

PREVIOUS UTA ACSM LECTURERS

Spring, 1987	Russell R. Pate, Ph.D. University of South Carolina “Physiologic Determinants of Endurance Performance”
Fall, 1987	Eddie F. Coyle, Ph. D. The University of Texas at Austin, “Adaptations to Endurance Training Maintained During Periods of Physical Inactivity”
Spring, 1988	Brian J. Whipp, Ph.D. , Harbor-UCLA Medical Center “Coupling of Ventilation to Metabolism During Exercise”
Fall, 1988	George A. Ordway, Ph.D. , The University of Texas Southwestern Medical School, “Adaptation of the Peripheral Vasculature as a Function of Exercise Training”
Spring, 1989	Charlotte A. Tate, Ph.D. , Baylor College of Medicine “Adaptation of the Heart to Exercise During Old Age”
Fall, 1989	Robert B. Armstrong, Ph.D. , University of Georgia “Mechanisms Underlying Exercise-Induced Muscle Injury”
Spring, 1990	William J. Gonyea, Ph.D. , The University of Texas Southwestern Medical School “Skeletal Muscle Adaptation to Heavy Resistance Training”
Fall, 1990	Victor A. Convertino, Ph.D. , NASA, Kennedy Space Center “Considerations for Use of Exercise as Countermeasures for Space Adaptation”
Spring, 1991	Steven N. Blair, P.E.D. , Institute for Aerobics Research “Physical Activity, Physical Fitness, and the Public’s Health”
Fall, 1991	Benjamin D. Levine, M.D. , The University of Texas Southwestern Medical Center “Human Performance Physiology: At the Top of the World and Above”
Spring, 1992	John L. Ivy, Ph.D. , The University of Texas “Enhancement of Muscle Glycogen Resynthesis Post Exercise”
Fall, 1992	Charles J. Dillman, Ph.D. , Steadman Sports Medicine Institute “Overview of New U.S. Olympic Program”
Spring, 1993	Jere H. Mitchell, M.D. , The University of Texas Southwestern Medical Center “Athlete’s Heart”
Fall, 1993	Charles M. Tipton, Ph.D. , University of Arizona “The Role of Exercise Training in the Management of Hypertension”
Spring, 1994	James A. Pivarnik, Ph.D. , Baylor College of Medicine, Houston “Exercise Pregnancy: Current Findings vs. Historical Guidelines”
Fall, 1994	James A. Pawelczyk, Ph.D. , Presbyterian Hospital of Dallas, Institute for Exercise and Environmental Medicine, “Neural Control of Circulation During Exercise”
Spring, 1995	F. Marty Ivey, M.D. , The University of Texas Medical Branch at Galveston, “Diagnosis and Treatment of Acute Knee Ligament Injuries”
Fall, 1995	Eric Poehlman, Ph.D. , University of Maryland at Baltimore, “Metabolic Control and Aging”
Spring, 1996	James Stray-Gundersen, M.D. , The University of Texas Southwestern Medical Center, “Living High, Training Low: A Method to Improve Sea Level Performance”



The University of Texas at Arlington The Department of Exercise, Sport, and Health Studies

presents

20th Semi-Annual Lecture

of the

**Texas American College of
Sports Medicine**

With

Rod K. Dishman, Ph.D.

Exercise Psychologist
The University of Georgia

LECTURE:

“Combating Sloth: Factors Related to Adherence to Exercise and Wellness Programs”

Wednesday, November 6, 1996 – 12:00 Noon

Activities Building

Lone Star Auditorium

KEY TERMS

KEY CONCEPTS/POINTS

IMPLICATIONS/DIRECTIONS

Dr. Rod K. Dishman

Dr. Rod K. Dishman is Director of the Exercise Psychology Laboratory and Professor of Exercise Science at The University of Georgia in Athens where he advises Exercise Science graduate students studying behavioral and biopsychological aspects of exercise and physical activity.

Dr. Dishman received his Ph.D. in sport psychology at the University of Wisconsin- Madison and has focused much of his research and writing on the mental health outcomes associated with physical activity and on behavioral determinants of habitual exercise.

Dr. Dishman has authored/edited three books: *Essentials of Fitness* (with Harold Falls and Ann Baylor), *Exercise Adherence: Its Impact on Public Health*, and *Advances in Exercise Adherence*. He has authored over 70 publications dealing with psychology of exercise and sport and serves on the editorial boards for numerous journals in behavioral medicine, psychology, and exercise science, including *Medicine and Science in Sports and Exercise*, *Exercise and Sport Sciences Reviews*, *The Physician and Sportsmedicine*, and *Human Performance*.

Dr. Dishman is a fellow of the American College of Sports Medicine, the American Psychological Association, and the American Academy of Kinesiology and Physical Education. He has served as a consultant on exercise behavior to the National Heart, Lung, and Blood Institute, the Study Section on Chronic Disease and Epidemiology of the National Institutes of Health, the Sports Medicine Council for the United States Olympic Committee, and the Medical Commission of the International Olympic Committee. ♦

There will be a brief question and answer period at the end of the presentation. Please give Dr. Dishman your attention until the end of the question and answer session

Thank you!