

STASINOS STAVRIANEAS, Ph.D.

Curriculum Vitae

ACADEMIC DEGREES

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

PROFESSIONAL/TEACHING EXPERIENCE

2010 Professor of Exercise Science, Willamette University.
2005-2010 Associate Professor of Exercise Science, Willamette University.
1999-2005 Assistant Professor of Exercise Science, Willamette University.
1998-1999 Adjunct Assistant Professor, Department of Exercise and Movement Science, University of Oregon.
1998 Visiting Assistant Professor of Exercise Science, Willamette University.
1996-2002 Instructor, American College of Sports Medicine Certification Seminars (Health Instructor, and Exercise Specialist, Sports Nutrition).
1996-1998 Instructor, PhttotCn)9BLotnP pnH1.33 0 (t)i2 TcT (P (n)-4 (P P)-4a U)-2 (n)-4 (P pnH1.33 0 (t))
1997 Adjunct Assistant Professor of Exercise and Movement Science, University of Oregon.
1992-1996 Instructor, aquatics and strength and conditionibgiversity of Oregon.
1986-1988 Member, Science Team, Greek National Swimming Federation, Athens, Greece

GRANTS AND FELLOWSHIPS

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

- 2002 Co-PI, Willamette University Hewlett Grant: "Restructuring of the laboratory component of the Exercise Science Curriculum." (\$2,500)
- 2002 PI, PT3 Grant: Creating a student-oriented, web-based laboratory environment for an Exercise Physiology class: the importance of technology". (\$900)
- 2002 Co-PI, National Science Foundation DUE/CLI Grant titled "Investigative Physiology and Technology in Learning"

- x Stavrianeas, S., Stephenson, A. (2007). Lactate testing revisited: a reliable indicator of training for all swimmers International Journal of Aquatic Research and Education 1(1):65-72.
- x Muramatsu, S., Matsuura, T., Hattori, Y., Hattori, Y., Muramatsu, T., Brodowicz, G., Stavrianeas, S. (2004). Effects of subjective intensity self-resistance training on oxygen consumption, blood lactate concentration, and heart rate in male university students. Bulletin of Faculty of Education, Chiba University 52,381-387.
- x Muramatsu, S., Hirota, Y., Saito, H., Stavrianeas, S. (2004). Changes of POMS profiles of university female volleyball players with or without counseling of nutrition and life style. Bulletin of Faculty of Education, Chiba University 52,389-397.
- x Stavrianeas, S., Spangenburg, E.E., Batts, T.W., Williams, J.H., Klug G.A. (2003). Prolonged exercise potentiates sarcoplasmic reticulum ²Ca uptake in rat diaphragm. European Journal of Applied Physiology 89(1): 6368.
- x Favero T.G., Stavrianeas, S., Klug G.A. (1999). Training-induced alterations in lactate dehydrogenase reaction kinetics: a reexamination. Experimental Physiology 84(5): 989-998.
- x Williams, J.H., Ward, C.W., Spangenburg, E.E., Nelson, R., Stavrianeas, S., Klug G.A. (1998). Glucose 6-Phosphate alters skeletal muscle contractile apparatus and sarcoplasmic reticulum function. Experimental Physiology 83(4):481-488.
- x Kalomoiris, G., Kavouras, S., Stavrianeas, S., Mpountolos, K., (1992). Methodology of talent selection in swimming. In: Horizons of the Sports Science, Department of Physical Education and Sports Science Publications, University of Athens.

Research on Science Pedagogy and Interdisciplinarity

- x Stavrianeas, S. (2018). Service Learning in a college introductory class: examination of elementary school lunch. Partnerships: A Journal of Service Learning and Civic Engagement. 9(1):1-12
- x Stavrianeas, S., Stewart, M. (2011). Teaching and learning in Exercise Science: contributing to the nation? Journal of College Science Teaching 42:114-
- x Stavrianeas, S. (2009). Understanding data collection in the modern physiology laboratory. Advances in Physiology Education, 33:789.
- x *Dirga, A.A., Stavrianeas, S. (2008). Learn to Live: simple and practical activities to promote health, nutrition, and physical fitness in the K-12 curriculum. Journal of Youth Development, 3(2), 080302RR001.
- x Stewart, M., Stavrianeas, S. (2008). Leading with lab: a learning cycle approach to neuroscience labs for non-sciences students Journal of Undergraduate Neuroscience Education 6(2):A74-
- x Stewart, M., Stavrianeas, S. (2008). Teaching instrument reliability and validity using a handheld lactate analyzer. Advances in Physiology Education 32: 165-166.
- x Stavrianeas, S., Stewart, M., Harmer, P. (2008). Beyond the printed page: physiology education without a textbook? Advances in Physiology Education 32:76-
- x Stavrianeas, S., Harmer, P. (2006). Destination – BIO2010: taking the road less traveled. JGUR Quarterly June 2006: 146-150.
- x Stavrianeas, S., Silverstein, T. (2005). Teaching glycolysis in a human physiology class using a hydroelectric power generation analogy. Advances in Physiology Education 29: 128–130.

Book Chapters

- x Stavrianeas, S., Stewart, M. (2011). Science and general education: science literacy for all students. In Guske, I., Swaffield, B., Eds., "Global Encounters – Pedagogical Paradigms and Educational Practices" Cambridge Scholars Press, pp. 69-77.

- x Stavrianeas, S. (2009). Aquatics. In ~~Ca~~ D.J., Harmer, P.A., Schiff, M.A., Eds., "Epidemiology of Injury in Olympic Sports" Volume XVI of The Encyclopedia Of Sports Medicine, An IOC Medical Commission Publication, Blackwell Publishing, West Sussex, UK, pp173-
- x Stavrianeas, S. (2009). Understanding data collection and ~~sanaly~~ ~~Francine Arment~~ ~~Brothers, Ed.,~~ "Great Ideas: Active Ways to Teach Nutrition" Pearson/Benjamin Cummins Publications.
- x Hawke, S., S>BDC /C2_0 1 Tf -26.46 -1.22t70e 1 Tf Rawla(a)4 (c)4 (kw)2 m>BDC /C2_0, G [(i)-2 (ne)4

- x *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. *Medicine and Science in Sports and Exercise*, 39(5) Supplement, S346-S347.
- x *Clifton, H., *Southard, G., Stavrianeas, S. (2004) Onset of cardiovascular drift does not alter energy expenditure during prolonged exercise. *NWACSM Newsletter*, Spring 2004.
- x *Boggs, G.W., *Ward, J.R., Stavrianeas, S. (2007) The external nasal dilator does not alter aerobic performance in college women. *Medicine and Science in Sports and Exercise*, 39(5) Supplement, S372.
- x Stavrianeas S., Spangenburg E.E., Batts T.W., Williams J.H., Klug G.A. (1999). Sarcoplasmic reticulum function in rat diaphragm following prolonged exercise. *Medicine and Science in Sports and Exercise*, 31(5) Supplement, S223.
- x Stavrianeas S., Klug G.A (1998) f
13 (W)13 (A)21 (C)-3 (SM)-7 (3-3 (e)4 (w)-3 (s)-1 (l)-2 (e)4 (t)-2 (t)-2 (e)14 (r)-1 (, Spr)-1 (i)-2 (ng 2004.19

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

- x *Yaeger, D.B., *White, R.F., Stavrianeas, S. (2007). Determination of maximal lactate steady state: one test is not enough. Sigma Xi Columbia Willamette Annual Meeting, Portland, OR.
 - x *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. Sigma Xi Columbia Willamette Annual Meeting, Portland, OR.
 - x *Yaeger, D.B., *White, R.F., Stavrianeas, S. (2007). Determination of maximal lactate steady state: convenience over accuracy. ACSM Northwest Annual Meeting, Seattle, WA.
 - x Stavrianeas, S., *Yaeger, D., *White, R.F. (2007). Is cardiovascular drift linked to oxygen drift? ACSM Northwest Annual Meeting, Seattle, WA.
 - x Stavrianeas, S. (2007). Undergraduate research and exercise science education: a symbiotic relationship in a small liberal arts college. ACSM Northwest Annual Meeting, Seattle, WA.
 - x Janeba, M.R., *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Raising doubts about the use of $\dot{V}_{O_{2max}}$ to estimate lactate threshold. ACSM Northwest Annual Meeting, Seattle, WA.
 - x Hawke, S., Stavrianeas, S., Tallman, G. (2007). An investigative laboratory for integrated plant and animal physiology at the sophomore level. Oregon Academy of Science Annual Meeting, Monmouth, OR.
 - x *Boggs, G.W., *Ward, J.R., and Stavrianeas, S. (2003). An external nasal dilator does not alter aerobic performance in college women. ACSM National Meeting, San Francisco, CA.
 - x Stavrianeas, S., McCarthy, J.J., Klug, G.A. (2000). Decreased protein yield in rat gastrocnemius muscle following a single bout of exercise to exhaustion. ACSM Northwest Annual Meeting, Boise, ID.
 - x Stavrianeas, S., Spangenburg, E., Batts, T.W., Williams, J.H., Klug, G.A. (1999). Sarcoplasmic reticulum function in rat diaphragm following prolonged exercise. ACSM National Meeting, Seattle, WA.
- x

x Kayes, L.J., Baumgartner, E., Brown, J., Duncan, J., Beaulieu, A., Kiser, S., Kruchten, A., Shriner,

- metabolism in recovery. Proceedings of the New Zealand Sports Medicine & Science Conference: Conference Catalogue Sports Medicine New Zealand Inc., Dunedin, New Zealand. p. 20.
- x Cotter, J.D., Parr, E.B., Lucas, S.J.E., Stavrianeas, S., Graham, M.J. and Ainslie, P.N. (2010). Red cell and blood volumes improve more with endurance than repeated intensity training. New Zealand Sports Medicine and Science Conference, Wellington, New Zealand. Conference Catalogue Sports Medicine New Zealand Inc., Dunedin, New Zealand. P41.
 - x Stavrianeas, S. and Stewart, M. (2009). Teaching Research Ethics in the Undergraduate Laboratory: International Perspective within the iScience Framework. Worldwide Forum on Education and Culture Rome, Italy.
 - x McCann, D., and Stavrianeas, S. (2009). Exercise Science Education: A Call to Action. ACSM Annual Meeting, Seattle, WA.
 - x Stavrianeas, S. (1999). Skeletal Muscle and Diaphragmatic Fatigue: The Role of Sarcoplasmic Reticulum. Eugene Evonuk Symposium, Eugene, OR.
 - x Stavrianeas, S., and Klug G.A (1998). Skeletal muscle ischemia and the function of the Ca^{2+} -ATPase. ACSM Northwest Annual Meeting Kalispell, MT.

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

- x *Schlueter, H., *O'Mahony, E., Hong, J., Stavrianeas (2012). Gender differences in decreased ambulation and balance associated with Alzheimer's Disease. Experimental Biology Meeting, San Diego, CA.
- x *Murphy, K., *Winger, J., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in competitive cyclists. ACSM National Meeting, Seattle, WA.
- x *White, R.F., *Yaeger, D.B., Stavrianeas, S. (2007). Comparing three experimental protocols for the determination of blood lactate values. ACSM Northwest Annual Meeting, Seattle, WA.
- x *Clifton, H., *Southard, G., Stavrianeas, S. (2004). Onset of cardiovascular drift does not alter energy expenditure during prolonged exercise. ACSM Northwest Annual Meeting, Seattle, WA.
- x *Boggs, G.W., *Ward, J.R., Stavrianeas, S. (2003). The external diastolic pressure does not alter aerobic performance in college women. ACSM National Meeting, San Francisco, CA.

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

- x Stewart, M. and Stavrianeas, S. (2010). Science: A Pedagogical Framework for Promoting Science Literacy. Project Kaleidoscope FIDL Meeting, Washington, DC.
- x *Murphy, K., *Winger, J., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in competitive cyclists. M.J. Murdock Conference, University of Puget Sound, WA.
- x *Winger, J., *Murphy, K., Stavrianeas, S. (2009). The onset and magnitude of cardiovascular drift depend on exercise intensity in recreational runners. M.J. Murdock Conference, University of Puget Sound, WA.
- x *White, R.F., *Yaeger D.B., Stavrianeas S. (2006). Validation of an experimental protocol to establish maximal lactate steady state. M.J. Murdock Conference, Portland, OR.
- x *Jager, J., *Hendrickson, K, Stavrianeas, S. (2004) Cardiovascular drift energetics and... *Winger, J., *Winger, J., *Winger, J.

- x Lockard, M. and Stavrianeas, S (2015). NGSS and STEM education. A path to success in college and in SalemKeizer School District, Salem, OR.
- x Stavrianeas, S. and Stewart, M. (2012). Curriculum Design and Pedagogy for your Courses. University of Oregon Science Literacy Program, Eugene, OR.
- x Stavrianeas, S. and Stewart, M. (2012). iScience: Promoting science literacy for all students one lab activity at a time. University of Oregon Science Literacy Program, Eugene, OR.
- x Stewart, M., and Stavrianeas, S. (2012). iScience: mobilizing and implementing changes in science education. Trinity University HHMI conference, San Antonio, TX.
- x Stavrianeas, S. and Stewart, M. (2012). How can a backward design lead to more active learning in the classroom? University of Oregon Teaching Workshop, Eugene, OR.
- x Stavrianeas, S., Duncan, J., and Stewart, M. (2012). We have a vision, but how do we change? Willamette Valley Biological Education Network, Lewis & Clark College, Portland, OR.
- x Stavrianeas, S., and Stewart, M. (2010). iScience at Willamette: Promoting science literacy one lab activity at a time. Willamette Valley Biological Education Network, Willamette University, Salem, OR.
- x iScience 3.0: A Bold Vision for Science education at Willamette. Faculty Colloquium, Willamette University. With Prof. Mark Stewart (Psychology) (4/21/11).
- x Interdisciplinary Science Education. Faculty Colloquium, Willamette University. With Prof. Mark Stewart (Psychology) (4/17/09).
- x Cardiovascular Drift During Exercise: Who Cares? Faculty Colloquium, Willamette University (10/16/2007).
- x Cardiovascular Drift During Prolonged Submaximal Exercise. Faculty Colloquium, Willamette University (10/3/2004).
- x Athletics in Ancient Greece. Archaeological Institute of America, Salem Society, Salem, OR (3/31/2004).
- x Physiological Significance of Exercise on Aging. Faculty Colloquium, Willamette University (10/16/2007).

- American College of Sports Medicine.
- 2003 Faculty Achievement Award, Willamette University.
 - 2003 Service Award, Northwest Chapter of the American College of Sports Medicine
 - 2002 Association of American Colleges and Universities Recognition Award.
 - 2001 Re-elected President of the Board of Directors, International Institute for Sport and Human Performance, Eugene, Oregon.
 - 2001 Service Award, Northwest Chapter of the American College of Sports Medicine Annual Meeting 2001.
 - 2000 Treasurer and Member of the Executive Board of the Northwest Chapter of the American College of Sports Medicine.
 - 2000 Chair, Finance Committee, Northwest Chapter of the American College of Sports Medicine.
 - 1999 President of the Board of Directors, International Institute for Sport and Human Performance, Eugene, Oregon.
 - 1998 Member of the Board of Directors, International Institute for Sport and Human Performance, Eugene, Oregon.
 - 1998 Outstanding Student Research Award, NWACSM meeting, Kalispell, MT.
 - 1997 Eugene Evonuk Memorial Scholarship in Environmental and Stress Physiology.
 - 1993-98 Graduate Teaching and Research Fellowship, Department of Exercise and Movement Science, University of Oregon.
 - 1992-96 Graduate Teaching Fellowship, Physical Activities and Recreation Services, University of Oregon.
 - 1992-94 Graduate Fellowship, Greek National Scholarship Foundation (I.K.Y.).
 - 1982-87 Member of the Greek National Swimming Team, and holder of several Greek national swimming titles and records.

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS:

- 1996 – Present American College of Sports Medicine
- 1996 – Present American College of Sports Medicine Northwest Chapter
- 2006 – Present American Physiological Society
- 2016 -Present National Science Teachers Association

UNIVERSITY, COMMUNITY, AND PROFESSIONAL SERVICE

Conferences

- x Organizer, NWBC Nonmajors Biology Workshop, Willamette University, Salem, OR (February 11, 2017).
- x Organizer, NWBC Majors Biology Workshop, Willamette University, Salem, OR (February 27, 2016).
- x Organizer, NWBC Science Teaching Workshop, Willamette University, Salem, OR (February 28, 2015).
- x Organizer, iScience Conference, Willamette University, Salem, OR (November 2013).
- x Organizer, American College of Sports Medicine Northwest Chapter Annual Meeting, Willamette University, Salem, OR (March 16, 2013).
- x Organizer, M.J. Murdock Regional Science Conference, Willamette University (February 2007).

Presentations

The Scientific Method. Judson Middle School (11/6/14).
 Learning Science. McKinley Elementary (3/11/12)
 Nutrition and Health. McKinley Elementary (12/15/09).
 School and Life in the U.S. – Adjustments and Obstacles. TIUA lecture (8/30/07).
 Living and Learning in a Foreign Country. TIUA lecture (8/2006).
 Willamette University Department of Exercise Science Learning and Career Opportunities. Parents and Family Weekend, Willamette University (10/7/03)
 The importance of nutrition for overall good health. Willamette University Classified Staff luncheon (4/19/01).
 Having Fun in The Sciences: the Department of Exercise Science Learning and Career Opportunities. Parents and Family Weekend, Willamette University (10/7/00).
 Exercising at Extreme Environments. Willamette University brown bag lecture (2/21/01).
 Faculty-Student Roundtable, Teaching Enhancement Committee (1/11/01).

Journal Reviewer (1999 – Present)

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

Other Relevant Activities

2018-2019 Academic Status Committee
 2016-2018 Library Committee
 2015-16 Pre-Health Committee
 2014-2017 Member, Oregon Science Content and Assessment Panel
 2014 Member, Students Scholarship Recognition Day Committee
 2013, Fall

