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

presents

19th Semi-Annual Lecture
of the

Texas American College of Sports Medicine

With

James Stray-Gundersen, M.D.
The University of Texas Southwestern Medical Center

LECTURE:
“Living High, Training Low, A Method to Improve Sea Level Performance”

Wednesday, March 27, 1996 – 12:00 Noon
Activities Building Lone Star Auditorium
Dr. James Stray-Gundersen

Dr. James Stray-Gundersen is currently an assistant professor of Orthopaedic Surgery and Physiology at The University of Texas Southwestern Medical Center in Dallas. He holds a co-appointment as the Director of Research at The Tom Landry Center of Baylor Hospital.

Dr. Stray-Gundersen earned his M.D. at the Loyola University Stitch School of Medicine. He holds the Bachelor of Science in Zoology from The University of Wisconsin. He had a postdoctoral fellowship in cardiovascular physiology from The University of Texas Health Science Center in Dallas.

Dr. Stray-Gundersen has been very active in the sport and exercise science discipline. He has held various positions with the U.S. Nordic and Cross-Country Ski Teams including serving as a coach and physiologist. He has been an avid researcher in altitude performance for both skiing and running as evidenced by his securing of approximately $5,000,000 in grants related to various aspects of these topics. Further evidence of his scholarly interests are reflected in his research publications in addition to six refereed journal abstracts. He has served as a reviewer for the *Journal of Applied Physiology*, *Medicine and Science in Sports and Exercise*, *Annals of Internal Medicine*, *American Journal of Physiology* and the *American Journal of Cardiology*.

Dr. Stray-Gundersen is the president-elect of the Texas Chapter of the American College of Sports Medicine. He has been very active in both the Texas ACSM and national ACSM. His lecture topic today on “Living High--Training Low: A Method to Improve Sea Level Performance” is an area that he has been actively researching in Utah and here.

*There will be a brief question and answer period at the end of the presentation.*

*Please give Dr. Stray-Gundersen your attention until the end of the question and answer session.*

*Thank you!*