

TEXAS STATE VITA

I. Academic/Professional Background

A. Name: John L. WalkerTitle: Professor

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
Ed.D.	1993	University of Houston	Physical Education	Quantification of the Energy Cost of Horizontal Walking and Running in Adolescents
M.A.I.S.	1989	Southwest Texas State University	Physical Education	The Energy Cost of Successful Completion of the Fit Youth Today Program 20-Minute Steady-State Run in High School Girls and Boys
B.S. In Ed.	1977	Southwest Texas State University	Political Science	

C. University Experience

Position	University	Dates
Professor	Texas State University - San Marcos	2006 - Present
Associate Professor	Texas State University - San Marcos	1999 - 2006
Assistant Professor	Texas State University - San Marcos	1993 - 1999
Lecturer	Texas State University - San Marcos	1992 - 1993
Instructor	San Jacinto College, Central Campus	1990 - 1991
Teaching Fellow	University of Houston	1989 - 1992

D. Relevant Professional Experience

Position	Entity	Dates
Teacher / Coach	La Marque High School, La Marque ISD	1984 - 1988
Teacher / Coach	Garner Middle School, Northeast ISD	1979 - 1984

II. TEACHING

A. Teaching Honors and Awards:

1. Nominee, 2008 Presidential Award for Scholarship - Texas State University - San Marcos, College of Education.
2. Nominee, 2004 Presidential Award for Scholarship - Texas State University - San Marcos, College of Education.
3. Nominee, 1999 Presidential Award for Scholarly/Creative Activity - Southwest Texas State University Faculty, College of Education.

4. Favorite Professor, 1997-98 - SWTSU Alpha Chi Honor Scholarship Society
5. Nominee, 1995 Presidential Award for Excellence in Teaching - Southwest Texas State University Faculty, College of Education.
6. Nominee, 1994 Presidential Award for Scholarly/Creative Activity - Southwest Texas State University Faculty, College of Education.

B. Courses Taught:

Texas State University - San Marcos: 1992 – Present

HR 5330	Biostatistics for Health Professionals
PE 3323	Rationale and Principles of Movement Science
PE 5305	Advanced Measurement and Evaluation
ESS 1310	Foundations of Exercise and Sport Science
ESS 3317	Physiology of Exercise
ESS 4351	Measurement and Evaluation
ESS 5346	Literature and Research in Human Performance
ESS 5356	Applied Statistics in Exercise Science
ESS 5399	Thesis

University of Houston: 1989-1992

Lecture:

KIN 4310	Measurement and Evaluation in Health and Human Performance
KIN 3306	Physiology of Human Performance
PEB 1251	Exercise for Health and Fitness

Activity:

PEB 1136	Racquetball
PEB 1138	Beginning Tennis

C. Graduate Theses/Dissertations or Exit Committees (if supervisor, please indicate):

Masters' Thesis Committees: Chaired

1. Cherelle VanBrakle – Spring 2012, HHP - “The Effect of Environmental Factors and Socioeconomic Status on Body Mass Index, Physical Activity, and Nutrition in Youth”. Committee: **Dr. John L. Walker (Chair)**, Dr. Sylvia Crixell, Dr. James Williams, Dr. William G. Squires, Jr.
2. Kelly Favret – Summer, 2009, HHP - “The Influence of Body Mass and Body Size on Performance of the Air Force Physical Fitness Test”. Committee: **Dr. John L. Walker (Chair)**, Dr. Robert B. Pankey, Dr. Jack W. Ransone.
3. Ross Dix - Summer, 2008, HHP - “Comparison of the SRM and PowerTap Power Meters to the iBike Pro Power Meter”. Committee: **Dr. John L. Walker (Chair)**, Dr. Tinker D. Murray, Dr. Jack W. Ransone, Dr. Stephen A. Zinkgraf.

4. Cynthia Wright - Fall, 2006, HHP - “Potential Predictors of Adequate Knowledge of First Aid and Athletic Injury Principles Among Texas High School Coaches”. Committee: **Dr. John L. Walker (Chair)**, Dr. Jack W. Ransone, Dr. Robert B. Pankey.
5. Randall Griffiths - Spring, 2002, HHP - “The Relationship Between Cohesion and Performance in Individually Competing Sport Teams”. Committee: **Dr. John L. Walker (Chair)**, Dr. Robert E. Patton, Dr. Maurice A. Johnson.
6. Julie Lowenburg - Spring, 2001, HPER - “Joint Proprioception and Injury Incidence in Female Softball Players”. Committee: **Dr. John L. Walker (Chair)**, Dr. Robert E. Patton, Dr. Tinker D. Murray.
7. Matt Smith - Summer, 2000, HHP - “The Effect of a 12-Week Conditioning Program on Fitness Levels of Female Collegiate Tennis Players.” Committee: **Dr. John L. Walker (Chair)**, Dr. Lisa K. Lloyd, Dr. Tinker D. Murray.
8. Tamara Grier - Spring, 2000, HHP - “The Metabolic Cost of Aerobic Dance Bench Stepping at Varying Cadences.” Committee: **Dr. John L. Walker (Chair)**, Dr. Lisa K. Lloyd, Dr. Tinker D. Murray.
9. Skip Neal - Fall, 1997, HHP - “Ergonomic Responses to Sub-maximal Steady-State Walking and Running in Children.” Committee: **Dr. John L. Walker (Chair)**, Dr. Robert E. Patton, Dr. Tinker D. Murray.
10. Randy Bisnett - Spring, 1996, HHP - “The Effect of Prophylactic Doses of Ibuprofen on Delayed Onset Muscle Soreness and Preseason Injuries in Collegiate Athletes. Committee: **Dr. John L. Walker (Chair)**, Dr. Robert E. Patton, Dr. Tinker D. Murray.
11. David Barrett - Spring, 1996, HHP - “Influences of Rope Skipping Performance in Children.” Committee: **Dr. John L. Walker (Chair)**, Dr. Cynthia Rutledge, Dr. Tinker D. Murray.
12. David Wittenburg - Fall, 1994, HHP - “Effects of a Three-Week Training Period on Steady-State Heart Rate During Rope Skipping in Children.” Committee: **Dr. John L. Walker (Chair)**, Dr. Paul Paese, Dr. Tinker D. Murray.
13. Troy Barta - Fall, 1994, HHP - “Achievement of an Aerobic Steady-State Rope Skipping Performance at Various Skipping Rates in Adolescents.” Committee: **Dr. John L. Walker (Chair)**, Dr. Tinker D. Murray, Dr. Charles Johnson.

Masters’ Thesis Committees:

1. Kristi Chase – Fall, 2018, ESS – The Influence of Body Circumference Measurements and Body Composition on Estimating Resting Metabolic Rate in Health Adults. Dr. Joni Mettler (Chair), Mr. Kyle Patek, **Dr. John Walker**.
2. Kelsey Henry – Summer, 2015, AT – The Effects of Soft Tissue Oscillation on Delayed Onset Muscle Soreness. Dr. Jack Ransone (Chair), Dr. Robert Pankey, **Dr. John L. Walker**.

3. Giovanna Nuanes – Spring, 2015, AT – The Effect of a 6-Week Throwers Ten Program on Mobility and Stability Measured by Functional Movement Screening. Dr. Jack Ransone (Chair), Dr. Luzita Vela, **Dr. John L. Walker.**
4. Katherine Delude – Summer, 2014, AT – The Effect of Motor Imagery on Functional Postural Balance. Dr. Jack Ransone (Chair), Dr. Darcy Downey, **Dr. John L. Walker.**
5. Brittany Bobbitt – Spring, 2014, AT – Comparison of Sprint Training Methods in NCAA Division III Soccer Players. Dr. Jack Ransone (Chair), Dr. Kevin McCurdy, **Dr. John L. Walker.**
6. Casey Meyer – Summer, 2014, AT – The Effect of Cryotherapy on Muscle Fatigue Between Maximal Endurance Exercise Bouts. Dr. Jack Ransone (Chair), Dr. Joni Mettler, **Dr. John L. Walker.**
7. Jeffrey Schmidt – Spring, 2014, AT – Do Pressure Pain Thresholds in Collegiate Aged Subjects Increase After Four Weeks of Manual Compressive Therapy on Laten Myofascial Trigger Points. Committee: Dr. Jack Ransone (Chair), Dr. Denise Gobert, **Dr. John L. Walker.**
8. Chris Raymond – Summer, 2013, AT – Submaximal Strength Training in Conjunction with Moderate Vascular Occlusion. Committee: Dr. Jack Ransone (Chair), Dr. Luzita Vela, **Dr. John L. Walker.**
9. Rory McHardy – Summer, 2013, AT – An Electromyographical Analysis of Agonists, Antagonists, and Trunk Stabilizers During Chest Press on Stable and Unstable Platforms. Committee: Dr. Jack Ransone (Chair), Dr. Denise Gobert, **Dr. John L. Walker.**
10. Joseph Buckland – Summer, 2013, ESS – Effects of Adding Stability Exercises to a Bench Press One Repetition Maximum Protocol. Dr. Kevin McCurdy (Chair), Dr. James Williams, **Dr. John L. Walker.**
11. Rusty Armstrong – Spring, 2013, AT – Habitual Barefoot versus Habitual Shod Run Training Effects on Dynamic Balance. Dr. Jack Ransone (Chair), Dr. Minh Kim, **Dr. John L. Walker.**
12. Ty Palmer – Spring, 2011, HHP - “The Effects of Combining Suspended Elastic Bands and Free Weight Resistance on Strength and Power in Physically Active Collegiate Males”. Committee: Dr. Kevin McCurdy (Chair), Dr. James Williams, **Dr. John L. Walker.**
13. Alana Shay – Summer, 2010, HHP - “The Effect of Prophylactic Devices and Fatigue on Neuromuscular Balance”. Committee: Dr. Jack Ransone (Chair), Dr. Rod Harter, **Dr. John L. Walker.**
14. James Michael Guererro – Summer, 2010, HHP - “Electromyography Analysis of Maximal Vertical Jumps on a Rigid and Sand Surface”. Committee: Dr. Robert Pankey (Chair), Dr. Kevin McCurdy, **Dr. John L. Walker.**

15. Derrica Nealy – Summer, 2010, HHP - “The Effect of Lower Extremity Fatigue on Postural Control with Perturbations over Time in Physically Active Males and Females”. Committee: Dr. Jack Ransone (Chair), Dr. Rod Harter, **Dr. John L. Walker**.
16. Krystal Buchanan - Fall, 2005, Health Services Research - “Exploring Patient Satisfaction in Hospitals: A Case Study of Emergency Room Satisfaction”. Committee: Dr. Charles Johnson (Chair), Dr. Ram Shanmugam, **Dr. John L. Walker**.
17. Jennifer Ahrens - Summer, 2005, HHP - “The Physiological Effects of Caffeine Ingestion in Women during Treadmill Walking”. Committee: Dr. Lisa K. Lloyd (Chair), Dr. Sylvia H. Crixell, **Dr. John L. Walker**.
18. Susan Feldpausch - Summer, 2004, HHP - “Accuracy of Perceptual Regulation of Exercise Intensity During Treadmill Walking at a Selected Intensity”. Committee: Dr. Lisa K. Lloyd (Chair), **Dr. John L. Walker**, Dr. Eric A Schmidt.
19. Andrew Lorino - Summer, 2004, HHP - “The Effect of Caffeine on Athletic Agility”. Committee: Dr. Lisa K. Lloyd (Chair), Dr. Jack W. Ransone, **Dr. John L. Walker**.
20. Kathryn R. Sharp - Spring, 2004, HHP - “A Comparison of the Energy Cost of Yoga versus Aerobic Dance.” Committee: Dr. Lisa K. Lloyd (Chair), Dr. Jack W. Ransone, **Dr. John L. Walker**.
21. Carolyn Cook - Fall, 2003, HHP - “The Energy Cost of Hatha Yoga.” Committee: Dr. Lisa K. Lloyd (Chair), Dr. Tinker D. Murray, **Dr. John L. Walker**.
22. Jeff Mink - Summer, 2003, Biology - “Hematological Responses in Captive White-winged Doves (*Zenaida Asiatica*) under Various Radio Transmitter Packages with Observations on Haemoproteus SPP. Susceptibility.” Committee: Dr. John T. Baccus (Chair), Dr. Thoniot T. Prabhakaran, **Dr. John L. Walker**.
23. Angie Frankenberg - Summer, 2003, HHP - “The Effects of Tai Chi on Simple and Choice Reaction Time in Older Adults.” Committee: Dr. Lisa K. Lloyd (Chair), Dr. Darlene H. Schmidt, **Dr. John L. Walker**.
24. Leslie McClain - Fall, 2002, Developmental Education - “Factors Affecting the Academic Aspirations and Persistence of TRIO Students at Southwest Texas State University.” Committee: Dr. Emily M. Payne (Chair), Dr. Jovita Ross-Gordon, **Dr. John L. Walker**.
25. Sonia Dominguez - Spring, 2001, HHP - “The Relationship Between Attitudes Toward Physical Activity and Measures of Physical Activity and Fitness.” Committee: Dr. Lisa K. Lloyd (Chair), Dr. Tinker D. Murray, Mr. Don L. Rainey, **Dr. John L. Walker**.
26. Korey Kirschner - Spring, 2000, HHP - “Nutritional Supplementation Use and Dietary Practices among Professional, Collegiate, and High School Athletes.” Committee: Dr. Tinker D. Murray (Chair), Dr. Robert E. Patton, **Dr. John L. Walker**.

27. Carolee Hill-Goodyear - Spring, 1998, Developmental Education - “Assessing the Academic Status, Retention, and Graduation Rates of Special Admission Student Athletes.” Committee: Dr. Barbara Lyman (Chair), Dr. Emily Payne, **Dr. John L. Walker.**
28. Sandra Guzman - Fall, 1997, Developmental Education - “The Relation Between Upward Bound Participation and Post-Secondary Education Factors.” Committee: Dr. Barbara Lyman (Chair), Dr. Emily Payne, **Dr. John L. Walker.**
29. Frank B. Willis - Fall, 1997, HHP - “Open-Stance Cycling Protocol for Increased VMO Activation.” Committee: Dr. J. Edward Burkhardt (Chair), Dr. Maurice A. Johnson, **Dr. John L. Walker.**
30. Douglas Mowen - Summer 1997, Health Research - “Process Control and Computer Simulation of a Level III Trauma Center.” Committee: Dr. Richard DeMouy (Chair), Dr. Charles Johnson, **Dr. John L. Walker.**
31. Africa Archield - Spring, 1997, Developmental Education - “The Relationship Between Critical Thinking Performance and Academic Writing Proficiency Among Community College Remedial Students.” Committee: Dr. Emily Payne (Chair), Dr. Barbara Lyman, **Dr. John L. Walker.**
32. Corinne Coons-Gallagher - Summer, 1996, HHP - “The Effect of Step Aerobic Training on Ground Reaction Forces at Varying Step Heights.” Committee: Dr. J. Edward Burkhardt (Chair), Dr. Henrietta Avent, Dr. Peter Coulson, **Dr. John L. Walker.**
33. Mark Sather - Spring, 1996, HHP - “Longitudinal Changes in Running Economy in Male and Female Collegiate Runners.” Committee: Dr. Tinker D. Murray (Chair), Dr. Maurice Johnson, **Dr. John L. Walker.**
34. Roni Bumpas - Spring, 1995, Developmental Education - “A Formal Evaluation of Southwest Texas State University’s African-American Retention/Mentoring Initiative.” Committee: Dr. Barbara Lyman (Chair), Dr. Emily Payne, **Dr. John L. Walker.**
35. Rick Kirby - Fall, 1994, HHP - “The Role of Cooperating Teacher and University Supervisor Feedback in the Preparation of Student Teachers.” Committee: Dr. Paul Paese (Chair), Dr. Mike Boone, **Dr. John L. Walker.**
36. Tony Clapp - Summer, 1994, HHP - “The Effect of Six Weeks of Resistance Training on Isometric and Isotonic Strength in Adolescents.” Committee: Dr. Tinker D. Murray (Chair), Dr. Charles Johnson, **Dr. John L. Walker.**

D. Courses Prepared and Curriculum Development:

PFW 1101	Lifetime Fitness and Wellness
PE 3317 Lab	Laboratories in Exercise Physiology

E. Funded External Teaching Grants and Contracts:

None

F. Submitted, but not Funded, External Teaching Grants and Contracts:

None

G. Funded Internal Teaching Grants and Contracts:

None

H. Submitted, but not Funded, Internal Teaching Grants and Contracts:

None

I. Other:

None

III. SCHOLARLY/CREATIVE

A. Works in Print

1. Books (if not refereed, please indicate)

a. Scholarly Monographs:

None

b. Textbooks:

1. Lloyd, L.K., **Walker, J.L.**, & Murray, T.M. 2003. *Laboratory Activities for Evaluating Health, Fitness, and Athletic Performance*. Dubuque, IA: Eddie Bowers Publishing.
2. **Walker, J. L.** 1999. *Practical Solutions in Assessing Human Performance*. Dubuque, IA: Eddie Bowers Publishing.
3. **Walker, J. L.** & Murray, Tinker D. 1998. *Applied Laboratories in Exercise Physiology*. Dubuque, IA: Eddie Bowers Publishing.

c. Edited Books:

None

d. Chapters in Books:

None

e. Creative Books:

None

2. Articles

a. Refereed Journal Articles:

1. McCurdy, K., **Walker, J.**, Prozuc, D., & Pitts, J. (2022). Measurement of absolute and relative reliability during the countermovement and split-squat jump using PUSH Pro Band 2.0. *International Journal of Strength and Conditioning*, 10.47206/ijsc.v2i1.133: 1-17.
2. McCurdy, K., **Walker, J.**, Kelly, C., & Polinski, M. (2021). Hip and knee extensor activation during the hip thrust and rear-foot-elevated split squat in trained females. *Journal of Strength and Conditioning Research*, 35(5): 1201-1207.
3. Chase, K.L, Patek, K.T., **Walker, J.L.**, & Mettler, J.A. (2021). Predicting resting metabolic rate with easily obtained measures: The influence of body circumference. *Translational Journal of the American College of Sports Medicine*, 6(2): 1-12.
4. McCurdy, K., **Walker, J.**, & Yuen, D. (2019). Comparison of regional hamstrings activation during resistance exercises in females with prior athletic experience. *Journal of Sport Rehabilitation*, 2019 Sep:1-7. DOI: 10.1123/jsr.2019-0118.

5. McCurdy, K., **Walker, J.**, & Yuen, D. (2018). Gluteus maximus and hamstring activation during selected weight-bearing resistance exercises. *Journal of Strength and Conditioning Research*, 32(3), 594-601.
6. **Walker, J.L.**, Murray, T.D., Eldridge, J., Squires, W.G. Jr., Silvius, P., Silvius, E. (2015). The Association Between Waist Circumference and FITNESSGRAM® Aerobic Capacity Classification in Sixth-Grade Children. *Pediatric Exercise Science*, 27(4), 488-493.
7. McCurdy, K., Smart, J., Pankey, R., **Walker, J.** (2014). The effect of core training on tennis serve velocity. *Journal of Australian Strength and Conditioning*, 22(4), 24-30.
8. McCurdy, K., **Walker, J.**, Armstrong, R., & Langford, G. (2014). Relationship between selected measures of strength and hip and knee excursion during unilateral and bilateral landings in women. *Journal of Strength and Conditioning Research*, 28(9), 2429-2436.
9. McCurdy, K., **Walker, J.**, Saxe, J., & Woods, J. (2012). The effect of short-term resistance training on hip and knee kinematics during vertical drop jumps. *Journal of Strength and Conditioning Research*. 26(5): 1257-1264.
10. Palmer, T.B., McCurdy K.W., Williams, J.S., & **Walker, J.L.**, (2011). Electromyographic Analysis of Conventional and Rubber-based Band Squats. *Journal of Australian Strength and Conditioning*, 19(3), 13-24.
11. McCurdy K., **Walker, J.**, Langford G., Kutz M., Guerrero, M., & McMillan, J. (2010). The relationship between kinematic determinants of jump and sprint performance in division I women soccer players. *Journal of Strength and Conditioning Research*, 24(12), 3200-3208.
12. Schmidt, E.A., Homeyer, L.E., & **Walker, J.L.** (2009). Predictors of Success on the Counselor Preparation Comprehensive Examination. *Counselor Education and Supervision*, 48, 226-238.
13. Litchke L.G., Russian C.J., Lloyd L.K., Schmidt E.A., **Walker J.L.**, & Price L. (2008). The Effects of Respiratory Resistance Training with a Concurrent Flow Device on Wheelchair Athletes. *The Journal of Spinal Cord Medicine*, 31(1), 7-13.
14. Ahrens, J.N., Lloyd, L.K., Crixell, S.H., & **Walker, J.L.** (2007). The Physiological Effects of Caffeine Ingestion in Women during Treadmill Walking. *Journal of Strength and Conditioning Research*, 21(1), 164-168.
15. Soukup, G.J., Pankey, R.B., **Walker, J.L.**, & Hart, S. (2007). Comparison of Grip Strengthening Methods with Dyna-Flex Power Ball. *Applied Research in Coaching and Athletics Annual*, 22, 65-76.
16. Ahrens J.A., Lloyd L.K., Crixell S.H., & **Walker J.L.** (2007). The Effects of Caffeine in Women during Aerobic Dance Bench Stepping. *International Journal of Sport Nutrition and Exercise Metabolism*, 17(1), 27-34.

17. Lorino, A.J., Lloyd, L.K., Crixell, S.H., & **Walker, J.L.**, (2006). The Effects of Caffeine on Athletic Agility. *Journal of Strength and Conditioning Research*, 20(4), 851-857.
18. Clay, C.C., Lloyd, L.K., **Walker, J.L.**, Sharp, K.R., & Pankey, R.B. (2005). The Metabolic Cost of Hatha Yoga. *Journal of Strength and Conditioning Research*, 19(3), 604-610.
19. Willis, F.B., Burkhardt, J.E., **Walker, J.L.**, Johnson, M.A., & Spears, T.D. (2005). Preferential Vastus Medialis Oblique Activation Achieved as a Treatment for Knee Disorders. *Journal of Strength and Conditioning Research*, 19(2), 286-291.
20. Soukup, G., Wendt, J.C. Kellow, J.T., & **Walker, J.L.** (2004). After School Physical Activity Rates of Students who Completed Secondary Physical Education and Substitute Physical Education Classes. *Texas Association of Health, Physical Education, Recreation, and Dance Journal* , 73(1), 8-12.
21. Lloyd, L.K., Bishop, P.A., **Walker, J.L.**, Sharp, K.R., & Richardson, M.T. (2003). The Influence of Body Size and Composition on FITNESSGRAM Test Performance and the Adjustment of FITNESSGRAM Test Scores for Skinfold Thickness in Youth. *Measurement in Physical Education and Exercise Science*, 7(4), 205-226.
22. Grier, T.D., Lloyd, L.K., & **Walker, J.L.** (2002). Metabolic Cost of Aerobic Dance Bench Stepping at Varying Cadences and Bench Heights. *Journal of Strength and Conditioning*, 16(2), 242-249.
23. Clapp, A.J., Bishop, P.A., & Muir, J.H., & **Walker, J.L.** (2001). Rapid Cooling Techniques in Joggers Experiencing Heat Strain. *Journal of Science and Medicine in Sport*, 4(2), 160-167.
24. **Walker, J.L.**, Murray, T.D., Jackson, A.S., Morrow, J.R., & Rainey, D.L. (1999). The Energy Cost of Horizontal Walking and Running in Adolescents. *Medicine and Science in Sports and Exercise*, 31(2): 311-322.
25. Clapp, A.J., Bishop, P.A., & **Walker, J.L.** (1999). Fluid Replacement Preferences in the Heat-Exposed Worker. *American Industrial Hygiene Association Journal*, 60: 747-751.
26. Murray, T.D., **Walker, J.L.**, Jackson, A.S., Morrow, J.R., Eldridge, J.A., & Rainey, D.L. (1993). Validation of a 20-Minute Steady-State Jog as an Estimate of Peak Oxygen Uptake in Adolescents. *Research Quarterly for Exercise and Sport*, 64: 75-82.
27. Murray, T.D., Squires, W.G., Patton, R., **Walker, J.L.**, Shuler, A., Sekula, B., Tavarez, H. (1991). Quantitative Assessment of the LORDEX Isometric Lumbar Extension Machine: A Preliminary Study. *Chiropractic in Oklahoma*, 2(6): 25-29.
28. **Walker, J.L.**, Murray, T.D., Johnson, C.M., Rainey, D.L., & Squires, W.G. (1990). The Oxygen Cost of a 20-Minute Steady-State Jog for High School Boys and Girls. *Pediatric Exercise Science* , 2: 272-280.

b. Non-refereed Articles:

1. Murray, T.D., Rainey, D.L., Blohm, F., Taylor, G.R., **Walker, J.L.**, & Furney, S.R. (1995). Effects of Implementation of a Foundations of Personal Fitness Course Designed for Adolescents. *Proceedings of the 38th World Congress International Council for HPERD*, pp. P70-71.
2. **Walker, J.L.** 1992. Promoting Academic Achievement Through TACSM. *On Track*, TACSM Newsletter, 9(4): 6-7.
3. **Walker, J.L.** 1992. Texas Chapter American College of Sports Medicine as an Agent of Academic Quality. *On Track*, TACSM Newsletter, 9(3): 6-7.
4. **Walker, J.L.**, Greenisen, M., Cowell, L.L., & Squires, W.G. 1991. Astronaut Adaptation to 1 G Following Long Duration Space Flight. *Proceedings of the 21st International Conference on Environmental Systems*, San Francisco, California, July 15-18, 1991.

3. Abstracts: None

4. Reports: None

5. Book Reviews: None

6. Other: None

B. Works not in Print

Papers Presented at Professional Meetings

1. **Walker, J.L.**, McCurdy, K.W., & Clapp, A.J. (2021). Dietary and Nutritional Behaviors Vary According to FITNESSGRAM BMI Classification in Youth. *American College of Sports Medicine Annual Meeting*, virtual conference, June 3, 2021. Abstract No. 4599 e-poster.
2. Clapp, A.J., **Walker, J.L.**, & McCurdy, K.W. (2021). Identifying Dietary and Nutritional Considerations Based on FITNESSGRAM BMI Classification in Youth. *American College of Sports Medicine Annual Meeting*, virtual conference, June 3, 2021. Abstract No. 4592 e-poster.
3. McCurdy, K., **Walker, J.**, Kelly, C., & Polinski, M. (2020). Comparison of hip and knee muscle activation between the hip thrust and rear-foot-elevated split squat. *National Strength and Conditioning Association Conference*, Las Vegas, NV. July 10, 2020. e-poster.
4. **Walker, J.L.**, McCurdy, K.W., & Clapp, A.J. (2020). Physical Activity and Sedentary Behaviors Vary According to FITNESSGRAM BMI Classification in Youth. *American College of Sports Medicine Annual Meeting*, San Francisco, California, May 28, 2020. Abstract No. 3556 e-poster.

5. Clapp, A.J., **Walker, J.L.**, & McCurdy, K.W. (2020). Attitudes Toward Physical Activity Vary According to FITNESSGRAM BMI Classification in Youth. *American College of Sports Medicine Annual Meeting*, San Francisco, California, May 29, 2020. Abstract No. 4699 e-poster.
6. **Walker, J.L.**, Murray, T.D., Eldridge, J., & Squires, W.G. (2019). Tri-ponderal mass index and FITNESSGRAM BMI classification in sixth-grade children. *American College of Sports Medicine Annual Meeting*, Orlando, Florida, May 31, 2019. Abstract No. 2959, *Medicine and Science in Sports and Exercise*, 51(5): S635.
7. Chase, K.L., Patek, K., Walker, J.L., Mettler, J. (2019). Influence of Circumference Measurements and Body Composition on Estimating Resting Metabolic Rate in Healthy Adults. *American College of Sports Medicine Annual Meeting*, Orlando, Florida, June 1, 2019. Abstract No. 3360, *Medicine and Science in Sports and Exercise*, 51(5): S724.
8. McCurdy, K., **Walker, J.L.** (2018). An analysis of regional hamstring activation during resistance exercises. National Strength and Conditioning Association Conference, Indianapolis, Indiana, July 14, 2018.
9. **Walker, J.L.**, Murray, T.D., Eldridge, J., & Squires, W.G. (2018). Association between tri-ponderal mass index and FITNESSGRAM aerobic capacity classification in sixth-grade children. *American College of Sports Medicine Annual Meeting*, Minneapolis, Minnesota, June 1, 2018. Abstract No. 2180, *Medicine and Science in Sports and Exercise*, 50(5): P152.
10. Stovall, J.H., Hunter, S.D., & **Walker, J.L.** (2018). Effects of blood flow restriction on hemodynamic and cardiorespiratory responses to aerobic exercise testing. *Texas Chapter of the American College of Sports Medicine Annual Meeting*, Austin, Texas, March 2, 2018.
11. McCurdy, C., **Walker, J.L.**, Yuen, D. (2017). Gluteus maximus and hamstring activation during selected weight-bearing resistance exercises. National Strength and Conditioning Association Conference, Las Vegas, Nevada, July 13, 2017.
12. **Walker, J.L.**, Murray, T.D., Eldridge, J., Squires, W.G. (2017). Association between waist-to-height ratio and FITNESSGRAM BMI classification in sixth-grade children. *American College of Sports Medicine Annual Meeting*, Denver, Colorado, June 3, 2017. Abstract No. 3748, *Medicine and Science in Sports and Exercise*, 49(5): P255.
13. McCurdy, C., **Walker, J.L.** (2016). The relationship between strength and lower extremity landing patterns in young adult males. National Strength and Conditioning Association Conference, New Orleans, Louisiana, July 8, 2016.
14. **Walker, J.L.**, Murray, T.D., Eldridge, J., Squires, W.G. (2016). Association between waist-to-height ratio and FITNESSGRAM® aerobic capacity classification in sixth-grade children. *American College of Sports Medicine Annual Meeting*, Boston, Massachusetts, June 4, 2016. Abstract No. 3568, *Medicine and Science in Sports and Exercise*, 48(5): P245.

15. Clapp, A.J., Cripps, C., **Walker, J.L.** (2016). Prediction of maximal oxygen consumption in healthy adult skaters using the Auggie-10 single stage skate test. *American College of Sports Medicine Annual Meeting*, Boston, Massachusetts, June 2, 2016. Abstract No. 1578, *Medicine and Science in Sports and Exercise*, 48(5): P107.
16. Henry, K.V., Pankey, R.B., Ransone, J.W., **Walker, J.L.** (2016). The effect of soft tissue oscillation therapy on delayed onset muscle soreness. *American College of Sports Medicine Annual Meeting*, Boston, Massachusetts, June 2, 2016. Abstract No. 1620, *Medicine and Science in Sports and Exercise*, 48(5): P110.
17. Murray, T.D., **Walker, J.L.**, Eldridge, J., Squires, W.G. (2016). Classification agreement for FITNESSGRAM® aerobic capacity between 1-mile run and the new PACER formula. *American College of Sports Medicine Annual Meeting*, Boston, Massachusetts, June 1, 2016. Abstract No. 357, *Medicine and Science in Sports and Exercise*, 48(5): P25.
18. **Walker, J.L.**, Murray, T.D., Eldridge, J., Squires, W.G. (2015). Development of criterion standards for waist circumference from Fitnessgram® BMI standards in sixth-grade children. *American College of Sports Medicine Annual Meeting*, San Diego, California, May 27, 2015. Abstract No. 198, *Medicine and Science in Sports and Exercise*, 47(5): P14.
19. Clapp, A.J., Kressi, L., **Walker, J.L.** (2015). Predicting maximal oxygen consumption in female skaters with a single stage skate test. *American College of Sports Medicine Annual Meeting*, San Diego, California, May 27, 2015. Abstract No. 436, *Medicine and Science in Sports and Exercise*, 47(5): P31.
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109. **Walker, J.L.**, Murray, T.D., Eldridge, J.A., Rainey, D.L., & Jackson, A.S. Development of a Model for Estimation of Maximal Aerobic Capacity of Adolescents from Maximal Treadmill Performance. *Texas Regional Chapter of the American College of Sports Medicine Annual Meeting*, Tyler, Texas, November 30, 1990.
110. Eldridge, J.A., Murray, T.D., **Walker, J.L.**, Rainey, D.L., & Jackson, A.S Prediction of Maximal Oxygen Consumption Without Exercise Testing in the Adolescent Population. *Texas Regional Chapter of the American College of Sports Medicine Annual Meeting*, Tyler, Texas, November 30, 1990.
111. Murray, T., **Walker, J.**, Squires, W., & Haydon, D. The Energy Cost of a 20-Minute Steady- State Criterion Referenced Cardiorespiratory Fitness Test in Teenage Youth. *American Alliance for Health, Physical Education, Recreation, and Dance Annual Convention*, New Orleans, Louisiana, April, 1990.
112. Murray, T.D., & **Walker, J.L.** Cardiorespiratory Exercise Evaluation of Youth. *Annual Frontiers of Cardiology Seminar*, Winter Park, Colorado, January 11, 1990.
113. Murray, T.D., **Walker, J.L.**, Adkins, D., Rainey, D.L., & Wendt, C. Cardiorespiratory Fitness Levels of Physical Educators Who Serve as Role Models for High School Students. *Texas Association for Health, Physical Education, Recreation, and Dance, 66th Annual Convention*, Research Section. Fort Worth, Texas, December 1, 1989.
114. **Walker, J.L.**, Rainey, D.L, Wendt, C., & Murray, T.D. The Energy Cost of Successful Completion of the FYT Program 20-Minute Steady-State Jog in High School Girls and

Boys. *Texas Association for Health, Physical Education, Recreation, and Dance, 66th Annual Convention*, Exercise Physiology Research Section. Fort Worth, Texas, November 30, 1989.

2. Invited Talks, Lectures, Presentations:

1. **Walker, J.L.** Human Performance Testing and Evaluation. *San Marcos Explorer Post 225 Workshop*, San Marcos Texas, February 23, 1998.
2. **Walker, J.L.** Energy Expenditure and Fitness Assessment in Youth. *SWTSU Coaches/Teachers Athletic Injuries Workshop*, San Marcos, TX, June 18, 1993.
3. **Walker, J.L.** Preparing Adolescents for the Aging Process: The Role of Physical Activity. *First Annual Symposium on New Concepts in Sportsmedicine and Human Performance*, Southwest Texas State University, San Marcos, Texas. May 2, 1992.

3. Consultancies:

None

4. Workshops:

None

5. Other:

None

C. Grants and Contracts

1. Funded External Grants and Contracts:

None

2. Submitted, but not Funded, External Grants and Contracts:

\$23,301.00

McCurdy, C., **Walker, J.L.** (2016). Maximizing Peak Power Output in Elite Track and Field Athletes. USA Track and Field. Unfunded.

3. Funded Internal Grants and Contracts:

\$ 5,671.50

October, 1993 - Southwest Texas State University Research Enhancement Grant: "Quantification of the Energy Cost of Sub-maximal Aerobic Exercise from Heart Rate Response in Adolescents."

\$ 5,336.00

April, 1994 - Southwest Texas State University Research Enhancement Grant: "VO₂max and Skinfold Fat Differences in Adolescents Performing the Fit Youth Today 20-Minute Steady-State Jog."

4. Submitted, but not Funded, Internal Grants and Contracts:

None

D. Fellowships, Awards, Honors:

1. Distinguished Alumnus Award - Department of HPER, Texas State University, 2005.

2. Research Manuscript Reviewer of the Year - 2003: Journal of Measurement in Physical Education and Exercise Science
3. Fellow - American College of Sports Medicine - June, 2000
4. Graduation with Highest Honors - May, 1977, Southwest Texas State University
5. Excellence in English Award - Spring, 1977, School of Liberal Arts, Southwest Texas State University

IV. SERVICE

A. University:

1. College of Education Tenure and Promotion Review Group, 2012-2014: Dean Stan Carpenter, Chair.
2. College of Education Curriculum Committee, 2011-2013: Dr. Kathleen Lee, Chair.
3. College of Education Curriculum Committee, 2009-2010: Dr. Colleen Connolly, Chair.
4. University General Education Council, 2008-10: Dr. Ron Brown, Chair.
5. University Research Enhancement Grant Proposal Review Committee, 2003-08: Dr. Michael Blanda, Chair.
6. College of Education Research Enhancement Grant Proposal Review Committee, **2003-08: Dr. John Walker, Chair.**
7. University Summer-School Calendar Undergraduate Survey Team, 1995: Dr. Robert Smallwood, Chair.
8. Graduate Council, 2000-04: Dr. Michael Willoughby, Chair.
9. College of Education Tenure and Promotion Review Group, 2002-2004: Dean John Beck, Chair.
10. College of Education Faculty Advisory Council, 2002-03: Dr. Jo Weber, Chair.
11. College of Education Ph.D. Advisory Committee, 2001-04: Dr. Charles Slater, Chair.
12. College of Education Graduate Advisory Group, 2001-03: Dr. Leslie Huling, Chair.
13. College of Education Research Enhancement Grant Proposal Review Committee, 2001-2002: Dr. Ed Scholwinski, Chair.
14. College of Education Outstanding Graduate Student Committee, 1999-00: **Dr. John Walker, Chair.**

15. College of Education Outstanding Graduate Student Committee, 1997-98: **Dr. John Walker, Chair.**
16. College of Education Outstanding Graduate Student Committee, 1996-97: **Dr. John Walker, Chair.**
17. College of Education Research Enhancement Grant Proposal Review Committee, 1996-97: Dr. Tom Mandeville, Chair.
18. Faculty Senate Recreation Committee, 1994-98: Dr. Tinker Murray, Chair.

B. Departmental:

1. Step-up-for-State Campaign **Chair, 2021-Present**
2. ESS Undergraduate **Program Coordinator - 2017-Present.**
3. HHP Faculty Evaluation Committee, 2015-19, Dr. Jeff Housman, Chair.
4. HHP Scholarship Committee, 2016, Dr. Ron Williams, Chair.
5. HHP Family Campaign **Chair, 2015-Present.**
6. HHP Academic Program Review Committee, 2013-14: **Dr. John Walker, Chair.**
7. ESS Faculty PETE Search Committee, 2012-2013: **Dr. John Walker, Chair.**
8. ESS Graduate Admissions committee, 2011-2015: Dr. Ting Liu, Chair.
9. ESS Graduate Sub-committee on Graduate Student Learning Outcomes, 2011: **Dr. John L. Walker, Chair.**
10. HHP Curriculum Committee, 2011-2013: **Dr. John L. Walker, Chair.**
11. HHP Curriculum Committee, 2007-2011: Dr. Bobby Patton, Chair.
12. Graduate Program Coordinator - Physical Education, 2000-2010.
13. ESS Faculty Search Committee, 2008-2009: **Dr. John Walker, Chair.**
14. ESS Undergraduate Program Coordinator, 2003-07
15. HPER Department Council, 2001-06: Dr. Bob Pankey, Chair.
16. HPER Graduate Advisor – Physical Education, 2000-Present
17. HPER Program Review Committee, 2002-04: Dr. Bob Pankey, Chair.

18. HPER Alumni Awards and Scholarships Committee, 2002-03: Ms. Marian Johnson, Chair.
19. HPER Curriculum Committee, 2002-03: **Dr. John Walker, Chair.**
20. HPER Faculty Search Committee, 2001-02: Dr. Michelle Hamilton, Chair.
21. HPER Faculty Search Committee, 1997-98: Dr. Tinker Murray, Chair.
22. HPER Instructional/Research Technology Committee, 1996-01: Mr. John Moreau, Chair.
23. HPER Travel Committee, 1996-98: Dr. Gay James, Chair.
24. HPER Graduate Faculty Sub-committee on Graduate Comprehensive Examinations, 1996-98: Dr. David Wiley, Chair.
25. HPER PES 1101 Textbook Adoption Committee, 1994: **Dr. John Walker, Chair.**

C. Community:

None

D. Professional:

1. 1998 Chairman, Research Section, College Division, Texas Association of Health, Physical Education, Recreation and Dance
2. 1997 Organizing Committee, TAHPERD Summer Conference, Bluebonnet Chapter, Texas Association of Health, Physical Education, Recreation and Dance
3. 1993 Chairman, Measurement and Evaluation Section, College Division, Texas Association of Health, Physical Education, Recreation and Dance
4. 1992-1993 Student National Representative, Texas Chapter of the American College of Sports Medicine

E. Organizations

1. Honorary:

None

Professional:

Society for Health and Physical Education

Association for Research, Administration, Professional Councils, and Societies

American College of Sports Medicine

National Association for Sport and Physical Education

Texas Chapter of the American College of Sports Medicine

F. Service Honors and Awards:

None

Please note: For all entries, list most recent items first.