

Dr. Jamey R. Plunk
Associate Professor
Department of Exercise and Sport Science
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EDUCATION

Doctor of Philosophy, Health and Exercise Science
Texas A&M University, College Station, Texas.
December, 1996

Master of Science, Kinesiology
Texas A&M University at Kingsville, Kingsville Texas.
December, 1991

Bachelor of Arts, Spanish and Kinesiology
Corpus Christi State University, Corpus Christi, Texas.
May, 1984

University Teaching

Associate Professor - Stephen F. Austin State University, Nacogdoches, Texas. Responsible for teaching a variety of Kinesiology and Health Science classes including, Core Concepts in Health, Substance Abuse and Prevention, , Health Concepts for Children and Adolescents, Prevention and Control of Diseases, Corporate Fitness Program Planning and Evaluation, Fitness and Wellness, Exercise Physiology, Elementary Physical Education Methods and a variety of recreation and activity classes. Additionally, duties included serving on college and department committees, directing departmental accreditation processes and organization and supervision duties related to Health Science and Kinesiology interns. Finally, responsibilities included research and presentations at state, national and international conferences, collaborating in research studies, graduate theses and some grant-writing capabilities. (July 1999 – present)

Assistant Professor and Graduate Coordinator- Texas A&M University-Kingsville, Department of Health Science and Kinesiology, Kingsville, Texas. Responsible for teaching various undergraduate and graduate health and exercise courses including: Exercise Physiology, Disease Entities, Drug Pharmacology, Corporate Fitness Planning and Evaluation, Fitness/Nutrition, Basic Statistics and Research Design. Areas of specialization focus primarily on Exercise Physiology, Disease Entities, Drug Physiology and Pharmacology, Corporate Fitness Planning, Organization and Evaluation and Research Design. In addition, duties include serving as Internship Coordinator for Worksite Health Promotion and Hospital based Cardiac Rehabilitation student interns, serving as the departmental Graduate Coordinator and conducting and/or collaborating in experimental studies, graduate student theses and projects. (September 1995 – July 1999)

Lecturer- Texas A&M University, Department of Health and Kinesiology, College Station, Texas. Responsible for teaching a variety of undergraduate lecture courses including undergraduate Community Health, Lifestyle Wellness and Fitness/Conditioning classes. Also taught a variety of activity classes including, weight training, bowling, golf, tennis, racquetball, archery, running and aquatics. Furthermore I assisted in the coordination of health and fitness seminars and the recruitment of guest speakers for various health and fitness consortiums. Lastly, my duties included advisement, visitation and supervision of corporate fitness interns. (May 1993 - August 1995)

Instructor- Blinn College, College Station, Texas. Taught several activity classes specializing primarily in Fitness/Conditioning and Personal Health. In addition I taught health behavior modification classes in the Texas Department of Corrections prison unit. (September 1994 - May 1995)

Instructor- Texas A&I University, Department of Health Science and Kinesiology, Kingsville, Texas. Responsible for the instruction of various undergraduate activity courses. In addition, my teaching duties consisted of selected lecture courses including: Contemporary Wellness, Physiology of Exercise and Continuing Education courses for the surrounding communities in the area of personal health and nutrition. Assisted in the functional implementation and supervision of basic exercise physiology laboratory, which encompassed the organization and maintenance of equipment and supervision of experimentation in the facility. (December 1991- May 1993)

RECREATION

Recreational Therapist- Bayview Psychiatric Hospital, Corpus Christi, Texas. Designed and implemented innovative recreational and adaptive aquatic therapies for troubled adolescents and adult psychiatric patients to assist in alleviating the symptoms of stress and other dysfunctions. Supervised mental health workers in the area of recreational and aquatic therapies. (January 1988 - May 1990)

Owner and General Manager- Sun Recreation, Inc., Corpus Christi, Texas. Sun Recreation was a successful recreation management company specializing in the development and promotion of independent and privately owned recreation centers in the Corpus Christi, San Antonio and Austin, Texas areas. (May 1984 - March 1988)

PROFESSIONAL MEMBERSHIPS

National Wellness Association

Texas Association for Health, Physical Education, Recreation and Dance

American Alliance for Health, Physical Education, Recreation and Dance

American College of Sports Medicine

American College of Sports Medicine (Texas)

PROFESSIONAL LICENSES

Lifetime Teaching Certificate, State of Texas.

Spanish
Kinesiology
School Health

CERTIFICATIONS

Certified Recreational Therapist
PADI Open Water Scuba Diving Certification
Red Cross Lifeguard Trainer Certification
Red Cross Water Safety Instructor Certification
United States Sailboard Association Instructor License
Triathlon Federation Certified Race Official
United States Cycling Federation Official

COMMITTEE MEMBERSHIPS

International

International Congress on Challenges to Education, International Committee, 1998-present.

Educational Alternatives to Global Environmental Issues, International Committee, 2000-present.

National

Publications Committee, American Alliance for Health Education Committee National , (1997-2000).

Health Promotion Committee, AAHE, 1998-present.

State

TAHPERD Research and Evaluation Committee, State Committee, Member, (2001-present).

TAHPERD Health Promotion Committee, State Committee, Past Chair, (1999-present).

TAHPERD College Committee, State Committee, Member (2001-2003).

TAHPERD, Membership Committee, State Committee, Member, (1999-2002).

Association of Texas Allied Health Professionals, State Committee, Member, (2000-present)

Texas Hospital Administrators Board of Directors, State Committee, Member, (2001-present)

Healthy Communities Action Committee, State Committee, (1996- 2000).

UNIVERSITY, SCHOOL AND DEPARTMENTAL ASSIGNMENTS

University

Graduate Council. Stephen F. Austin State University, Nacogdoches, Texas (Member) 1999-present

Committee for International Studies, Stephen F. Austin State University, Nacogdoches, Texas. Member, (2000-present).

Internal Review Board, Stephen F. Austin State University, Nacogdoches, Texas. Member, (2000-present).

President Disciplinary Appeal Panel, Stephen F. Austin State University, Nacogdoches, Texas, (2000-present).

School

Minority Recruitment Committee, Stephen F. Austin State University, Nacogdoches, Texas, Chairman (1999- present).

Curriculum Development Committee, Stephen F. Austin State University, Nacogdoches, Texas, Chairman (2000-present).

Department

ExCET Qualifying Exam – Assisted in the creation of Kinesiology Qualifying Exam, Fall, 1999.

NASPE Re-accreditation Committee, Chair, 2001.

Fitness Standards Committee – Assisted in the evaluation and implementation of new fitness standards for kinesiology majors, Committee member, 2001.

Community Service

Fredonia Hill Baptist Academy Parent-Teacher Organization, President, (2000-2002).

Missions Committee Chairman, First Baptist Church, Nacogdoches, Texas. (2001-2004).

Music Minister Search Committee, First Baptist Church, Nacogdoches, Texas. Member, (2001-present)

Recreation Committee, First Baptist Church, Nacogdoches, Texas, Chairman, (1999-present).

Hospitality Committee, First Baptist Church, Nacogdoches, Texas, Member, (1999- 2001).

Nacogdoches Youth Soccer Association, Board Member and Coach, (2000- present).

Nacogdoches Youth Softball Association, Coach, (2000-present).

Jingle Bell Run, Race Committee Member, Nacogdoches, Texas. (December 1999).

PUBLICATIONS, PRESENTATIONS AND PULISHED ABSTRACTS

International

Plunk, Jamey R. and Smith, Stephen. Environmental Awareness: The Consequences of Global Over-Population. Universidad de Santo Domingo, Dominican Republic. October, 2000.

Plunk, Jamey R. Environmental Challenges: Thinking Globally, Acting Locally. International Congress on Challenges to Education: Balancing Unity and Diversity in a Changing World, Costa Rica, Central America, July 1998.

Plunk, Jamey R. Salud y La Educacion Fisica. Departamento de Educacion, Buenos Aires, Argentina, December, 1996.

National

Plunk, Jamey R. A Comparison of Visual Body Fat Estimates with Skin Fold Caliper and Hydrostatic Weight Body Fat estimates. Research Quarterly for Exercise and Sport, Vol. 72, No. 1, Supplement, March 2001. AAHPERD National Convention, Cincinnati, Ohio, 2001.

Plunk, Jamey R. and Bowden, Rodney. The Relationship Between Fitness Level and Academic Performance Among College Students. Research Quarterly for Exercise and Sport, Vol. 72, No. 1, Supplement, March 2001. AAHPERD National Convention, Cincinnati, Ohio, 2001.

Bowden, Rodney and Plunk, Jamey. The Relationship Between Fitness Level and Nutrition Habits. Research Quarterly for Exercise and Sport, Vol. 72, No. 1, Supplement, March 2001. AAHPERD National Convention, Cincinnati, Ohio, 2001.

Plunk, Jamey R., Cantu, Romana and Sherman, Nestor. Caloric Expenditure Differences Between Individuals Exercising On A Motor-Driven Treadmill vs. A Stairclimber Research Quarterly for Exercise and Sport, Vol. 71, No. 1 Supplement. March, 2000. , AAPHERD National Convention, Orlando, Florida, 2000.

Plunk, Jamey R., Williams, Brent and Sherman, Nestor. Reliability Estimates for An Anaerobic Fatigue Test Utilizing Female Collegiate Basketball Players. Research Quarterly for Exercise and Sport, Vol. 71, No. 1 Supplement. March, 2000. AAPHERD National Convention, Orlando, Florida, 2000.

Plunk, Jamey R., Estelle, Johnny and Sherman, Nestor. The Reliability of a Recruiting Checklist for Collegiate Men's Basketball Coaches. Research Quarterly for Exercise and Sport, Vol. 72, No. 1, Supplement, March 2001 March, 2000. AAPHERD National Convention, Orlando, Florida, 2000.

Bruene, April, Plunk, Jamey R., Will to Win: A Comparison of Texas High School Participants in Selective and Nonselective Athletic Programs. Research Quarterly for Exercise and Sport, Vol. 72, No. 1, Supplement, March, 2001. AAHPERD National Convention, Orlando, Florida 2000.

Huff, J.T., Sherman, N.W., Plunk, J.R., and Appelt L.C. Does Exercise Order Influence Postexercise Energy Expenditure American College of Sports Medicine Published Abstracts, Indianapolis, Indiana. June 2000.

Sherman, Nestor W., Bruce-Romero, Tami, Plunk, Jamey R., Hart, Susan J., and Romero A.P. How Valid is the United States Tennis Association Fitness Test for High School Male Tennis Players? Medicine and Science in Sports and Exercise, Vol. 30, Supplement. 1 American College of Sports Medicine National Convention, Orlando, Florida, 1998.

Green, Tomas, Plunk, Jamey R. and Gillespie, Joe. The Effect of Lane Assignment on Performance Times with Experienced Sprinters in the 200-Meter Dash, Research Quarterly for Exercise and Sport, Vol. 69, No. 1 Supplement. , AAHPERD National Convention, Reno, Nevada, 1998.

Plunk, Jamey R., May, Peggy, Sherman, Nestor W., and Williams, Janice. The Effect of Synthetic Antioxidant Supplementation on Oxygen-Mediated Free Radical Production, Research Quarterly for Exercise and Sport, Vol. 69, Supplement No. 1. , AAHPERD National Convention, Reno, Nevada, 1998.

Sherman, N.W.; Bruce-Romero, T; Hart S.J.; Plunk, Jamey R. & Romero A.P. An Evaluation of the United States Tennis Association Fitness Testing Protocol When Applied to High School Tennis Players. Research Quarterly for Exercise and Sport, Vol. 69, No. 1 Supplement. AAHPERD National Convention, Reno, Nevada, 1998.

Plunk, Jamey R. The Influence of Exercise Duration on Oxygen-Mediated Free Radical Production. Research Quarterly for Exercise and Sport, Vol. 68, No. 1 Supplement. , AAHPERD National Convention, St. Louis, Missouri, 1997.

State

Green, Tomas., Plunk, Jamey R., and Sherman, Nestor. A Survey on the Effect of Lane Assignment in Sprinting the Curve Portion of a 400-Meter Track. Scholastic Coach and Athletic Director, Volume 70, No. 9, April, 2001.

Plunk, Jamey R., Bowden, Rodney, and Rust, DawnElla. Walking Billboards: Practice What You Teach. TAHPERD, State Convention, Published Abstracts, Dallas, Texas, December, 2000.

Plunk, Jamey R., and Bowden Rodney. What Do Health Educators Do? TAHPERD, State Convention, Published Abstracts, Dallas, Texas, December, 2000.

Plunk, Jamey R., and Bowden Rodney. The "Skinny" on Fad Diets. TAHPERD, State Convention, Published Abstracts, Dallas, Texas, December, 2000.

Plunk, Jamey R. Fad Diets. TAHPERD Student Conference, Stephen F. Austin State University, March, 2000.

Green, T, Plunk, Jamey R., and Gillespie, J. Psychological Effect of Runner Positioning on Performance Times in Sprinting the Curve Portion of the 400 Meter Track. TAHPERD, State Convention, Published Abstracts, Dallas, Texas, December, 2000.

Hinojosa, J.M., Sherman, N.W. & Plunk, J.P., Development of Goal Setting Standards for High School Football Players. TAHPERD State Convention, Published Abstracts, Austin, Texas. December, 1999.

Plunk, Jamey R. & Sherman, N.W. Perceived Burnout of Male and Female High School Basketball Coaches, TAHPERD State Convention, Published Abstracts, Austin, Texas. December, 1999.

Bowden, Rodney, Plunk, Jamey R. and Thomson, William. Web Page Creation for the Technology Impaired. TAHPERD State Convention, Austin, Texas. December, 1999.

Dawnella Rust, Rodney Bowden, , Jana Redfield, Jamey Plunk, Pat Sherblom, Rochelle Santiago and William Thomson. Successful Interviewing. Making Your First Impression Count. TAHPERD State Convention, Austin, Texas. December, 1999.

Plunk, Jamey R., Ramirez, Cindy and Hart, Susan. The Effect of Training with Blinders on Dribbling Performance in Basketball, TAHPERD State Convention, Published Abstracts, Ft. Worth, Texas, 1997.

Green, Tomas, and Plunk, Jamey R., Sportsmanship Education in Secondary School Athletics: Coaches Perspectives, TAHPERD State Convention, Published Abstracts, Ft. Worth, Texas, 1997.

Plunk, Jamey R. Teacher Modeling: The Relationship to Student Outcomes in Physical Education, TAHPERD State Convention, Published Abstracts, Ft. Worth, Texas, 1997.

Greenup, Terry, Plunk, Jamey R., Sherman, Nestor. The Psychological Benefits of the Breath Right Nasal Dilator, TAHPERD State Convention, Published Abstracts, Corpus Christi, Texas, 1996.

Kimbrough, Sandra, Plunk, Jamey R. Health-Risk Behaviors Among Texas Health and Kinesiology Majors, TAHPERD State Convention, Published Abstracts, Corpus Christi, Texas, 1996.

Regional

Finkenberg, Mel; Plunk, Jamey. Cuba: So Near, Yet So Far. Southern District AAHPERD, Birmingham, Alabama. February, 2001.

Plunk, Jamey R., Healthy Communities in a Rural Setting, presented at Meeting the Challenge: Best practices in Building Communities. George Bush Library, Texas A&M University, March 1998.

Plunk, Jamey R. Fat-free Mass Predictions in Mexican-Americans Using Bioelectrical Impedance. University of Texas/Texas A&M Conference, Austin, Texas, May 1992.

Plunk, Jamey R. Reliability of Surface Electromyography of the Spinal Column, MGM Exercise Physiology Conference, University of New Orleans, New Orleans, Louisiana, 1991.

GRANTS FUNDED

Plunk, Jamey R. Demographic Analysis of South Texas Gang Members and their Families. Grant proposed to fund the analysis of demographic characteristics gang members and their families in Nueces, Jim Wells and San Patricio counties. Funded by the Meadows Foundation in the amount of \$33,000, July, 1998.

Plunk, Jamey R.; Williams, Janice; Bluntzer Edie. Baby Think It Over. Grant proposed to fund teen pregnancy prevention and education programs in local high schools. Funded by the Exxon Corporation in the amount of \$65,000, January, 1998.

Plunk, Jamey R. The Learning Disabilities Laboratory established for Yorktown Christian Academy, Corpus Christi, Texas. Funded by the Earl C. Sams Foundation in the amount of \$15,000. July, 1998.

Plunk, Jamey R. Research for Recreation Alternatives, Corpus Christi, Texas. Funded by the Paul and Mary Haas Foundation in the amount of \$20,000.

Plunk, Jamey R. The Effect of Exercise Duration on Free Radical Production. Dissertation, January 1996. Graduate Student Research Fund, Department of Health and Kinesiology, Texas A&M University (\$5000).

Plunk, Jamey R., The Implications of Instituting a Paper Recycling Program at Educational Institutions, to be funded September, 2002 by the Temple Inland Foundation, Temple, Texas for a requested amount of \$25,000.

Plunk, Jamey R., SFA Disabled Student Support, to be funded September 2002 by the Gordon and Mary Cain Foundation, Houston, Texas for a requested amount of \$49,841.

TEXTBOOK REVIEWS

Consumer Health: A Guide to Intelligent Decisions. Sixth Edition by Barrett, Jarvis, Kroger and London. Brown and Benchmark 1999-2000.

Drugs: Issues for Today. Fourth Edition by Pinger, Payne, Hahn & Hahn.

Planning, Implementing and Evaluating Health Promotion Programs, Second Edition, McKenzie and Smeltzer.

PROFESSIONAL CONSULTANSHIPS AND LECTURES

Healthcare Accountability Translated to the Consumer. June, 2001. Lecture presented to the East Texas Hospital Administrators Association.

Nutrition Basics. Presentation to the Fredonia Hill Baptist Academy. Spring 2000.

Bicycle Safety: Rules of the Road. Presentation presented to the Pineywoods Bicycle Club. Spring 2000.

Accreditation Procedures for Christian Schools Conference, October 12-16, 1998. Consultant to the Corpus Christi Association of Christian Schools.

Smoking: The Ultimate Physical Insult. Lecture presented to The Texas Alliance of Health Professionals, San Antonio, Texas July 1998.

School Health Reform: An Issue of Priority, Lecture presented to the State School Health Reform Committee, Texas A&M University, College Station, Texas May 22, 1998.

South Texas Gang Demography. Lecture presented to Corpus Christi City Council, Corpus Christi, Texas, June, 1999.