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

presents

7th Semi-Annual Lecture of the

Texas American College of Sports Medicine

With

William J. Gonyea, Ph.D.
The University of Texas Southwestern Medical Center

LECTURE:
“Skeletal Muscle Adaptation To Heavy Resistance Training”

Wednesday, April 18, 1990 – 12:00 Noon
Activities Building A-1 Classy Theatre

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### PREVIOUS UTA ACSM LECTURERS

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<th>Year</th>
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<td>Spring, 1987</td>
<td>Russell R. Pate, Ph.D.</td>
<td>University of South Carolina</td>
<td>“Physiologic Determinants of Endurance Performance”</td>
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<td>Fall, 1987</td>
<td>Eddie F. Coyle, Ph.D.</td>
<td>The University of Texas at Austin</td>
<td>“Adaptations to Endurance Training Maintained During Periods of Physical Inactivity”</td>
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<td>Spring, 1988</td>
<td>Brian J. Whipp, Ph.D.</td>
<td>Harbor-UCLA Medical Center</td>
<td>“Coupling of Ventilation to Metabolism During Exercise”</td>
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<td>Fall, 1988</td>
<td>George A. Ordway, Ph.D.</td>
<td>The University of Texas Southwestern Medical School</td>
<td>“Adaptation of the Peripheral Vasculature as a Function of Exercise Training”</td>
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<tr>
<td>Spring, 1989</td>
<td>Charlotte A. Tate, Ph.D.</td>
<td>Baylor College of Medicine</td>
<td>“Adaptation of the Heart to Exercise During Old Age”</td>
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<td>Fall, 1989</td>
<td>Robert B. Armstrong, Ph.D.</td>
<td>University of Georgia</td>
<td>“Mechanisms Underlying Exercise-Induced Muscle injury”</td>
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Dr. William Gonyea

Dr. William Gonyea has been associated with the University of Texas Southwestern Medical Center since 1972. Dr. Gonyea is currently Professor and Chair of the Division of Anatomy and Distinguished Professor of Exercise Sciences in the Department of Cell Biology and Anatomy. He was also Dean of the School of Allied Health Sciences from 1985-1988 at Southwestern. Dr. Gonyea has a Bachelor of Education degree in Biology and Education and a Master of Arts degree in Biology from the University of Miami, and a Doctorate of Philosophy in Anatomy from the University of Chicago.

Dr. Gonyea is actively involved in various professional societies including the American Association of Anatomists, American College of Sports Medicine, American Association for the Advancement of Science and the Society for Neuroscience. He is currently an Associate Editor for three refereed journals, The Anatomical Record, Growth, and National Strength and Conditioning Association Journal as well as a reviewer for the American Journal of Anatomy, Archives of Oral Biology and Journal of Applied Physiology.

Dr. Gonyea has been awarded five NIH and two Chancellor's grants for over $1,000,000 pertaining to such diverse topics as "Cardiovascular Control During Isometric Exercise" to "Investigation of Muscle Damage Resulting from Weight Lifting Exercise." He has authored over 40 scientific journal articles, seven books or book chapters, and 45 abstracts in adjudicated publications.◆

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