

## ***CURRICULUM VITAE***

**MATTHEW THOMAS MAHAR**

(01/01/25)

### ***CONTACT INFORMATION***

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**Work:** School of Exercise and Nutritional Sciences  
San Diego State University  
5500 Campanile Drive  
San Diego, CA 92182-7251

### ***CURRENT POSITION***

Director, School of Exercise and Nutritional Sciences  
Professor, San Diego State University

### ***EDUCATION***

**Ed.D.** University of Houston, 1989  
Major: Physical Education  
Emphasis: Measurement and Research in Exercise Science

**M.Ed.** University of Houston, 1987  
Major: Physical Education  
Emphasis: Exercise Science

**B.S.E.** State University of New York at Cortland, 1981  
Major: Physical Education

**INTERNSHIP** Universal Services Rehabilitation and Development, Inc., Houston, Texas,  
January-August, 1985  
Worked in Human Performance Laboratory under direction of  
Dr. Michael L. Pollock and Dr. James E. Graves

## **HONORS**

San Diego State University, School of Exercise and Nutritional Sciences, College of Health and Human Services, American Kinesiology Association Inclusive Excellence Award, 2019.

East Carolina University, College of Health and Human Performance, Scholar-Teacher Award, 2014.

Fellow, National Academy of Kinesiology, 2012.

East Carolina University, College of Health and Human Performance, Outstanding Service Award, 2010.

Fellow, American College of Sports Medicine, 2009.

North Carolina Board of Governors Award for Excellence in Teaching, 2007.

Fellow, Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance, 2007.

Measurement and Evaluation Council Honor Award, 2005.

East Carolina University, School of Health and Human Performance, Teacher-Scholar Award, 2000.

East Carolina University, School of Health and Human Performance, Outstanding Researcher Award, 1999-2000.

Finalist for Alumni Distinguished Professor for Teaching Award, 1999-2000.

Inducted into Columbia High School Hall of Fame, 1998.

North Carolina Board of Governors Distinguished Professor for Teaching Award, 1997-1998.

East Carolina University, School of Health and Human Performance, Outstanding Teacher Award, 1997-1998.

*Who's Who in American Education*, 1996-1997.

Research Travel Award, East Carolina University, 1996.

*International Directory of Distinguished Leadership*, 1995.

Reassigned Time Award, Springfield College, 1993.

Project Inspiration Award from the National Association for Sport & Physical Education, 1992.

Springfield College Teacher of Excellence, 1990-1991.

Reassigned Time Award, Springfield College, 1991.

Reassigned Time Award, Springfield College, 1990.

Outstanding Graduate Student in Physical Education, University of Houston, 1986.

**EXPERIENCE**

**ADMINISTRATION:**

Director, School of Exercise and Nutritional Sciences, San Diego State University, 2016-present.

Chair, Department of Recreation and Leisure Studies, East Carolina University, 2015-2016.

Interim Chair, Department of Recreation and Leisure Studies, East Carolina University, 2014-2015.

Graduate Program Director, Department of Kinesiology, East Carolina University, 2010-2014.

Founding Director, Activity Promotion Laboratory, East Carolina University, 2002-2016.

Coordinator, Physical Activity Promotion master's degree concentration, Department of Kinesiology, East Carolina University, 2002-2015.

Associate Director for Physical Activity Interventions, Pediatric Healthy Weight Research and Treatment Center, East Carolina University, 2009-2016.

Founder and Co-Director, East Carolina University After-School Activity Program, 2007-2016.

**TEACHING:**

Professor, East Carolina University, Greenville, North Carolina, 2008-2016.

Associate Professor, East Carolina University, Greenville, North Carolina, 1998-2008.

Assistant Professor, East Carolina University, Greenville, North Carolina, 1993-1998.

*Professional Courses Taught:*

EXSS 6201 Advanced Measurement and Evaluation in Exercise and Sport Science

EXSS 6401 Assessment of Physical Activity and Fitness

EXSS 4804 Measurement and Evaluation in Exercise and Sport Science

EXSS 6300 Research Techniques in Exercise and Sport Science

EXSS 6301 Research Seminar in Exercise and Sport Science

EXSS 4806 Exercise Evaluation and Prescription

EXSS 6650 Seminar in Exercise and Sport Science

EXSS 3804 Measurement of Physical Activity and Fitness

Visiting Professor, Mexican Congress for Physical Education, Mexico City, 1998.

Taught a four-day course on physical activity and fitness in children and youth.

Assistant Professor, Springfield College, Springfield, Massachusetts, 1989-1993.

*Professional Courses Taught:*

RSCH 325 Foundations and Methods of Research

RSCH 301 Educational and Psychological Statistics

RSCH 327 Thesis Seminar

HFIT 160 Exercise Testing and Prescription

HFIT 340 Measurement and Evaluation in Health and Fitness Programs

**EXPERIENCE (continued)**

**TEACHING:** Assistant Professor, Japan Summer Institute Program at Springfield College, 1991-1992.

*Professional Course Taught:* Physical Fitness

Assistant Professor, Pittsburg State University, Pittsburg, Kansas, 1988-1989.

*Professional Courses Taught:*

HPER 801 Measurement and Evaluation in Physical Education

HPER 823 Advanced Physiology of Exercise

HPER 195 Introduction to Physical Education

HPER 150 Lifetime Fitness Concepts

*Other Responsibilities:*

Director of Human Performance Laboratory

Director of Physical Education Computer Laboratory

Teaching Fellow in physical education, University of Houston, Houston, Texas, 1982-1988.

*Professional Courses Taught:*

PEP 4310 Measurement and Evaluation in Physical Education

PEP 1251 Exercise for Health and Fitness

PEP 1152 Fitness and Weight Control

Activity Classes: Weight Training; Basketball; Soccer; Softball; Archery; Golf.

*Other Responsibilities:*

Graduate Assistant in PEP 7330 Seminar in Exercise Science

*Theoretical and Physical Competence in the Following Activities:*

Archery, Baseball/Softball, Basketball, Golf, Racquetball, Rugby,

Soccer, Track and Field, Weight Training.

Physical education teacher and track coach, Ichabod Crane High School, Valatie, New York, 1981-1982.

Coach of women's soccer and basketball, Columbia High School, East Greenbush, New York, 1981-1982.

**EXPERIENCE (continued)**

**PROFESSIONAL:** Ad Hoc Committee on Diversity, Equity, and Inclusion Statement, American Kinesiology Association, 2024-2025.

FitnessGram Advisory Board, The Kenneth H. Cooper Institute, 2008-present.

Chair, Committee on Awards, National Academy of Kinesiology, 2025-2026.

Committee on Awards, National Academy of Kinesiology, 2023-2024.

Executive Committee, American Kinesiology Association, 2022-2024.

Secretary, Executive Committee, American Kinesiology Association, 2022-2024.

Student Awards Committee Liaison, American Kinesiology Association, 2023-2024.

Communication and Marketing Committee Liaison, American Kinesiology Association, 2022-2023.

Board of Directors, American Kinesiology Association, 2020-2022.

Diversity, Equity, and Inclusion Committee, American Kinesiology Association, 2020-2022.

Academic Program External Reviewer for UMASS Lowell, Department of Physical Therapy and Kinesiology, 2022.

Academic Program External Reviewer for Texas State University Department of Health and Human Performance, 2021.

Planning Committee, American Kinesiology Association Leadership Workshop, 2019-2020.

Moderator, "Physical Activity and Mental Health," American Kinesiology Association Leadership Workshop, Orlando, FL. January 25, 2020.

Research and Analysis Committee, American Kinesiology Association, 2011-2014.

Associate Director for Physical Activity Interventions, Pediatric Healthy Weight Research and Treatment Center, East Carolina University, 2009-2016.

Graduate Program Director, Department of Kinesiology, East Carolina University, 2010-2014.

Coordinator, Physical Activity Promotion master's degree concentration, Department of Kinesiology, East Carolina University, 2002-2015.

**EXPERIENCE (continued)**

**PROFESSIONAL:** Founding Director, Activity Promotion Laboratory, East Carolina University, 2002-2016.

Founder and Co-Director, East Carolina University After-School Activity Program, 2007-2016.

International Advisory Board for *Medicina Sportiva*, 2006-2016.

Alliance Scholar Committee, American Alliance for Health, Physical Education, Recreation, and Dance, 2012-2013.

Review Board, *Measurement in Physical Education and Exercise Science*, 1996-2012.

Participant, Chancellor's Leadership Academy, East Carolina University, 2011.

Editorial Board, *Research Quarterly for Exercise and Sport*, 2008-2011 (chair 2011-2012).

Science Board, President's Council on Fitness, Sports, and Nutrition, 2008-2012.

Board of Trustees, Be Active North Carolina, Inc., 2007-2012.

Member, Working Group for revision of the U.S. Army Physical Fitness Test, 2010.

Research Consortium Distinguished Lectures Committee, American Alliance for Health, Physical Education, Recreation, and Dance, 2009.

Member, Planning Committee for the Pediatric Healthy Weight Research and Treatment Center Forum, 2009-2010.

Guest Editor, *Measurement in Physical Education and Exercise Science*, Special Issue on Youth Fitness Testing, 2008.

Grant Review Panel for Kate B. Reynolds Charitable Trust, East Carolina University, 2007-2008.

Reviewer, National Association for Sport and Physical Education Research Grants, 2008-2009.

Reviewer, Robert Wood Johnson Foundation Grants, 2009.

Participant, North Carolina Obesity Prevention Round Table, 2008.

**EXPERIENCE (continued)**

**PROFESSIONAL:** Review Panel member, Measurement symposia for the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, 2007-2011.

Review Panel member, Measurement abstracts for the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, 1992-1993, 1994-2000, 2004-2011.

Participant, Research Think Tank, Canadian Learning to be Active in School Study Ottawa, Ontario, Canada, 2006.

Member, Centers for Disease Control and Prevention, Prevention Research Centers Program Grant Review Panel, 2004.

Member, American Alliance of Health, Physical Education, Recreation, and Dance Research Consortium Grants Committee, 2002-2005.

Member, Advisory Committee, Measurement and Evaluation Council, 2005-2008.

Member, North Carolina Task Force for Healthy Weight in Children, 2002-2003.

Member, AAHPERD Research Consortium Grants Committee, 2002-2005.

Chair, American College of Sports Medicine, Certification and Registry Boards Examinations Subcommittee, 2000-2004.

Review Panel Chair for Measurement, Research Consortium Program for the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, 2003.

External Referee, Clinical Research Senior Scholar Salary Support for the Michael Smith Foundation for Health Research, British Columbia, Canada, 2003.

Section Editor, *Research Quarterly for Exercise and Sport*, 1997-2000.

Evaluator, Centers for Disease Control and Prevention, Prevention Research Centers Program Grant Review Panel, 2002.

Member, North Carolina Task Force for Healthy Weight in Children, 2001-2002.

Special Issue Editor, *Research Quarterly for Exercise and Sport*, June, 2000.

Member, American College of Sports Medicine Examinations Subcommittee, Committee on Certification and Education, 1997-2000.

**EXPERIENCE (continued)**

**PROFESSIONAL:** Participant in Centers for Disease Control and Prevention Workshop on Assessment of Physical Activity and Sedentary Behavior in Two- to Five-Year-Old Children, 1998.

Board of Directors, Research Consortium for the American Alliance for Health, Physical Education, Recreation, and Dance, 1996-1997.

Member, Planning Committee for the 9<sup>th</sup> Measurement and Evaluation Symposium, Measurement and Evaluation Council, 1997.

Consultant for Eastern AHEC TeleHealth, 1997-2002.

Guest Reviewer, National Institutes of Health Grant Review Panel, Community Health Section, 1997.

Review Panel Chair for Measurement, Research Consortium Program for the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, 1996.

Member, Research Committee of the North Carolina Alliance for Health, Physical Education, Recreation, and Dance, 1995-1997.

Chair, Measurement and Evaluation Council of the American Alliance for Health, Physical Education, Recreation and Dance, 1994-1996.

Board of Directors, American Association for Active Lifestyles and Fitness, 1995-1996.

Editor of *Measurement News*, newsletter of the Measurement and Evaluation Council, 1995-2001.

Executive Committee of the Measurement and Evaluation Council, 1994-1997.

Alliance Assembly, American Alliance for Health, Physical Education, Recreation, and Dance, 1996.

Advisory Committee of the Measurement and Evaluation Council, 1994-2002.

Chair, Measurement and Evaluation Council Honor Award Committee, 1994-1995.

Chair, Measurement and Evaluation Council Nominating Committee, 1994-1995.

Chair, American Alliance of Health, Physical Education, Recreation and Dance Sport Specific Committee to develop a soccer skills test battery, 1990.

Measurement and Evaluation Section Reviewer, *Journal of Physical Education, Recreation and Dance*, 1992-1995.



**EXPERIENCE (continued)**

**PROFESSIONAL:** Editor of the Research section of the *Kansas Association for Health, Physical Education, Recreation and Dance Journal*, 1989.

State Coordinator for Physical Best, the American Alliance of Health, Physical Education, Recreation and Dance Physical Fitness Education and Assessment Program, 1989.

Exercise Specialist for Health Management Center, Coca-Cola Foods, Houston, Texas, 1985.

Guest Reviewer for the following journals:

*American Journal of Preventive Medicine*

*American Journal of Public Health*

*Annals of Behavioral Medicine*

*International Journal of Pediatric Obesity*

*International Journal of Obesity*

*Journal of Physical Activity and Health*

*Journal of Sports Medicine, Training, and Rehabilitation*

*Journal of Sports Sciences*

*Journal of Strength and Conditioning Research*

*Measurement in Physical Education and Exercise Science*

*Medicine and Science in Sports and Exercise*

*North Carolina Medical Journal*

*Obesity Reviews*

*Pediatric Exercise Science*

*Research Quarterly for Exercise and Sport*

Research and Computer Assistant in Educational Research Center, University of Houston, Houston, Texas, 1987-1988.

Exercise Specialist for the Institute for Preventive Medicine, The Methodist Hospital, Houston, Texas, 1984-1988.

Exercise Specialist and Technologist for Hou-Fit, adult fitness program, University of Houston, Houston, Texas, 1986-1987.

Research Assistant for Dr. J.M. Pivarnik and Dr. L. Halstead for Post-Polio study, The Institute for Rehabilitation and Research, Houston, Texas, 1986-1987.

Research Assistant for Dr. A.S. Jackson for Human Factors Research, University of Houston, Houston, Texas, 1984-1986.

Research Assistant for Dr. A.S. Jackson and Dr. E.F. Beard, M.D., Section of Cardiology, Kelsey-Seybold Clinic, Texas Medical Center, Houston, Texas, 1985.

***EXPERIENCE (continued)***

**PROFESSIONAL:** Exercise Technologist for Dr. A.S. Jackson and Dr. G.H. Hartung at the Diet Modification Clinic, Baylor College of Medicine, Houston, Texas, 1985.

Research Assistant for Dr. A.S. Jackson at the Cardiopulmonary Laboratory, NASA/Johnson Space Center, Houston, Texas, Fall 1984.

**SCHOLARLY PUBLICATIONS**

1. Mahar, M.T. & Sung, H. (2024). Development of quarter-mile walk tests to estimate aerobic fitness in children. *Measurement in Physical Education and Exercise Science*. <https://doi.org/10.1080/1091367X.2024.2440072>.
2. Behar, A.I., Mahar, M.T., Norman, G., Elder, J.P., Pratt, M., Dionicio, P., & Crespo, N.C., (2024). Physical activity in underserved preadolescents: Characterization of accumulation and patterns. *International Journal of Physical Activity and Health*, 3(2). Article 4. <https://doi.org/10.18122/ijpah.3.2.4.boisestate>
3. Knudson, D., Mahar, M.T., & Myers, N.D. (2024). The National Academy of Kinesiology 2023 Evaluation of Doctoral Programs in Kinesiology. *Kinesiology Review*, 13, 135-154. <https://doi.org/10.1123/kr.2023-0069>
4. Mahar, M.T. (2024). Measurement and statistics in exercise science. In D. Knudson (Ed.), *Introduction to Exercise Science* (pp. 43-67). Human Kinetics: Champaign, IL.
5. Zhu, W., Konishi, D., Welk, G.J., Mahar, M.T., Laurson, K., Janz, K.F., & Baptista, F. (2022). Linking vertical jump and standing long jump tests: A testing equating application. *Measurement in Physical Education and Exercise Science*. <https://doi.org/10.1080/1091367X.2022.2112683>
6. Mahar, M.T., Welk, G.J., Janz, K.F., Laurson, K., Zhu, W., & Baptista, F. (2022). Estimation of lower body muscle power from vertical jump in youth. *Measurement in Physical Education and Exercise Science*. <https://doi.org/10.1080/1091367X.2022.2041420>
7. Laurson, K.R., Baptista, F., Mahar, M.T., Welk, G.J., & Janz, K.F. (2022). Designing health-referenced standards for the plank test of core muscular endurance. *Measurement in Physical Education and Exercise Science*. <https://doi.org/10.1080/1091367X.2021.2016409>
8. Welk, G.J., Janz, K.F., Laurson, K.R., Mahar, M.T., Zhu, W., & Pavlovic, A. (2022). Development of criterion-referenced standards for musculoskeletal fitness in youth: Considerations and approaches by the FitnessGram Scientific Advisory Board. *Measurement in Physical Education and Exercise Science*. <https://doi.org/10.1080/1091367X.2021.2014331>
9. Laurson, K.R., Baptista, F., Mahar, M.T., Welk, G.J., & Janz, K.F. (2022). Long jump, vertical jump, and vertical jump power reference curves for 10-18 year olds. *Measurement in Physical Education and Exercise Science*. <https://doi.org/10.1080/1091367X.2021.2017291>
10. Mahar, M.T., Baweja, H., Atencio, M., Barkhoff, H., Duley, H.D., Makuakāne-Lundin, G., McClain, Z.D., Pacheco, M., Wright, E.M., & Russell, J. (2021). Inclusive excellence in kinesiology units in higher education. *Kinesiology Review*. Advance online publication. <https://doi.org/10.1123/kr.2021-0042>.

**SCHOLARLY PUBLICATIONS (continued)**

11. Janz, K.F., Baptista, F., Ren, S., Zhu, W., Laurson, K.R., Mahar, M.T., Pavlovic, A., & Welk, G.J. (2021). Associations among musculoskeletal fitness assessments and health outcomes: The Lisbon Study for the Development and Evaluation of Musculoskeletal Fitness Standards in Youth, *Measurement in Physical Education and Exercise Science*, <https://doi.org/10.1080/1091367X.2021.2000414>
12. Janz, K.F., Laurson, K.R., Baptista, F., Mahar, M.T., & Welk, G.J. (2021). Vertical jump power is associated with healthy bone outcomes in youth: ROC analyses and diagnostic performance. *Measurement in Physical Education and Exercise Science*, 1-9. <https://doi.org/10.1080/1091367X.2021.2013230>
13. Mahar, M.T. (2019). Classroom-based physical activity and on-task behavior. *Translational Journal of the American College of Sports Medicine*, 4, 148-154. doi: 10.1249/TJX.0000000000000099
14. Sartore-Baldwin, M.L., Baker, J., Schwab, L., Mahar, M.T., & Das, B.M. (2019). Shelter dogs, university employees, and lunchtime walks: A pilot study. *WORK: A Journal of Prevention, Assessment & Rehabilitation*, 64, 487-493. doi: 10.3233/WOR-193010
15. Mahar, M.T., Welk, G.J., & Rowe, D.A. (2018). Estimation of aerobic fitness from PACER performance with and without body mass index. *Measurement in Physical Education and Exercise Science*, 22, 239-249. <http://dx.doi.org/10.1080/1091367X.2018.1427590>
16. \*Sung, H., Collier, D.N., DuBose, K.D., Kemble, C.D., & Mahar, M.T. (2018). Development of 1-mile walk tests to estimate aerobic fitness in children. *Measurement in Physical Education and Exercise Science*, 22, 167-176. <http://dx.doi.org/10.1080/1091367X.2017.1405810>
17. Calvert, H., Turner, L., & Mahar, M.T. (2018). Classroom-based physical activity: Minimizing disparities in school-day physical activity among elementary school students. *Journal of Physical Activity and Health*, 15, 161-168. <https://doi.org/10.1123/jpah.2017-0323>
18. Calvert, H.G., Turner, L.T., Mahar, M.T., & Carney, M. (2017). *Estimating children's physical activity and sedentary behavior during the school day: A comparison of the Jawbone UP Move and ActiGraph accelerometry*. Boise, ID: Initiative for Healthy Schools, Boise State University. <https://education.boisestate.edu/healthyschools/files/2017/10/TR1.pdf>
19. Das, B.M., Sartore-Baldwin, M.L., & Mahar, M.T. (2016). The invisible employee: University housekeeping employees' perceptions of physical activity. *Journal of Physical Activity and Health*, 13, 952-956. <https://doi.org/10.1123/jpah.2015-0509>
20. \*Desilets, P.-A., & Mahar, M.T. (2016). Evaluation of the Basis Band Fitness Tracker. *International Journal of Exercise Science*, 9, 258-269. <https://digitalcommons.wku.edu/ijes/vol9/iss3/2>

\*Graduate student of M.T. Mahar for this research study.

**SCHOLARLY PUBLICATIONS (continued)**

21. Stylianou, M., Kulinna, P. H., van der Mars, H., Mahar, M.T., Adams, M. A., & Amazeen, E. (2016). Before-school running/walking club: Effects on student on-task behavior. *Preventive Medicine Reports*, 3, 196-202. <https://doi.org/10.1016/j.pmedr.2016.01.010>
22. Burns, R.D., Hannon, J.C., Brusseau, T.A., Eisenman, P.A., Shultz, B.B., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2016). Development of an aerobic capacity prediction model from one-mile run/walk performance in adolescents aged 13–16 years. *Journal of Sports Sciences*, 34, 18–26. <https://doi.org/10.1080/02640414.2015.1031163>
23. Stylianou, M., van der Mars, H., Kulinna, P.H., Adams, M.A., Mahar M.T., & Amazeen, E. (2016). Before-school running/walking club and student physical activity levels: An efficacy study. *Research Quarterly for Exercise and Sport*, 87, 342-353. [doi.org/10.1080/02701367.2016.1214665](https://doi.org/10.1080/02701367.2016.1214665)
24. Kang, M., Mahar, M.T., & Morrow, J.R., Jr. (2016). Issues in the assessment of physical activity in children. *Journal of Physical Education, Recreation & Dance*, 87(6), 35-43. <http://dx.doi.org/10.1080/07303084.2016.1192943>
25. Baumgartner, T.A., Jackson, A.S., Mahar, M.T., & Rowe, D.A. (2016). *Measurement for Evaluation in Kinesiology* (9<sup>th</sup> ed.). Burlington, MA: Jones & Bartlett.
26. Mahar, M.T., & Crenshaw, J.T. (2015). *AKA Salary Survey 2015*. Champaign, IL: American Kinesiology Association.
27. Burns, R.D., Hannon, J.C., Brusseau, T.A., Eisenman, P.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Cross-validation of aerobic capacity prediction models in adolescents. *Pediatric Exercise Science*, 27, 404-411. <https://doi.org/10.1123/pes.2014-0175>
28. Kanters, M., McKenzie, T., Edwards, M., Bocarro, J., Mahar, M.T., & Hodge, C. (2015). Youth sport practice model gets more kids active with more time practicing skills. *RETOS*, 28, 173-177.
29. Mahar, M.T., Hall, T.R., Delp, M.D., & Morrow, J.R., Jr. (2014). The state of online education in kinesiology in the United States. *Kinesiology Review*, 3, 177-185. <https://doi.org/10.1123/kr.2014-0068>
30. Mahar, M.T., & Rowe, D.A. (2014). A brief exploration of measurement and evaluation in kinesiology. *Kinesiology Review*, 3, 80-91. <https://doi.org/10.1123/kr.2014-0041>
31. Kanters, M., McKenzie, T., Edwards, M., Bocarro, J., Mahar, M.T., & Hodge, C. (2014). Youth sport practice model gets more kids active with more time practicing skills. *Active Living Research – Research Brief*. [http://activelivingresearch.org/sites/default/files/Kanters\\_Brief\\_PhysicalActivityDuringSportPractice.pdf](http://activelivingresearch.org/sites/default/files/Kanters_Brief_PhysicalActivityDuringSportPractice.pdf)
32. Mahar, M.T., Raedeke, T.R., McCammon, M.R., Kemble, C.D., Kenny, R.K., & Vick, G.A. (2014). *Fitness Matters*. Eden Prairie, MN: Cache House.

**SCHOLARLY PUBLICATIONS (continued)**

33. Cureton, K.J., & Mahar, M.T. (2014). Critical measurement issues/challenges in assessing aerobic capacity in youth. *Research Quarterly for Exercise and Sport*, 85, 136-143. <https://doi.org/10.1080/02701367.2014.898979>
34. Maeda, H., Quartiroli, A., Vos, P.W., Carr, L.J., & Mahar, M.T. (2014). Feasibility of retrofitting a university library with active workstations to reduce sedentary behavior. *American Journal of Preventive Medicine*, 46, 525-528. <https://doi.org/10.1016/j.amepre.2014.01.024>
35. Morrow, J.R., Jr., Zhu, W., & Mahar, M.T. (2014). Physical fitness standards for children. In S.A. Plowman & M.D. Meredith (Eds.), *Fitnessgram/Activitygram Reference Guide* (pp. Internet Resource). Dallas, TX: The Cooper Institute.
36. Cureton, K.J., Plowman, S.A., & Mahar, M.T. (2014). Aerobic capacity assessments. In S.A. Plowman & M.D. Meredith (Eds.), *Fitnessgram/Activitygram Reference Guide* (pp. Internet Resource). Dallas, TX: The Cooper Institute.
37. Welk, G.J., Mahar, M.T., & Morrow, J.R., Jr. (2014). Physical activity assessment. In S.A. Plowman & M.D. Meredith (Eds.), *Fitnessgram/Activitygram Reference Guide* (pp. Internet Resource). Dallas, TX: The Cooper Institute.
38. Corbin, C.B., Lambdin, D.D., Mahar, M.T., Roberts, G., & Pangrazi, R.P. (2014). Why test? Effective use of fitness and activity assessments. In S.A. Plowman & M.D. Meredith (Eds.), *Fitnessgram/Activitygram Reference Guide* (pp. Internet Resource).
39. Carr, L.J., & Mahar, M.T. (2012). Accuracy of intensity and inclinometer output of three activity monitors for identification of sedentary behavior and light intensity activity. *Journal of Obesity*. <http://dx.doi.org/10.1155/2012/460271>
40. Mahar, M.T. (2011). Impact of short bouts of physical activity on attention-to-task in elementary school children. *Preventive Medicine*, 52, S60-S64. <https://doi.org/10.1016/j.ypmed.2011.01.026>
41. Mahar, M.T., Guerieri, A.M., Hanna, M.S., & Kemble, C.D. (2011). Estimation of aerobic fitness from 20-m multistage shuttle run test performance. *American Journal of Preventive Medicine*, 41, S117-S123. <https://doi.org/10.1016/j.amepre.2011.07.008>
42. Boiarskaia, E., Boscolo, M.S., Zhu, W., & Mahar, M.T. (2011). Cross-validation of an equating method linking aerobic FITNESSGRAM® field tests. *American Journal of Preventive Medicine*, 41, S124-S130. <https://doi.org/10.1016/j.amepre.2011.07.009>
43. O'Connor, D.P., Mahar, M.T., Laughlin, M.S., & Jackson, A.S. (2011). The Bland-Altman method should not be used in regression cross-validation studies. *Research Quarterly for Exercise and Sport*, 82, 610-616. <https://doi.org/10.1080/02701367.2011.10599797>

**SCHOLARLY PUBLICATIONS (continued)**

44. Zhu, W., Mahar, M.T., Welk, G.J., Going, S.B., & Cureton, K.J. (2011). Approaches for development of criterion-referenced standards in health-related youth fitness tests. *American Journal of Preventive Medicine*, 41, S68-S76.  
<http://dx.doi.org/10.1016/j.amepre.2011.07.001>
45. Samuels, T.Y., Raedeke, T.D., Mahar, M.T., Kemble, C.D., Karvinen, K.H., & DuBose, K.D. (2011). A randomized controlled trial of continuous activity, short bouts, and a 10,000 step guideline in inactive adults. *Preventive Medicine*, 52, 120-125.  
<https://doi.org/10.1016/j.ypmed.2010.12.001>
46. Rowe, D.A., Welk, G.J., Heil, D.P., Mahar, M.T., Kemble, C.D., Calabro, A., & Camenisch, K. (2011). Stride rate recommendations for moderate intensity walking. *Medicine and Science in Sports and Exercise*, 43, 312-318.  
<http://dx.doi.org/10.1249/MSS.0b013e3181e9d99a>
47. Mahar, M.T., McCammon, M.R., Kemble, C.D., Kenny, R.K., & Raedeke, T.D. (2011). *Fitness for Life* (2<sup>nd</sup> ed.). Eden Prairie, MN: bluedoor.
48. Russoniello, C.V., Pougatchev, V., Zhirnov, E., & Mahar, M.T. (2010). A measurement of electrocardiography and photoplethysmography in obese children. *Applied Psychophysiology and Biofeedback*, 35, 257-259. <https://doi.org/10.1007/s10484-010-9136-8>
49. Kang, M., Rowe, D.A., Barreira, T.V., Robinson, T.S., & Mahar, M.T. (2009). Individual information-centered approach for handling physical activity missing data. *Research Quarterly for Exercise and Sport*, 80, 131-137.  
<https://doi.org/10.1080/02701367.2009.10599546>
50. Mahar, M.T., Kenny, R.K., Kemble, C.D., Cooper, N., Guerieri, A.M., & Vuchenich, M.L. (2009). *After-School Energizers: Physical activities for after-school programs*. Raleigh, NC: North Carolina Department of Public Instruction. <http://hdl.handle.net/10342/59>
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<https://doi.org/10.1080/10913670802216106>
52. \*Aull, J.L., Rowe, D.A., Hickner, R.C., Malinauskas, B.M., & Mahar, M.T. (2008). Energy expenditure of obese, overweight, and normal weight females during lifestyle physical activities. *International Journal of Pediatric Obesity*, 3, 177-185.  
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53. Mahar, M.T., McCammon, M.R., Kemble, C.D., Kenny, R.K., & Raedeke, T.D. (2008). *Fitness for Life*. Eden Prairie, MN: Cache House.

\*Graduate student of M.T. Mahar for this research study.



**SCHOLARLY PUBLICATIONS (continued)**

54. Bassett, D.R., Jr., Mahar, M.T., Rowe, D.A., & Morrow, J.R., Jr. (2008). Walking and measurement. *Medicine and Science in Sports and Exercise*, 40, S529-S536.
55. Baumgartner, T.A., Jackson, A.S., Mahar, M.T., & Rowe, D.A. (2007). *Measurement for Evaluation in Physical Education and Exercise Science* (8<sup>th</sup> ed.). Boston: McGraw-Hill.
56. Rowe, D.A., Kemble, C.D., Robinson, T.S., & Mahar, M.T. (2007). Daily walking in older adults: Day-to-day variability and criterion-referenced validity of total daily step counts. *Journal of Physical Activity and Health*, 4, 434-446. <https://doi.org/10.1123/jpah.4.4.435>
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58. Mahar, M.T. Murphy, S.K., Rowe, D.A., Golden, J., Shields, A.T., & Raedeke, T.D. (2006). Effects of a classroom-based physical activity program on physical activity and on-task behavior in elementary school children. *Medicine and Science in Sports and Exercise*, 38, 2086-2094.
59. Mahar, M.T., Welk, G.J., Rowe, D.A., Crotts, D.J., & McIver, K.L. (2006). Development and validation of a regression model to estimate VO<sub>2peak</sub> from PACER 20-m shuttle run performance. *Journal of Physical Activity and Health*, 3, S34-S46. <https://doi.org/10.1123/jpah.3.s2.s34>
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62. Mahar, M.T., Kenny, R.K., Scales, D.P., Shields, A.T., & Miller, T.Y. (2006). *Middle-School Energizers: Classroom-based Physical Activities*. Raleigh, NC: North Carolina Department of Public Instruction. <http://hdl.handle.net/10342/5946>; <http://hdl.handle.net/10342/5947>; <http://hdl.handle.net/10342/5948>; <http://hdl.handle.net/10342/5949>; <http://hdl.handle.net/10342/5950>; <http://hdl.handle.net/10342/5951>.
63. Rowe, D.A., DuBose, K.D., Donnelly, J.E., & Mahar, M.T. (2006). Agreement between skinfold-predicted percent fat and percent fat from whole-body bioelectrical impedance analysis in children and adolescents. *International Journal of Pediatric Obesity*, 1, 168-175. [10.1080/17477160600881296](https://doi.org/10.1080/17477160600881296)
64. Rowe, D.A., McDonald, S.M., Mahar, M.T., & Raedeke, T.D. (2005). Multitrait-multimethod investigation of a novel body image measurement technique. *Research Quarterly for Exercise and Sport*, 76, 407-415.



**SCHOLARLY PUBLICATIONS (continued)**

65. Mahar, M.T., Estes, S., McCammon, M.R., Scales, D.P., & Raedeke, T.D. (2005). *Fitness for Life*. Eden Prairie, MN: Outernet Publishing.
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75. Mahar, M.T. (2000). Aerobic fitness. In S. Estes, M. Dawson, & M. Mahar (Eds.), *Lifetime Physical Activity and Fitness Laboratory Manual* (2<sup>nd</sup> ed.) (pp. 1-37). Englewood, CO: Morton Publishing Company.

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76. \*Saint Romain, B., & Mahar, M.T. (2001). Norm-referenced and criterion-referenced reliability of the push-up and modified pull-up. *Measurement in Physical Education and Exercise Science*, 5, 67-80.
77. Hickner, R.C., Brunson, M.A., McCammon, M., Mahar, M.T., Garry, J.P., & Houmard, J.A. (2001). Diabetic groups as defined by the ADA and NDDG criteria have a similar aerobic capacity, blood pressure and body composition. *Diabetologica*, 44, 26-32.
78. \*Hui, S.C., & Mahar, M.T. (2000). A comparative study: acute cardiac responses among isometric, isotonic, and isokinetic leg extension. *International Sports Journal*, 4(2), 98-110.
79. Mahar, M.T. (1999). Fitness assessment. In S. Estes and M. Dawson (Eds.), *Foundations of Physical Education Laboratory Manual* (pp. 49-72). Englewood, CO: Morton Publishing Company.
80. Batterham, A.M., Vanderburgh, P.M., Mahar, M.T., & Jackson, A.S. (1999). Modeling the influence of body size on VO<sub>2</sub> peak: effects of model choice and body composition. *Journal of Applied Physiology*, 87, 1317-1325.
81. Headley, S.A., Keenan, T.G., Manos, T.M., Phillips, K., Lachowetz, A., Keenan, H.A., & Mahar, M.T. (1998). Renin and hemodynamic responses to exercise in borderline hypertensives. *Ethnicity and Disease*, 8, 312-318.
82. Perry, R.F., Massey, J.L., & Mahar, M.T. (1998). Insurance status and the decision to seek a legal opinion for a medical malpractice claim without merit. *Hospital Topics*, 79(4), 17-24.
83. Mahar, M.T., Rowe, D.A., Parker, C.R., Mahar, F.J., Dawson, D.M., & Holt, J.E. (1997). Criterion-referenced and norm-referenced agreement between the one mile run/walk and PACER. *Measurement in Physical Education and Exercise Science*, 1, 245-258. [https://doi.org/10.1207/s15327841mpee0104\\_4](https://doi.org/10.1207/s15327841mpee0104_4)
84. \*Davies, M.J., Mahar, M.T., & Cunningham, L.N. (1997). Running economy: comparison of body weight adjustment methods. *Research Quarterly for Exercise and Sport*, 68, 177-181. <https://doi.org/10.1080/02701367.1997.10607995>
85. Mahar, M.T. (1997). Could Sir Ronald Fisher have been wrong? In T.M. Wood (Ed.), *Proceedings of the 8th Measurement and Evaluation Symposium*. Corvallis, OR.
86. DeVita, P., Hortobagyi, T., Money, J. Torry, M., Glover, K.L., Speroni, D.L., Barrier, J., & Mahar, M.T. (1997). Gait adaptations before and after anterior cruciate ligament reconstruction surgery. *Medicine and Science in Sports and Exercise*, 29, 853-859. DOI: [10.1097/00005768-199707000-00003](https://doi.org/10.1097/00005768-199707000-00003)

\*Graduate student of M.T. Mahar for this research study

**SCHOLARLY PUBLICATIONS (continued)**

87. Perry, R.F., & Mahar, M.T. (1997). Management of pharyngeal carriers of group A streptococcal organisms [Letter to the editor]. *Journal of the American Medical Association*, 277, 1203-1204.
88. Zhang, J.J., Smith, D.W., Pease, D.G., & Mahar, M.T. (1996). Spectator knowledge of hockey as a significant predictor of game attendance. *Sport Marketing Quarterly*, 5(3), 41-48.
89. \*Nindl, B.C., Mahar, M.T., Harman, E.A., & Patton, J.F. (1995). Lower and upper body anaerobic performance in male and female adolescent athletes. *Medicine and Science in Sports and Exercise*, 27, 235-241.
90. Vanderburgh, P.M., Mahar, M.T., & Chou, C.H. (1995). Allometric scaling of grip strength by body mass in college-age men and women. *Research Quarterly for Exercise and Sport*, 66, 80-84. <https://doi.org/10.1080/02701367.1995.10607658>
91. Vanderburgh, P.M., & Mahar, M.T. (1995). Scaling of two-mile run times by body weight and fat-free weight in college-age men. *Journal of Strength and Conditioning Research*, 9, 67-70.
92. Rudisill, M.E., Mahar, M.T., & Meaney, K.S. (1993). The relationship between children's perceived and actual motor skill competence. *Perceptual and Motor Skills*, 76, 895-906.
93. \*Good, A.J., Brewer, B.W., Petitpas, A.J., Van Raalte, J.L., & Mahar, M.T. (1993). Identity foreclosure, athletic identity, and college sport participation. *Academic Athletic Journal*, Spring, 1-12.
94. Jackson, A.S., Blair, S.N., Mahar, M.T., Wier, L.T., Ross, R.M., & Stuteville, J. E. (1990). Prediction of functional aerobic capacity without exercise testing. *Medicine and Science in Sports and Exercise*, 22, 863-870.
95. Jackson, A.S., Pollock, M.L., Graves, J.E., & Mahar, M.T. (1988). Reliability and validity of bioelectrical impedance in determining body composition. *Journal of Applied Physiology*, 64, 529-534.

\*Graduate student of M.T. Mahar for this research study.

## **GRANTS**

Primary Investigator, \$12,000 National Academy of Kinesiology, 2023.

*Title:* Kinesiology Doctoral Program Evaluation.

Primary Investigator, \$5,000 National Academy of Kinesiology, 2019-2020.

*Title:* Kinesiology Doctoral Program Evaluation.

Co-investigator, \$4,200 East Carolina University College of Nursing, 2015.

*Title:* Breast Cancer Patients' Symptoms: Pain, Fatigue, Sleep Disturbances and Mood Disorders.

Primary Investigator, \$15,263 Cooper Institute for Aerobics Research, 2013-2014.

*Title:* Youth Fitness and Health Outcomes.

Primary Investigator, \$13,237 Cooper Institute for Aerobics Research, 2012-2013.

*Title:* Development of a Walk Test to Predict Aerobic Fitness in Children.

Primary Investigator, \$70,000 Centers for Disease Control and Prevention, Pitt County Health Department, Communities Putting Prevention To Work (CPPW), 2011-2012.

*Title:* After-School Physical Activity Programs.

Primary Investigator, \$9,000 Cooper Institute for Aerobics Research, 2009-2010.

*Title:* Development of a Model to Predict Aerobic Fitness from PACER Performance.

Primary Investigator, \$8,000 East Carolina University Teaching Grant, 2010.

*Title:* Development of Integrated Multi-media Modules for Advanced Measurement and Evaluation.

Primary Investigator, \$3,539,886 National Institutes of Health, 2009-2013.

*Title:* The Use of Energizers to Promote Physical Activity in Elementary School Children. (not funded)

Primary Investigator, \$6,399 Pitt County Schools, 2009.

*Title:* Faculty/Staff Wellness Programs.

Primary Investigator, \$28,500 21<sup>st</sup> Century Community Learning Center, 2008-2009.

*Title:* Development and Evaluation of After-school Energizers Activities.

Co-investigator, \$199,495 Active Living Research, Robert Wood Johnson Foundation, 2008-2010.

*Title:* School Intramural Sports and Physical Activity: A Middle School Policy Intervention.

Primary Investigator, \$6,125 Pitt County Schools, 2008.

*Title:* Faculty/Staff Wellness Programs.

Primary Investigator, \$14,990 American Alliance for Health, Physical Education, Recreation, and Dance, 2007.

*Title:* Validation of FITNESSGRAM® Aerobic Fitness and Body Composition Components.

**GRANTS (continued)**

Primary Investigator, \$9,500 Cooper Institute for Aerobics Research, 2007.

*Title:* Assessment of FITNESSGRAM® Body Composition Standards in 12- to 14-year-old Youth.

Primary Investigator, \$9,500 Pitt County Schools, 2007.

*Title:* Assessment of a Faculty Wellness Program.

Primary Investigator, \$19,948 East Carolina University Research Development Award, 2007.

*Title:* Impact of a Faculty Wellness Program on Health Behaviors.

Primary Investigator, \$6,500 Cooper Institute for Aerobics Research, 2006.

*Title:* Validation of FITNESSGRAM® Aerobic Fitness and Body Composition Components in 10- to 11-year-old Children.

Primary Investigator, \$2,000 North Carolina Healthy Schools Mini-Grant, 2006.

*Title:* D.H. Conley High School Faculty/Staff Wellness Challenge.

Primary Investigator, \$30,000 North Carolina Department of Public Instruction, 2006.

*Title:* Project PASS: Physical Activity Success in Schools.

Co-investigator, \$1,565,870 National Institutes of Health, 2006-2008.

*Title:* Reduction in CVD Risk in Children by Physical Activity.

Primary Investigator, \$12,000 Pitt County Schools Board of Education, 2006-2007.

*Title:* Faculty/Staff Wellness Programs.

Primary Investigator, \$13,750 Pitt County Schools Board of Education, 2005-2006.

*Title:* Faculty/Staff Wellness Programs.

Primary Investigator, \$40,000 Pitt Memorial Hospital Foundation Grant, 2004-2005.

*Title:* Increasing Motivation for Physical Activity in Children and Teachers (IMPACT).

Primary Investigator, \$5,850 Pediatric Healthy Weight Research and Treatment Center Grant, 2004-2005.

*Title:* Effect of Circuit Training on Spontaneous Physical Activity, Body Composition, Muscular Strength and Endurance, Aerobic Capacity, Body Image, and Physical Self-efficacy in Overweight, Prepubescent Girls.

Primary Investigator, \$150,000 Pitt Memorial Hospital Foundation Grant, 2003-2004.

*Title:* Project PHASE: Physically Active Sensible Eaters.

Primary Investigator, \$21,144 East Carolina University Research & Creative Activity Award, 2003.

*Title:* Energy Expenditure of Obese and Non-obese Girls during Free-living Physical Activities.

Primary Investigator, \$8,575 East Carolina University Teaching Grant, 2003-2004.

*Title:* Development of Fitness Assessment Training Videos for Web-based Instruction.

**GRANTS (continued)**

Co-investigator, \$10,500 North Carolina Institute of Nutrition, 2002-2003.

*Title:* Investigation of Novel Method to Measure Body Image.

Primary Investigator, \$85,000 Pitt Memorial Hospital Foundation Grant, 2002.

*Title:* After-school Activity Program for Overweight Children.

Primary Investigator, \$88,199 Pitt Memorial Hospital Foundation Grant, 2001.

*Title:* After-school Activity Program for Overweight Children.

Primary Investigator, \$10,874 American Alliance for Health, Physical Education, Recreation, and Dance, 2001.

*Title:* Validation and Test Equating of Measures of Aerobic Capacity.

Primary Investigator, \$10,000 Centers for Disease Control and Prevention through North Carolina Institute of Nutrition, 2001-2002.

*Title:* Evaluation of the Take 10 Classroom-based Physical Activity Program in Kindergarten through Fifth Grade.

Co-investigator, \$10,000 Centers for Disease Control and Prevention through North Carolina Institute of Nutrition, 2001-2002.

*Title:* Investigating the Determinants of Physical Activity – Test of the Youth Activity Promotion Model.

Primary Investigator, \$5,500 North Carolina Institute of Nutrition, 2001-2002.

*Title:* Evaluation of the Take 10 Classroom-based Physical Activity Program in Kindergarten through Fifth Grade.

Co-investigator, \$9,000 North Carolina Institute of Nutrition, 2001-2002.

*Title:* Investigating the Determinants of Physical Activity – Test of the Youth Activity Promotion Model.

Primary Investigator, \$14,483 East Carolina University Research/Creative Activity Grant, 2001.

*Title:* Prediction of Aerobic Capacity in Adolescents.

Co-investigator, \$4,500 North Carolina Institute of Nutrition Grant, 2001.

*Title:* Effects of a Physical Activity Program on Heart Rate Variability and Cortisol in Obese Children.

Primary Investigator, \$61,690 Pitt Memorial Hospital Foundation Grant, 2000.

*Title:* After-school Activity Program for Overweight Children.

Primary Investigator, \$10,000 North Carolina Institute of Nutrition Grant, 2000.

*Title:* Prediction of Energy Expenditure from Accelerometry in Obese and Nonobese Adolescents.

Co-investigator, \$13,800 North Carolina Institute of Nutrition Grant, 2000.

*Title:* Validation of Physical Activity Surveys in Pregnant Women.

**GRANTS (continued)**

Co-investigator, \$5,000 North Carolina Institute of Nutrition Grant, 2000.

*Title:* Does Exercise Training Intensity Influence Spontaneous Physical Activity in Adults?

Primary Investigator, \$15,000 American Alliance for Health, Physical Education, Recreation, and Dance Research Grant, 1999.

*Title:* An After-school Activity Program (ASAP) for Obese Children and Children at Risk for Low Physical Activity.

Primary Investigator, \$8,500 North Carolina Institute of Nutrition Grant, 1999.

*Title:* Effects of a Resistance Training Program on Physical Activity, Body Composition, Muscular Strength and Endurance, and Selected Psychological Variables in Obese, Prepubescent Girls.

Primary Investigator, \$3,000 Pitt County Health Education Foundation, 1999.

*Title:* Higher Education and Community Partnership in a Physical Activity, Health, and Nutrition Program.

Primary Investigator, \$7,300 East Carolina University Teaching Grant, 1999.

*Title:* Development of Computer Modules for Exercise Testing and Evaluation.

Primary Investigator, \$9,500 North Carolina Institute of Nutrition Grant, 1998.

*Title:* Variability of Physical Activity and Body Composition in Children: A Longitudinal Study.

Primary Investigator, \$17,700 East Carolina University Research/Creative Activity Grant, 1998

*Title:* Tracking of Physical Activity and Obesity in Children.

Primary Investigator, \$850 East Carolina University School of Health and Human Performance Seed Grant, 1998.

*Title:* Follow-up of an Aerobic Training Program for Obese Boys and Girls.

Primary Investigator, \$4,500 North Carolina Institute of Nutrition Grant, 1997.

*Title:* Effects of Aerobic Training in Body Composition, Aerobic Capacity, Physical Activity, and Leptin Levels in Obese Prepubescent Boys and Girls.

Primary Investigator, \$4,600 North Carolina Institute of Nutrition Grant, 1996.

*Title:* Prediction of Percent Body Fat from Body Mass Index in Young African American and Caucasian Children.

Co-investigator, \$67,500 East Carolina University Student Computer and Technology Fee Grant, 1996.

*Title:* Expansion and Development of the School of Health and Human Performance Curriculum Enrichment Project, Phase III.

Primary Investigator, \$9,600 East Carolina University Research/Creative Activity Grant, 1996.

*Title:* Determinants of Physical Activity in Children.

**GRANTS (continued)**

Primary Investigator, \$525 East Carolina University School of Health and Human Performance Seed Grant, 1996.

*Title:* Determinants of Physical Activity in Children.

Primary Investigator, \$600 Research Travel Grant, Office of Research and Graduate Studies, East Carolina University, 1996.

*Title:* Research Travel Award for 8th Measurement and Evaluation Symposium.

Co-investigator, \$700 American Association for Active Lifestyles and Fitness Grant, 1995.

*Title:* Test Item Bank for Measurement and Evaluation.

Primary Investigator, \$300 American Association for Active Lifestyles and Fitness Grant, 1995.

*Title:* Development of a Soccer Skills Test Battery.

Statistical Consultant, Coca-Cola Company Grant, 1995.

*Title:* Effect of Beverage Carbohydrate Content on Distance Running Performance in Hot, Humid Conditions.

Primary Investigator, \$550 Appleton/Lippincott Grant, 1993.

*Title:* Computer Software for Measurement and Evaluation in Physical Education and Exercise Science.

Co-investigator, \$6,000 Appleton/Lippincott Grant, 1993.

*Title:* Computer Software for Exercise Testing and Prescription.

Co-investigator, \$2,680 Springfield College Research Fund Grant, 1993.

*Title:* Post-exercise Hemodynamic Differences between Hypertensive and Normotensive Black Males.

Primary Investigator, \$5,000 Appleton/Lippincott Grant, 1992.

*Title:* Enhancement of Programs for Health/fitness Majors.

Primary Investigator, \$300 Springfield College Research Fund Grant, 1992.

*Title:* Prediction Accuracy of Submaximal Step, Cycle, and Treadmill Tests.

Primary Investigator, \$960 Kansas Association for Health, Physical Education, Recreation and Dance Grant, 1988 to 1989.

*Title:* Cross-validation of the Motor Skill Perceived Competence Scale.

Co-investigator, \$957 Kansas Association for Health, Physical Education, Recreation and Dance Grant, 1988 to 1989.

*Title:* Relationships between Perceived Competence of Student Teachers and Psychophysiological Responses to Actual Teaching Experience.



**GRANTS (continued)**

Statistical Consultant, \$6,000 University of Houston Research Initiation Grant, 1988.

*Title:* Motor Skill Perceived Competence Scale.

**PUBLISHED ABSTRACTS**

1. Mahar, M. T., Welk, G. J., Rider, P. M., & Duncan, M. J. (2018). Development and validation of an equation to estimate peak power from vertical in youth. *Medicine and Science in Sports and Exercise*, 50(Suppl.), 669.
2. Sartore-Baldwin, M., Baker, J., Schwab, L., Crenshaw, J., D'Amico, M., Das, B., & Mahar, M.T. (2017). Effects of a dog walking intervention on a university campus: A pilot study. *Medicine and Science in Sports and Exercise*, 49(Suppl.), 33.
3. Das, B.M., Clemmons, B.S., Kemble, C.D., Schreier, A.M., & Mahar, M.T. (2017). Nurses' Physical Activity Study: Caring For You So You Can Care For Others. *Medicine and Science in Sports and Exercise*, 49(Suppl.), 231-232.
4. Mahar, M.T., Nanney, L.W., Das, B.M., Raedeke, T.D., Vick, G.A., & Rowe, D.A. (2016). Implementation of self-determination theory in college physical activity classes. *Medicine and Science in Sports and Exercise*, 48(Suppl.), 765.
5. Mahar, M.T., Nanney, L.W., Das, B.M., Raedeke, T.D., Vick, G.A., & Rowe, D.A. (2015). Effects of an intervention using movement technology in a university physical activity class. *Medicine and Science in Sports and Exercise*, 47(Suppl.), 522.
6. Mahar, T.F., Hall, T.R., Lloyd, A.D., & Mahar, M.T. (2015). Musculoskeletal fitness and health outcomes in youth. *Medicine and Science in Sports and Exercise*, 47(Suppl.), 697.
7. Das, B.M., Sartore-Baldwin, M., & Mahar, M.T. (2015). The invisible employee on the university campus: Grounds and housekeeping workers' perceptions of physical activity. *Medicine and Science in Sports and Exercise*, 47(Suppl.), 388.
8. Burns, R.D., Hannon, J.C., Brusseau, T.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Prediction of VO<sub>2</sub> peak relative to fat-free mass in adolescents. *Medicine and Science in Sports and Exercise*, 47(Suppl.), 114-115.
9. Stylianou, M., Kulinna, P.H., van der Mars, H., Adams, M., Mahar, M.T., & Amazeen, E. (2015). Before-school running/walking club: Effects on elementary students' physical activity. *Research Quarterly for Exercise and Sport*, 86(Suppl. 2), A87.
10. Burns, R.D., Hannon, J.C., Brusseau, T.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Cross-Validation of VO<sub>2peak</sub> prediction models in adolescents. *Research Quarterly for Exercise and Sport*, 86(Suppl. 2), A9.
11. Burns, R.D., Hannon, J.C., Brusseau, T.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Development of a VO<sub>2peak</sub> prediction model from 1-mile run/walk performance. *Research Quarterly for Exercise and Sport*, 86(Suppl. 2), A10.
12. Mahar, M.T., Sung, H., Whaley, M.P., Yun, S., Zhang, W., & Collier, D.N. (2014). Relationships among fitness measures and health outcomes in youth. *Journal of Physical Activity and Health*, 22(Suppl. 1), S171.

**PUBLISHED ABSTRACTS (continued)**

13. Kanters, M., Mahar, M., & Hodge, C. (2014). Physical activity during youth hockey practices: A comparison of two practice models using accelerometers. *Journal of Physical Activity and Health*, 22(Suppl. 1), S159-S160.
14. Mahar, M.T., Maeda, H., Sung, H., & Mahar, T.F. (2014). Accuracy of the Nike Fuelband and Fitbit One Activity Monitors. *Medicine and Science in Sports and Exercise*, 46(Suppl.), 791.
15. Bai, Y., Saint-Maurice, P.F., Kim, Y., Osthus, D., Mahar, M.T., & Welk, G.J. (2014). The impact of BMI on aerobic fitness achievement with both the one-mile run and PACER test. *Medicine and Science in Sports and Exercise*, 46(Suppl.), 830.
16. Maeda, H., Quartiroli, A., Vos, P.W., Carr, L.J., & Mahar, M.T. (2014). Feasibility of retrofitting a library to reduce sedentary behavior. *Medicine and Science in Sports and Exercise*, 46(Suppl.), 565.
17. Mahar, M.T., Edwards, G.A., Carr, L.J., Kemble, C.D., & Cooper, N. (2013). Effects of an after-school physical activity intervention on physical activity, aerobic fitness, and body composition. *Medicine and Science in Sports and Exercise*, 45(Suppl.), S1-S2.
18. Mahar, T.F., Rowe, D.A., & Mahar, M.T. (2013). Comparison of ActiGraph hip worn and wrist worn activity monitors for assessment of physical activity. *Medicine and Science in Sports and Exercise*, 45(Suppl.), S269.
19. Mahar, M. T., Hanna, M.S., Kemble, C.D., DuBose, K.D., & Cooper, N. (2013). Estimation of aerobic fitness from PACER performance in older adolescents. *Research Quarterly for Exercise and Sport*, 84(Suppl. 1), A-29.
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## **SCHOLARLY PRESENTATIONS**

1. Mahar, M.T., & Baweja, H. (2021). AKA Inclusive Excellence: San Diego State University. Presented at the American Kinesiology Association Leadership Workshop, virtual meeting. <https://americankinesiology.org/aka-inclusive-excellence-award/>
2. Mahar, M.T., Welk, G.J., Rider, P.M., & Duncan, M.J. (2018). Development and validation of an equation to estimate peak power from vertical jump in youth. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
3. Mahar, M.T. (2018). Aerobic fitness assessment: Methods and assessment challenges. Presented at the 14<sup>th</sup> Measurement and Evaluation Symposium, Nashville, TN.
4. Baweja, H., Carper, E., Dib, N., Edwards, C., Fellow, J., Harrington, A., Middleman, A., Stewart, A., Goble, G., Mahar, M.T., & Conrad, M. (2018). An objective battery of sensorimotor and cognitive tests to assess effects of work shift length on healthcare workers: A proof of principle study. To be presented at the International Symposium on Human Factors and Ergonomics in Health Care, Boston, MA.
5. Calvert, H.G., Turner, L., & Mahar, M.T. (2017). Classroom physical activity breaks increase physical activity and decrease lengthy blocks of sedentary time for elementary school students. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Victoria, Canada.
6. Das, B.M., Clemmons, B.S., Kemble, C.D., Schreier, A.M., & Mahar, M.T. (2017). Nurses' Physical Activity Study: Caring For You So You Can Care For Others. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
7. Sartore-Baldwin, M., Baker, J., Schwab, L., Crenshaw, J., D'Amico, M., Das, B., & Mahar, M.T. (2017). Effects of a dog walking intervention on a university campus: A pilot study. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
8. Das, B.M., Zwingler, K.A., Dlugonski, D., Raedeke, T.D., & Mahar, M.T. (2017). Physical activity dose for affective response in active women with 5+ hours of daily sedentary time: A pilot study. Presented at the Southeast American College of Sports Medicine Annual Meeting, Greenville, SC.
9. Calvert, H.G., Turner, L., Johnson, T.G., & Mahar, M.T. (2017). Gender and age disparities in steps accrued during the school day. Presented at the Active Living Research Annual Conference, Clearwater Beach, FL.
10. Calvert, H.G., Turner, L., & Mahar, M.T. (2017). Classroom physical activity breaks increase physical activity and decrease lengthy blocks of sedentary time for elementary school students. Submitted for presentation at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Victoria, Canada.

**SCHOLARLY PRESENTATIONS (continued)**

11. Mahar, M.T., Nanney, L.W., Das, B.M., Raedeke, T.D., Vick, G.A., & Rowe, D.A. (2016). Implementation of self-determination theory in college physical activity classes. Presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
12. Knight, N.K., Das, B.M., Raedeke, T.D., & Mahar, M.T. (2016). Effects of a before school physical activity program on physical activity, musculoskeletal fitness, and cognitive function in third-grade children. Presented at the Southeast American College of Sports Medicine Annual Meeting, Greenville, SC.
13. Bokor, S.A., Desilets, P.-A., & Mahar, M.T. (2016). Accuracy of a contact mat for assessment of vertical jump performance. Presented at the Southeast American College of Sports Medicine Annual Meeting, Greenville, SC.
14. Parker, A.J., & Mahar, M.T. (2016). Effects of an acute bout of early morning exercise on cognitive function in adolescent athletes. Presented at the Southeast American College of Sports Medicine Annual Meeting, Greenville, SC.
15. Burns, R., Brusseau, T., Eisenman, P., Schultz, B., Hannon, J., & Mahar, M.T. (2015). Effect of BMI on estimating  $VO_{2\text{ peak}}$  using the one-mile run/walk test in adolescents. Presented at the Southwest District SHAPE (Society of Health and Physical Educators) America Convention, Park City, UT.
16. Mahar, T.F., Hall, T.R., Lloyd, A.D., & Mahar, M.T. (2015). Musculoskeletal fitness and health outcomes in youth. Presented at the Southeast American College of Sports Medicine Annual Meeting, Jacksonville, FL. DOI: 10.13140/RG.2.1.5178.8882
17. Mahar, M.T., Nanney, L.W., Das, B.M., Raedeke, T.D., Vick, G.A., & Rowe, D.A. (2015). Effects of an intervention using movement technology in a university physical activity class. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA. DOI: 10.13140/RG.2.1.4392.4564
18. Mahar, T.F., Hall, T.R., Lloyd, A.D., & Mahar, M.T. (2015). Musculoskeletal fitness and health outcomes in youth. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
19. Das, B.M., Sartore-Baldwin, M., & Mahar, M.T. (2015). The invisible employee on the university campus: Grounds and housekeeping workers' perceptions of physical activity. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
20. Burns, R.D., Hannon, J.C., Brusseau, T.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Prediction of  $VO_2$  peak relative to fat-free mass in adolescents. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
21. Stylianou, M., Kulinna, P.H., van der Mars, H., Adams, M., Mahar, M.T., & Amazeen, E. (2015). Before-school running/walking club: Effects on elementary students' physical activity. Presented at the SHAPE America National Convention, Seattle, WA.

**SCHOLARLY PRESENTATIONS (continued)**

22. Burns, R.D., Hannon, J.C., Brusseau, T.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Development of a  $VO_{2peak}$  prediction model from 1-mile run/walk performance. Presented at the SHAPE America National Convention, Seattle, WA.
23. Burns, R.D., Hannon, J.C., Brusseau, T.A., Saint-Maurice, P.F., Welk, G.J., & Mahar, M.T. (2015). Cross-Validation of  $VO_{2peak}$  prediction models in adolescents. Presented at the SHAPE America National Convention, Seattle, WA.
24. Mahar, M.T., Maeda, H., Sung, H., & Mahar, T.F. (2014). Accuracy of the Nike Fuelband and Fitbit One Activity Monitors. Presented at the American College of Sports Medicine Annual Meeting, Orlando, FL. DOI: 10.13140/RG.2.1.1271.3049
25. Bai, Y., Saint-Maurice, P.F., Kim, Y., Osthus, D., Mahar, M.T., & Welk, G.J. (2014). The impact of BMI on aerobic fitness achievement with both the one-mile run and PACER test. Presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
26. Maeda, H., Quartiroli, A., Vos, P.W., Carr, L.J., & Mahar, M.T. (2014). Feasibility of retrofitting a library to reduce sedentary behavior. Presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
27. Mahar, M.T., Sung, H., Whaley, M.P., Yun, S., Zhang, W., & Collier, D. (2014). Relationships among fitness measures and health outcomes in youth. Presented at the Global Summit on Physical Activity of Children, Toronto, Canada.
28. Kanters, M., Mahar, M.T., & Hodge, C. (2014). Physical activity during youth hockey practices: A comparison of two practice models using accelerometers. Presented at the Global Summit on Physical Activity of Children, Toronto, Canada.
29. Hall, T.R., Moore, J.N., Kulas, A.S., DuBose, K.D. & Mahar, M.T. (2014). Prediction of injury with a Functional Movement Screen™. Accepted, but not presented due to conference cancellation, at the Southeast American College of Sports Medicine Annual Meeting, Greenville, SC.
30. Mahar, M.T., Edwards, G.A., Carr, L.J., Kemble, C.D., & Cooper, N. (2013). Effects of an after-school physical activity intervention on physical activity, aerobic fitness, and body composition. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN. DOI: 10.13140/RG.2.1.1404.4248
31. Mahar, T.F., Rowe, D.A., & Mahar, M.T. (2013). Comparison of ActiGraph hip worn and wrist worn activity monitors for assessment of physical activity. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
32. Mahar, T.F., & Mahar, M.T. (2013). Comparison of hip and wrist worn activity monitors. Presented at the Southeast American College of Sports Medicine Annual Meeting, Greenville, SC.

**SCHOLARLY PRESENTATIONS (continued)**

33. Mahar, M.T., Hanna, M.S., Kemble, C.D., DuBose, K.D., & Cooper, N. (2013). Estimation of aerobic fitness from PACER performance in older adolescents. Presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Charlotte, NC.
34. Mahar, M.T. (2012). Development of PACER multistage shuttle run field test models to estimate VO<sub>2</sub>max in youth. Presented at the International Sport Science Conference, Seoul, South Korea.
35. Mahar, M.T. (2012). Assessment of physical activity and fitness. Presented at the Pediatric Healthy Weight Summit, Greenville, NC.
36. Mahar, M.T., Peavler, M., Edwards, G.A., Boerio, N., & Carr, L.J. (2012). Agreement of hip and ankle worn activity monitors for measurement of physical activity. Presented at the American College of Sports Medicine Annual Meeting, San Francisco, CA.  
DOI: 10.13140/RG.2.1.4550.1525
37. Carr, L.J., Peavler, M., Edwards, G.A., Boerio, N., & Mahar, M.T. (2012). Perceptions of objective and self-report methods for monitoring sedentary and physical activity behaviors. Presented at the American College of Sports Medicine Annual Meeting, San Francisco, CA.
38. Boerio, N.A., Mahar, T.F., Diaz, C.R., Kemble, C.D., Kim, K., & Mahar, M.T. (2012). Effects of simple and complex movements on cognitive function. Presented at the Southeast American College of Sports Medicine Annual Meeting, Jacksonville, FL.
39. Floyd, M.R., Mahar, M.T., Kanters, M.A., & Bocarro, J.N. (2012). Social and environmental correlates of objectively measured physical activity and weight among middle school youth. Presented at the Active Living Research Conference, San Diego, CA.
40. Mahar, M.T., Vuchenich, M.L., Golden, J., DuBose, K.D., & Raedeke, T.D. (2011). Effects of a before-school physical activity program on physical activity and on-task behavior. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
41. Mahar, M. T., MacKenzie, C. J., & Diaz, C. R. (2011). *Effects of Physical Activity Before School on Cognitive Function in Fifth Grade Students*. ACSM's Physical Activity, Cognitive Function, and Academic Achievement Conference, Washington, District of Columbia.
42. Rowe, D.A., Welk, G.J., Heil, D., & Mahar, M.T. (2011). Studying walking: Comparison of the cadence/speed/energy expenditure relationship during overground vs. treadmill walking. Presented at the 2<sup>nd</sup> International Conference on Ambulatory Monitoring of Physical Activity and Movement, Glasgow, Scotland.
43. Mahar, M.T. (2010). Impact of short bouts of physical activity on attention-to-task in elementary school children. Presented at the University of Kansas 12th Annual Obesity Conference, Overland Park, KS.

**SCHOLARLY PRESENTATIONS (continued)**

44. Mahar, M.T., Guerieri, A.M., Hanna, M.S., & Kemble, C.D. (2010). Development of a model to estimate aerobic fitness from PACER performance in adolescents. Presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Indianapolis, IN.
45. Guerieri, A.G., Mahar, M.T., Rowe, D.A., Kemble, C.D., & Raedeke, T.D. (2010). Physical activity, academic performance, and physical self-description in adolescent females. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.
46. Mahar, M.T., Guerieri, A.M., Hanna, M.S., & Kemble, C.D. (2010). Comparison of aerobic fitness assessed during treadmill and PACER tests. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.
47. Boiarskaia, E., Zhu, W., & Mahar, M.T. (2010). A cross-validation study of an equating method linking field fitness tests. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.
48. DuBose, K.D., Mahar, M.T., Sugg, M., & Munday, K. (2010). Evaluation of a school-based faculty/Staff wellness intervention. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.
49. Kanters, M., Bocarro, J., Casper, J., & Mahar, M.T. (2010). Sport participation and physical activity in middle school students: A comparison of varsity and intramural sport delivery models. Accepted for presentation at the 7th Annual Pediatric Healthy Weight Summit in Greenville, NC.
50. Kemble, C.D., Mun, J.B., Rowe, D.A., DuBose, K.D., Raedeke, T.D., & Mahar, M.T. (2009). Accuracy of bioelectrical impedance analyzers in college athletes: Does hydration matter? Presented at the National Strength and Conditioning Association National Conference, Las Vegas, NV.
51. Mahar, M.T., Guerieri, A.M., Kanters, M.A., & Bocarro, J.N. (2009). Effect of epoch length on objectively-measured physical activity in middle school students. Presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
52. Miller, T.Y., Raedeke, T.D., Mahar, M.T., Karvinen, K., & Valrie, C. (2009). Impact of physical activity guidelines on physical activity level and self-efficacy. Presented at the North American Society for Psychology of Sport and Physical Activity Annual Meeting, Austin, TX.
53. Kanters, M.A., Bocarro, J.N., Mahar, M.T., Casper, J., McKenzie, T., & Perry, W.S. (2009). Middle school sports and physical activity: A study of contrasting school sport policies. Presented at the Healthy Kids, Healthy Nation Conference, Atlanta, GA.



**SCHOLARLY PRESENTATIONS (continued)**

54. Mahar, M.T., Smith, S., Rowe, D.A., DuBose, K.D., & McCammon, M.R. (2008). Effect of sampling interval on objectively-measured physical activity in pre-school children. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
55. Rowe, D.A., Kemble, C.D., Birkenmeyer, M.J., & Mahar, M.T. (2008). Inter-instrument and interposition agreement for the Actiband accelerometer during walking and running in 10-11 year old boys. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
56. DuBose, K.D., Hickner, R.C., Brophy, P., Westerkamp, L., Finkelstein, J. & Mahar, M.T. (2008). Relationship between physical activity levels and the metabolic syndrome score. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
57. Rowe, D.A., Kemble, C.D., Birkenmeyer, M.J., & Mahar, M.T. (2008). Criterion-related validity evidence for the Actiband accelerometer in 10-11 year old boys. Presented at the 2<sup>nd</sup> International Congress on Physical Activity and Public Health, Amsterdam, The Netherlands.
58. Rowe, D.A., Mahar, M.T., & Aull, J.L. (2008). Making valid statements about obesity and physical activity: The importance of defining constructs. Presented at the CORE Conference on Free-Living Physical Activity Assessment, Glasgow, Scotland.
59. Kanters, M.A., Bocarro, J.N., Mahar, M.T., Casper, J., & McKenzie, T. (2008). School intramural sports and physical activity: A middle school policy intervention. Presented at the Active Living Research Conference, Washington, DC.
60. Barreira, T., Kang, M., Rowe, D.A., & Mahar, M.T. (2007). Validation of an individual information-centered method for handling accelerometer missing data. To be presented at the Symposium on Diversity in Physical Activity and Health: Measurement and Research Issues and Challenges, Dallas, TX.
61. Mahar, M.T., Miller, T.Y., & Rowe, D.A. (2007). Agreement of activity counts and minutes of moderate to vigorous physical activity assessed with Actical and Actigraph accelerometers. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.
62. Rowe, D.A., Welk, G., Heil, D.P., Mahar, M.T., Kemble, C.D., Aycock, J.L., Guerieri, A.M., Calabro, M.A., Camenisch, K. (2007). Prediction of energy expenditure from overground and treadmill walking speed in healthy adults. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Baltimore, MD.
63. Rowe, D.A., Welk, G.J., Heil, D.P., Mahar, M.T., Kemble, C.D., Calabro, M.A., & Camenisch, K. (2007). Influence of height and stride length on estimation of walking intensity from stepping rate. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.

**SCHOLARLY PRESENTATIONS (continued)**

64. O'Connor, D., Mahar, M.T., Laughlin, M., Wier, L., & Jackson, A.S. (2007). Misuse of the Bland-Altman method with cross-validation. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.
65. Kemble, C.D., Mahar, M.T., Rowe, D.A., Murray, N.P., & Cooper, N. (2007). Energy expenditure during rest, traditional video game play, and interactive video game play in adolescent boys. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.
66. Mahar, M.T., Aull, J.L., & Rowe, D.A. (2006). Energy expenditure of 8- to 12-year-old overweight and normal weight girls during lifestyle physical activities. Paper presented at the Conference of the North American Society for Pediatric Exercise Medicine, Charleston, SC.
67. DuBose, K.D., Mahar, M.T., & Rowe, D.A. (2006). Physical activity levels of overweight and non-overweight girls assessed by accelerometers, pedometers, and questionnaires. Paper presented at the Conference of the North American Society for Pediatric Exercise Medicine, Charleston, SC.
68. Rowe, D.A., Robinson, T.S., Kemble, C.D., & Mahar, M.T. (2006). Accuracy of the 10,000 steps/day recommendation for identifying sufficiently active older adults. Paper presented at the International Congress on Physical Activity and Public Health, Atlanta, GA.
69. Mahar, M.T., Murphy, S.K., Rowe, D.A., Golden, J., Shields, A.T., & Raedeke, T.D. (2006). Effects of a classroom-based physical activity program on physical activity and on on-task behavior in elementary school children. Paper presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO.
70. Rowe, D.A., Mahar, M.T., Kemble, C.D., Robinson, T.S., Starnes, R.L., & Raedeke, T.D. (2006). Associations between total daily step count and minutes of "healthy" physical activity. Paper presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO.
71. Robinson, T.S., Rowe, D.A., & Mahar, M.T. (2006). Number of days of monitoring needed with accelerometers and pedometers to obtain reliable estimates of habitual physical activity in adults. Paper presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO.
72. Kemble, C.D., Robinson, T.S., Starnes, R.L., Barber, D.H., Murphy, S.K., Rowe, D.A., & Mahar, M.T. (2006). Comparison of six activity monitors during a 440-m walk and over 24-hours of free-living physical activity. Paper presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO.
73. DuBose, K.D., Robinson, T.S., Rowe, D.A., & Mahar, M.T. (2006). Validation of a modified version of the Godin-Shephard Leisure-Time Exercise Questionnaire. Paper presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO.

**SCHOLARLY PRESENTATIONS (continued)**

74. Rowe, D.A., & Mahar, M.T. (2005). *Validation of a walking behavior measure*. Paper presented at the International symposium on Walking for Health: Measurement and Research Issues and Challenges, Urbana-Champaign, IL.
75. Kemble, C.D., Robinson, T.S., Starnes, R.L, Barber, D.H., Murphy, S.K., Rowe, D.A., & Mahar, M.T. (2005). Comparison of six brands of activity monitors during free-living physical activities. Paper presented at the International symposium on Walking for Health: Measurement and Research Issues and Challenges, Urbana-Champaign, IL.
76. Robinson, T.S., Collins, G., Aull, J.L., & Mahar, M.T. (2005). Comparison of four bioelectrical impedance analyzers in college students. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Atlanta, GA.
77. Mahar, M.T., Rowe, D.A., & Robinson, T.S. (2004). Individual Information-Centered Approach to Missing Data. Paper presented at the Objective Measurement of Physical Activity Scientific Meeting, Chapel Hill, NC.
78. Mahar, M.T., & Shields, A.T. (2004). Promoting physical activity in children through after-school and faculty wellness programs. Presentation at the Wake County Human Services 6<sup>th</sup> Annual Community Forum, Raleigh, NC.
79. Mahar, M.T., Crotts, D.J., & Rowe, D.A. (2004). Equivalence reliability and validity of the Tritrac and RT3 triaxial accelerometers in youth. Paper presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
80. McIver, K., Pfeiffer, K.A., Mahar, M.T., & Pate, R.R. (2004). Associations between peak VO<sub>2</sub> and field tests of cardiorespiratory fitness in adolescent males. Paper presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
81. Welk, G.J., McClain, J.J., Schaben, J.A., & Mahar, M.T. (2004). Method agreement between two field measures of aerobic fitness in youth. Paper presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
82. Rowe, D.A., & Mahar, M.T. (2004). FITNESSGRAM BMI standards: Are there race differences? Paper presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
83. Mahar, M.T., Rowe, D.A., & Robinson, T.S. (2004). Individual Information-Centered Approach to Missing Data. Paper presented at the Objective Measurement of Physical Activity Scientific Meeting, Chapel Hill, NC.
84. Mahar, M.T., & Shields, A.T. (2004). Promoting physical activity in children through after-school and faculty wellness programs. Presentation at the Wake County Human Services 6<sup>th</sup> Annual Community Forum, Raleigh, NC.

**SCHOLARLY PRESENTATIONS (continued)**

85. Russoniello, C.V., O'Brien, K., Mahar, M.T., & Hardy, K. (2004). A measurement of stress reactivity in obese children. Paper presented at the Society of Behavioral Medicine's 25th Annual Meeting and Scientific Sessions, Baltimore, MD.
86. Mahar, M.T. (2003). Physical activity assessment in children. Presentation at the East Carolina University Summit on Childhood Obesity Prevention and Treatment, Greenville, NC.
87. Mahar, M.T. (2003). Reliability and validity of field tests of aerobic capacity in youth. Symposium presented at the American College of Sports Medicine Annual Meeting, San Francisco, CA.
88. Mahar, M.T., Rowe, D.A., Kenny, R.K., & Fesperman, D.N. (2003). Evaluation of the *Take 10!* classroom-based physical activity program. Paper presented at the American College of Sports Medicine Annual Meeting, San Francisco, CA.
89. Shields, A.T., McCammon, M.R., Mahar, M.T., Raedeke, T.D., Slentz, C.A., & Kraus, W.E. (2003). The effect of structured exercise intensity and volume on spontaneous physical activity in adults. Paper presented at the American College of Sports Medicine Annual Meeting, San Francisco, CA.
90. Rowe, D.A., Mahar, M.T., & Raedeke, T.D. (2003). Test of a measurement model for investigating the Youth Physical Activity Promotion Model. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Convention, Philadelphia, PA.
91. D.A. Rowe, M.T. Mahar, T.D. Raedeke, & J. L. Lore. (2003). Reliability and validity of six days of pedometer data collected using two procedures in middle school children. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Atlanta, GA.
92. McDonald, S.M., Rowe, D.A., & Mahar, M.T. (2003). Relationship between two body image measures in obese adolescent boys and girls. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Atlanta, GA.
93. Russoniello, C., Mahar, M.T., Rowe, D.A., Pougatchev, V., & Zhirnov, E. (2003). The effectiveness of photoplethysmography in measuring heart rate variability. Paper presented at the Association for Applied Psychophysiology and Biofeedback Annual Meeting, Jacksonville, FL.
94. Mahar, M.T., Welk, G.J., & Rowe, D.A. (2002). Validation and test equating of measures of aerobic capacity in adolescents. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, San Diego, CA.

**SCHOLARLY PRESENTATIONS (continued)**

95. Mahar, M.T., Rowe, D.A., Kenny, R.K., & Fesperman, D.N. (2002). Evaluation of the *Take 10* classroom-based physical activity program in kindergarten through fifth grade. Paper presented at the North Carolina Institute of Nutrition Annual Research Symposium, Chapel Hill, NC.
96. Mahar, M.T., Crotts, D.J., McCammon, M.R., & Rowe, D.A. (2002). Validity of the PWC170 and PACER tests as measures of aerobic capacity in 12- to 14-year-old girls. Paper presented at the American College of Sports Medicine Annual Meeting, St. Louis, MO.
97. Rowe, D.A., Mahar, M.T., Crotts, D.J., & McCammon, M.R. (2002). Interinstrument reliability and criterion-related validity evidence for the RT3 physical activity monitor in 12- to 14-year-old girls. Paper presented at the American College of Sports Medicine Annual Meeting, St. Louis, MO.
98. Masse, L.C., Watson, K.B., Fulton, J.E., & Mahar, M.T. (2002). Validating accelerometer and diary against the doubly labeled water methodology among minority women. Paper presented at the American College of Sports Medicine Annual Meeting, St. Louis, MO.
99. Russoniello, C.V., Mahar, M.T., DiNallo, J.M., McCammon, M.R., Skalko, T.K., Rowe, D.A. (2002). Effects of a physical activity program on heart rate variability in obese children. Paper presented at the Association for Applied Psychophysiology and Biofeedback Annual Meeting, Las Vegas, NV.
100. Mahar, M.T., Hales, D.P., & McCammon, M.R. (2001). Effects of an activity program on spontaneous physical activity, aerobic capacity, body composition, and perceived physical competence in obese children. Paper presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.
101. Crotts, D.J., Berggren, J.R., & Mahar, M.T. (2001). Field evaluation of the inter-instrument reliability of the Tritrac accelerometer and Digiwalker pedometer. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Columbia, SC.
102. Mahar, M.T., Crotts, D.J., McCammon, M.R., & Rowe, D.A. (2001). Prediction of energy expenditure from accelerometry in obese and nonobese girls. Paper presented at the Annual Research Symposium of The University of North Carolina Institute of Nutrition, Chapel Hill, NC.
103. Mahar, M.T., Wier, L.T., Bray, M., Blair, S.N., & Jackson, A.S. (2001). Diagnostic value of a non-exercise VO<sub>2</sub> max prediction model to assess low aerobic fitness in men. Paper presented at the International Sports Medicine Conference, Dublin, Ireland.

**SCHOLARLY PRESENTATIONS (continued)**

104. Russoniello, C.V., Mahar, M.T., DiNallo, J.M., McCammon, M.R., & Rowe, D.A. (2001). Effects of a physical activity program on heart rate variability and cortisol in obese children. Paper presented at the Annual Research Symposium of The University of North Carolina Institute of Nutrition, Chapel Hill, NC.
105. Shields, A.T., McCammon, M.R., Mahar, M.T., Slentz, C.A., Kraus, W.E., & Houmard, J.A. (2001). Does exercise training intensity influence spontaneous physical activity in adults? Paper presented at the Annual Research Symposium of The University of North Carolina Institute of Nutrition, Chapel Hill, NC.
106. Mahar, M.T., McCammon, M.R., DiNallo, J.M., Buckalew, L., & Rowe, D.A. (2001). Effects of an activity program on spontaneous physical activity, aerobic capacity, body composition, and perceived physical competence in obese children. Paper presented twice at the North Carolina Symposium on Overweight in Children and Youth, Chapel Hill, NC.
107. Mahar, M.T., Hales, D.P., & McCammon, M.R. (2000). An After-school activity program (ASAP) for obese and low active children. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Orlando, FL.
108. Mahar, M.T., Hales, D.P., & DiNallo, J.M. (2000). Relationship between After-school physical activity and weekend physical activity levels in children. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
109. DiNallo, J.M., Jackson, A.S., & Mahar, M.T. (2000). A submaximal treadmill test for prediction of aerobic capacity. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
110. DiNallo, J.M., Hales, D.P., Williams, G. & Mahar, M.T. (2000). Relationships between physical activity, aerobic capacity, and body composition in children. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Charlotte, NC.
111. Donovan, M.P. & Mahar, M.T. (2000). Criterion-referenced and norm-referenced reliability of the mile run/walk and pacer in college age men and women. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Charlotte, NC.
112. DiNallo, J.M., & Mahar, M.T. (2000). Effects of a resistance training program on physical activity, body composition, muscular strength and endurance, and selected psychological variables in prepubescent, obese girls. Paper presented at the North Carolina Institute of Nutrition Annual Research Symposium, Chapel Hill, NC.

**SCHOLARLY PRESENTATIONS (continued)**

113. Mahar, M.T., Hales, D.P., Williams, G., & DiNallo, J.M. (1999). Physical activity assessment by the Tritrac-R3D accelerometer, Digiwalker pedometer, and self-report measures in children. Paper presented at the Measurement of Physical Activity Symposium, Dallas, TX.
114. Mahar, M.T. (1999). Variability of physical activity and body composition in children: A longitudinal study. Paper presented at the North Carolina Institute of Nutrition Annual Research Symposium, Chapel Hill, NC.
115. Baker, J.T., Mahar, M.T., Brunson, M.A., Houmard, J.A., & Hickner, R.C. (1999). Relationship between aerobic capacity and fasting plasma glucose as an indicator of Type 2 diabetes. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Norfolk, VA.
116. Mahar, M.T., Williams, G., Eisenhower, J.M., & Dawson, D.M. (1999). Classification agreement among four self-report measures of physical activity in adolescents. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
117. Batterham, A.M., Vanderburgh, P.M., Mahar, M.T., & Jackson, A.S. (1999). Modeling the influence of known covariates on the age-related decline in peak aerobic power. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
118. Rosenberg, A.J., Mahar, M.T., Boney, D., & Sheth, S. (1999). Body mass index (BMI) in school age children. Presented at the Annual Meeting of the North American Society for Pediatric Gastroenterology and Nutrition, Denver, CO.
119. Mahar, M.T., Mullery, K.A., McCammon, M.R., Curtis, A.S., Rawl, R.P. (1998). Effects of aerobic training on body composition, aerobic capacity, physical activity, and leptin levels in obese, prepubescent boys and girls. Paper presented at the North Carolina Institute of Nutrition Annual Research Symposium, Chapel Hill, NC.
120. Mahar, M.T., Mullery, K.A., & Raymond, N.R. (1998). Relationship between perceptions of relative weight, physical activity, and aerobic fitness in children. Paper presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
121. Rowe, D.A., Nixon, R.E., Michael, T.J., & Mahar, M.T. (1998). Norm-referenced reliability of four body composition measures in young children. Paper presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
122. Brunson, M.A., Lombard, S., Mahar, M.T., Baker, J.T., Keen, S.U., Miller, L.R., Moreland, M.R., Noland, R.C., William, G., & McCammon, M.R. (1998). Cross-validation of five techniques to determine body composition. Paper presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.

**SCHOLARLY PRESENTATIONS (continued)**

123. Headley, S.A.E., Keenan, T., Manos, T.M., Phillips, K., Lachowitz, A., Keenan, H., & Mahar, M.T. (1998). Hemodynamics and post-exercise hypotension in Caucasian and African American borderline hypertensive females. Paper presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
124. Mahar, M.T. (1997). Prediction of percent body fat from body mass index in young African American and Caucasian children. Paper presented at the North Carolina Institute of Nutrition Annual Research Symposium, Chapel Hill, NC.
125. Mahar, M.T., Parker, C.R., & Rowe, D.A. (1997). Obesity status, physical activity, and aerobic fitness in children. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
126. Thomson, C.M., & Mahar, M.T. (1997). Criterion-referenced reliability of the modified pull-up and flexed-arm hang tests of upper body strength and endurance. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
127. Parker, C.M., Dawson, D.M., & Mahar, M.T. (1997). Children's attitudes toward three tests of aerobic capacity. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
128. Kenny, R.K., & Mahar, M.T. (1997). Perceptions of physical education among pre-service elementary school teachers. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
129. Rowe, D.A., & Mahar, M.T. (1997). Cross-validation of an equation to predict percent fat from body mass index in young black children. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
130. Israel, R.G., Gardiner, S.N., McCammon, M.R., Mahar, M.T., Considine, R.V., Caro, J.F., & Hickey, M.S. (1997). Determinants of systemic leptin levels in adult Caucasian males. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
131. Headley, S., Keenan, T., Manos, T., Phillips, K., Lachowitz, A., Keenan, H., & Mahar, M.T. (1997). Plasma renin and hemodynamic responses in Caucasian and African American borderline hypertensive females. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
132. Hird, J.C., Cortright, R.N., Hickey, M.S., Dohm, G.L., Mahar, M.T., & Houmard, J.A. (1997). Effect of 7 days of exercise training on insulin action in young versus aged subjects. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.



**SCHOLARLY PRESENTATIONS (continued)**

133. McCammon, M.R., Dence, A.M., Mahar, M.T., Moreland, M.R., Baggett, C.D., Ahne, R.A., & Houmard, J.A. (1997). Cross-validation of different VO<sub>2</sub> max assessment methods. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
134. Mahar, M.T., Parker, C.R., & Rowe, D.A. (1997). Agreement among three field tests of aerobic capacity. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, St. Louis, MO.
135. Griffin, S., Felts, M., Parrillo, A.V., Mahar, M.T., Knight, S.M., & Glascoff, M.A. (1997). Perceived benefits of exercise among 35-to-55 year old chronic exercisers. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, St. Louis, MO.
136. Mahar, M.T., Parker, C.R., & Rowe, D.A. (1997). Relationship between obesity status and measures of physical activity in children. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Atlanta, GA.
137. McCammon, M.R., Dence, A.M., Moreland, M.R., Baggett, C.D., Ahne, R.A., & Mahar, M.T. (1997). The YMCA submaximal cycle protocol does not accurately predict VO<sub>2</sub> max. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Atlanta, GA.
138. Mahar, M.T. (1996). Could Sir Ronald Fisher have been wrong? Paper presented at the 8<sup>th</sup> Measurement and Evaluation Symposium, Corvallis, OR.
139. Mahar, M.T., & Vanderburgh, P.M. (1996). Allometric scaling: What exercise scientists should know about it. Colloquium presented at the American College of Sports Medicine Annual Meeting, Cincinnati, OH.
140. Parker, C.R., Mahar, M.T., & Holt, J.E. (1996). Reliability and agreement among three criterion-referenced tests of aerobic capacity. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
141. Dence, A.M., McCammon, M.R., & Mahar, M.T. (1996). Reliability and cross-validation of the YMCA submaximal cycle test for estimating maximal aerobic capacity. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
142. Dunbar, R.J., & Mahar, M.T. (1996). Norm-referenced and criterion-referenced reliability of the one mile run/walk in ninth grade students. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.

**SCHOLARLY PRESENTATIONS (continued)**

143. Mahar, M.T., Parker, C.R., Dawson, D.M., Mahar, F.J., & Rowe, D.A. (1996). Norm-referenced and criterion-referenced agreement between the one mile run/walk and PACER. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.
144. Mahar, M.T., Parker, C.R., Dawson, D.M., Mahar, F.J., & D.A. Rowe. (1996). Sex and race differences in physical activity, aerobic fitness, and body composition among fifth grade children. Paper presented at the American College of Sports Medicine Annual Meeting, Cincinnati, OH.
145. McCammon, M.R., Mahar, M.T., Holt, J.E., Allard, J.L., & Houmard, J.A. (1996). An evaluation of two different types of training on VO<sub>2</sub> max, body composition and lipids. Paper presented at the American College of Sports Medicine Annual Meeting, Cincinnati, OH.
146. Wagner, C.L., Israel, R.G., Marks, R.H., Cayton, R.S., Mahar, M.T., & McCammon, M.R. (1996). Effects of acute exercise training in men with elevated lipoprotein(a) levels. Paper presented at the American College of Sports Medicine Annual Meeting, Cincinnati, OH.
147. Hickey, M. S., Mahar, T. L., Tyndall, G. L., Israel, R. G., Houmard, J. A., & Mahar, M. T. (1996). Running performance in hot, humid conditions: Effect of beverage carbohydrate content. Paper presented at the American College of Sports Medicine Annual Meeting, Cincinnati, OH.
148. Mahar, M.T., Tyndall, G.L., McCammon, M.R., & Houmard, J.A. (1996). Ability of prediction models to track training induced changes in aerobic fitness. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN.
149. Wagner, C.L., Marks, R.H., Israel, R.G., Cayton, R.S., & Mahar, M.T. (1996). Relationship between cardiorespiratory fitness and lipoprotein(a) in African American men. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN.
150. Smith, B.R., McCammon, M.R., Coates, D.H., Mahar, M.T., & Houmard, J.A. (1996). Submaximal heart rate, perceived exertion and respiratory exchange ratio responses to three modes of exercise. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN.
151. Mahar, T.L., Tyndall, G.L., Israel, R.G., Houmard, J.A., Mahar, M.T., & Hickey, M.S. (1996). Effect of beverage carbohydrate content on fluid balance during prolonged exercise in the heat. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN.

**SCHOLARLY PRESENTATIONS (continued)**

152. DeVita, P., Hortobagyi, T., Money, J., Torry, M., Glover, K., Speroni, D., Barrier, J., Mahar, M., & Lochmann, J. (1996). Gait adaptations before and after ACL reconstruction surgery. Paper presented at the American Society of Biomechanics Annual Meeting, Atlanta, GA.
153. Mahar, M.T., Parker, C.R., Dawson, D.M., & Mahar, F. J. (1995). Criterion-referenced agreement between youth fitness tests of body composition. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
154. Parker, C.R., Mahar, M.T., Dawson, D.M., & Mahar, F.J. (1995). Classification agreement between criterion-referenced youth fitness tests of aerobic capacity. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
155. Hui, S.C., Mahar, M.T., & Jackson, A.S. (1995). Adjusting upper body strength by body mass using allometric scaling. Paper presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
156. McCammon, M.R., Tyndall, G.L., Mahar, M.T., Smith, L.L., & Houmard, J.A. (1995). The YMCA cycle test does not accurately predict changes in  $\text{VO}_2$  max. Paper presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
157. Harackiewicz, D.V., Vanderburgh, P.M., & Mahar, M.T. (1995). The validity of ratio scaling and the evaluation of peak anaerobic power. Paper presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
158. Mahar, M.T., & Rowe, D.A. (1995). Validation of submaximal and non-exercise estimates of aerobic capacity. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Portland, OR.
159. Mahar, M.T. (1995). Allometric scaling of maximal aerobic capacity in females. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Lexington, KY.
160. Mahar, M.T., & Rowe, D.A. (1994). Reliability and validity of three soccer skills tests. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
161. Mahar, M.T., Vanderburgh, P.M., Jackson, A.S., & Rowe, D.A. (1994). Evaluation of relative  $\text{VO}_2$  max by allometry. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
162. Hui, S.C., Mahar, M.T., Scheuchenzuber, H.J., & Evans, E.E. (1994). Comparison of acute cardiac response to submaximal isometric, isotonic, and isokinetic exercise. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.

**SCHOLARLY PRESENTATIONS (continued)**

163. Vanderburgh, P.M., & Mahar, M.T. (1994). Power function analysis and the U.S. Army Two Mile Run Test: Adjustment for body mass. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
164. Harackiewicz, D.V., Mahar, M.T., Jensen, B.E., & Sullivan, W.J. (1994). Factor analysis of common and modified anaerobic power tests in male and female college athletes. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Denver, CO.
165. Rowe, D.A., & Mahar, M.T. (1994). Are American children fit? A comparison with Bahamian elementary school age children. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Denver, CO.
166. Russell-McCaleb, K., Mahar, M.T., Aseltine, R., Simmons, J., & Post, K. (1994). Components of independent in persons with spinal cord injury. Paper presented at the American Occupational Therapy Association, Boston, MA.
167. Mahar, M.T., Rowe, D.A., Rock, J., & Gagnon, J. (1994). Evaluation of estimates of aerobic capacity from submaximal and non-exercise models. Paper presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greensboro, NC.
168. Mahar, M.T., & Jackson, A.S. (1993). Evaluation of heart rate estimates of exercise intensity. Paper presented at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Convention, Greensboro, NC.
169. Harackiewicz, D.V., Mahar, M.T., Jensen, B.E., & Sullivan, W.J. (1993). Comparison of anaerobic power scores in male and female athletes with adjustment for body size. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
170. Nindl, B.C., Davis, B.H., Mahar, M.T., Harman, E. A., & Patton, J.F. (1993). Adolescent male vs. female upper and lower body anaerobic performance controlling for anthropometric differences. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
171. Davies, M.J., Mahar, M.T., Jensen, B.E., & Cunningham, L.N. (1993). Gender differences in running economy with statistical control for physiological and training parameters. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
172. Nindl, B.C., Harman, E.A., Mahar, M.T., & Patton, J.F. (1993). Anthropometric predictors of anaerobic power of male and female adolescent athletes. Paper presented at the Joint Meeting of the European Group for Pediatric Work Physiology and The North American Society of Pediatric Exercise Medicine, Toronto, Canada.

**SCHOLARLY PRESENTATIONS (continued)**

173. Nindl, B.C., Davis, B.H., Mahar, M. T., Harman, E.A., & Patton, J.F. (1992). Sex differences in anaerobic performance among adolescent athletes. Paper presented at the New England Chapter of the American College of Sports Medicine Annual Meeting, Boxborough, MA.
174. Mahar, M.T. (1992). AAHPERD soccer skills test battery. Paper presented at the American Alliance of Health, Physical Education, Recreation and Dance Convention, Indianapolis, IN.
175. Londergan, S.P., & Mahar, M.T. (1992). Comparison of resting metabolic rate in weight cycled vs. non-weight cycled wrestlers. Paper presented at the American College of Sports Medicine Annual Meeting, Dallas, TX.
176. Rowe, D.A., & Mahar, M.T. (1992). Health-related fitness levels in Bahamian elementary school age children. Paper presented at the Massachusetts Association of Health, Physical Education, Recreation and Dance Convention, Marlboro, MA.
177. Brady, L.M., Van Raalte, J.L., Mahar, M.T., & Petitpas, A.J. (1992). Effects of diaphragmatic breathing on pitching accuracy and heart rate of college women softball pitchers. Paper presented at the Ninth Annual Conference on Counseling Athletes, Springfield, MA.
178. Tarrentino, A.T., & Mahar, M.T. (1991). Accuracy of prediction models for tracking training induced changes in aerobic capacity. Paper presented at the Massachusetts Association of Health, Physical Education, Recreation and Dance Convention, Randolph, MA.
179. Gorman, R.S., Mahar, M.T., & Stillwell, J. (1991). Cholesterol awareness for elementary school children. Paper presented at the World Congress of the International Association of Physical Education Schools in Higher Education, Atlanta, GA.
180. Rudisill, M.E., Mahar, M.T., & Meaney, K.S. (1990). The relationship between children's perceived and actual motor skill competence. Paper presented at the American Alliance of Health, Physical Education, Recreation and Dance Convention, New Orleans, LA.
181. Meaney, K.S., Rudisill, M.E., & Mahar, M.T. (1990). The relationship between teachers' perceptions of children's motor skill competence and children's perceived and actual motor skill competence. Paper presented at the American Alliance of Health, Physical Education, Recreation and Dance Convention, New Orleans, LA.
182. Mahar, M.T., & Jackson, A.S. (1989). Accuracy of heart rate models for estimating exercise intensity. Paper presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.
183. Jackson, A.S., Blair, S.N., Mahar, M.T., Wier, L.T., Stuteville, J.E., & Ross, R.M. (1989). Prediction of VO<sub>2</sub> max without exercise testing. Paper presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD.

**SCHOLARLY PRESENTATIONS (continued)**

184. Mahar, M.T. & Jackson, A.S. (1989). Estimation of VO<sub>2</sub> max from submaximal treadmill exercise. Paper presented at the American Alliance of Health, Physical Education, Recreation and Dance Convention, Boston, MA.
185. Rudisill, M.E., Mahar, M.T., & Meaney, K.S. (1989). Development of a Motor Skill Perceived Competence Scale for children. Paper presented at the American Alliance of Health, Physical Education, Recreation and Dance Convention, Boston, MA.
186. Mahar, M.T. (1989). Theory of evaluation in public school physical education. Invited presentation at the Central District American Alliance of Health, Physical Education, Recreation and Dance Convention, Lincoln, NE.
187. Mahar, M.T. (1988). Development and validation of heart rate models for the metabolic determination of exercise intensity. Paper presented at the Kansas Association for Health, Physical Education, Recreation and Dance Convention, Wichita, KS.
188. Pivarnik, J.M., Sherman, N.W., & Mahar, M.T. (1988). Acute responses to downhill and uphill walking and running. Paper presented at the American College of Sports Medicine Annual Meeting, Dallas, TX.
189. Jackson, A.S., Pollock, M.L., Graves, J., & Mahar, M.T. (1987). Validity of determining body composition by total body bioelectrical impedance. Paper presented at the American College of Sports Medicine Annual Meeting, Las Vegas, NV.
190. Mahar, M.T., Jackson, A.S., Ross, R.M., Pivarnik, J.M., & Pollock, M.L. (1985). Predictive accuracy of single and double stage sub max treadmill work for estimating aerobic capacity. Paper presented at the American College of Sports Medicine Annual Meeting, Nashville, TN.
191. Jackson, A.S., Goulden, D.D., Stuteville, J.E., & Mahar, M.T. (1984). The effects of work and age on exercise systolic blood pressure response of healthy men. Paper presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

## **UNIVERSITY SERVICE**

San Diego State University, member Task Force for College of Health and Human Services Strategic Plan, 2024-present.

San Diego State University, member Live Well Center for Innovation and Leadership Steering Committee, 2022-present.

San Diego State University, Chair, Panel for Administrative Review of the Dean of the College of Health and Human Services, 2023.

San Diego State University, member, Graduate Council, 2021-2023.

San Diego State University, member, Graduate Policy Committee, 2021-2023.

San Diego State University, member, Committee on Academic Policy and Planning, 2017-2022.

San Diego State University, member, University Senate, 2017-2022.

San Diego State University, member, Search Committee for Chair, Department of Civil, Construction, and Environmental Engineering, 2021-2022.

San Diego State University, Inclusion Representative (for search committee), 2021-2022.

San Diego State University, member, Search Committee for Director of Enrollment Management, 2019-2020.

San Diego State University, member, Parking and Transportation Committee, 2018-2019.

San Diego State University, member, Interprofessional Education Task Force, College of Health and Human Services, 2017-2018.

San Diego State University, member, Executive Leadership Team, College of Health and Human Services, 2016-present.

East Carolina University, Chair, Chancellor's Student Complaint Task Force, 2014-2015.

East Carolina University, member, Student Conduct Board, 2014-2015.

East Carolina University, member, College of Health and Human Performance Executive Committee, 2014-2015.

East Carolina University, member, College of Health and Human Performance Strategic Planning Committee, 2014-2015.

East Carolina University, Department of Recreation and Leisure Studies, member, Promotion Committee, 2013.

East Carolina University, Department of Kinesiology, Graduate Program Director, 2010-2014.

East Carolina University, Department of Kinesiology, chair, Search Committee for Physical Activity position, 2013.

East Carolina University, Faculty Senate alternate, 2009-2011.

East Carolina University, Chair, Board of Governors Excellence in Teaching Award Committee, 2009-2010.

East Carolina University, Department of Kinesiology, chair, Search Committee for Physical Activity position, 2010.

East Carolina University, Student Opinion of Instruction Survey Phase II Committee, 2009-2012.

**UNIVERSITY SERVICE (continued)**

East Carolina University, College of Health and Human Performance, Vice Chair, Quality Matters Committee, 2009-2010.

East Carolina University, Board of Governors Excellence in Teaching Award Committee, 2007-2010.

East Carolina University, Department of Exercise and Sport Science, member, Lifetime Physical Activity and Fitness Committee, 2008-2016.

East Carolina University, Department of Exercise and Sport Science, member, Evaluation Guidelines Committee, 2009-2010.

East Carolina University, Department of Exercise and Sport Science, chair, Search Committee for Lifetime Physical Activity and Fitness Program Director position, 2009-2010.

East Carolina University, Department of Exercise and Sport Science, member, Assessment Committee for Foundations Course [EXSS 1000], 2008-2009.

East Carolina University, Department of Recreation and Leisure Studies, member, Promotion Committee, 2008.

East Carolina University, Vice-chair, Faculty Grievance Appellate Committee, 2007-2010.

East Carolina University, Department of Exercise and Sport Science, chair, Search Committee for Physical Activity position, 2007.

East Carolina University, Department of Exercise and Sport Science, member, Personnel Committee, 2002-2006.

East Carolina University, Department of Exercise and Sport Science, chair, Search Committee for Assistant Director of Activity Promotion Laboratory, 2006.

East Carolina University, Department of Exercise and Sport Science, member Retreat Planning Committee, 2003-2004.

East Carolina University, College of Health and Human Performance, member, Scholar-Teacher Award Committee, 2003-2004.

East Carolina University, College of Health and Human Performance, Chair, Outstanding Researcher Award Committee, 2003-2004.

East Carolina University, College of Health and Human Performance, member, Outstanding Teacher Award Committee, 2003-2004.

East Carolina University, member, Task Force for Interdisciplinary Ph.D. in Public Policy, 2003.

East Carolina University, Department of Exercise and Sport Science, member, Tenure Committee, 2002-2004.

East Carolina University, Department of Exercise and Sport Science, member, Promotions Committee, 2002-2004.

East Carolina University, Department of Exercise and Sport Science, member, Catherine A. Bolton Family Scholarship Selection Committee, 2003-2004.

East Carolina University, Department of Exercise and Sport Science, Chair, Personnel Committee, 1998-2001.

East Carolina University, Research/Creative Activities Policies Committee, 2000-2001.



**UNIVERSITY SERVICE (continued)**

East Carolina University, Scholar-Teacher Action Task Force, 2000-2001.

East Carolina University, University Teaching Grants Committee, 1999-2001.

East Carolina University, Department of Exercise and Sport Science, member of ad hoc Strategic Planning Committee, 2000.

East Carolina University, Department of Exercise and Sport Science, Chair, search committee for physical activity and fitness tenure track position, 2000.

East Carolina University, School of Health and Human Performance, member of ad hoc committee to develop adjunct faculty procedures, 1999-2000.

East Carolina University, Department of Exercise and Sport Science, Chair, Tenure Committee, 1998-2001.

East Carolina University, Department of Exercise and Sport Science, Chair, Promotions Committee, 1998-2001.

East Carolina University, School of Health and Human Performance, Faculty Leader for Quadrennial Unit Administrator Evaluation of Dean of School of Health and Human Performance, 1998.

East Carolina University, Department of Exercise and Sport Science, member of ad hoc committee to develop standards for post-tenure review, 1998.

East Carolina University, Department of Exercise and Sport Science, member of Cumulative Review Committee for post-tenure review, 1998-1999.

East Carolina University, School of Health and Human Performance, committee member of Strategic Planning Review Committee, 1997-1998.

East Carolina University, Department of Exercise and Sport Science, chair of Search Committee for sport psychology/motor learning position, 1997-1998.

East Carolina University, Department of Exercise and Sport Science, member of Search Committee for three shared positions with Department of Athletics, 1998.

East Carolina University, School of Health and Human Performance, committee member of Space and Facilities Committee, 1997.

East Carolina University, committee member University Teaching Grants Committee, 1996-1999.

East Carolina University, committee member of Department of Exercise and Sport Science Personnel Committee, 1994-1997.

East Carolina University, School of Health and Human Performance, committee member of Indirect Costs Committee, 1996-1997.

East Carolina University, committee member of the School of Health and Human Performance Student Computer and Technology Fee Committee, 1996.

East Carolina University, committee member of department Technology Committee, 1994-1996.

East Carolina University, committee member on departmental committee to review fitness test requirement for Exercise and Sport Science majors, 1994-1995.

East Carolina University, committee member department Strategic Planning Committee, 1994-1995.

**UNIVERSITY SERVICE (continued)**

East Carolina University, served as Chair of one master's thesis, 1995.

East Carolina University, served as committee member for eleven master's theses, 1994-1996.

Chair, United Way Campaign for Springfield College, 1992.

Springfield College, served as Chair of two doctoral dissertations, 1989-1993.

Springfield College, served as Chair of eight master's theses, 1989-1993.

Springfield College, served as committee member for one doctoral dissertation, 1990.

Springfield College, served as committee member for seventeen master's theses, 1989-1993.

Springfield College, Faculty Development Committee member, 1992-1994.

Springfield College, Technology Committee member, 1992-1993.

Springfield College, Search Committee for Health/fitness position, 1992.

Springfield College, Search Committee for Exercise Physiology position, 1992.

Springfield College, Search Committee for Physical Therapy Generalist, 1991.

Springfield College, Search Committee for Physical Therapy Research Coordinator, 1991.

Springfield College, Rugby Club Advisor, 1992-1993.

Springfield College, Committee to review doctoral program acceptance process, 1990.

Springfield College, Doctoral Dissertation Examining Committee member, 1990.

Springfield College, Master's Thesis Examining Committee member, 1990.

Pittsburg State University, Master's Thesis Committee member, 1988-1989.

Pittsburg State University, Rugby Club Advisor, 1988-1989.

University of Houston, College of Education Committee on Academic Honesty, 1988.

University of Houston, Health, Physical Education and Recreation Department Graduate Studies Committee, 1986-1987.

University of Houston, Health, Physical Education and Recreation Department Search Committee for Exercise Physiology position, 1984.

**GRADUATE STUDENT RESEARCH SUMMARY**

Chair of two doctoral dissertation committees.

Committee member of six doctoral dissertation committees.

Chair of thirty-three master's thesis committees.

Committee member of thirty-eight master's thesis committees.

## Doctoral Dissertations Supervised

1. Arciero, Paul J. (1993). *Influence of age and caffeine on resting metabolic rate, blood pressure, and mood state in younger and older individuals* (doctoral dissertation). Springfield College. Retrieved from <http://cdm16122.contentdm.oclc.org/cdm/compoundobject/collection/p16122coll1/id/62953/rec/7>
2. Harackiewicz, David V. (1992). *Factor analysis of anaerobic power tests: Comparison between male and female athletes* (doctoral dissertation). Springfield College. Retrieved from <http://cdm16122.contentdm.oclc.org/cdm/compoundobject/collection/p16122coll1/id/84736/rec/5>

## Doctoral Dissertations – Committee Member

3. Behar, Alma. (2024). *Assessing the role of social networks in promoting physical activity among ethnic minority youth* (doctoral dissertation). San Diego State University.
4. Vermeire, Krystal. (2021). *Effects of physical movement play versus quiet table top play on sustained attention* (doctoral dissertation). Fielding Graduate University.
5. Thralls, Katie. (2019). *Sedentary behavior and geriatric health outcomes in moderate-to-low functioning older adults* (doctoral dissertation). San Diego State University.
6. Stylianou, Michalis. (2014). *Before-school running club: Effects on physical activity and on-task behavior* (doctoral dissertation). Arizona State University.
7. Burns, Ryan D. (2014). *Development and cross-validation of aerobic capacity prediction models* (doctoral dissertation). University of Utah.
8. Louie, Lobo H. (1990). *A factor analysis of selected badminton skills tests for college students* (doctoral dissertation). Springfield College. Retrieved from <http://cdm16122.contentdm.oclc.org/cdm/compoundobject/collection/p16122coll1/id/133755/rec/9>

## Master's Theses Supervised

9. Hanna, Matthew. (2017). *Development and validation of a regression model to estimate VO<sub>2</sub>max for older adolescents from PACER 20-m shuttle run performance* (master's thesis). East Carolina University.
10. Knight, Noelle A. (2015). *Effects of a before school physical activity program on physical activity, musculoskeletal fitness, and cognitive function* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/4876>.
11. Anderson, Kendra L. (2015). *Ability of the Functional Movement Screen™ to predict injuries and performance in collegiate track and field athletes* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/5099>.
12. Nanney, Lindsey W. (2014). *Self-determination theory and movement technology in college physical activity classes* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/4576>.

**Master's Theses Supervised (continued)**

13. Lloyd, Adrian D. (2014). *Relationships among measures of strength and power and health outcomes in youth* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/4695>.
14. Hall, Tyler R. (2014). *Prediction of athletic injury with a functional movement screen* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/4417>.
15. Sung, Hoyong. (2013). *Development of walk tests to estimate aerobic fitness in 10- to 13-year-old children* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/4204>.
16. Edwards, Grace Anne. (2012). *Effects of an after-school physical activity intervention on physical activity, aerobic fitness, and body composition* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/3876>.
17. Vuchenich, Michelle L. (2010). *Effects of a before school physical activity program on physical activity and on-task behavior in elementary school-aged children* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/2941>.
18. Guerieri, Ashley M. (2009). *Physical activity, academic performance, and physical self-description in adolescent females* (master's thesis). East Carolina University. Retrieved from <http://hdl.handle.net/10342/2234>.
19. Mun, JunBae. (2008). *The accuracy of bioelectrical impedance analysis in athletes and non-athletes* (master's thesis). East Carolina University.
20. Birkenmeyer, Matthew J. (2008). *Relationship of physical activity benefits and barriers with objectively measured and self-reported physical activity* (master's thesis). East Carolina University.
21. Smith, Stephanie. (2007). *Effect of sampling interval on objectively measured physical activity in preschool children* (master's thesis). East Carolina University.
22. Kemble, C. David. (2006). *Energy expenditure during rest, traditional video game play, and interactive video game play in boys aged 12 to 16 years* (master's thesis). East Carolina University.
23. Murphy, Sheila K. (2005). *Effects of a classroom-based physical activity program on physical activity and on on-task behavior in elementary school children* (master's thesis). East Carolina University.
24. Robinson, Terrance S. (2005). *Number of days of monitoring needed with accelerometers and pedometers to obtain reliable estimates of habitual physical activity in adults* (master's thesis). East Carolina University.

**Master's Theses Supervised (continued)**

25. Thorpe, Aaron G. (2005). *Effects of circuit training on spontaneous physical activity and selected fitness and psychological variables in overweight, prepubescent girls* (master's thesis). East Carolina University.
26. Crotts, Dana J. (2005). *Prediction of energy expenditure from accelerometry in adolescent females* (master's thesis). East Carolina University.
27. Aull, Jennifer L. (2004). *Energy expenditure of 8- to 12-year-old girls during free-living physical activities* (master's thesis). East Carolina University.
28. DiNallo, Jennifer M. (2000). *Effects of resistance training on physical activity, muscular strength and endurance, body composition, and selected psychological variables in prepubescent, obese girls* (master's thesis). East Carolina University.
29. Hales, Derek P. (2000). *Effects of an after-school activity program on spontaneous physical activity, body composition, aerobic capacity, and perceived physical competence in obese, prepubescent children* (master's thesis). East Carolina University.
30. Williams, Georganne. (1999). *Physical activity, body composition, and aerobic capacity of obese and non-obese children and their mothers* (master's thesis). East Carolina University.
31. Mullery, Kerry A. (1998). *Effects of aerobic training on body composition, aerobic capacity, physical activity, insulin, lipid, and leptin levels in obese, prepubescent boys and girls* (master's thesis). East Carolina University.
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