Associate Professor at Florida Atlantic University for 6 years (two years as Department Chair), and a Professor at the University of North Carolina Charlotte for 14 years, 9 years of which he was Chair of the department. Dr. Lightfoot has published over 50 scientific, peer-reviewed articles on the genetics of daily physical activity and exercise endurance, as well as the physiological response to high-G exposure and hemorrhage and has been funded by the National Institutes of Health to conduct research on the genetics of physical activity. His lab also has a unique interest in the physiological responses of motorsports athletes to the race environment. His research has been featured in numerous general media outlets including the Los Angeles Times, Time.com, National Public Radio, the Rush Limbaugh show, CNN, the NBC Today Show; MSNBC, Charlotte Talks radio show; Revista Epoca (a Brazilian weekly magazine), and on Australian National Radio.

Dr. Lightfoot is a Fellow of the American College of Sports Medicine, a Certified Exercise Specialist, a Registered Clinical Exercise Physiologist, a Past-President of the Southeast Regional Chapter of the American College of Sports Medicine, and a past member of the Board of Trustees for the American College of Sports Medicine. He has been named Teacher of the Year twice at two different Universities, was awarded the Henry Montoye Research Scholar Award by the Southeast American College of Sports Medicine in 2010, and named Alumnus of the Year of the University of Louisiana Monroe in Kinesiology. He is a native Texan and married to a brilliant and beautiful woman (Faith), has four dogs (all nutcases), used to race automobiles for fun, and has a passion for playing the bass guitar.

There will be a brief question and answer session at the end of Dr. Lightfoot's presentation. Please welcome Dr. Lightfoot to UTA and give your attention until the end of the question and answer session.
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Please note the departmental website for information on the previous lectures.
www.uta.edu/coehp/kinesiology/events/acsm/

**J. Timothy Lightfoot Ph.D.**

Dr. J. Timothy Lightfoot is currently the Omar Smith Endowed Professor of Kinesiology and the Director of the Sydney and JL Huffines Institute for Sports Medicine and Human Performance at Texas A&M University. Dr. Lightfoot received his Bachelors and Masters degrees from the University of Louisiana Monroe and his doctorate from the University of Tennessee. He then completed a research consultancy with NASA at Kennedy Space Center in the Biomedical Laboratory and then a three year National Institute of Health postdoctoral research fellowship in the Division of Physiology at Johns Hopkins University. He was an Assistant and
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<th>Semester</th>
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<td>Spring</td>
<td>2007</td>
<td>Ronald G. Haller, M.D.</td>
<td>Muscle glycogen metabolism: the view from glycogen storage disease</td>
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<td>Fall</td>
<td>2007</td>
<td>Joyce E. Ballard, Ph.D.</td>
<td>Prevention in Community Dwelling Elderly</td>
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<td>Spring</td>
<td>2008</td>
<td>Jack H. Wilmore, Ph.D.</td>
<td>Exercise Preconditioning and the Attenuation of Anthracycline Cardiotoxicity</td>
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<td>2008</td>
<td>Reid Hayward, Ph.D.</td>
<td>Living High, Training Low: A Method to Improve Sea Level Performance</td>
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<td>Spring</td>
<td>2009</td>
<td>Victor A. Convertino, Ph.D.</td>
<td>From Iraq to Space: Physiological Research &amp; Clinical Applications</td>
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<td>Fall</td>
<td>2009</td>
<td>Mindy Millard-Stafford, Ph.D.</td>
<td>Physiology of Endurance Performance: What do we really know?</td>
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<td>Spring</td>
<td>2010</td>
<td>James M. Pivarnik, Ph.D.</td>
<td>What's up with Exercise during Pregnancy and the Postpartum Period? Something Old, Something New?</td>
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<td>1992</td>
<td>Charles J. Dillman, Ph.D.</td>
<td>Overview of New U.S. Olympic Program</td>
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<td>Spring</td>
<td>1993</td>
<td>Jere H. Mitchell, M.D.</td>
<td>Athlete’s Heart</td>
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<td>1993</td>
<td>James M. Tipton, Ph.D.</td>
<td>The Role of Exercise Training in the Management of Hypertension</td>
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<td>Spring</td>
<td>1994</td>
<td>James M. Pivarnik, Ph.D.</td>
<td>Exercise Pregnancy: Current Findings vs. Historical Guidelines</td>
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<td>Fall</td>
<td>1994</td>
<td>James A. Pawelczyk, Ph.D.</td>
<td>Neural Control of Circulation During Exercise</td>
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<td>Spring</td>
<td>1995</td>
<td>F. Marty Ivey, M.D.</td>
<td>Diagnosis and Treatment of Acute Knee Ligament Injuries</td>
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<td>Fall</td>
<td>1995</td>
<td>Eric Poehlman, Ph.D.</td>
<td>Metabolic Control and Aging</td>
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<td>1996</td>
<td>James Stray-Gundersen, M.D.</td>
<td>Living High, Training Low: A Method to Improve Sea Level Performance</td>
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<td>Fall</td>
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<td>Rod K. Dishman, Ph.D.</td>
<td>Fighting Sloth: Factors Related to Adherence to Exercise and Wellness Programs</td>
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<td>Spring</td>
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<td>Suzanne M. Fortney, Ph.D.</td>
<td>Exercise Countermeasures for Long Duration Space Flights</td>
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<td>Fall 1997</td>
<td>W. Larry Kenney, Ph.D.</td>
<td>The Pennsylvania State University</td>
<td>“Age, Fitness and Temperature Regulation”</td>
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<tr>
<td>Spring 1998</td>
<td>John M. Johnson, Ph.D.</td>
<td>The University of Texas Health Science Center at San Antonio</td>
<td>“Regulation of Cutaneous Circulation in Humans”</td>
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<tr>
<td>Fall 1998</td>
<td>Michael J. Joyner, M.D.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>The University of Texas Southwestern Medical Center at Dallas</td>
<td>“Critical Appraisals of Modern Approach to Altitude Training”</td>
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<td>Fall 2000</td>
<td>James M. Hagberg, Ph.D.</td>
<td>University of Maryland</td>
<td>“Exercise Training and Aging”</td>
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<td>Spring 2001</td>
<td>Michael D. Delp, Ph.D.</td>
<td>Texas A &amp; M University</td>
<td>“Space Exploration: Expanding Our Understanding of the Human Body on Earth”</td>
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<td>Fall 2001</td>
<td>M. Harold Laughlin, Ph.D.</td>
<td>Professor and Chair, Department of Veterinary Biomedical Science, University of Missouri</td>
<td>“Ethics and Cheating in Research: Is Science Dispassionate Pursuit of Truth?”</td>
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<td>Spring 2002</td>
<td>Jon W. Williamson, Ph.D.</td>
<td>Assistant Dean for Research at The University of Texas Southwestern Medical Center, Allied Health Sciences School</td>
<td>“Brain Activation During Exercise In Humans”</td>
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<td>Fall 2002</td>
<td>Michael N. Sawka, Ph.D.</td>
<td>Chief, Thermal &amp; Mountain Medicine Division, US Army Research Institute of Environmental Medicine, Natick, MA</td>
<td>“Human Adaptations to Heat Stress”</td>
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<td>Spring 2003</td>
<td>Barry W. Scheuermann, Ph.D.</td>
<td>Texas Tech University</td>
<td>“Integrating Metabolic Responses with Muscle Recruitment Patterns During Moderate and Intense Exercise”</td>
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<td>Fall 2003</td>
<td>Tony G. Babb, Ph.D.</td>
<td>Institute for Exercise and Environmental Medicine, Presbyterian Hospital of Dallas, Dallas</td>
<td>“Is it the Fat or Where it’s At: Obesity, Fat Distribution, Weight Loss, and Breathing”</td>
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<td>Spring 2004</td>
<td>Terry J. Housh, Ph.D.</td>
<td>University of Nebraska-Lincoln</td>
<td>“Electromyographic and Mechanomyographic Aspects of Muscle Function”</td>
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<td>Fall 2004</td>
<td>J. Larry Durstine, Ph.D.</td>
<td>Professor and Chair, Department of Exercise Science, University of South Carolina, Southwestern Medical Center</td>
<td>“Physical Activity: Chronic Diseases and Disabilities”</td>
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<td>Spring 2005</td>
<td>Ross G. Querry, PT, Ph.D.</td>
<td>Assistant Professor, Department of Physical Therapy, The University of Texas Southwestern Medical Center</td>
<td>“Advancing Technology In Exercise for Rehabilitation”</td>
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<td>Fall 2005</td>
<td>Melody D. Phillips, Ph.D.</td>
<td>Assistant Professor, Texas Christian University</td>
<td>“Exercise neuro-immuno-endocrinology: Where the immune system and metabolism meet”</td>
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<td>Spring 2006</td>
<td>Craig G. Crandall, Ph.D.</td>
<td>Institute for Exercise and Environmental Medicine, Presbyterian Hospital of Dallas, Dallas</td>
<td>“Skin, the Human Radiator: Implications in Health”</td>
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<td>Fall 2006</td>
<td>Susan A. Bloomfield, Ph.D.</td>
<td>Professor, Health &amp; Kinesiology, Graduate Faculty of Nutrition, Texas A&amp;M University, Associate Lead, Bone Team, National Space Biomedical Research Institute</td>
<td>“Preventing Bone Loss with Spaceflight: Mission Impossible?”</td>
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