consortium RCN-UBE. *Experimental Biology 2018*. The FASEB Journal 2018 32:1_supplement, 535.11-535.11. San Diego, CA.
- Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kayes, L., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2017). The Northwest Biosciences Consortium: Easing the transfer from introductory to upper division coursework, within and between institutions. *National Association of Biology Teachers Annual Professional Development Symposium*.
- Kayes, L.J., Beadles-Bohling, A., Brown, J., Duncan, J., Baumgartner, E., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2017). Evaluation of the State of the Introductory Biology in Oregon. *Society for the Advancement of Biology Education Research (SABER) Annual Meeting*. Minneapolis, MN.
- Kayes, L.J., Baumgartner, E., Beadles-Bohling, A., Brown, J., Duncan, J., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2017). Majors Biology Summit: A Report from the Northwest Biosciences Consortium. *Society for the Advancement of Biology Education Research – Western Meeting*. Irvine, CA.
- Kayes, L.J., S. Kiser, E. Baumgartner, A. Kruchten, J. Brown, J. Duncan, A. Beadles-Bohling, W. Shriner, & S. Stavrianeas (2016). Oregon Introductory Biology Majors Summit Report. *Northwest Biology Instructors' Organization Annual Meeting*. Eugene, OR.

- Kayes, L.J., Baumgartner, E., Brown, J., Duncan, J., Beadles-Bohling, A., Kiser, S., Kruchten, A., Shriner, W., Stavrianeas, S. (2016). *State of the Introductory Biology Sequence in the Pacific Northwest: NW Bioscience Consortium Survey Results*. Biology Leadership Conference. New Orleans, LA.
- Duncan, J., Baumgartner, E., Shriner, W., Kayes, L., Kiser, S., Brown, J., Beadles-Bohling, A., Kruchten, A., Stavrianeas, S. (2016). *Introductory Biology: NWBC Summit Report on Majors Biology*. Northwest Biology Instructors Organization, University of Oregon, Eugene, OR.
- Kayes, L., Kiser, S., Baumgartner, E., Kruchten, A., Brown, J., Duncan, J., Gaiser, C., Shriner, W., Stavrianeas, S. (2015). *Transformation of the Introductory Biology Experience for All Students: Progress of the Northwest Bioscience Consortium (NWBC)*. Northwest Biology Instructors Organization, University of British Columbia, Vancouver, BC.
- Stewart, M. and Stavrianeas, S. (2013). *iScience: Mobilizing and Integrating Change in Science Education*. SENCER Summer Institute, Santa Clara, CA.
- Kiser, S. & Stavrianeas, S. (2013). *Introducing the Northwest Biosciences Consortium: Vision and Change in the Introductory Biology curriculum*. Northwest Biology Instructors Organization, Pasco, WA.
- Stavrianeas, S. (2013) NWBC: Biology Education for the 21st Century; expanding the iScience model at Willamette University. *FASEB Experimental Biology Meeting*, Boston, MA.
- Stavrianeas, S. (2012). *Exercise Science Education for the 21st Century: the iScience Model at Willamette University*. ACSM Northwest Annual Meeting, Coeur D'Alene, ID.
- 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.
- Parr, E.B., 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.
- Cotter, J.D., Parr, E.B., Lucas, S.J.E., Stavrianeas, S., Graham, M.J., and Hargreaves, E. Psychophysical effects of diverse forms of exercise training, and their relation to fitness gains. *XIV International Conference on Environmental Ergonomics*, Kounalakis and Koskolou Eds., Nauplion, Greece (2011).
- 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.
- 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. In: Conference Catalogue. Sports Medicine New Zealand Inc., Dunedin, New Zealand. p. 24.
- Graham, M.J., Francois, M.E., Parr, E.B., Stavrianeas, S., Lucas, S.J.E. & Cotter, J.D. (2010). Endurance and repeat high-intensity exercise elicit similar post-exercise blood pressure and plasma volume responses. *Proceedings of the New Zealand Sports Medicine & Science Conference 2010*, Wellington, NZ. In: Conference Catalogue. Sports Medicine New Zealand Inc., Dunedin, New Zealand. p. 41.
- 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. *Proceedings of the New Zealand Sports Medicine & Science Conference*. In: Conference Catalogue. Sports Medicine New Zealand Inc., Dunedin, New Zealand. p. 20.
- 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 Conference*, Wellington, New Zealand. In: Conference Catalogue. Sports Medicine New Zealand Inc., Dunedin, New Zealand. P41.
 - 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. *ACSM Northwest Annual Meeting*, Kalispell, MT.

PEER-REVIEWED STUDENT SLIDE PRESENTATIONS (* indicates Willamette student collaborators)

- *Schlueter, H., *O'Mahony, E., Hong, J., Stavrianeas, S. (2012). Gender differences in decreased ambulation and balance associated with Alzheimer's Disease. *Experimental Biology Meeting*, San Diego, CA.
- *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)

- 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)

- Lockard, M. and Stavrianeas, S (2015). *NGSS and STEM education. A path to success in college and in life.* Salem-Keizer School District, Salem, OR.
- Stavrianeas, S. and Stewart, M. (2012). *Curriculum Design and Pedagogy for your Courses.* University of Oregon Science Literacy Program, Eugene, OR.
- Stavrianeas, S. and Stewart, M. (2012). *iScience: Promoting science literacy for all students one lab activity at a time.* University of Oregon Science Literacy Program, Eugene, OR.
- Stewart, M., and Stavrianeas, S. (2012). *iScience: mobilizing and implementing changes in science education.* Trinity University HHMI conference, San Antonio, TX.
- Stavrianeas, S. and Stewart, M. (2012). *How can a backward design lead to more active learning in the classroom?* University of Oregon Teaching Workshop, Eugene, OR.
- Stavrianeas, S., Duncan, J., and Stewart, M. (2012). *We have a vision, but how do we change?* Willamette Valley Biological Education Network, Lewis & Clark College, Portland, OR.
- 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.
- *iScience 3.0: A Bold Vision for Science education at Willamette.* Faculty Colloquium, Willamette University. With Prof. Mark Stewart (Psychology) (4/21/11).
- *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:

2014	Service Award, American College of Sports Medicine, Northwest Chapter.
2011-14	President-Elect/President/Past-President of the American College of Sports Medicine, Northwest Chapter.
2010	Promotion to Professor of Exercise Science, Willamette University.
2009	Professor of the Year, Willamette University Department of Athletics.
2005	Promotion to Associate professor and tenure, 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.
- 1993-98 Graduate Teaching and Research Fellowship, Department of Exercise and Movement Science, University of Oregon.
- 1992-96 Graduate Teaching Fellowship, Physical Activities and Recreation Services, University of Oregon.
- 1992-94 Graduate Fellowship, Greek National Scholarship Foundation (I.K.Y.).
- 1982-87 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 |
| 2016 - Present | National Science Teachers Association |

UNIVERSITY, COMMUNITY, AND PROFESSIONAL SERVICE

Conferences

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

Presentations

The Scientific Method. Judson Middle School (11/6/14).
 Learning Science. McKinley Elementary (3/11/12)
 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).
 Exercising at Extreme Environments. Willamette University brown bag lecture (2/21/01).
 Faculty-Student Roundtable, Teaching Enhancement Committee (1/11/01).

Journal Reviewer (1999 – Present)

Journal of American College Health
 Journal of Sport and Health Science
 National Science Foundation, TUES/CCLI/IUSE
 M.J. Murdock Charitable Trust Life Sciences Program
 Advances in Physiology Education
 Analytical Biochemistry
 CUR Quarterly
 International Journal of Exercise Science
 Journal of Applied Physiology
 Wilderness and Environmental Medicine
 International Journal of Undergraduate Research and Creative Activities

Other Relevant Activities

2018-2019 Academic Status Committee
 2016-2018 Library Committee
 2015-16 Pre-Health Committee
 2014-2017 Member, Oregon Science Content and Assessment Panel
 2014 Member, Students Scholarship Recognition Day Committee
 2013, Fall Member, Off Campus Study Committee
 2012 Member, Faculty Colloquium Committee
 2011-12 Chair, Faculty Resources Committee
 2012 Faculty Sponsor: Carson Undergraduate Research Grant for Caroline Cahill for her project *Evaluating the Health Changes in Asian International Students at a West Coast Liberal Arts College*
 2011, Spring Chair, Dept. of Exercise Science
 2010-2011 Co-Chair, Faculty Resources Committee.
 2010 Study Abroad Director, Dunedin, New Zealand.
 2008-2009 Member, Faculty Resources Committee.
 2007-2008 Member, WU 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 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 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.