

## RESUME

### Academic/Professional Background

Name: **ROBERT B. PANKEY, Ed.D., Professor Emeritus, SPRING SEMESTER - 2024**

#### Educational Background

Degree	Year	University	Major	Thesis/Dissertation
Doctorate of Education	1988	TEXAS A&M UNIVERSITY	Kinesiology	The Effects of Road Surface Pitch On The Subtalar Joint While Running At Selected Velocities
Masters of Science in Education	1976	SOUTHERN ILLINOIS UNIVERSITY	Physical Education	A Survey Comparing Differing Attitudes of Starting and Substituting College Football Players Toward Their Head
Bachelor of Science in Education	1973	UNIVERSITY OF MISSOURI	Physical Education	

#### University Experience

Position	University	Dates
Professor / Department of Health, Physical Education & Recreation	Texas State University	2000-Present
Professor / Division of Kinesiology & Health	Texas A&M University – Corpus Christi	1988-2000
Lecturer / Field Studies Supervisor	Texas A&M University - College Station	1980-1988
Instructor of Physical Education	Grinnell College	1978-1980
Instructor of Physical Education	Loras College	1977-1978
Instructor of Physical Education & Athletics Coach	Carbondale Central High School	1973-1975

#### Relevant Professional Experience

Position	Entity	Dates
Division Coordinator, Undergraduate Exer. & Sport Mgmt., Dept. of HPER, Texas State University	Management of 800 Student Majors, 20 Faculty	2007 – 2010
Director of the Biomechanics Laboratory - Texas State University – San Marcos.	Jowers Bldg. Meeting and Facilitating the needs of ESS Undergraduate and Graduate Research Needs in Motion Analysis, Balance, and Anthropometric Measurements	2000 - 2010
Chair, Dept. of HPER, Texas State University	Management of 1400 Student Majors, 80 Faculty and Jowers Facility	2000 - 2007

Chair / Program Coordinator, Texas A&M University – Corpus Christi	Management of Faculty and Facility at Texas A&M University – Corpus Christi	1988 - 2000
Lecturer / Field Studies Supervisor	Teaching Physical Education Theory and Activity Classes, Supervising Student Teachers at Texas A&M University.	1980 - 1988
Physical Education Instructor & Coach	Defensive Coordinator and Head Men's Track Coach at Grinnell College, IA	1978 - 1980
Physical Education Instructor & Coach	Head Cross Country and Track Coach at Loras College in Dubuque, IA	1977 - 1978

## TEACHING

### Awards

Recipient of the Texas State University Alfred H. Nolle Chapter Alpha Chi National College Honor Society, Favorite Professor Award, Spring 2015.

Recipient of the College of Education Award for Excellence in Teaching (\$1,000 Award College Level, 2013).

Award for Excellence in Online Teaching Nomination, Spring 2013

Awarded For Outstanding Accomplishments at the Honors College Awards Ceremony, April 26, 2012, for Chairing of the Undergraduate Thesis Committee of Ms. Emma Stephens during her thesis titled: The Student Body: The Effect of Backpack Wear and Load on Center of Mass (COM) and Displacement in College Students During Walking and Static Standing. Class: HON 4309B, Spring 2012.

Awarded Favorite Professor, The Alfred H. Nolle Chapter of the Alpha Chi National College Honor Society, Spring 2011

Awarded Alpha Delta Pi Favorite Professor During The Alpha Delta Pi Annual Induction Ceremony. Spring 2011.

Recipient of the College of Education Presidential Award for Excellence in Teaching (\$2,000 Award College Level). Nominated for University-Level Presidential Award for Excellence in Teaching (2009).

Recipient of the College of Education Presidential Award for Excellence in Teaching (\$2,000 Award College Level). Nominated for University-Level Presidential Award for Excellence in Teaching (2008).

Rising Star of Texas Citation from Vice President of Student Affairs recognized as a faculty at TXSTATE who made a contribution to student academic careers. (2010)

Fresh Start Award for Contributions to the Learning Process Through Highly Creative Digital Curriculum-Design Projects. Cash Award of \$2,000, funded through the support of Alkek Technology Institute, The College of Education, The US Department of Education's Preparing Tomorrow's Teachers to Use Technology Program, and The Viewing and Doing Technology Project at TXSTATE (Spring 2002).

TAHPERD Honor Award for Excellence in Teaching and Administration, Presented at the Annual State Conference in Dallas, Texas (Dec. 2000).

### Courses Taught: 2000 - 2023

ESS 3320 – Biomechanics

ESS 3323 – Psychosocial Aspects of Sport and Exercise Science

ESS 3317 - Exercise Physiology

ESS 1310 - Foundations of Exercise Science

ESS 5309 - Biomechanics

ESS 2356 – Intro to Athletic Training

ESS 4337 – Professional Internship in Coaching – Supervisor of ten students per semester (voluntary out of load responsibility).

## **Graduate Theses/Dissertations or Exit Committees**

Krause, J. and Pankey, R.B. (2015) Independent Research Project: A Pilot Study on Subjects (M&F) Engaged in Group vs. Individualized CrossFit Training.

Robarts, Dawn, Ed.D. Doctoral Dissertation: Demographic, Personal Experience and Knowledge Related to People Who Are Willing To Donate Their Kidney To A Family Member. Spring, 2016. Committee Member

Henry, Kelsy, B.S. Master's Thesis: The Effects of Soft Tissue Oscillation on Delayed Onset Muscle Soreness. Spring, 2015. Committee Member

White, Megan, B.S., Master's Thesis: The Effect of a Strength Training Program on Gait in Adults with Cerebral Palsy. Sept. 2012. Committee Member.

Cyrkin, Michelle, B.S., Master's Thesis: Open Mind Open Heart Program Report, May, 2012. Committee Member.

James M. Guerrero, B.S., Master's Thesis: Electromyography Analysis of Lower Body Muscle Mechanics During CMaximal Vertical Jumps On Rigid and Sand Surfaces. August, 2010. \* Thesis Chair

Jason T. Smart, B.A., B.F.A., Master's Thesis: The Effects of Core Training on Serve Velocity In Tennis, May, 2010, Committee Member

A Kelly K. Favret, B.S., Master's Thesis: The Influence of Body Mass and Body Size on Performance of the Air Force Physical Fitness Test. August, 2009, Committee Member

Andrew Williams, Master's Thesis: Effects of Health Screenings and Health Education on College Student Responses to a Diabetes Risk Survey, 2008, Committee Member (Student Failed to Complete).

Jennifer Mathews, Master's Thesis: The Relationship Between Landscaping, Anxiety and Performance of Collegiate Track and Field Athletes. 2008 (Committee Member).

Heather Wedding, Master's Thesis: The Effect of Muscle Fatigue On Knee Joint Mechanics In Physically Active Females, 2009, Committee Member.

Dawn Robarts, Doctoral Dissertation: To determine student satisfaction with their educational experience. Designing a survey that will examine 4 components of satisfaction; academic preparation; availability and accessibility of student services; use of student services and sense of belongingness. Dawn will pilot her instrument with Texas State students this Spring semester and the end product will include a proposal for her dissertation including a title and hypothesis and validated instrument, Committee Member, FY 2009 – 2011.

Cynthia Wright – Fall 2006 – Potential Predictors of Adequate Knowledge of First Aid Principles Among Texas High School Coaches, Committee Member.

Atkins, Shannon – Spring 2005 – Comparison of Male and Female Athletic Department Budgets In Determining Compliance Standards with Title IX., Committee Member.

Randy Kaiser – Spring 2004, HPER - Comparing Physiological Characteristics of High School Football Players to College and Professional Players, Committee Member.

Carolyn Clay – Fall 2003, HPER – Metabolic Cost of Hatha Yoga, Committee Member.

Sonia Dominquez – Spring 2001, HPER – The Relationship Between Attitudes and Knowledge Levels of Physical Activity, Physical Fitness, and Body Composition, Committee Member.

\*Note: Was the Chair of the Undergraduate Thesis Committee for Ms. Emma Stephens during thesis titled: The Student Body: The Effect of Backpack Wear and Load on Center of Mass (COM) and Displacement in College Students During Walking and Static Standing. Class: HON 4309B, Fall 2011.

### **Courses Prepared and Curriculum Development:**

ESS 3323 – Psychosocial Aspects of Sport and Exercise Science. Internet online site curriculum development and maintenance for class as seen on the following web site (Fall 2012, Updated 2014): <http://www.hhp.txstate.edu/hper/faculty/pankey/3323/agenda.htm>

ESS3320 – Biomechanics. Internet online site curricular development & maintenance for class as seen on the following web site (Fall 2012, Updated 2014): <http://www.hhp.txstate.edu/hper/faculty/pankey/3320/agnd.html>

PE 3317 – Exercise Physiology. Internet online site curriculum development & maintenance for class as seen on the following web site (Fall 2007): <http://www.hhp.txstate.edu/hper/faculty/pankey/3317/agnd.htm>

PE 5309 - Internet online site curricular development & maintenance for class as seen on the following web site: <http://www.hper.txstate.edu/hper/faculty/pankey/5309/agnd.htm> (Spring 2010)  
<http://www.HPER.TXSTATE.edu/pankey/5309/agnd.html> (Spring 2005)

Developer of a Web Site for Theory of Sports Techniques classes at TXSTATE.  
(<http://www.hper.txstate.edu/hper/faculty/pankey/1310/index.html>) Fall 2004.

Developer of a Web Site for Theory of Sports Techniques classes at TXSTATE.  
(<http://www.HPER.TXSTATE.edu/pankey/3322/index.htm>) Fall 2001.

### **Funded External Teaching Grants and Contracts:**

Human Kinetics Grant - Champaign, Illinois, Innovative and Unique Physical Education Programs (IUPEP) Project: Phases IV, V, VI, Texas A&M University - Corpus Christi. Human Kinetics Publishers. Collaborative Project Of Chuck Duncan and Bob Pankey. Funded - \$7,000 (Extended Into Fall 1997). Video tapes and multimedia presentations were finished in Fall 1997.

### **Funded Internal Teaching Grants and Contracts:**

Pankey, R.B., McCurdy, K. & Knudson, D. Internal Student Computing Resources (ACC) funded grant for the purchase of hardware and software Titled: Computer Technology Upgrades for Biomechanics/Sports Medicine Laboratory in the Department of HHP (Formerly HPER). FY2014, Funding Total: \$12,000.

Pankey, R.B., McCurdy, K. & Knudson, D. Internal Student Computing Resources (SCR) grant for the purchase of hardware and software Titled: Computer Technology Upgrades for Biomechanics/Sports Medicine Laboratory in the Department of HHP (Formerly HPER). **FY2011**, Funding Total: \$10, 243.84.

Pankey, R.B. & Kutz, M., Internal Student Computing Resources (SCR) grant for the purchase of hardware and software Titled: Technology Upgrades Needed For Biomechanics Laboratory in the Department of HPER – Jowers 210. [FY 2008] Funded Total: \$8,140.40

Pankey, R. – Dartfish Motion Analysis Software Grant for Use In the Biomechanics Laboratory, Texas Excellence Funds [FY 2005], Funded, \$3,000.

Proposal Requesting Funding from Student Computing Resources (SCR) for computer and technology support to the new Athletic Training laboratory [FY2005]. Funded, \$5,075.

Internal Proposal Requesting Student Computing Resources (SCR) for replacement of computers in the Biomechanics Laboratory (FY2004). Funded, \$5,500.

Library Research Fund - In support of research project for the study of leg power on the bicycle ergometer with differing seat heights (FY2002). Funded, \$749.

University Outreach - Texas A&M University-Corpus Christi  
Development of a Distance Learning Class In Kinesiology and Biomechanics At Texas A&M University-Corpus Christi. Feb., 2000 - \$6466. TAMUCC University Outreach Distance Education Grant. (Research Extended Into Fall 1998, Completion Date October, 1998)

Faculty Research Grant - Texas A&M University-Corpus Christi  
Research On Heart Rate and Blood Pressure Variations Under the Influence of Cryotherapy Jan. 2000 - \$2705.  
College Level Grant Request - Texas A&M University-Corpus Christi

University Outreach - Texas A&M University-Corpus Christi  
A Pilot Study On The Effects Of Distance Learning On Cognition In Exercise Physiology. Funded - \$4768  
TAMUCC University Outreach Distance Education Grant. (Research Extended Into Fall 1998, Completion Date October, 1998)

Texas A&M University-Corpus Christi, College Level Grant  
The Relationship Between the Level of Academic Training of Teachers and the Reading Achievement of Fourth-Grade Students in Selected Regional States. Funded - \$2500 Faculty Research Grant - College of Education (Research Extended Into Fall 1998, Completion Date December, 1998)

Proposal For The Development of Human Performance Laboratory - Division of Kinesiology & Health. Proposal Accepted by the Academic Computer Committee In Fall 1998 for The Purchase of Computers and Associated Equipment for the Human Performance Laboratory. Funded - \$34,000 From HEAF Funds - Completion Date December, 1999).

University Level Grant - Texas A&M University - Corpus Christi  
Innovative and Unique Physical Education Programs (IUPEP) Project: Phases IV, V, VI, Texas A&M University - Corpus Christi. University Level Grant. Collaborative Project Of Chuck Duncan and Bob Pankey. Funded - \$7,452.89 (Extended Into Fall 1997)

University Outreach - Texas A&M University-Corpus Christi  
A Pilot Study On The Effects Of Distance Learning On Cognition In Exercise Physiology. Funded - \$4,768  
TAMUCC University Outreach Distance Education Grant. (Research Extended Into Fall 1998, Completion Date October, 1998)

Texas A&M University-Corpus Christi, College Level Grant  
The Relationship Between the Level of Academic Training of Teachers and the Reading Achievement of Fourth-Grade Students in Selected Regional States  
Funded - \$2,500 Faculty Research Grant - College of Education (Research Extended Into Fall 1998, Completion Date December, 1998).

## Books Authored:

Pankey, R., (2023). Retirement From Sport: How To Retire From Organized Sport Gracefully, KDP Publishers, <https://www.amazon.com/dp/B0BSBL1GTK>, ISBN: 979837382936

Pankey, R. (2021), Short Stories from the Neighborhood: A Collection of Nostalgic Writers From Carbondale, IL, Vol 2, KDP Publishers, ISBN: 0982753063

Pankey, R. (2019), Short Stories from the Neighborhood Vol. 1, KDP Publishers, ISBN: 9781080603497

Fohr, B., Pankey, R. & Given, M. (2014), Destined For Greatness, Avenida Books Publishers, Louisville, KY (<http://avenidabooks.com/> - ISBN: 0982753063

Pankey, R.B., (1994), To Fall From Athletics Gracefully, Kendall/Hunt Publishers, Dubuque, Iowa.

## Chapters in Books:

**Pankey, R.** (1996). Strategies for accepting aging, dying and death. In Seager, L., Your Health Your Style: Strategies for Wellness. Brown & Benchmark, Dubuque, IA., pp. 195-203. Contributing author.

## Refereed Journal Articles:

Henrich, T. W., Pankey R.B., and Soukup, G.J. (2014) The Unintended Consequences of Tension in the abdominal and Lumbar Musculature on Swimmers' Ventilatory and Metabolic Indices, J. Swimming Research, Vol. 22:1 p1-7.

Mehta RK, Liu J, Shortz AE, Yoshikawa A, Lee SD, Pankey RB, Towne SD Jr, Smith ML, Howell D & Ory MG. (2014). Functional and Biomechanical Assessments of A Matter of Balance/Volunteer Lay Leader Model A Pilot Investigation. In Proceedings of the Human Factors and Ergonomics Society Annual Meeting (Vol. 58, No. 1, pp. 185-189). SAGE Publications. doi: 10.1177/1541931214581039

Pankey, R.B. (2010). Disengagement from Organized Sports. Applied Research in Coaching and Athletics Annual, 25, 145-174.

Soukup, G.J., Pankey, R. B., Walker, J.L. & Hart, S. (2007) Comparison of Grip Strengthening Methods with the Dyna-Flex Power Ball, Applied Research in Coaching and Athletics Annual, 22, 65-76.

Hamilton, M. L., Soukup, G.J., & Pankey, R. B. (2005) Individualizing Instruction for Diverse Learners. The Virginia Journal VAHPERD, 27(3), 24-26.

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) 146-152.

Pankey, R.B. & Beck J. Q & A On Texas Teacher Certification in Health and Physical Education. Texas Association HPER Journal, Vol LXIX, 3, Spring 2001, pg. 9-11.

Pankey, R.B., Ricard, R.J., Woosley, J. & Hendrich, T.H., Implementing an Online Course in the Web-Based Environment, Quarterly Academic Exchange, Vol. 4, 3., Fall 2000, 38-41.

Pankey, R., Bacharach, D. & Gaugler, R. (1996). Anaerobic Power Differences In Fit Females Across Age, Journal of Strength and Conditioning Research, Vol. 10 -1.

Pankey, R.B. (1986). An application of motor learning strategies for skill development in alpine skiing. *Journal of Applied Research in Coaching and Athletics*, 1, 86.

### **Non-refereed Articles:**

Pankey, R. (2003) Technology Demands of Coaches In Texas Schools. *Texas Coach Magazine*, April 2003, 42-43.

Pankey, R.B. (1998) Piloting Exercise Physiology In The Web-Based Environment, *Technological Horizons In Education (T.H.E.) Journal*. December.

Pankey, R.B. (1997). Are Children In America Fit? *South Texas Sports, Health & Fitness Magazine*, 12, 10.

Pankey, R.B. (1993). Presence of Mind: Five Ways to Lower Your Class Drop-Out Rate with Mental Toughness. *American Fitness*, July/August 93, pg.18-19.

### **Other:**

Sabbatical: (Fall of 2013), To work with The Program on Healthy Aging at the Texas A&M Health Science Center School of Rural Public Health (SRPH). I would also be working with several cross-cutting themes involved with aging and intervention strategies from a life-course perspective.

Sabbatical: Spring 2007, University of Texas Health Science Center (UTHSCSA) / Veterans' Hospital – Gait Lab. Conducting research at the UTHSCSA Gait Lab studying the effects of stochastic resonance on balance and involved in research on foot pressures of adult diabetic subjects using differing kinds of shoe insoles.

### **Papers & Abstracts Presented at Professional Meetings:**

Kelsey V. Henry, Robert B. Pankey, Jack R. Ransone, John L. Walker, FACSM. The Effect of Soft Tissue Oscillation Therapy On Delayed Onset Muscle Soreness, *ACSM National Conference*, May, 2016. Vol. No. Supplement

Mehta, R.K., Towne, S.D., Shortz, A.E., Yoshikawa, A., Pankey, R.B., Smith, M.L., Ory, M.G. (2015) BMI Selectively Impairs Postural Balance Under Dual Task Conditions, *The Gerontologist*, Vol. 55:192 (Supplement).

McCurdy, K., Smart, J., Pankey, R. & Walker, J. (2014), The Effect of Core Training on Tennis Serve Velocity, *Australian Strength and Conditioning Association, JASC*, Vol. 22:4.

Aya Yoshikawa, PhD<sup>1</sup>, Shin Lee, MSPH<sup>1</sup>, Ashley Shortz<sup>1</sup>, Marcia Ory<sup>1</sup>, PhD, MPH<sup>1</sup>, Ranjana Mehta, PhD, MS<sup>1</sup>, Samuel Towne, PhD, MPH, CPH<sup>1</sup>, Doris Howell, MPH<sup>1</sup>, Robert Pankey, PhD<sup>2</sup> (2014). Evaluating multidimensional effects of A Matter of Balance Volunteer Lay Led Model (AMOB/VLL) among community-dwelling older adults, *American Public Health Association's 142nd APHA Annual Meeting and Exposition* (November 15 - November 19, 2014)

Robert B. Pankey<sup>1</sup>, Ranjana Mehta<sup>2</sup>, James Woosley<sup>2</sup>, Ashley Shortz<sup>2</sup>, Aya Yoshikawa<sup>2</sup>. Texas State University, San Marcos, TX. 2Texas A&M University, College Station, TX., (2014). A Comparison Of Four Sensory Condition Protocols on the mCTSIB Balance Tests In Aging Adults. *ACSM National Conference*, May, 2014. Vol. 46 No. 5 Supplement

Pankey, R.B., Thomas, K.A. Ahrens, J., McFadden, M. & Blair, P. (2013). Heart Rate Responses of Male Law Enforcement Officers During Authentic Shooting Range Maneuvers. *60<sup>th</sup> American College of Sports Medicine National Conference*, Indianapolis, IN, CA. May.

Henrich, T., Soukup, G., Pankey, R.B., Carleton, B., Zhang, S. & Barton-Weston, H. (2012). Possible Cardiac Problems Associated with Long Term Training in Master Swimmers and Other Master Athletes. Presented in Research Poster Session at the TAHPERD State Conference, Galveston, TX – Dec.

Guerrero, J., Pankey, R.B., McCurdy, K., Walker, J. & Henrich, T. (2012) Electromyography Analysis Of Lower Body Muscle Mechanics During Maximal Vertical Jumps On Rigid and Sand Surface, *Medicine & Science in Sports and Exercise*, Vo. 44-5, 2444, 59<sup>th</sup> American College of Sports Medicine National Conference, San Francisco, CA. May.

Woosley, J. & Pankey, R.B. (2012), The Wellness Research Project Report from Texas A&M University PEAP Program, Poster Presentation, 3<sup>rd</sup> Annual International Conference on the Health and Risks of Youth, San Juan, Puerto Rico, Jan.

Dennis Corrington, CRSS, Jim Woosley, & John Thornton Texas A&M University; Robert Pankey, Texas State University; Warren Simpson, Angelo State University (2011). Learn how Recreational Sports, Academics, and Athletics can work together to benefit all involved! In budget-sensitive times, learn how to develop successful programs using examples of how collaboration benefits student life. Presented at NIRSA Conference, New Orleans, LA – Spring.

Wedding, H.A., Ransone, J., Vela, L., Pankey, R., & Guerrero, M. (2011), Texas State University-San Marcos. The Effect of Muscle Fatigue on Lower Extremity Kinematics in Physically Active Females, *Research Quarterly for Exercise and Sport*, Vol. 82, 1, A-11.

Ransone, JW, Wedding, HA, Guerrero, JM, Vela LI & Pankey, RB (2010) The Effect of Muscle Fatigue on Valgus Knee Kinematics, NATA National Conference – Summer.

Smart, J., McCurdy, K., Miller, B., & Pankey, R. The effect of core training on tennis serve velocity, National Strength and Conditioning Association National Conference, Orlando, FL., July 17, 2010.

Favret, K., Walker, J., Pankey, R. & Ransone, J. (2010) Influence of Body Mass and Size on Performance of the Air Force Physical Fitness Test. *Journal of the American College of Sports Medicine*, 42,5, S59.

Kemp, M., Miller, S., Campbell, A. & Pankey, R. Texas State University-San Marcos (2009), Maximal Heart Rates and Body Mass in Male Police Officers Participating in Authentic Shooting Range Maneuvers. *Medicine & Science in Sport & Exercise*, Vol. 41, 5, 3045. Presented at ACSM Conference, Seattle, WA

Pankey, R.B. 1, Henrich, T.W.2, Clay, C.1 and Hobbs, M.1. 1Texas State University, San Marcos, TX. 2University of the Incarnate Word, San Antonio, TX. (2009) Cardiorespiratory Function on Swimmers With Relaxed Versus Contracted Abdominal Muscles. *Research Quarterly for Exercise and Sport*, Vol. 80, 1, 14.

Henrich, T.W., Pankey, R.B., Clay, C.C. & Hobbs, M. (2009) Comparing Pulmonary Function and Resting VO<sub>2</sub> On Swimmers With Relaxed Versus Contracted Abdominal Muscles. TAHPERD 86th Annual Convention, Supplemental Book of Abstracts, Dec. 2009.

Henrich, T.W., Soukup, G.J., Carleton, W.L. & Pankey, R.B. (2009) Cross Cultural Coaching: Possible Impacts on Developing Swimmers in Denmark. TAHPERD 86th Annual Convention, Supplemental Book of Abstracts, Dec. 2009.

Pankey, R.B., Jolly, J., Ransone, J.W. & Henrich, T.W. (2009) Acute Effects of Whole Body Vibrations on Lower Back Static Strength, TAHPERD 86th Annual Convention, Supplemental Book of Abstracts, Dec. 2009. (A 500 word abstract on this research project appears in print with the TAHPERD Abstracts booklet available for purchase at the Conference.



Hacker, H., Rogers, B, Portillo, A., Pankey, R., Bosker, G. & Walden, G. University of Texas Health Science Center San Antonio/ South Texas Veterans Health Care System Gait Analysis & Innovative Technologies Laboratory (GAIT Lab), Texas State University / Dept. of Health Physical Education and Recreation, Presented at TAHPERD Conference, Dec. 2008, Corpus Christi, TX. Poster Presentation and Publication in Conference Proceedings:

Pankey, R.B., Hieronymus, C.E., Ransone, J.W. & Henrich, T.W., Acute Effects of Whole Body Vibrations on Balance and Flexibility Among College Age Males and Females. Supplement to Medicine & Science in Sport & Exercise Journal, 40-5, S445. Presented at ACSM Conference, Indianapolis, IN. Poster Presentation and Publication in Conference Proceedings:

Tim Henrich, Ph.D. University of the Incarnate Word, Yuan-Sheng Wang, Tamkang University, Taipei, Taiwan, Robert Pankey, Texas State University, San Marcos, Texas, The Impact of High Volume Training Followed by Detraining on Regeneration of Energy Stores and Swimming Performance Improvements. Published in the Proceedings of the Bi-Annual meeting of the UNESCO: International Council for Health, Physical Education, Recreation, Sport and Dance, May 1& 8, 2008.

Pankey, R.B., Clay, C., Henrich, T.W. Differences In Lung Capacities and Resting VO<sub>2</sub> Between Subjects (n=12) in Static and Neutral Seated Postures (2008). Submitted as Poster Presentation to AAHPERD National Conference, Ft. Worth, TX. Approved by TXSTATE IRB Certification #30325936.

Woosley, J. & Pankey, R.B. (2007) Integrating a Web-Based / Face to Face Approach to Teaching. Kappa Delta Pi Convocation, Louisville, KY, Nov. 1-3.

Wright, C., Ransone, J., Walker, J., Pankey, R.B. & Henrich, T. (2007) Potential Predictors of Adequate Knowledge of First Aid Principles among Texas High School Coaches. Texas State University, San Marcos, Texas, Henrich, T.W., University of the Incarnate Word, San Antonio Texas. Conference Abstracts, TAHPERD Conference, Galveston, TX.

Henrich, T., Wang, B., Pankey, R.B. & Carlton, B. (2007) Differential Responses to High Level Training in First Year High School Swimmers Participating in Two Sessions Per Day of Training. Conference Abstracts, TAHPERD Conference, Galveston, TX.

Pankey, R.B., Woosley, J., Rainey, D. & Rainey, R. (2007) Using A Web-Based Approach To Teaching Functional Kinesiology. Proceedings, NAKPEHE 2007 Conference, Clearwater, Florida.

Henrich, T., Carleton, B. & Pankey, R.B. (2006) Anaerobic Development and Swimming Performance Improvements Resulting from a Three-Week Detraining Period. Texas Association HPERD State Conference, Ft. Worth, Texas

Pankey, R.B. Rainey, D. & Rainey, R. (2006) Texas State and Polar: Fitness Technology for Future Professionals. National Association for Kinesiology and Physical Education in Higher Education, Jan. San Diego, CA

Rainey, D., Pankey, R.B. & Rainey, R. (2006) Foundations of Personal Fitness: Now and the Future! National Association for Kinesiology and Physical Education in Higher Education, Jan. San Diego, CA

Pankey, R.B. Schmidt, D.H., Hendrich, T.W. & Woosley, J.W. (2005) Exercise Heart Rates of children (n=18) While Climbing Continuously At a Fifteen-Minute Interval on a Horizontal Climbing Wall. Research Quarterly for Exercise and Sport, 75, 1, A-30.

Soukup, G.J. Pankey, R.B. & Walker, J.L. & Hart, S. (2005) An Analysis of Measures of Forearm Static Strength With the Dyna-Flex Power Ball Exerciser. Research Quarterly for Exercise and Sport, 75,1, A-25.

Henrich, T., Carleton, W. & Pankey, R.B. (2005) The Effects of a Static-Stretch Warm-Up Protocol on Training Performances of Male and Female Competitive Swimmers. TAHPERD Book of Abstracts, 82<sup>nd</sup>. Annual TAHPERD Convention, Corpus Christi, TX., Dec. 2005.

Hendrich, T.W. & Pankey, R.B. (2005) The Effects Of A Static-Stretch Warm-Up Orotocol On Training Performance of Competitive Swimmers Participating In Elite Level Training Programs. Research Quarterly for Exercise and Sport, 75,1, A-29

Hamilton, M.L., Soukup, G.J. & Pankey, R.B. (2004) Individualizing Instruction for Diverse Learners. The Texas Association of Health, Physical Education, Recreation and Dance Journal, Fall, 14-17.

Pankey, R.B., Woosley, J. & Glendenning, M. (2004) Differences in Posture Between 3rd and 5th Grade Males and Females As Measured by the New York State Posture Rating Chart, Research Quarterly for Exercise and Sport, 75, 1, A-2.

Woosley, J. & Pankey, R.B. (2003) Distance Education, Kappa Delta Pi 44<sup>th</sup> Biennial Convocation for Successful Teachers in Successful Schools. Conference Proceedings from Kappa Delta Pi Conference, November, St. Louis, MO.

Carroll, L. & Pankey, R.B. (2003), A Pilot Study On Batting Velocities Of Female Softball Players During Seasonal Play. TAHPERD Book of Abstracts, 80th Annual TAHPERD Convention, Galveston, TX., Dec. 2003.

Herrera, J.H., Bedolla, M., Gallegos, S., Pankey, R., Fite, K. & Hamilton, M.L. (2003) Kicking Velocity of 3-4 Year Old Boys: A Motor Skill Intervention, TAHPERD Book of Abstracts, 80th Annual TAHPERD Convention, Galveston, TX., Dec. 2003.

Bedolla, M., Herrera, H., Gallegos, S., Ayala, D., Fite, K., Pankey, R. & Hamilton, M. (2003). Pre-test and Post-test Camparison of Ball Velocity When Kicked by Pre-School Children, TAHPERD Book of Abstracts, 80th Annual TAHPERD Convention, Galveston, TX., Dec. 2003.

Sharp, K.R., Pankey, R.B. & Kaiser, R. (2003) Comparison of Pre-Post Hip Angle and Hip and Back Range of Motion Measurements In College Level Students Participating In Yoga Activity, TAHPERD Book of Abstracts, 80th Annual TAHPERD Convention, Galveston, TX., Dec. 2003.

Murray, T.D., Pankey, B. & Rainey D.L. Strategies to Meet SB 19 and Proposed SB 343 Guidelines, Conference Proceedings for Texas Association for HPERD Summer Conference, San Antonio, TX, July, 2003.

Hamilton, M.L., Pankey, R.B. & Kinnunen, D. (2003) Constraints of Motor Skills, Report no. SP041259). ERIC Document Reproduction Service No. ED 346 082.

Dominguez, L.K., Lloyd, E.A., Schmidt, J.L., Walker, FACSM, T.D. Murray, FACSM, Pankey, R.B., Rainey, D.L. (2003) Attitudes Toward Physical Activity: Identifying the Relationships with Health-Related Physical Fitness and Physical Activity, Medicine Exercise and Sports Science Abstracts

Johnson, N. & Pankey, R.B., A Pilot Study On Female College Basketball Players Attentional Styles in Shooting Free Throws, TAHPERD Book of Abstracts, 79th Annual TAHPERD Convention, Fort Worth, TX., Dec. 2002.

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Hendrich, T. W., Carleton, B. & Pankey, R.B. (2000) Motivation, Goals and Purposes of Participants in Collegiate Physical Education Activity Classes. TAHPERD Book of Abstracts.

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Pankey, R.B., Hendrich, T. & Plunk, J. (1998) Differences Between Manual and Electrically Monitored Heart Rates To Predict VO<sub>2</sub> Max Levels In College Age Students (20-30 years of age) On The Astrand Ryhming Max VO<sub>2</sub> Test. TAHPERD Abstracts 1998.

Pankey R.B., Stedman, J. & Sherman, N. (1997) A Comparison Of Manual and Electronically Monitored Heart Rates To Predict VO<sub>2</sub> Max Levels In Male College Age Students (n=39) On The 1.0-Mile Walk Test. TAHPERD Abstracts 1997.

Pankey, R.B., Duncan, C. & Ricard, R. (1998) A Comparison Of Manual and Electronically Monitored Heart Rates To Predict VO<sub>2</sub> Max Levels In College Age Students (20-30 years of age) On the 3.0-Minute Step Test. Texas A&M University - Corpus Christi. JOHPER Abstracts and Conference Proceedings, Vol 69, 1.

Pankey, R.B., Hendrich, T., Chong, A. & Goodway, J. (1997). The Use of Microcomputers in Evaluating Motor Development Patterns in Children. 40Th Annual Anniversary World Congress. Seoul, Korea - Summer 1997 - International Abstracts.

Pankey, R.B., Seiger, L., Abudiab, M. & Bacon, D. (1997). A Comparison of Manual and Electrically Monitored Heart Rates To Predict VO<sub>2</sub> Max Levels In College Age Students (20-30 years of age) On The 1.0-Mile Walk Test. AAHPERDD 1997 Journal of Research Abstracts. Vol 68.

Pankey, R.B., Seiger, L. & Bacon, D. (1996). A Comparison of Manual and Electrically Monitored Heart Rates To Predict VO<sub>2</sub> Max Levels In College Age Students (20-30 years of age) On The 1.0-Mile Walk Test. TAHPERD 1996 Research Abstracts. Vol 15.

Krebs, G., Smith, F., Brown, J. & Pankey, R. (1995). Effects of Surface, Angle of Incidence, Velocity of Incidence and Surface Condition on the Angle Deviation and Velocity Deviation of a Baseball, Midwest District of American Alliance for Health, Physical Education, Recreation and Dance Abstract Journal. pp. 10

Wilson, L., Pankey, R.B. & Hendrich, T.W. (1994). Post-Training Affects On Anaerobic Power In Female Athletes (ages 11-14) As Tested On the Wingate Power Test. TAHPERD 1994 Research Abstracts. Vol 13.

Pankey, R.B., Bacharach D., Woosley, J. W, & Pankey, T.J. (1993). Anaerobic Power of Fit Females Across Age. TAHPERD 1993 Research Abstracts. Vol 12.

Taylor, G.R., O'Connell, J.K., Yen, Z. & Pankey, R.B. (1993). Comparison Of Selected Aspects of Fitness between Hispanic and Non-Hispanic White University Level Students. Journal of Conference Abstracts, Texas Alliance of Health, Physical Education, Recreation and Dance, 2,93.

Pankey, R., Taylor, G. & Grundy, L. (1991). South Texas Youth Fitness Study On Middle School Students (Ages 11-13). Journal of Abstracts, Texas Alliance of Health, Physical Education, Recreation and Dance, 3, 91.

Pankey, R., (1990). Differences in angle of pronation at the ankle in runners on varied road surface angles while running at differing velocities. Journal of Abstracts, Texas Alliance of Health, Physical Education, Recreation and Dance, 2, 90.

Pankey, R.B., (1990). The effects of road surface pitch on the subtalar joint while running at selected velocities. Microform Publication, 7, 90.

Pankey, R.B., Krebs, G. & Taylor, G. (1989). Cinematographical analysis of the subtalar joint in a pronated state while running on a crowned surface. Journal of Abstracts, Southern District American Association for Health, Physical Education, Recreation and Dance.

Pankey, R.B., Krebs, G., Dowell, L. & Gabbard, C. (1989). The effects of road surface crown on the subtalar joint while running. Abstracts, American Alliance for Health, Physical Education, Recreation & Dance.'

#### **Invited Talks, Lectures, Presentations:**

Invited speaker at the Terry Foundation Scholars Annual Banquet, Topic: On becoming an Outlier, Oct. 12, 2011. JCK Building, Texas State University.

Health and Kinesiology Distinguished Lecture Series (HLKN) Texas A&M University – College Station, TX. Invited to speak to faculty and students as a Distinguished Alumni on: Transitioning from Student to Professor: Trials, Tribulation and Rewards. Spring, 2010.

#### **Funded External Grants and Contracts**

External Equipment Grants From SoloFlex and VibroGym Professional Organizations for Research Related to Stochastic Resonance Studies [FY 2007]. Total Value of Equipment \$14,000.

Rainey, D., Lloyd. L.K. & Pankey, R. - Polar Equipment Grant for Heart Rate Monitors, Software and Technology Training [FY2005]. Funded, \$25,000.

Proposal For An Investigation of Physical Fitness From The Prudential Fitnessgram Test on Students (ages 5-13) from the Flour Bluff Independent School District. Approved, Spring 1994 - \$1495.00.

**Funded Internal Grants and Contracts:**

Pankey, R.B. & Kutz, M., Internal Student Computing Resources (SCR) grant for the purchase of hardware and software Titled: Technology Upgrades Needed For Biomechanics Laboratory in the Department of HPER – Jowers 210. [FY 2008] Funded Total: \$8,140.40

Pankey, R. – Dartfish Motion Analysis Software Grant for Use In the Biomechanics Laboratory, Texas Excellence Funds [FY 2005], Funded, \$3,000.

Proposal Requesting Funding from Student Computing Resources (SCR) for computer and technology support to the new Athletic Training laboratory [FY2005]. Funded, \$5,075.

Internal Proposal Requesting Student Computing Resources (SCR) for replacement of computers in the Biomechanics Laboratory (FY2004). Funded, \$5,500.

Library Research Fund - In support of research project for the study of leg power on the bicycle ergometer with differing seat heights (FY2002). Funded, \$749.

University Outreach - Texas A&M University-Corpus Christi  
Development of a Distance Learning Class In Kinesiology and Biomechanics At Texas A&M University-Corpus Christi. Feb., 2000 - \$6466. TAMUCC University Outreach Distance Education Grant. (Research Extended Into Fall 1998, Completion Date October, 1998)

Faculty Research Grant - Texas A&M University-Corpus Christi  
Research On Heart Rate and Blood Pressure Variations Under the Influence of Cryotherapy Jan. 2000 - \$2705.  
College Level Grant Request - Texas A&M University-Corpus Christi

Proposal For The Development of Human Performance Laboratory - Division of Kinesiology & Health.  
Proposal Accepted by the Academic Computer Committee In Fall 1998 for The Purchase of Computers and Associated Equipment for the Human Performance Laboratory. Funded - \$34,000 From HEAF Funds - Completion Date December, 1999).

University Outreach - Texas A&M University-Corpus Christi  
A Pilot Study On The Effects Of Distance Learning On Cognition In Exercise Physiology. Funded - \$4768  
TAMUCC University Outreach Distance Education Grant. (Research Extended Into Fall 1998, Completion Date October, 1998)

Texas A&M University-Corpus Christi, College Level Grant  
The Relationship Between the Level of Academic Training of Teachers and the Reading Achievement of Fourth-Grade Students in Selected Regional States. Funded - \$2500 Faculty Research Grant - College of Education (Research Extended Into Fall 1998, Completion Date December, 1998)

Proposal For College-Level Grant for Research In Comparing Manual and Electrically Monitored Heart Rates To Predict VO2 Max Levels In College Age Students (20-30 Years of Age) On The 3.0 Minute Step Test. Submitted February, 1997. Approved April 1997 \$800.00

Proposal For Research In Comparing Manual and Electrically Monitored Heart Rates To Predict VO2 Max Levels In College Age Students (20-30 years of age) On The 1.0 Mile Walk Test. Texas A&M University - Corpus Christi. College Level Grant. Approved March 1996 - \$995.00

Proposal for An Investigation of the State of Physical Fitness in the Corpus Christi Independent School District.  
Approved Spring 1993 - \$970.00 - College Level Grant. Texas A&M University-Corpus Christi.\_

## **SERVICE**

### **University:**

Chair, Research Enhancement Committee for the College of Education (Fall 2008-2010)

Co-Administrator of The ExCET (TExES) Review web site that is used extensively by students in Texas who are preparing for their ExCET (TExES) test in Physical Education.

<http://www.HPER.TXSTATE.edu/pankey/ExCET/Start.html> (2001 - 2008)

Coordinator of the Division of Undergraduate Exercise and Sport Science – 2007 - 2010

ESS Coordinator for Developing, Monitoring and Writing HHP Division Undergraduate Student Learning Outcomes (SLO) 2009 – 2010

Coordination of SACS Initiatives and Goals in FY 2008 for the ESS Undergraduate Program and Development of the Biomechanics Laboratory for analyzing movement in Recreation, Sport and Dance. Jowers Center 208, TXSTATE Department of HPER. 2001-2010.

Co-Editor of the HPER Scholar - A Scholarly Publication Of The Undergraduate Faculty In The College of Education At Texas State University – 2003-2008.

Development and control of an on-line application form for making application as a Graduate Teaching Assistant in the HPER Department at TXSTATE, Fall 2000-2004.

Co-Editor of the Educator Scholar - A Scholarly Publication Of The Undergraduate Faculty In The College of Education At Texas A&M University-Corpus Christi. 1998-1999.

Development and Organization of Computer Technology Lab Room For College of Education, At Texas A&M University-Corpus Christi - Fall 1997-2000

Development and Organization of the Kinesiology & Health Human Performance Lab Room, At Texas A&M University-Corpus Christi - CE 114 For - 1997-2000.

### **Departmental:**

**Ad Hoc Committee for Review and Evaluation of Online Classes for the HHP Department, 2013-2015.**

Ad Hoc Committee for Thesis and Mentorship/Authorship, Chair of Committee, Fall 2011.

Committee for Development of Clinical Faculty Appointment Policy, Member of Committee, Fall 2010 – 2011.

Ad Hoc Search Committee for the replacement of Position in Therapeutic Recreation, Spring 2010.

Member of the Department Coordinators Committee, 2000 – 2010.

Ad Hoc Member of The Departmental Personnel Committee, Dept. for HPER Tenure and Promotion Policy, 2009

Development Committee Chair of the Summer School Workload Policy Development Committee, 2008

Ad Hoc Search Committee, Chair, for the replacement of Position in Adapted Physical Education, Spring 2008.

Ad Hoc Search Committee, Chair, for replacement of Position in Motor Learning (ESS), Fall 2008.

Director and Development of the Biomechanics Laborator, HPER. Jowers Center 208, TXSTATE, 2001-2010.

Co-Editor of the HPER Scholar - A Scholarly Publication Of The Undergraduate Faculty In The College of Education At Texas State University – 2003-2007

Attend, Chaired and Oversaw Departmental Committees below from 2000 – 2007:

Personnel Committee

Curriculum Committee

Faculty Evaluation Committee

Alumni and Awards Scholarship Committee

Travel Committee

HPER Departmental Council Committee

Program Review Committee

Website Manager and Developer for my Class Index:

<http://www.hhp.txstate.edu/hper/faculty/pankey/index.html>

Website Manager For Division of Kinesiology & Health - 1996-00. This site was one of the most comprehensive sites at Texas A&M University-Corpus Christi. All course related materials within the Division of Kinesiology and Health can be found at this site. Additionally, the KINE Web site hosted the location of the KINE 4312 Exercise Physiology Distance Learning class during the summer of 1998 and Spring of 1999.

Served as Mentoring Committee Member for the following faculty in the Department of HHP:

Dr. Bill Williams

Dr. Jeff Housman

Dr. Jo An Zimmerman

## **Community:**

**Member and Contributor to the TXSTATE Bobcat Club. The Bobcat Club is an organization of alumni, fans, former student-athletes, coaches and friends joining together to provide current student-athletes with a first-class education and a chance to excel in the classroom and on the playing field. My individual membership in the Bobcat Club helps to supply scholarships for our Texas State student-athletes in particular fifth year, medical and summer. Our family donated a \$2000 contribution worth in Art for auction to the Bobcat Club and attended functions pertaining to Club Membership - 2015.**

Participation in the Stutter Banquet fund raising Gala and assisted Jill Pankey with donations of over \$20,000 in art works during their auction for this function, Spring 2010.

Elected Chairperson, Technology Division, TAHPERD. 1993.

Elected Chairperson, Basic Activities Section, TAHPERD. 1993.

Elected President of Corpus Christi Heart Assoc. 1989.

## **Professional:**

**Accepted to serve on the Review Board of Applied Research in Coaching and Athletics (ARCAA) Journal. Responsibilities include a commitment to actively review 3-5 manuscripts per year, following reviewer guidelines and review sheet approved format options, being diligent in completing in depth reviews and promoting the ARCAA as multi-disciplinary peer-reviewed journal outlets to colleagues at our institution and other institutions at various associations/conferences I attend. Actively encourage and solicit manuscripts from my contacts for submission to ARCAA for review and potential publication – 2015.**

### **Service Honors and Awards:**

**Appointment as Adjunct Professor in the Department of Health Promotion and Community Health Sciences, Academic Year 2014-2015.**

**Inducted Into the 2014 Class of Carbondale Community High School Athletic Hall of Fame, Carbondale, IL., 2014.**

Ten Year Tenure Award for Faculty at Texas State University (FY2010).

Recipient of the College of Education Presidential Award for Excellence in Service (FY 2007).

The MU Citation for Merit for Outstanding Achievement and Meritorious Service, College of Education Alumni Award – University of Missouri Alumni Association. Presented On April 9, 2005 at Columbia, Missouri.

Fresh Start Award for Contributions to the Learning Process Through Highly Creative Digital Curriculum-Design Projects. Cash Award of \$2,000, funded through the support of Alkek Technology Institute, The College of Education, The US Department of Education's Preparing Tomorrow's Teachers to Use Technology Program, and The Viewing and Doing Technology Project at TXSTATE (Spring 2002).

Elected Member, College Activities Division, TAHPERD (2000).

Ten Year Meritorious Award For Service At The Texas A&M University-Corpus Christi (1998).