

CURRICULUM VITAE

KEITH R. FRITZ, PH.D.

Current Position

1997-present

- Mesa State College, Department of Kinesiology
- Associate Professor specializing in Physical Education
- Supervision of Student Teachers
- Director of the MSC Home School Physical Education Program (2000-2005)

Courses taught:

- Academic: Methods of Elementary Physical Education, Organization & Administration of PE and Sport, Creative Play & literacy, Motor Learning, Motor Development, Methods of Lifetime Activities, Methods of Team Activities, Methods of Weight Training, and Health and Wellness
- General Activity: Mountain biking, badminton, racquetball, fitness walking, weight training, & body conditioning
- Distance Learning courses: Health & Wellness and Elementary School Physical Education
- Online Courses: Elementary School Physical Education and Motor Learning

College Committees served since 1997:

- Faculty Senate, Student Show Case, Academic Policies, Professional Development Funding, North Central Accreditation, Judicial Board, Tenure Evaluation, and several committees for the Dept. of Teacher Education and Dept. of Kinesiology, Wellness committee, Tenure and Promotion committee, Student Showcase Committee, Chair search committee, Several search committees
- Tenure status since 2002

Professional Experience

1995-1997

- Adams State College
- Assistant Professor specializing in Physical Education and Exercise Physiology
- Courses taught include: Methods of Physical Education, Issues in Wellness, Curricular Development, Health Education, and Exercise Science
- Director of the Health and Fitness Laboratory

1991-1995

- Manzano Day School, Albuquerque, NM
- Director of the K-5 Elementary Physical Education Program
- Taught 2nd through 5th grade Physical Education

1990-1991

- Academic Advisor for the Athletic Department at the University of New Mexico

Education

1988-1995 University of New Mexico, Albuquerque, NM, Ph.D. in Health, Physical Education, and Recreation

1986-1988 University of New Mexico, Albuquerque, NM, M.Sc. in Health, Physical Education, and Recreation

1979- 1985 Oregon State University, Corvallis, OR, B.Sc. in Health, Physical Education, and Recreation

Publications

Periodicals - refereed

1. Hayward WA, Fritz KR, and Greene ER: Human Middle Cerebral Artery Blood Velocity During Sexual Intercourse. *J Ultrasound Med.* 19:871-876, 2000.
2. Engstrom, C and Fritz, KR: A Step-by-Step Approach to Designing and Implementing a Bicycle Safety Program. *Colorado Association for Health, Physical Education, Recreation, and Dance Journal.* 27: 8-12, 2002.

Non-Refereed

1. Fritz KR: Resistance Training for Adolescents. *Mesa State College Sports Medicine News Letter.* 4:2-3, 1999.
2. Fritz KR: Invest in the Future of Your Company by Promoting Employee Health and Fitness. *Business Times.* Dec. 1, 2004.
3. Fritz KR: Develop an Employee Health and Fitness Program. *Business Times.* March 9, 2005.
4. Fritz KR: An Investment in Health Pays Off. *Business Times.* June 8, 2005.
5. Fritz KR: Nutrition and Job Performance. *Business Times.* September 21, 2005.
6. Fritz KR: Are Your Employees Asleep at the Job? *Business Times.* Dec. 12, 2005.
7. Fritz KR, Quatrochi, J, and Leadbetter, G: Question and Answer interview based on a study entitled: "*Are there training differences between stationary cycling and Mountain Biking?*", *VeloNews: The Journal of Competitive Cycling,* Vol. 35/No. 2, Feb: 2006.
- 8.

Papers/Abstracts Presented

International

1. Human Sexual Intercourse Does Not Increase Middle Cerebral Artery Blood Velocity at Altitude. *Hypoxia Symposium 1999.*
2. Human Regional Cerebral Hemodynamics During Light Exercise at Moderate Altitude. *Hypoxia Symposium 2001.*

National

1. Dynamic Response of the Human Cerebrovascular Circulation to the Onset of Exercise. *Experimental Biology,* 1997.
2. Dynamic Effects of Postprandial Exercise on Human Superior Mesenteric Blood Flow. *Experimental Biology,* 1997.
3. Dynamic Response of the Human Cerebrovascular Circulation During Sexual Intercourse. *Experimental Biology,* 1998.
4. Dynamic Effects of a Meal on the Distribution of Human Cardiac Output. *Experimental Biology,* 1998.
5. Exercise Training Increases Lower Limb Reactive Hyperemia. *Experimental Biology,* 1999.
6. Age Related Differences in Human Central and Regional Blood Flows After a Meal. *Experimental Biology,* 1999.

7. The Acute Effects of Tobacco on Human, Central and Regional, Blood Flows in Chronic Users. *Experimental Biology*, 1999.
8. Energy Restricted Diet and Free Fatty Acid Metabolism in Obese Adult Females. *Experimental Biology*, 2000.
9. Common Carotid Blood Flow During Ergometer Exercise in Children. *Experimental Biology*, 2002.
10. Central and Regional Blood Flow During Orthostatic Stress in Children. *Experimental Biology*, 2002.

Regional

1. Effects of Fitness Level on Human Limb Reactive Hyperemia. Lovelace Respiratory Research institute. 1998.
2. Comparison Between Field and Clinical Protocol for Cycling. Colorado Association for ACSM. 2001.

Educational Presentations

Regional

1. Future Direction in Health Education. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1998.
2. Developing and Revising Your Health Education Curriculum. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1998.
3. Future Direction in Health Education. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1999.
4. Ethics in Health Education. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1999.
5. Nutrition for Health and Performance. Kansas Department of Education, 1999.
6. Making Floor Hockey Safe. Central District Association for Health, Physical Education, Recreation, and Dance. Accepted for the 2006 Conference.

Local

1. Implementing a Personal Fitness Program. Seattle Athletic Club, 1985.
2. Improving Your Lower Back Fitness. The Department of Energy, Oakridge Tenn., 1987.
3. Reducing and Coping with Stress. The Department of Energy, Albuquerque New Mexico, 1987.
4. Eating Healthy on the Road. The Department of Energy, Albuquerque New Mexico, 1987.
5. How to Maintain an Exercise Program on the Road. The Department of Energy, Albuquerque New Mexico, 1988.
6. Implementing a Personal Fitness Program. Belen New Mexico health fair, 1988.
7. Activity and Health. Alamosa Rotary Club, 1996.
8. Energy Restrictive Diet and Free Fatty Acid Metabolism in Obese Adult Females. New Mexico Highlands University faculty colloquium, 1996.
9. Developing and Revising Your Health Education Curriculum. Colorado Association for Health, Physical Education, Recreation, and Dance. 1997.
10. Recreational Jogging. Colorado Association for Health, Physical Education, Recreation, and Dance. 1997.

11. Activity and Health. Mesa State College colloquium 1997.
12. Incorporating Mountain Biking into Your Secondary Physical Education Curriculum. Colorado Association for Health, Physical Education, Recreation, and Dance. 1998.
13. Jogging for Fun. Colorado Association for Health, Physical Education, Recreation, and Dance. 1998.
14. Nutrition for Health and Performance. Colorado Association for Health, Physical Education, Recreation, and Dance. 1999.
15. Nutrition for better Track and Field Performance. Glenwood Springs High School. 2000.
16. Exercise Physiology for Physical Educators. Colorado Association for Health, Physical Education, Recreation, and Dance. 2000.
17. Daily Physical Education Attenuates the Prevalence of Adult-Onset Diabetes in Children and Adolescents. Colorado Association for Health, Physical Education, Recreation, and Dance. 2001.
18. Aerobic Conditioning Principles: How Children Differ from Adults. Colorado Association for Health, Physical Education, Recreation, and Dance. 2001.
19. How Daily Physical Education Reduces the Prevalence of Diabetes in Children and Adolescents. Colorado Association for Health, Physical Education, Recreation, and Dance. 2002.
20. Developing a Proactive Classroom Management Plan. Keynote Speaker for MSC student internship orientation: 2003.
21. Ring Hockey: A Safe Alternative to Floor Hockey. Colorado Association for Health, Physical Education, Recreation, and Dance. 2004.
22. Adult-Onset Diabetes: How Physical Education Can Help. Colorado Association for Health, Physical Education, Recreation, and Dance. 2004.
23. Making Floor Hockey Safe. Colorado Association for Health, Physical Education, Recreation, and Dance. 2005.
24. Fun Frisbee Lead-Up Activities. Colorado Association for Health, Physical Education, Recreation, and Dance. 2006.
25. Frisbee Activities For All Ages. Colorado Association for Health, Physical Education, Recreation, and Dance. 2007.
26. A Safe Alternative to Floor Hockey. Colorado Association for Health, Physical Education, Recreation, and Dance. 2008.
27. Games with a Purpose. Colorado Association for Health, Physical Education, Recreation, and Dance. 2009.
28. Stress Management. Leadership Academy, Mesa State College. 2010
29. Socializing Children Through movement. Colorado Association for Health, Physical Education, Recreation, and Dance. 2010.
30. Stress Management. Leadership Academy, Mesa State College. 2011
31. Quality Disc Activities, Colorado Association for Health, Physical Education, Recreation, and Dance. 2011.

Educational Material Reviews

1. Complete Physical Education for Grades 7-12 by Isobel Kleinman: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 22, 2002.

2. It's Not Just Gym Anymore by Bane McCracken: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 22, 2002.
3. Teaching Children Physical Education by George Graham: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 22, 2002.
4. Play Practice: The Games Approach to Teaching and Coaching Sports by Alan Launder: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 23, 2002.
5. Fit Kids Classroom Workout Video: Colorado Association for Health, Physical Education, Recreation, and Dance Journal. 27: 23, 2002.

Editorships/Boards

1. Editor/ Reviewer for: Associate Editor for Journal of Health Education since 1999-2000, Reviewer for the Colorado Association for Health, Physical Education, Recreation, and Dance. Since 2000-2001.
2. Elected Board Member for: American Heart Association. Since 1996-2002, Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance 1997-2000, Colorado Association of the American Alliance for Health, Physical Education, Recreation, and Dance 1996-1999. Colorado School Health Council 1997-1999.

Membership in Professional Organizations

1. American Alliance for Health, Physical Education, Recreation, and Dance. Present Member.
2. Central District Association of the American Alliance for Health, Physical Education, Recreation, and Dance. 1997-2000
3. Colorado Association of the American Alliance for Health, Physical Education, Recreation, and Dance. Present Member
4. Colorado School Health Council. 1997-1999

Funding Received

1. Fritz, KR and Hoffman, BR. \$4775 to implement an after school activity program for middle school students in Grand Junction. OSC Funding. 1998.
2. Developed by MSC's Community Wellness Committee. \$10,000 to implement an osteoporosis prevention program. OSC Funding. 1999

Recognition

1. American Heart Association's Community Man of the Year. 2000