The University of Texas at Arlington
The Department of Kinesiology

precedes

28th Semi-Annual Lecture
of the

Texas American College of Sports Medicine

With
James M. Hagberg, Ph.D.
Professor, Department of Kinesiology
Assistant Dean
College of Human Performance
University of Maryland

LECTURE:
“Exercise Training and Aging”

Wednesday, October 11, 2000 – 12:00 Noon
Activities Building    Lone Star Auditorium

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”

Fall, 1996    Rod K. Dishman, Ph.D., University of Georgia, “Fighting Sloth: Factors Related to Adherence to Exercise and Wellness Programs”

Spring, 1997    Suzanne M. Fortney, Ph.D., NASA—Johnson Space Center, “Exercise Countermeasures for Long Duration Space Flights”

Fall, 1997    W. Larry Kenney, Ph.D., The Pennsylvania State University, “Age, Fitness and Temperature Regulation”
PREVIOUS UTA ACSM LECTURERS

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<th>Time</th>
<th>Lecturer</th>
<th>Institution</th>
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<tr>
<td>Spring 1998</td>
<td>John M. Johnson, Ph.D., Ph.D., UT Health Science Center at San Antonio</td>
<td>“Regulation of Cutaneous Circulation in Humans”</td>
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<td>Fall, 1998</td>
<td>Michael J. Joyner, M.D., Mayo Foundation, Rochester, MN</td>
<td>“Regulation of Muscle Blood Flow and Implications for Aging and the Limits of Human Performance”</td>
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<td>Spring, 1999</td>
<td>Peter B. Raven, Ph.D., University of North Texas Health Science Center,</td>
<td>“Baroreflex Control of Blood Pressure During Exercise”</td>
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<td>Fall, 1999</td>
<td>George A. Brooks, Ph.D., University of California, Berkeley</td>
<td>“Pathways to Carbohydrate Utilization During Exercise: Intracellular and Cell-Cell Lactate Shuttles”</td>
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<td>Spring, 2000</td>
<td>Benjamin D. Levine, M.D., The University of Texas Southwestern Medical Center at Dallas</td>
<td>“Critical Appraisals of Modern Approach to Altitude Training”</td>
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KEY TERMS

JAMES M. HAGBERG, M.D.

Dr. James M. Hagberg is Professor in the Department of Medicine, Division of Geriatrics, School of Medicine at the University of Maryland and with the Baltimore and Veterans Administration Medical Center. Dr. Hagberg is also Assistant Dean for Research in the College of Health and Human Performance as well as a Professor in the Department of Kinesiology at the University of Maryland in College Park, Maryland. Dr. Hagberg received his Bachelor of Science degree in Physical Education from Carthage College in Kenosha, Wisconsin. He received his Master of Science in Exercise Physiology and his Ph.D. in Exercise Physiology from the University of Wisconsin in Madison. Dr. Hagberg was then an NIH Postdoctoral Fellow in the Department of Preventive Medicine in the Washington University School of Medicine in St. Louis with Dr. John Holloszy as his sponsor. Dr. Hagberg's professional career includes six years at Washington University School of Medicine (three years as an assistant professor and three years as an associate professor), two years as an associate professor in the Departments of Exercise Science, Physiology and Medicine (Cardiology) at the University of Florida and five years as an associate professor in the Center on Aging at the University of Maryland. Dr. Hagberg also was associated with the Department of Medicine at Johns Hopkins University School of Medicine and Frances Scott Key Medical Center. From 1993-1996, Dr. Hagberg was a Professor in the Department of Health, Physical and Recreation Education, School of Education at the University of Pittsburgh. He has been at his present positions at the University of Maryland since 1996.

Dr. Hagberg has over 120 scientific articles published in refereed journals such as the Journal of Applied Physiology, European Journal of Applied Physiology, American Journal of Cardiology, Metabolism, Neurology, Medicine and Science in Sports and Exercise, Circulation, Journal of Gerontology, Hypertension, Diabetes Care, and the Journal of American Geriatrics Society. He also has over 40 published Conference Proceedings, Books, and Book Chapters. Dr. Hagberg lists over $26,500,000 grant activity as either the primary investigator or secondary investigator on his vita. He has presented over 50 invited scientific lectures at institutions and medical centers throughout the nation and around the world. His primary research interest area relates to genotype, exercise, the aging process and assessing genetic markers that may identify individuals likely to respond optimally to those interventions.

Dr. Hagberg has filed for four patents and 20 invention disclosures related to genetic markers which identify individuals who improve their diabetes, cholesterol or other genetic markers with exercise training. Dr. Hagberg is active in the American College of Sports Medicine (Fellow), American Heart Association (Fellow), American Physiological Society, and the American Academy of Kinesiology and Physical Education. He is an associate editor of our national professional journal Medicine and Science in Sports and Exercise, on the editorial board of the Journal of Applied Physiology, International Journal of Sports Medicine, Exercice and Sports Science Reviews and Cycling Science. He is a manuscript reviewer for eight scientific journals in additional to reviewing grant proposals for numerous funding agencies.