The University of Texas at Arlington
The Department Kinesiology
presents
32nd Semi-Annual Lecture
With
Dr. Michael Sawka, Chief
Thermal & Mountain Medicine Division
US Army Research Institute of Environmental Medicine
Natick, MA
LECTURE:
“Human Adaptations to Heat Stress”
Monday, September 30, 2002 – 12:00 Noon
Activities Building    Lone Star Theatre

PREVIOUS UTA ACSM LECTURERS

Spring, 1997  Russell Pate, University of South Carolina
“Physiologic Determinants of Endurance Performance”

Fall, 1987  Eddie Coyle, University of Texas at Austin
“Adaptations to Endurance Training Maintained During Periods of Physical Inactivity”

Spring, 1988  Brian Whipp, Harbor-UCLA Medical Center
“Coupling of Ventilation to Metabolism During Exercise”

Fall, 1988  George Ordway, University of Texas Southwestern Medical School
“Adaptation of the Peripheral Vasculature as a Function of Exercise Training”

Spring, 1989  Charlotte Tate, Baylor College of Medicine
“Adaptation of the Heart to Exercise During Old Age”

Fall, 1989  Robert Armstrong, Ph.D., University of Georgia
“Mechanisms Underlying Exercise-Induced Muscle Injury”

Spring, 1990  Dr. William Gonyea, University of Texas Southwestern Medical School
“Skeletal Muscle Adaptation to Heavy Resistance Training”

Fall, 1990  Victor Convertino, Ph.D., NASA, Kennedy Space Center
“Considerations for Use of Exercise as Countermeasures for Space Adaptation”

Spring, 1991  Steven Blair, P.E.D., Institute for Aerobics Research
“Physical Activity, Physical Fitness, and the Public’s Health”

Fall, 1991  Benjamin Levine, M.D., UT Southwestern Medical Center
“Human Performance Physiology: At the Top of the World and Above”

Spring, 1992  John Ivy, Ph.D., University of Texas
“Enhancement of Muscle Glycogen Resynthesis Post Exercise”

Fall, 1992  Charles Dillman, Ph.D., Steadman Sports Medicine Institute
“Overview of New U.S. Olympic Program”

Spring, 1993  Jere H. Mitchell, M.D., UT 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
“Exercise Pregnancy: Current Findings vs. Historical Guidelines”

Fall, 1994  James A. Pawelczyk, Ph.D., Dallas Presbyterian Hospital, Institute for Exercise and Environmental Medicine, “Neural Control of Circulation During Exercise”

Spring, 1995  Marty Ivey, M.D., University of Texas Medical Branch at Galveston, “Diagnosis and Treatment of Acute Knee Ligament Injuries”

Fall, 1995  Eric Pochman, Ph.D., University of Maryland at Baltimore
“Metabolic Control and Aging”

Spring, 1996  James Stray-Gunderson, M.D., The University of Texas Southwestern Medical Center at Dallas, “Living High, Training Low: A Method to Improve Sea Level Performance”

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


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

Spring 1998  John M. Johnson, Ph.D., Ph.D., UT Health Science Center at San Antonio “Regulation of Cutaneous Circulation in Humans”

Fall, 1998  Michael J. Joyner, M.D., Mayo Foundation, Rochester, MN “Regulation of Muscle Blood Flow and Implications for Aging and the Limits of Human Performance.”
PREVIOUS UTA ACSM LECTURERS

Spring, 1999  Peter B. Raven, Ph.D., University of North Texas, “Baroreflex Control of Blood Pressure During Exercise.”

Fall, 1999  George A. Brooks, Ph.D., FACSM, University of California, Berkeley “Pathways to Carbohydrate Utilization During Exercise: Intracellular and Cell-Cell Lactate Shuttles.”

Spring, 2000  Benjamin Levine, M.D., The University of Texas Southwestern Medical Center at Dallas “Critical Appraisals of Modern Approach to Altitude Training”

Fall, 2000  James M. Hagberg, Ph.D., University of Maryland “Exercise Training and Aging”

Spring, 2001  Michael D. Delp, Ph.D., Exercise Physiology Department of Kinesiology, Texas A & M University, “Space Exploration: Expanding Our Understanding of the Human Body on Earth”

Fall, 2001  M. Harold Laughlin, Ph.D., Professor and Chair, Department of Veterinary Biomedical Science, University of Missouri, “Ethics and Cheating in Research: Is Science Dispassionate Pursuit of Truth?”

Spring, 2002  Jon W. Williamson, Ph.D., Department of Physical Therapy, Vice-Chair, Department of Health Care Sciences, Assistant Dean for Research at The University of Texas Southwestern Allied Health Sciences School

KEY TERMS

Dr. Michael Sawka Ph.D.

Dr. Michael Sawka earned his bachelor's and master's degrees from East Stroudsburg University in 1973 and 1974 respectively. He received his Ph.D from Southern Illinois University in Carbondale, IL., in 1977, and completed a postdoctoral fellowship at the VA Medical Center in Dayton, Ohio in 1978.

Dr. Sawka joined the staff at the U.S. Army Research Institute of Environmental Medicine in Natick, Massachusetts in 1980, where he now serves as Chief of the Thermal and Mountain Medicine Division. He also currently holds an academic appointment as Associate Professor in the Sargent College of Health and Rehabilitation Sciences at Boston University. His research focuses on environmental (heat, cold, and altitude) and exercise physiology, temperature regulation, blood volume control, fluid and electrolyte balance, cardiovascular and integrative physiology, rehabilitation medicine related to spinal cord injury, and occupational and sports medicine.

Dr. Sawka is very active in both the American College of Sports Medicine and the American Physiological Society. He is recognized both nationally and internationally, having published over 200 peer-reviewed papers, co-authored two books, and delivered over 50 professional presentations in both the U.S. and abroad.

There will be a brief question and answer period at the end of the presentation. Please welcome Dr. Williamson to UTA and give him your attention until the end of the question and answer session. Thank you!

Thank you.