

John Alvarez
Delta State University
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Education/Certifications

Ph.D. Exercise Science and Leisure Management, The University of Mississippi, Oxford, Mississippi, 1998.

MS Physical Education, Radford University, Radford, Virginia, 1992.

BS Physical Education, Arkansas State University, Jonesboro, Arkansas, 1990.

Work History

Associate Professor (August 1998 – present), Division of Health, Physical Education, and Recreation, Delta State University.

Teaching Assistant (1994 – May 1998), Department of Exercise Science and Leisure Management

Adjunct Faculty (June - August 1997). Department of Exercise Science and Leisure Management

Instructor (1992-1993), Department of Physical Education ,Radford University.

Teaching Assistant (1990 - 1992) Department of Physical Education, Radford University.

Research Assistant (1996-1997), Human Performance Laboratory. University of Mississippi.

Teaching Load

Fall 2005

HSE 244 First Aid and CPR

PER 360 Clinical Experiences in Exercise Science I

PER 361 Clinical Experiences in Exercise Science II

PER 362 Clinical Experiences in Exercise Science III

PER 463 Exercise for Special Populations

PER 636 Advanced Exercise Physiology

PER 465 Internship in Exercise Science

PER 101 Independent Study of Concepts of Physical Fitness

PER 460 Independent Study of Exercise Prescription

PER 461 Independent Study of Exercise Testing

Spring 2006

PER102 Jogging for Fitness

PER 103 Weight Training

PER 360 Clinical Experiences in Exercise Science I

PER 361 Clinical Experiences in Exercise Science II

PER 362 Clinical Experiences in Exercise Science III

PER 380 Measurement and Evaluation in Physical Education

PER 460 Exercise Testing

PER 461 Exercise Prescription

PER 465 Internship in Exercise Science

PER 475 Internship in Sports Management

FCS 343 Co-instructor for Nutrition and Physical Fitness

Scholarship

- Brown, S.P. and Alvarez, J.G. Exercise Science Professional Organizations. In S.P. Brown (Ed.) *Introduction to Exercise Science*. Baltimore, MD. Williams and Wilkins, Publishers, 2000.
- Mayo, J.J., Lyons, B., Honea, K., Alvarez, J., and Byrum, R. (2004). Comparison of Forward-Backward-, and Lateral- motion at self-selected intensities. *Journal of Sport Rehabilitation*. 13, (1).
- Brown, S. P., O'Donnell, Kravitz, L., Beason, K., and Alvarez, J. (1998). Regression of oxygen consumption on heart rate during supported and unsupported deep water running in healthy mixed gender subjects. *Sports Medicine, Training, and Rehabilitation*.
- Brown, S. P., Jordan, J. C., Chitwood, L. F., Beason, K. R., Alvarez, J. G. , and Honea, K. P. (1998). Relationship of heart rate and oxygen uptake kinetics during deep water running in the adult population – ages 50 to 70 years. *Journal of Aging and Physical Activity*. 6, 248-55.
- Alvarez, J.G., Wilder, M.W., and Colbert, T. (2004). Physical activity trends of college students attending Delta State University. *Delta Education Journal*.2(1), 29-37.
- Alvarez, J.G. and Colbert, T. (2004). Hot in the shade. *Delta Medical Digest*, 1(1),32-33.
- Alvarez, J.G. and Wack, G. (2004). The Alarm Sounds. *Delta Medical Digest*, 1(1)7-10.
- Alvarez, J.G. (2004) Fitness 101: how to start you new year fit and healthy. *Delta Medical Digest*, 1(3)9-11.

Work Supporting P-12 Education

- Coordinated Fitness Testing in Cleveland School District Junior High Schools, 2004.
- Served as Judge at Regional High School Speech Competition, 2005.
- Consulted and Contributed to a grant written with Sunflower School District's Safety Officer received from the Mississippi Alliance for School Health, 2001-2002.

Service

- Currently collaborating with the Cleveland School District to write a PEP grant for submission in Spring of 2006
- Currently collaborating with the Division of Family and Consumer Science and Child Development Center on submission of General Mills Grant.
- Currently Serving as University Wellness Committee Chair
- Currently Coordinating DSU Health Challenge, a health promotion activity for DSU administrators, faculty, staff, and students.
- Co-Chair of Cleveland/Bolivar County Chamber of Commerce Wellness Committee 2004-2005.
- Instructed Delta State University Athletic Training Staff in Professional Rescuer Certification, 2005.
- Instructed activity staff in American Red Cross Basic Life Support.
- Presented lecture on how to begin a physical activity regiment at Delta Wellness Day, 2005.
- Assessment of Body Composition for Delta State University Swimming and Diving, 2005.
- Presently Serving as Research Council Chair for MAHPERD.
- Research in progress
 - Redefining women's strength norms: a pilot study on bench press.
 - Physical Education: its perception and reality in Mississippi Schools