

# Stanley Paul Brown

Head and Professor of Clinical Exercise Physiology

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**Home Town:** Plaquemine, Louisiana — **DOB:** 8/30/1953 — **Marital Status:** Married (three daughters)

**Career Highlights:** Dr. Brown has served as Founding Dean of the School of Health Sciences at Our Lady of the Lake College and Head, Department of Kinesiology at the University of Louisiana – Lafayette. In 1989 he co-wrote the doctoral program for the Department of Exercise Science and Leisure Management at the University of Mississippi. In 1998 he won the inaugural University of Mississippi School of Education Alumni Association Researcher of the Year Award. His textbooks are used by departments of kinesiology, physical therapy and occupational therapy. He has experience in interdisciplinary curricula development having served on the faculties of physical therapy, gerontology and rehabilitation science at different institutions. His teaching expertise is in exercise physiology. Dr. Brown has experience in strategic planning at five different institutions of higher education and with a major medical center. He has significant budgetary responsibility, including building resources for substantial laboratory packages for new faculty, equipment and space renovation, oversight of sponsored grant budgets for the department, and, increasingly, donor support. His clinical practice experience is in cardiopulmonary rehabilitation and adult fitness. His passion is a multidisciplinary approach to health care and healthy living.

**Research Interest:** Theoretical construct of the disablement process model (how one progresses from pathology to disability) with regard to functional loss with aging and attenuation of functional loss via exercise intervention.

## EDUCATION

1985-1989	<b>Ph.D.</b>	Earned in the College of Health and Human Sciences, University of Southern Mississippi, Hattiesburg, Mississippi, Graduated December 15, 1989. <b>Major Cognate:</b> Exercise Physiology <b>Collateral Area:</b> Research and Statistics <b>Dissertation Title:</b> <i>Left Ventricular Inotropic Response During Weight Lifting in Untrained, Weight Trained, and Endurance Trained Men: Evaluation by Echocardiography</i> (Dr. Walter R. Thompson, Advisor)
1981-1982	<b>M.S.</b>	Earned in the School of Health, Physical Education, Recreation and Dance, Louisiana State University, Baton Rouge, Louisiana, Graduated December 21, 1982. <b>Major Cognates:</b> Community Health/Exercise Science/Cardiopulmonary Rehabilitation <b>Research Title:</b> <i>Echocardiographic Characteristics of Competitive and Recreational Weightlifters</i> (Dr. Ron Byrd, Advisor)
1976-1980	<b>B.S.</b>	Earned in the General College, Louisiana State University, Baton Rouge, Louisiana, Graduated December 19, 1980. <b>Major Cognates:</b> Exercise Science/Psychology/Sociology

## MEMBERSHIPS / FELLOWSHIPS IN SCIENTIFIC SOCIETIES

American College of Sports Medicine, Fellow  
Society of Geriatric Cardiology, Fellow  
American Physiological Society (Environmental and Exercise Physiology Group, History of Physiology Group, Cardiovascular Group)

## HONORS AND AWARDS

Who's Who in Medicine and Healthcare (2002)  
 Fellow, Society of Geriatric Cardiology (2002)  
 Researcher of the Year, University of Mississippi School of Education (1998)  
 Phi Beta Sigma, Fatherhood Award (1998)  
 Fellow, American College of Sports Medicine (1995)

## PROFESSIONAL CERTIFICATIONS

ACSM Rehabilitative Exercise Specialist (1986)

## TEACHING APPOINTMENTS

2008- Professor of Clinical Exercise Physiology (**tenured**), Department of Kinesiology, College of Education, Mississippi State University  
 2004-2008 Louisiana State Board of Regents Endowed Professorship  
 2003-2008 Professor of Rehabilitation Sciences (Department of Rehabilitation Sciences) and Professor of Gerontology (Department of Health Services), School of Health Sciences, Our Lady of the Lake College  
 2004-2008 Adjunct Professor, Life Course and Aging Center, Louisiana State University  
 2001-2003 Professor of Kinesiology, Department of Kinesiology, College of Education, University of Louisiana  
 1999-2001 Associate Professor of Physical Therapy (**tenured**, 2001), Department of Physical Therapy, College of Science and Mathematics, Southwest Baptist University  
 1995-1998 Associate Professor of Exercise Science (**tenured**, 1995), Department of Exercise Science and Leisure Management, School of Education, University of Mississippi  
 1989-1995 Assistant Professor of Exercise Science, Department of Exercise Science and Leisure Management, School of Education, University of Mississippi  
 1988-1989 Instructor of Kinesiology, Department of Health and Kinesiology, School of Education, University of Arkansas at Monticello  
 1987 Graduate Teaching Assistant, Exercise Physiology, College of Health and Human Sciences, School of Human Performance and Recreation, University of Southern Mississippi  
 1981-1982 Graduate Teaching Assistant, School of Health, Physical Education, Recreation and Dance, College of Education, Louisiana State University

## ADMINISTRATION AND CLINICAL PRACTICE APPOINTMENTS

2008- Head, Department of Kinesiology, College of Education, Mississippi State University  
*With 23 full time faculty members and over 1300 graduate and undergraduate majors, the Department of Kinesiology has the largest enrollment at MSU. For the most recent academic year, enrollment included a total of 18,135 credit hours taught, 4<sup>th</sup> highest production at the university with very little of this coming from activity courses. In 2008 the university committed new fiscal and human resources to manage enrollment growth, resulting in improved departmental labs and start-up monies for faculty research. As a result the productivity of the department increased greatly. For the years immediately prior to 2008 faculty averaged about 3 publications per year. In calendar year 2013 faculty produced 41 titles in venues such as: Chest, Journal of Comparative Physiology, Biological Psychology, Medicine and Science in Sports and Exercise, Vascular Medicine, Disability and Health Journal, Journal of Pediatric Endocrinology and Metabolism, Research Quarterly for Exercise and Sport, and Neurological Sciences. With a newly invigorated research culture, the PhD in kinesiology was implemented in the 2015-2016 academic year. Our pedagogy program routinely achieves greater than a 90% pass rate on certifying exams. Graduates are also achieving entry into professional schools (Medicine/Physician Assistant, Physical and Occupational Therapy, among others) at a high rate. The department is in the top ten at the university in the number of undergraduate students involved in the Honors College. Personnel and other resources are being managed with a focus on productivity, stability and further improving the academic culture of the department. The latest venture is departmental expansion to the Meridian, MS campus. The department has recently adopted a strategic platform (7 blanks) and mission and vision statements. The first strategic plan (2015-2020) for the department began in the fall 2015 term. The department's first active Advisory Board has been created to oversee this process.*

- 2003-2008 Dean, School of Health Sciences, Our Lady of the Lake College (OLOLC)  
*Our Lady of the Lake Regional Medical Center is the largest such institution in the gulf south with a reputation for top-notch health care delivery and education in the health sciences. In 2003 Dr. Brown became the founding Dean of the School of Health Sciences, having been hired to help broaden the institution's mission to include graduate education. In forming the school, Dr. Brown created from existing programs four new academic departments: Rehabilitation Sciences, Diagnostic Sciences, Health Services, and Physician Associate Studies. He also served as the founding Chair of the Graduate Council at OLOLC. The Department of Physician Associate Studies created under Dr. Brown's watch was the first of its kind in Louisiana as was the baccalaureate program in gerontology.*
- 2001-2003 Administrator, Senior Exercise Program, Department of Kinesiology, College of Education, University of Louisiana
- 2001-2003 Head, Department of Kinesiology, College of Education, University of Louisiana
- 1999-2001 Director of Research, College of Science and Mathematics, Department of Physical Therapy, Southwest Baptist University
- 1999-2001 Director, Clinical Exercise Physiology Laboratory, College of Science and Mathematics, Department of Physical Therapy, Southwest Baptist University
- 1989-1996 Director, Human Performance Laboratory, Department of Exercise Science and Leisure Management, University of Mississippi  
*Supervised 5-6 doctoral students on average in the day-to-day operation of a research laboratory producing ~7-10 peer-refereed papers per year (not all of which I appear on).*
- 1990-1995 Program Director, Adult Fitness Program, Human Performance Laboratory, University of Mississippi  
*Founded and supervised the first program of its kind in the department (still in existence).*
- 1988-1989 Assistant Director, Cardiorespiratory Fitness Clinic, Department of Health and Kinesiology, University of Arkansas at Monticello
- 1987 Applied Physiology Laboratory Assistant, Laboratory of Applied Physiology, College of Health and Human Sciences, University of Southern Mississippi
- 1987 Coordinator, Graded Exercise Testing and Anthropometric Laboratories, and Coordinator of Phase III Cardiopulmonary Rehabilitation Programs, Center for Outpatient Rehabilitation, Institute for Wellness and Sports Medicine, Methodist Hospital, Hattiesburg, MS  
*Supervised the operation of the program and performed tests and exercise session oversight.*
- 1986-1987 Director, Wellness Center and Outpatient Rehabilitation Services, Jones County Community Hospital, Laurel, MS  
*Managed a large hospital-based fitness and rehab facility.*
- 1986-1987 Editor, *LIFESTYLES*, quarterly publication of The Wellness Center, Jones County Community Hospital, Laurel, MS
- 1985-1986 Exercise Physiologist, Institute for Wellness and Sports Medicine, Hattiesburg, MS
- 1984-1985 Head & Founder, Department of Cardiac Rehabilitation, River West Medical Center, Plaquemine, LA  
*Department head managing all aspects of Phase I (inpatient) and II (outpatient) rehabilitation program in conjunction with nursing staff and attending physicians. Designed and ran the cardiac rehabilitation clinic. Supervisory position.*
- 1983-1984 Manager and Chief Exercise Clinician, Cardiopulmonary Rehabilitation Program and Clinic, Department of Cardiology, St. Francis Cabrini Hospital, Alexandria, LA  
*Program director managing all aspects of Phase I (inpatient) and II (outpatient) rehabilitation in conjunction with nursing staff and attending physicians. Designed and ran the cardiac rehabilitation clinic within the Department of Cardiology. Supervisory position.*
- 1981 Exercise Leader and Exercise Testing Assistant, Adult Fitness Program and Human Performance Laboratory, School of Health, Physical Education, Recreation and Dance, Louisiana State University

## CONSULTATIONS

- 1993-2001 NIH Consultant, Expertise codes (7812, 7815, 7836, 9115, 9175)
- 1997 Allyn & Bacon Publishers. Reviewed the manuscript, *Knowing Human Movement*
- 1995 Lippincott Williams & Wilkins. Comparative review of the books: *Exercise Physiology: Exercise, Performance, and Clinical Applications*, by Robergs and Roberts, and *Exercise Physiology: Energy, Nutrition, and Human Performance*, by McArdle, Katch, and Katch
- 1996 Special Consultant for The Neurology Clinic, Memphis, TN
- 1995 Special Consultant for The Orthopaedic Clinic, Memphis, TN

- 1995 Certification faculty member for the American College of Sports Medicine Health/Fitness Instructor certification examination. The University of Memphis
- 1994 Special Consultant for The Pain Clinic and Rehabilitation Center, Memphis, TN
- 1994 Certification faculty member for the American College of Sports Medicine Health/Fitness Instructor™ certification examination. The University of Memphis
- 1994 Mosby-Year Book, Reviewed the manuscript: *Exercise Physiology: Exercise, Performance, and Clinical Applications*, by Robergs and Roberts
- 1990 Emerson Electric Co., Oxford, MS. On-site industrial fitness program
- 1989 Diabetes Therapy Unit, Baptist Medical Center, Little Rock, AR
- 1986 Panel Member, NTE Validation Study for the Arkansas Health Education Test, April Hot Springs, AR
- 1986 Faculty Member, Exercise Specialist Certification Workshop, American College of Sports Medicine, University of Southern Mississippi, Hattiesburg, MS

## PUBLICATIONS

### Works in Progress

1. Brown SP, Miller W. *Exercise Physiology*. Dubuque, IA: Kendall-Hunt Publishing, 2017 (expected pub date).
2. Brown SP, Smith JW, McAllister M, Joe, LA. Superhero physiology: The case of Captain America. *Advances in Physiology Education*, 2016 (targeted submission date).
3. Brown SP, Twietmeyer G. Transdisciplinarity in kinesiology. *Quest*, 2017 (targeted submission date).
4. Brown Y, Brown SP. Alvin Roy: Louisiana's Strength and Conditioning Pied Piper. *Journal of Sport History*, 2017 (targeted submission date).

### Books, Monographs and Edited Volumes

1. Brown SP (Ed.). *Fundamentals of Kinesiology*. 2<sup>nd</sup> Edition. Dubuque, IA: Kendall Hunt Publishing, 2016.
2. Brown SP (Ed.). *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2013.
3. Brown SP, Miller W, Eason J. *Exercise Physiology: Basis of Human Movement in Health and Disease*. Baltimore: Lippincott Williams & Wilkins, 2006.
4. Brown SP (Ed.). *Introduction to Exercise Science*. Baltimore: Lippincott Williams & Wilkins, 2001.
5. Brown SP, Byrd R, Powers SK. *Experiences in Work Physiology*. 2<sup>nd</sup> ed. Edina, MN: Burgess Publishing, 1997.

### Book Chapters

1. Brown SP. Health-Fitness. In: Brown SP, ed. *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2016.
2. Kavazis AN, Gordon DM, and Brown SP. Reactive oxygen species and skeletal muscle adaptation. In *Systems Biology of Free Radicals and Antioxidants*. Ismail L (Ed). Springer. pp 3081-3096, 2014.
3. Brown SP. Introduction to Kinesiology. In: Brown SP, ed. *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2013.
4. Brown SP. Professional Concerns. In: Brown SP, ed. *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2013.
5. Brown SP. Exercise Physiology. In: Brown SP, ed. *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2013.
6. Hoyt G, Brown SP. Clinical Exercise Physiology. In: Brown SP, ed. *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2013.
7. Brown SP. Future Kinesiology. In: Brown SP, ed. *Fundamentals of Kinesiology*. Dubuque, IA: Kendall Hunt Publishing, 2013.
8. Brown SP. Exercise Physiology. In: Brown SP, ed. *Introduction to Exercise Science*. Baltimore: Lippincott Williams & Wilkins; 2001.
9. Byrd R, Brown SP. The Emergence of Exercise Science. In: Brown SP, ed. *Introduction to Exercise Science*. Baltimore: Lippincott Williams & Wilkins; 2001.
10. Brown SP, Alvarez JG. Professional Organizations. In: Brown SP, ed. *Introduction to Exercise Science*. Baltimore: Lippincott Williams & Wilkins; 2001.
11. Thompson WR, Brown SP. Professional Issues. In: Brown SP, ed. *Introduction to Exercise Science*. Baltimore: Lippincott Williams & Wilkins; 2001.

12. Durstine L, Brown SP. Future of Exercise Science. In: Brown SP, ed. Introduction to Exercise Science. Baltimore: Lippincott Williams & Wilkins; 2001.
13. Brown SP. Physical Fitness: A Wellness Lifestyle. In: Leonard P, ed. Learning Wellness Lifestyles at Ole Miss. Oxford, MS: Bessie Speed Center for Alcohol and Drug Education; 1990:4.

#### Book Reviews

1. Brown SP. Review of *Physiological Aspects of Sport Training and Performance* by Jay Hoffman. NATA NEWS, 2003.
2. Brown SP. Review of *Exercise Prescription: A Case Study Approach to the ACSM Guidelines* by David P. Swain and Brian C. Leutholtz. NATA NEWS. 2002; July:50.

#### Published Letter

1. Brown SP. Profession or discipline: the role of exercise physiology in allied health. *Clin Exerc Physiol*. 2000; 2:52.

#### Refereed Publications

1. Wax, B, Kavazis A.N., Brown S.P., and Hilton, L. (2013) Effects of supplemental GAKIC ingestion on resistance training performance in trained males. *Res Quart Exer Sport*. 2013; 84:1-7.
2. Wax B, Kavazis AN. and Brown SP. Effects of supplemental carbohydrate ingestion during superimposed electromyostimulation exercise in elite weight lifters. *J Strength Cond Res*. 2013; 27(11): 3084-90.
3. Wax B, Kavazis AN, Webb HE, Brown SP. Acute L-arginine alpha ketoglutarate supplementation fails to improve muscular performance in resistance trained and untrained men. *J Internat Soc Sports Nut*. 2012; 9:17.
4. Wax B, Brown SP, Webb HE, Kavazis A, Kinsey S. Effects of carbohydrate intake on force output and time to exhaustion during static leg contractions superimposed with electromyostimulation. *J Strength Cond Res*. 2012; 26(6):1717-1723.
5. Abadie B, Brown SP. Physical activity promotes academic achievement and a healthy lifestyle when incorporated into early childhood education. *Forum on Public Policy*, 2010: Vol 2010 no 5.
6. McClanahan BS, Ward KD, Vukadinovich C, Klesges RC, Chitwood L, Kinzey SJ, Brown S, Frate D. Bone mineral density in triathletes over a competitive season. *J Sports Sci*. 2002; 20: 463-469.
7. Brown SP, Hash DE, Lyons B. Clinical exercise physiology: current perspectives on exercise prescription. *Phys Ther Rev*. 2001; 6:189-214.
8. Brown SP. Prediction of oxygen consumption in cardiac rehabilitation patients performing arm ergometry. *J Exerc Physiol* [serial online]. 2000;3:74-80.
9. Brown SP. The professionalization of exercise physiology: a critical essay. *Profess Exerc Physiol* [serial online]. June 2000;doc 2.
10. Brown SP, O'Donnell D, Kravitz L, Beason K, Alvarez J. Regression of oxygen consumption on heart rate during supported and unsupported deep water running in healthy mixed gender subjects. *Sports Med Training Rehabil*. 1998;8:291-299.
11. Brown SP, Jordan JC, Chitwood LF, Beason KR, Alvarez JG, Honea KP. Relationship of heart rate and oxygen uptake kinetics during deep water running in the adult population -- ages 50 to 70 years. *J Aging Phys Act*. 1998;6:248-255.
12. Richey P, Brown SP. Pathologic versus physiologic left ventricular hypertrophy: a brief review of structural and functional consequences. *J Sports Sci*. 1998;16:129-141.
13. Brown SP, Chitwood LF, Beason KR, McLemore DR. Deep water running physiologic responses: Gender differences at treadmill-matched walking/running cadences. *J Strength Cond Res*. 1997;11:107-114.
14. Brown SP, Chitwood LF, Alvarez JG, Beason KR, McLemore DR. Predicting oxygen uptake during Deep water running: gender differences. *J Strength Cond Res*. 1997;11:188-193.
15. Brown SP, Chitwood LF, Beason KR, McLemore DR. Perceptual responses to deep water running and treadmill exercise. *Percep Motor Skills*. 1996;83:131-139.
16. Brown SP, Chitwood LF, Beason KR, McLemore DR. Physiological correlates with perceived exertion during deep water running. *Percep Motor Skills*. 1996;83:155-162.
17. Coker RH, Brown SP, Chitwood LF, Keith WB. Nicotine use and athletic performance: a brief review. *J Strength Cond Res*. 1996;10:279-282.
18. Brown SP, Masterson GL. Validation of estimated energy expenditure while running with the Body Watch. *Missouri J Health Phys Ed Rec Dance*. 1996;6:69-78.

19. Chitwood LF, Brown SP, Lundy MJ, Dupper MA. Metabolic propensity toward obesity in black vs White females: responses during rest, exercise and recovery. *Int J Obesity*. 1996;20: 455-462.
20. Masterson GR, Brown SP. The use of short-term aerobic training to improve endurance in the Anaerobic athlete. *Missouri J Health, Phys Ed Rec Dance*. 1995;5:31-35.
21. Brown SP, Wu Q, Chitwood LF, Anderson ER, Dahl E, DeLashmit S. The prediction of oxygen consumption in cardiac rehabilitation patients during arm ergometry. *J Cardiopul Rehabil*. 1994; 14:181-188.
22. Brown SP, Wu Q, Li H, Mao X. Cardiorespiratory responses to low-intensity heart rate-controlled exercise in female subjects. *J Sports Med Phys Fit*. 1994;34:279-283.
23. Brown SP, Clemons JM, He Q, Liu S. Effects of resistance exercise and cycling on recovery blood pressure. *J Sports Sci*. 1994;12:463-468.
24. Brown SP, Clemons JM, He Q, Liu S. Prediction of the oxygen cost of the deadlift exercise. *J Sports Sci*. 1994;12:371-375.
25. Brown SP, Keith WB. The effects of acute exercise on levels of erythrocyte 2,3 bisphosphoglycerate: a brief review. *J Sports Sci*. 1993;11:479-484.
26. Brown SP, Li H, Chitwood LF, Anderson ER, Boatwright D. Blood pressure, hemodynamic and thermal responses after cycling exercise. *J Appl Physiol*. 1993;75:240-245.
27. Masterson G, Brown SP. The effects of weighted rope jump training on power performance in male subjects. *J Strength Cond Res*. 1993;7:108-114.
28. Mao X, Li H, Brown SP. Validation of the Computerow™ caloric display. *J Mississippi AAHPERD*. 1993;13:19-21.
29. Brown SP, Anderson ER, He Q, Liu S, Wu Q, Li H, Whittle R. Physiologic comparison and validation of Stairobic stepping with bench stepping. *J Sports Med Phys Fit*. 1992; 32:288-292.
30. Brown SP, Masterson GL. The effects of short term aerobic training (STAT) on anaerobic performance and recovery in collegiate power athletes. *J Mississippi AAHPERD*. 1992;12(1):8-10.
31. Thompson DE, Thompson WR, Prestridge TJ, Bailey JG, Bean MH, Brown SP, McDaniel JB. Effects of hydration and dehydration on body composition analysis: A comparative study of bioelectric impedance analysis and hydrodensitometry. *J Sports Med Phys Fit*. 1991; 31:565-570.
32. Brown SP, Thompson WR, Bean M, Wood L, Nayak K, Goff J. The relationship of early versus two minute recovery echocardiographic values following maximal effort resistance exercise. *Int J Sports Med*. 1991;12:241-245.
33. Brown SP, Davis JB, Horan J. Effects of age and sex on cardiovascular trainability. *Ann Sports Med*. 1990;5:59-61.
34. Brown S, Thompson W, Bailey J, Johnson K, Wood L, Bean M, Thompson D. Blood lactate response to weightlifting in endurance and weight trained men. *J Appl Sport Sci Res*. 1990; 4:122-130.
35. Brown SP, Cundiff DE, Thompson WR. The geriatric population: Implications for fitness programming. *J Phys Ed Rec Dance*. 1989;60:18-23.
36. Brown SP, Cundiff DE. Exercise, aging and longevity. *Health Ed*. 1988;19:4-7.
37. Brown SP, Thompson WR. The therapeutic role of exercise in diabetes mellitus. *Diabetes Ed*. 1988;14:202-206.
38. Brown SP, Cundiff DE. Fitness, business and the aging worker. *Fit Business*. December 1988; 105-109.
39. Brown SP, Thompson WR. Left ventricular functional and hypertrophic characteristics in weight lifters. *Ann Sports Med*. 1988;3:234-236.
40. Brown SP, Thompson WR. Standardization indices of cardiac hypertrophy in weight lifters. *J Sports Sci*. 1987;5:147-153.
41. Brown SP, Thompson WR. A systematic strategy for development and implementation of a cardiac rehabilitation program. *Health Care Supervisor*. 1987;6:58-65.
42. Brown SP. The effects of locally applied heat on forearm grip strength and endurance. *J Mississippi AAHPERD* 1987;7(1):9-10.
43. Brown SP, Brumfield JE. Hospital wellness centers: Employment opportunities for physical education majors. *J Mississippi AAHPERD*. 1987;7(2):2.
44. Brown SP, Byrd R, Jayasinghe MD, Jones D. Echocardiographic characteristics of competitive and recreational weightlifters. *J Cardiovas Ultrasonography*. 1983;2:163-165.
45. Denson DR, Mangum M, Iyriboz Y, Brown SP, Gatlin L. Status of phase III cardiac rehabilitation programs in Louisiana. *Journal of the Louisiana Medical Society*. 1983;135:17-19.

Research Abstracts

1. Honea KP, DeLashmit SJ, Mayo JJ, Kinzey SJ, Brown SP. The effect of game stress on atrioventricular conduction in NCAA, Division I-A football coaches [abstract]. *Med Sci Sports Exerc.* 2005; 36.
2. Brown SP. Transposing regression equations: effect on predicting %HRmax during deep water running [abstract]. *Med Sci Sports Exerc.* 2002;34.
3. Lesh SG, Johnson A, Glaser C, Tucker A, Brown SP. Reliability and validity of a lower extremity functional outcome measure: the timed t-test [abstract]. *JOSPT.* 2002;32(1):A-54.
4. Alvarez JG, Brown SP, Wright L, Dahl E, Kravitz L, Chitwood L. The accuracy of the ACSM cycle ergometry equation in cardiac rehabilitation patients [abstract]. *Med Sci Sports Exerc.* 2000;32:S143.
5. Gallen KG, Kinzey SJ, Moore JB, Cordova ML, Brown SP, Cole JL. Effects of cryotherapy on ground reaction forces and muscle activity during a functional movement [abstract]. *Med Sci Sports Exerc.* 1999;31:S295.
6. Brown SP, Jordan JC, Chitwood LF, Beason KR, Alvarez JG, Honea KP. Relationship between relative heart rate and VO<sub>2</sub> during deep water running in older adults [abstract]. *Med Sci Sports Exerc.* 1998;30: S162.
7. Myers DL, Chitwood LF, Brown SP, Cole JL, Matthews J, Waters IW. Exercise induced insulin, C-peptide and glucose responses in non-obese black and white females [abstract]. *Med Sci Sports Exerc.* 1998;30:S175.
8. Crommett A, Brown SP. The accuracy of the ACSM arm ergometry equation in cardiac rehabilitation patients [abstract]. *Med Sci Sports Exerc.* 1998;30:S56.
9. Brown SP, Alvarez JG, Jordan JC. Perceived exertion during deep water running: A multiple linear regression study [abstract]. *Med Sci Sports Exerc.* 1997;29:S214.
10. Mao XQ, Anderson ER, Brown SP, Pasco DD. Acute effects of different exercise intensities and modes on serum lipoproteins in college females [abstract]. *Med Sci Sports Exerc.* 1997;29:S129.
11. Alvarez JG, Brown SP. Cross validation of deep water running rating of perceived exertion equations [abstract]. *FASEB J.* 1997;11:A290.
12. Brown SP, Song Q, Cheek D, Anderson E, Keith W. Predicting the metabolic cost of resistance exercise [abstract]. *Med Sci Sports Exerc.* 1996;28:S16.
13. Brown SP, Chitwood LF, Beason KR, McLemore DL. Heart rate plateaus at submaximal work rates during graded deep water running (DWR) [abstract]. *Faseb J.* 1995;9:2076.
14. Coker RH, Brown SP, Chitwood LF, Beason KR, McLemore DL. Evidence of a greater exercise economy in female subjects during deep water running [abstract]. *Faseb J.* 1995;9:2090.
15. Brown SP, Chitwood LF, Beason KR, McLemore DL. Male and female physiologic responses to treadmill and deep water running at matched running cadences [abstract]. *Med Sci Sports Exerc.* 1995;27:S245.
16. Chitwood LF, Lundy MJ, Brown SP, Dupper MA. Metabolic responses of black and white females During rest and exercise [abstract]. *Med Sci Sports Exerc.* 1995;27:S130.
17. Brown SP, Li H, Chitwood LF, Anderson ER, Boatwright JD. Recovery thermal and hemodynamic responses [abstract]. *Med Sci Sports Exerc.* 1993;25:S86.
18. Brown SP, Thompson WR, Nayak K, Goff J, Wood L, Bean M. Left ventricular response to weight lifting in endurance trained men [abstract]. *Int J Sports Med.* 1990;11: 406.
19. Brown SP, Thompson WR, Nayak K, Goff J, Wood L, Bean M. The left ventricular cavity dimensional response to upright weight lifting [abstract]. *AAHPERD Abstracts of Research Papers.* 1990.
20. Gallaspy JB, Maneval MW, Thompson WR, Wilkes CN, Johnson JT, Brent CR, Croo, GT, Lamberth JG, Brown SP. Temperature gradients and heat dissipation configurations of air bladder football helmets [abstract]. *Ath Training.* 1988;23:115.
21. Brown SP, Thompson WR. Relative left ventricular hypertrophy indices in weight lifters [abstract]. *AAHPERD Abstracts of Research Papers.* 1988;151.
22. Gallaspy JB, Maneval MW, Thompson WR, Wilkes CN, Johnson JT, Brent CR, Crook GT, Lamberth JG, Brown SP. Temperature gradients and heat dissipation configurations of air bladder football helmets [abstract]. *AAHPERD Abstracts of Research Papers.* 1988; 138.

**PRESENTATIONS**Policy and Theory

1. Brown SP. Transdisciplinarity in kinesiology. Presented to the faculty of the Department of Kinesiology, Health Promotion and Recreation, College of Education, University of North Texas; December, 2015.

2. Brown SP. Leadership in kinesiology. Presented to the faculty of the School of Human Performance and Recreation, College of Health, University of Southern Mississippi; November, 2014.
3. Brown SP, Abadie B. Physical activity promotes academic achievement and a healthy lifestyle when incorporated into early childhood education. *Oxford Round Table on Early Childhood Education*, Harris Manchester College, University of Oxford, England, July 6, 2010.
4. Brown SP. Leadership in allied health education. Paper presented to the faculty of the Edward and Doisy School of Allied Health Professions, Saint Louis University; August 13, 2002.

#### Research Papers

1. Agiovlasitis S, Webster RO, Abadie BR, Pongetti JC, Brown SP. (2014). Are accelerometry-determined cut-points for activity intensity stable within people? Annual Meeting of the American College of Sports Medicine; 2014; Orlando, Florida.
2. Wax B, Brown SP, Webb HE, Kinzey SJ. The indices of fatigue. Annual Meeting of the American College of Sports Medicine; 2010; Baltimore, Maryland.
3. Wax B, Kinzey SJ, Lyons B, Brown SP. The ergogenic effects of carbohydrate on force output and slope of fatigue during a selected resistance protocol. Annual Meeting of the National Strength and Conditioning Association National; 2009; Las Vegas, Nevada.
4. Honea KP, DeLashmit SJ, Mayo JJ, Kinzey SJ, Brown SP. The effect of game stress on atrioventricular conduction in NCAA, Division I-A football coaches. Annual Meeting of the American College of Sports Medicine; 2005; Nashville, TN.
5. Brown SP. Transposing regression equations: effect on predicting %HRmax during deep water running. Annual Meeting of the American College of Sports Medicine; May 30, 2002; St. Louis, MO.
6. Lesh SG, Johnson A, Glaser C, Tucker A, Brown SP. Reliability and validity of a lower extremity functional outcome measure: the timed t-test. Combined Sections Meeting of the Sports Section of the American Physical Therapy Association; February 23, 2002; Boston, MA.
7. Brown SP. Physiology of vest supported deep water walking/running. Annual Meeting of the Aquatic Therapy Symposium 2000; August 26, 2000; Orlando, FL.
8. Alvarez JG, Brown SP, Wright L, Dahl E, Kravitz L, Chitwood L. The accuracy of the ACSM cycle ergometry equation in cardiac rehabilitation patients. Annual Meeting of the American College of Sports Medicine; June 1, 2000; Indianapolis, IN.
9. Gallen KG, Kinzey SJ, Moore JB, Cordova ML, Brown SP, Cole JL. Effects of cryotherapy on ground reaction forces and muscle activity during a functional movement. Annual Meeting of the American College of Sports Medicine; June 4, 1999; Seattle, WA.
10. Gallen KJ, Kinzey SJ, Moore JB, Cordova ML, Brown SP, Cole JL. Effects of cryotherapy on ground reaction forces and muscle activity during a functional movement. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 4, 1999; Norfolk, VA.
11. Myers D, Chitwood L, Brown S, Alvarez J, Cole J. Fuel oxidation and substrate responses in non-obese black and white females during exercise. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January, 1998; Sandestin, FL.
12. Chitwood L, Weathers L, Alvarez J, Brown S, Kravitz L. Effect of chromium picolinate and L-carnitine on oxygen consumption and respiratory exchange ratio during rest, exercise and recovery. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January, 1998; Sandestin, FL.
13. Brown SP, O'Donnell D, Kravitz L, Beason K, Alvarez J. Regression of VO<sub>2</sub> on heart rate during unsupported (US) and supported (S) deep water running. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January 29, 1998; Sandestin, FL.
14. Alvarez JG, Mayo JJ, Brown SP. Physiological responses to maximal deep water running in highly fit vs average fit males. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; February 1998; Biloxi, MS.
15. Honea KP, DeLashmit SJ, Mayo JJ, Kinzey SJ, Brown SP. The effect of game stress on heart rate in selected NCAA Division I-A football coaches. Annual Meeting of the National Strength and Conditioning Association; 1998, Nashville, TN.
16. Myers DL, Chitwood LF, Brown SP, Cole JL, Matthews J, Waters IW. Exercise induced insulin, C-peptide and glucose responses in non-obese black and white females. Annual Meeting of the American College of Sports Medicine; June 4, 1998; Orlando, FL.
17. Crommett A, Brown SP. The accuracy of the ACSM arm ergometry equation in cardiac rehabilitation patients. Annual Meeting of the American College of Sports Medicine; June 3, 1998; Orlando, FL.



18. Brown SP, Jordan JC, Chitwood LF, Beason KR, Alvarez JG, Honea KP. Relationship between relative heart rate and  $V_{O_2}$  during deep water running in older adults. Annual Meeting of the American College of Sports Medicine; June 4, 1998; Orlando, FL.
19. Brown SP, Alvarez JG, Jordan JC. Perceived exertion during deep water running: A multiple linear regression study. Annual Meeting of the American College of Sports Medicine; May 30, 1997; Denver, CO.
20. Brown SP, Alvarez JG. The physiology of water immersion exercise: consequences for the older population. Annual Meeting of the Mississippi Joint Conference on Aging; March 20, 1997; Biloxi, MS.
21. Mao XQ, Anderson ER, Brown SP, Pasco DD. Acute effects of different exercise intensities and modes on serum lipoproteins in college females. Annual Meeting of the American College of Sports Medicine; May 29, 1997; Denver, CO.
22. Alvarez JG, Brown SP. Cross validation of deep water running rating of perceived exertion equations. Annual Meeting of the American Physiological Society; April 8, 1997; New Orleans, LA.
23. Brown SP, Song Q, Cheek DL, Anderson ER, Keith WB. Predicting the metabolic cost of resistance exercise. Annual Meeting of the American College of Sports Medicine; June 1, 1996; Cincinnati, OH.
24. Gardner M, Brown SP, Chitwood LF, Wolff L. Postpartum artificial feeders: a lost cause? A look at postpartum education intervention strategies. Annual Meeting of the Southern Association of Women in Physical Activity and Sports Health; October, 1996.
25. Alvarez JG, Brown SP, Jordan J, Mayo JJ. Cross validation of deep water running oxygen cost equations. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 2, 1996; Chattanooga, TN.
26. Coker RH, Brown SP, Cole JL, Chitwood LF, Keith W. The effect of oral smokeless tobacco usage on blood lactate, epinephrine and norepinephrine concentrations following anaerobic exercise. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 1, 1996; Chattanooga, TN.
27. Brown SP, Chitwood LF, Beason KR, McLemore DR. Predicting RPE responses during deep water running. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 3, 1995; Lexington, KY.
28. Chitwood LF, Brown SP, Beason KR, McLemore DR. Predicting oxygen consumption during deep water running. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 3, 1995; Lexington, KY.
29. Coker RH, Brown SP, Chitwood LF, Beason KR, McLemore DR. The effects of gender and running medium on perceived exertional (RPE) responses. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 3, 1995; Lexington, KY.
30. Brown SP, Chitwood LF, Beason KR, McLemore DL. Male and female physiologic responses to treadmill and deep water running at matched running cadences. Annual Meeting of the American College of Sports Medicine; June 3, 1995; Minneapolis, MN.
31. Chitwood LF, Lundy MJ, Brown SP, Dupper MA. Metabolic responses of black and white females During rest and exercise. Annual Meeting of the American College of Sports Medicine; June 1, 1995; Minneapolis, MN.
32. Brown SP, Chitwood LF, Beason KR, McLemore DL. Heart rate plateaus at submaximal work rates during graded deep water running (DWR). Meeting of the American Physiological Society; April 11, 1995; Atlanta, GA.
33. Coker RH, Brown SP, Chitwood LF, Beason KR, McLemore DL. Evidence of a greater exercise economy in female subjects during deep water running. Annual Meeting of the American Physiological Society; April 11, 1995; Atlanta, GA.
34. Beason KR, Brown SP, Chitwood LF, McLemore DR. Rating of perceived exertion: a comparison between treadmill and deep water jogging responses. Annual Meeting of the Council for National Cooperation in Aquatics; October 14, 1994; Charlotte, NC.
35. Brown SP, Li H, Chitwood LF, Anderson ER, Boatwright JD. Recovery thermal and hemodynamic responses. Annual Meeting of the American College of Sports Medicine; June 3, 1993; Seattle, WA.
36. Brown SP, Clemons JM, He Q, Liu S. Ventilatory equivalents for oxygen and carbon dioxide and respiratory exchange ratios during resistance exercise in men and women. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; November 5, 1993; Jackson, MS.

37. McGriff MS, Chitwood LF, Brown SP, Cole JL. Metabolic and cardiovascular responses to the step Reebok bench aerobic routine. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; Nov. 5, 1993; Jackson, MS.
38. Evans G, Cole J, Brown SP, Chitwood L. A biomechanical analysis of sprint mechanics comparing assisted and unassisted sprinting. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; Nov. 5, 1993; Jackson, MS.
39. Song Q, Mao X, Brown SP. Hemodynamic responses to Stairobic™ and bench stepping: gender effects. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; Nov. 5, 1993; Jackson, MS.
40. Brown SP, Wu Q, Li H, Mao X. Cardiorespiratory responses to low intensity heart rate controlled exercise on three types of ergometers. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; November 7, 1992; Jackson, MS.
41. Liu S, Brown SP, Mao X, Song Q, He Q. Validation of the Aerobicycle™ calorie and heart rate display. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; November 7, 1992; Jackson, MS.
42. Mao X, Li H, Brown SP. Validation of the computer row caloric display. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; November 7, 1992; Jackson, MS.
43. Brown SP, Clemons JM, He Q, Liu S. Gender differences in the gross caloric expenditure/ workload relationship while deadlifting. Annual Meeting of the Southern Association for Cardiovascular and Pulmonary Rehabilitation; April 4, 1992; New Orleans, LA.
44. Clemons JM, Anderson, ER, Brown SP, Wilson M. Effects of a 60 mg dose of Sudafed on heart rate, Blood pressure and ratings of perceived exertion. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; February 28, 1992; Atlanta, Georgia.
45. Brown SP, Clemons JM, He Q, Liu S. Prediction of the caloric cost of the deadlift. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 1, 1992; Auburn, AL.
46. He Q, Brown SP, Liu S, Li H, Wu Q. Validation of estimated energy expenditure while running with the Body Watch. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January 31, 1992; Auburn, AL.
47. Anderson ER, Brown SP, He Q, Liu S, Wu Q, Li H, Whittle R. Physiologic validation of Stairobic stepping. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January 31, 1992; Auburn, AL.
48. Brown SP, Anderson ER, He Q, Liu S, Wu Q, Li H, Whittle R. Physiologic comparison of Stairobic Stepping with Bench Stepping. Annual Meeting of the Mississippi Alliance for Health Physical Education Recreation and Dance; November 2, 1991; Biloxi, MS.
49. Clemons JM, Anderson ER, Brown SP, Wilson M. The effect of a 60 mg oral dose of Sudafed on maximal oxygen consumption, total exercise time and maximal heart rate. Annual Meeting of the Louisiana Alliance for Health Physical Education Recreation and Dance; November 15, 1991; Baton Rouge, LA.
50. Brown SP, Clemons JM, He Q, Liu S, Fadgen D, Anderson ER. Effects of resistance exercise and cycling on recovery blood pressure. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January 31, 1991; Louisville, KY.
51. Brown SP, Masterson GL. The effects of short-term aerobic training (STAT) on anaerobic performance and recovery in collegiate power athletes. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; February 15, 1991; Norfolk, VA.
52. Brown SP, Thompson WR, Nayak K, Goff J, Wood L, Bean M. Left ventricular response to weight lifting in endurance trained men. Annual Meeting of the Southeast Region of the American College of Sports Medicine; February 2, 1990; Columbia, SC.
53. Brown SP, Thompson WR, Bean M, Wood L, Nayak K, Goff J. Endurance training improves cardiovascular responses to weight lifting. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; February 24, 1989; Chattanooga, TN.
54. Brown SP, Thompson WR, Nayak K, Goff J, Wood L, Bean M. The left ventricular cavity dimensional response to upright weight lifting. Annual Meeting of the Research Consortium of the American Alliance for Health Physical Education Recreation and Dance; March 29, 1990; New Orleans, LA.
55. Maneval MW, Gallaspy JB, Thompson WR, Wilkes CN, Johnson JT, Brent CR, Crook GT, Lamberth JG, Johnson KD, Brown SP. Temperature gradients and heat dissipation configurations of air Bladder football helmets. Annual Meeting of the Research Consortium of the American Alliance for Health Physical Education Recreation and Dance; April 7, 1988; Kansas City, MO.

56. Brown SP, Thompson WR. Relative left ventricular hypertrophy indices in weight lifters. Annual Meeting of the Research Consortium of the American Alliance for Health Physical Education Recreation and Dance; April 7, 1988; Kansas City, MO.
57. Brown SP. Post-exercise echocardiography: comparison of 20 second and two minute values. Annual Meeting of the Central States Region of the American College of Sports Medicine; October 28, 1988; Tulsa, OK.
58. Thompson WR, Thompson DL, Johnson KD, Brown SP, Bailey JG, Bean MH, Lamberth JG, Al-Mandalawi S. Perception of effort: a case study. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; March 4, 1988; Little Rock, AR.
59. Brown SP, Thompson WR, Johnson KD, Wood LE, Bailey JG, Thompson DL, Bean M. Lactate and hemodynamic response to weightlifting. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; March 5, 1988; Little Rock, AR.
60. Johnson KD, Thompson WR, Maneval MW, Wilkes CN, Brown SP, Lamberth JG. Specifications for a low cost environmental chamber. Annual Meeting of the Southern District American Alliance for Health Physical Education Recreation and Dance; March 5, 1988; Little Rock, AR.
61. Brown SP, Davis JB, Horan J. Effects of age and sex on cardiovascular trainability. Annual Meeting of the Arkansas Alliance for Health Physical Education Recreation and Dance; November 4, 1988; Eureka Springs, AR.
62. Thompson WR, Brown SP. Central Circulatory adjustments to acute and chronic exercise. Annual Meeting of Oxygen Transport During Exercise Issues and Future Directions; November 20, 1987; Baton Rouge, LA.

#### Invited Lectures

1. Brown SP, Bushman B. Physiology of water immersion exercise. Annual Meeting of The Central States Region of the American College of Sports Medicine; October 20, 2000; Kansas City, MO.
2. Brown SP. Wellness at Baddour: effects of lifestyle enhancement on disease prevention. Paper presented to management personnel at Baddour Memorial Center, Inc.; March 28, 1991; Senatobia, MS.
3. Brown SP. Fitness and working women. Wellness Workshop: USDA Farmers Home Administration; May 6, 1988; Monticello, AR.
4. Brown SP. Exercise prescriptions for special populations: diabetes mellitus. American College of Sports Medicine Exercise Specialist Certification Workshop; August 6, 1987; Hattiesburg, MS.
5. Brown SP. Exercise therapy in diabetes. Mississippi Chapter of the American Diabetes Association; December 16, 1986; Laurel, MS.

#### Tutorials

1. Brown SP, Chitwood LF, Alvarez JG. Physiology of deep water running. Annual Meeting of the Southeast Region of the American College of Sports Medicine; January 24, 1997; Atlanta, GA.

#### **GRANT APPLICATIONS/FUNDING/SUPPORT**

1. Extension of the Clinical Exercise Physiology Program to MSU Meridian Campus (with Dr. Mark Keenum, MSU President, Dr. Jerry Gilbert, MSU Provost, Dr. Steve Brown, MSU Meridian Dean, Dr. Richard Blackburn, College of Education Dean, Dr. Julia Porter, MSU Meridian Division of Education Head), Riley Foundation, Meridian, Mississippi, Approved (Fall 2013) for \$11.2 million.
2. Recovery Workforce Training Program; Community Development Block Grant in the healthcare sector awarded to Southwest Louisiana Area Health Education Center with OLOL College being named a partner with SWLAHEAC to increase the workforce in storm torn areas of Louisiana. (with Dr. Sandra Harper, OLOLC President, Melanie Green, Dean of Undergraduate Nursing, and Marie Kelly, Vice President of Career Training). Submitted Fall, 2006, Approved for \$1.3 million.
3. Abbott Laboratories *Labs are Vital Equipment Donation Program*, one of 16 funded out of 102 entrants nationwide, for an AxSym Chemistry Analyzer to create a Virtual Laboratory in the Clinical Laboratory Science program of the Department of Diagnostic Sciences (With Dr. Todd Casanova, Chair, Department of Diagnostic Sciences), Submitted Fall, 2006, Approved for \$127,000.
4. High Impact Research Award Received (with Dr. Chuck Cortes), Kaiser Resistance Exercise, to continue research on heart failure and resistance exercise, October, 2002, Approved for \$15,100.

5. Arthritis Foundation, Research: *Arthritis in Seniors Trial: Exercise Prescription (A-STEP)*, Submitted, September 1, 2001. (With Drs. Claire Foret, James Lipstate, and Thomas Montgomery). Not approved for \$447,883.
6. Arthritis Foundation, Research: Clinical Application of Exercise Prescription to Individuals With Osteoarthritis of the Knee: The Relationship Between Heart Rate and Oxygen Consumption, Submitted, September 1, 2000. Received score of 1.80/5 (grants were funded to a score of 1.67/5). Not approved for \$270,000.
7. American Heart Association, Heartland Affiliate, Research: Predicting steady-state oxygen consumption beyond the lactate threshold in healthy and cardiac rehabilitation patients, November 22, 1999. Not approved for \$37,744.
8. University of Mississippi Partners and Associates Developmental Grants (Central Administration), and Summer Research Support and Small Grants Programs (Graduate School and Office of Research), Approvals totaling approximately \$20,000 from 1989 to 1998.
9. National Institute on Aging, Pilot Grant in Geriatrics, Oxygen Cost of Cycle Ergometry in Cardiac Patients, June 17, 1997. Not approved for \$60,989.00.
10. Office of Naval Research, Young Investigator Program, Research: Physiology of Deep Water Exercise: Adaptations and Responses. September 30, 1994. Not approved for \$249,083.
11. Biomedical Research Support Grant (NIH and UM Office of Research), June 27, 1990. Approved for \$1,000.
12. National Institutes of Health, AREA Grant Program, Research: The Cardiovascular Effects of Circuit Resistance Training. June 22, 1990. Approved for \$73,240 (with Walter R. Thompson, University of Southern Mississippi).
13. American Heart Association - Mississippi Affiliate, Research: The Prediction of Oxygen Consumption in Cardiac Rehabilitation Patients During Arm Crank Ergometry. November 1, 1990. Not approved (\$17,410.00).
14. American Heart Association - Mississippi Affiliate, Research: Cardiac Rehabilitation Intervention Project: Effects of Training Intensity. November 10, 1989. Not approved for \$22,500.
15. NCAA Committee on Competitive Safeguards and Medical Aspects of Sports, Research: The Effects of Endurance Training on Anaerobic Performance. May, 1988. Not approved for \$14,545. (with Walter R. Thompson, University of Southern Mississippi).
16. National Institutes of Health, AREA Grant Program, Research: Effect of Resistive Exercise on Recovery Blood Pressure. June 22, 1988. Approved for \$26,000. (with Walter R. Thompson, University of Southern Mississippi).
17. National Institutes of Health, AREA Grant Program, Research: Ventricular Response to Acute Pressure Overload. February 16, 1988. Approved for \$65,760. (with Walter R. Thompson, University of Southern Mississippi).
18. National Institutes of Health, Small Grants Program, Research: Echocardiographic Evaluation of Ventricular Performance. May 20, 1987. Not approved for \$33,400. (with Walter R. Thompson, University of Southern Mississippi).
19. National Institutes of Health, RO1, Research: Ventricular Inotropic Evaluation by Echocardiography. May 20, 1987. Not approved for \$33,441. (with Walter R. Thompson, University of Southern Mississippi).
20. Institute for Wellness and Sports Medicine, Wesley Health Systems, Inc., Hattiesburg, MS. Left Ventricular Inotropic Response During Weight Lifting in Untrained, Weight Trained, and Endurance Trained Men: Evaluation by Echocardiography. May, 1987. Approved for \$2,000.00 (with Walter R. Thompson, University of Southern Mississippi).
21. Huey P. Long Charity Hospital, Baton Rouge, LA. Echocardiographic Characteristics of Competitive and Recreational Weight Lifters. Fall, 1982. Approved for \$1,000.00 (with Ron Byrd, Louisiana State University).

## SERVICE

### Dissertations (The University of Mississippi)

- Dissertation Co-Director, Dr. Ben Wax, *The Ergogenic Effects of Carbohydrate Supplementation on Resistance Exercise Performance During a Selected Resistance Protocol*. Graduated, 1999.
- Member, Dissertation Committee, Dr. Barbara McClanahan, *Bone Mineral Density in Triathletes Over a Competitive Season*, Graduated, 1998.

- Dissertation Director, Dr. John Alvarez. *Validation of the American College of Sports Medicine (ACSM) Cycle Ergometry Equation in a Heterogeneous Group of Cardiac Rehabilitation Patients*. Graduated, 1998.
- Dissertation Co-Director, Dr. Deborah Myers, *The Effect of Race and Family History of Obesity and Type II Diabetes on Insulin and C-Peptide Exercise Responses in Nondiabetic Relatives*. Graduated, 1998.
- Dissertation Directed, Dr. Phyllis Richey, *Ambulatory Blood Pressure and the Spectrum of Left Ventricular Geometry in Healthy Older Adults*. Graduated, 1996.
- Dissertation Directed, Dr. Qilai Song. *The Use of Heart Rate and Perceived Exertion to Predict Aerobic and Anaerobic Responses During Weight Lifting in Male and Female College Students*. Graduated, 1995.
- Dissertation Directed, Dr. Robert Coker. *The Physiological Mechanisms Associated with Nicotine Usage and Increased Lactate Concentration During Anaerobic Exercise*. Graduated, 1995.
- Member, Dissertation Committee, Dr. Xiaoqun Mao. *Acute Effects of Different Exercise Intensities and Modes on Plasma Lipids and Lipoproteins in Healthy College Females*. Graduated, 1995.
- Member, Dissertation Committee, Dr. Tim Hatten. *A Comparison of Exercise Heart Rates and Oxygen Consumption in Individuals with Prader Willi Syndrome*. Graduated, 1995.
- Member, Dissertation Committee, Dr. Robert Mirabella (Department of Psychology). *The Effects of Caffeine and Affective Imagery on Facial EMG in Women*. Graduated 1994.
- Member, Dissertation Committee, Dr. Christopher A. Muller (Department of Psychology). *The effects of Smoking and Arousal on the Perception of Facial Muscle Tension*. Graduated, 1994.
- Member, Dissertation Committee, Dr. Qin He. *Metabolic and Cardiovascular Responses to Carrying and Pulling Various Loads*. Graduated, 1993.
- Member, Dissertation Committee, Dr. Cindy Hedden (Department of Psychology). *Effects of Physical Fitness on Stress Reactivity*. Graduated, 1992. (Data collected under the supervision of Dr. Brown in the Human Performance Laboratory).
- Dissertation Directed, Dr. Gerald Masterson. *The Effect of Weighted Rope Jump Training on Select Power Performance Tests in Collegians*. Graduated, 1991.
- Member, Dissertation Committee, Dr. Jim Clemons. *The Effects of a Single Dose of 60 mg Sudafed on Maximum Oxygen Consumption, Blood Pressure, Time to Reach Maximum Heart Rate, Ratings of Perceived Exertion, and Recovery from Maximal Exercise*. Graduated, 1991.

#### Theses (The University of Mississippi)

- Member, Thesis Committee, Mr. Don Clark, *The Effect of Stretching on Muscle Activity Produced by a Maximum Isometric Contraction*. Graduated, 1998.
- Member, Thesis Committee, Mr. Kevin Gallen, *The Effects of Cryotherapy on Ground Reaction Forces and Leg Muscle Activity During a Functional Movement*. Graduated, 1998.
- Member, Thesis Committee, Ms. Lisa Weathers, *The Effects of Chroma Slim™ Supplementation on Respiratory Exchange Ratio and Oxygen Consumption During Rest, Exercise, and Recovery*. Graduated, 1997.
- Thesis Directed, Mr. Joel Jordan. *The Relationship Between Percent Maximal Oxygen Consumption and Percent Maximal Heart Rate During Deep Water Running in the Adult Population*. Graduated, 1997.
- Thesis Directed, Ms. Dana O'Donnell, *The Relationship Between Oxygen Uptake and Heart Rate in the College Population During Non-Supported Deep Water Running*. Graduated, 1996.
- Member, Thesis Committee, Mr. Christopher N. Troyer, *Eye Dominance and Pitch Recognition: A Comparison of the Curveball Recognition Times of Ipsilateral and Contralateral Collegiate Baseball Batters*. Graduated, 1996.
- Thesis Directed, Mr. Matthew Borel. *Cardiac Re-hospitalization and Associated Costs: The Benefits of Cardiac Rehabilitation*. Graduated, 1996.
- Thesis Directed, Mrs. Amy Day Carr. *The Relationship of Cardiovascular Disease Prevention to Worksite Health Promotion Programs in Mississippi*. Graduated, 1995.
- Thesis Directed, Mrs. Marilyn Gardner. *Postpartum Artificial Feeders: A Lost Cause? A Look at Postpartum Education Intervention Strategies*. Graduated, 1995.
- Thesis Directed, Ms. Deena McLemore. *Physiological and Perceived Exertional Responses to Deep Water Graded Exercise in Male and Female Subjects*. Graduated, 1994.
- Member, Thesis Committee, Ms. Melinda Lundy. *Metabolic Responses of Black and White Females During Rest, Exercise and Recovery*. Graduated, 1994.
- Member, Thesis Committee, Ms. Melissa McGriff. *Bench Aerobics: Metabolic and Cardiovascular Responses*. Graduated, 1993.

- Member, Thesis Committee, Mr. Glen Evans. *A Biomechanical Analysis of the Effects of Overspeed Assistance Running on Sprint Mechanics*. Graduated, 1993.
- Thesis Directed, Mr. Ken Nichols. *The Effects of Power Clean Training on Anaerobic Performance*. Graduated, 1993.
- Thesis Directed, Ms. He Li. *Blood Pressure, Hemodynamic and Thermal Responses After Cycling Exercise*. Graduated, 1992.
- Thesis Directed, Ms. Qian Wu. *The Prediction of Oxygen Consumption in Cardiac Rehabilitation Patients During Arm Crank Ergometry*. Graduated, 1992.

#### Research Director for Southwest Baptist University Physical Therapy Students

- *Efficacy of Capsaicin with Phonophoresis (Ultrasound) in Treatment of Osteoarthritis and Pain*. (Students: C. Amick, C. Taylor, A. Raney; Faculty: H. Hamann, S. Brown, S. Coppoletti), 2001.
- *Incident Rate of Amputations in the Diabetic Population Receiving Physical Therapy: A Twenty Year Epidemiological Approach*. (Students: A. Austermann, A. Alsop, J. Hudspeth; Faculty: C. Matheny, S. Brown, D. Lilly), 2001.
- *The Relationship Between Menstrual Hormones on the Occurrence of ACL Rupture in Females: A Survey*. (Students: R. Cummings, K. Coffelt, K. Skoumal; Faculty: C. Matheny, S. Brown, D. Lilly), 2001.
- *Effects of Various Taping Methods on the Incidence of Plantar Fasciitis*. (Students: J. Mertes, H. Copeland, D. Bremer; Faculty: T. Sneed, S. Brown, D. Hash), 2001.
- *The Effects of Body Weight Support and Treadmill Gait Training in Spinal Cord Injury*. (Students: J. Barrett, S. Stanley, R. Cain; Faculty: D. Lilly, S. Brown, D. Hash), 2001.
- *Reliability and Validity of Functional Tests Performed After Anterior Cruciate Ligament Reconstruction Surgery*. (Students: A. Tucker, A. Johnson, T. Glaser; Faculty: S. Lesh, S. Brown, H. Hamann), 2001.
- *Can Motor Learning Impact Excessive Pronation? A Case Study*. (Students: M. Greene, J. McCullough, N. Turvey; Faculty: G. Hunt, S. Brown, T. Sneed), 2001.
- *Effects of Various Orthotics on Transverse Tibial Rotation*. (Students: C. Duhn, K. Kritzer, B. Evans; Faculty: G. Hunt, S. Brown, T. Sneed), 2001.
- *Patient Satisfaction with Interventions Performed by Physical Therapy Interns*. (Students: S. Young, F. Gottman, A. Mitchell; Faculty: S. Coppoletti, S. Brown, S. Lesh), 2001.
- *The Effect of Bracing on Patellar Tracking and Patellofemoral Pain During a Functional Activity*. (Students: R. Baker, B. Daugharthy, D. Foss, S. Stanley; Faculty: H. Hamann, S. Brown, G. Hunt), 2000.
- *The Effects of Scapular Taping on Force Output of Glenohumeral External Rotators*. (Students: A. Davis, C. Foley, E. Hamilton, J. Fretwell; Faculty: G. Hunt, S. Brown, T. Sneed), 2000.
- *Open Versus Closed Kinetic Chain Exercise: Evaluating the Return to Prior Level of Functioning After Anterior Cruciate Ligament Reconstructive Surgery*. (Students: C. Carr, B. Manning, M. Porter, Preston; Faculty: H. Hamann, S. Brown, G. Hunt), 2000.
- *The Effects of Neural Mobilization and Static Stretching Techniques on Subjects with Neural Tension Signs*. (Students: B. Chaffee, S. Massa, J. Nourie; Faculty: T. Sneed, S. Brown, G. Hunt), 2000.
- *The Effects of Timing of Pelvic Floor Exercise on the Incidence of Urinary Stress Incontinence*. (Students: T. Hampton, A. Liter, P. Rakers, T. Williams; Faculty: C. Matheny, S. Brown, D. Lilly), 2000.
- *The Effects of a Forearm Band in Preventing Lateral Epicondylitis*. (Students: P. Smith, M. Welge; Faculty: G. Hunt, S. Brown, T. Sneed), 2000.
- *The Effects of Prolonged Weight Bearing on the Proprioceptive Capabilities of the Knee*. (Students: J. Bussone, J. Hampton, S. Leubbering, L. Sams; Faculty: D. Lilly, S. Brown, D. Hash), 2000.
- *The Effects of Proprioceptive Neuromuscular Facilitation of the Gait of Pediatric Cerebral Palsy Subjects With Spastic Hemiplegia*. (Students: E. Brown, D. Dennis, R. Johnson, T. Perry; Faculty: D. Hash, S. Brown, D. Lilly), 2000.
- *The Effect of Physical Modalities on Pain in Patients with Chronic Low Back Pain Due to Degenerative Changes in the Back*. (Students: J. Layman, A. Smith, B. Snider, M. Weno, T. Perry; Faculty: D. Lilly, S. Brown, D. Hash), 2000.

#### Former Doctoral Students (All from the University of Mississippi)

- Dr. Ben Wax, Associate Professor, Department of Kinesiology, Mississippi State University – Meridian
- Dr. John Alvarez, Associate Professor, Delta State University
- Dr. Gerald Masterson, Professor, Department of Kinesiology, Missouri State University

- Dr. Robert Coker, Associate Professor of Biology and Wildlife, Center for Alaska Native Health Research, Institute for Arctic Biology (Formerly of The University of Arkansas Medical School and the Department of Geriatrics and Vanderbilt University School of Medicine)
- Dr. Qilai Song, formerly of Brandeis University
- Dr. Phyllis Richey, Associate Professor of Preventive Medicine and Pediatrics in the College of Medicine, University of Tennessee

#### Departmental Service

- Chair, Executive Council, Department of Kinesiology, Mississippi State University, 2008-Present.
- Member, Policies and Procedures Committee, Department of Kinesiology, University of Louisiana, 2002-2003.
- Chair, Advisory Committee of the Department of Kinesiology, University of Louisiana, 2001-2003.
- Member, Policies and Procedures Committee, Department of Physical Therapy, SBU, 1999-2001.
- Member, Curriculum Committee, Department of Physical Therapy, SBU, 1999-2001.
- Member, Admissions Committee, Department of Physical Therapy, SBU, 1999-2001.
- Chair, Merit Pay Committee, Department of Exercise Science and Leisure Management, University of Mississippi, 1997-1998.
- Member, Graduate Program Committee, Department of Exercise Science and Leisure Management, University of Mississippi, 1991-1998.
- Chair, Library Committee, Department of Exercise Science and Leisure Management, University of Mississippi, 1991-1998.
- Member, Salary Committee, Department of Exercise Science and Leisure Management, University of Mississippi, 1991-1997.
- Member of departmental task force to develop a multidisciplinary Master of Science program in Wellness, Department of Exercise Science and Leisure Management, University of Mississippi, 1990-1992.
- Member, Undergraduate Committee of the Department of Exercise Science and Leisure Management, 1991-1992.

#### University & College Service

- Member (appointed by the President Keenum), Athletic Council, Mississippi State University, 2011-2014.
- Member, Teacher Education Council, College of Education, Mississippi State University, 2008-present.
- Member, Dean's Leadership Team, College of Education, Mississippi State University, 2008-present.
- Member, Gerontology Committee, Mississippi State University, 2008-present.
- Member, President's Leadership Team, Our Lady of the Lake College, 2003-2007.
- Member, President's Council (extension), Our Lady of the Lake College, 2003-2007.
- Chair, Dean's Council (School of Health Sciences Executive Committee), Our Lady of the Lake College, 2003-2007.
- Member, VPAA Academic Council, Our Lady of the Lake College, 2003-2007.
- Member, Graduate Council, Our Lady of the Lake College, 2004-2007.
- Member, Learning Resource Center Committee, Our Lady of the Lake College, 2004-2006.
- Chair, Graduate Council, Our Lady of the Lake College, 2004-2005.
- Member, Dean's Advisory Council, College of Education, University of Louisiana, 2001-2003.
- Member, Executive Board, National Judo Training Center, University of Louisiana, 2002-2003.
- Member, Athletic Committee, SBU, 2000-2001.
- Member, Human Subject Research Committee, SBU, 1999-2000.
- Freshman Advisor - One of 45 faculty members across campus with this designation - Summer, 1997 Freshman Orientation, UM.
- Taught to new freshmen, US 101 - The University of Mississippi in Principle and in Practice - 1996-1998.
- Member, Research Misconduct Inquiry Committee, University of Mississippi, Chaired by Dr. Michael R. Dingerson, Associate Vice Chancellor for Research and Dean of the Graduate School, UM, 1996-1997.
- Member, University Lecture Series Committee, University of Mississippi, 1996-1998.
- Member, Graduate Council, University of Mississippi, 1995-1998.
- Member, Faculty Senate, University of Mississippi, 1992-1994.

- Member, Senate Committee on University Standing Committees, University of Mississippi, Summer 1992-1994.
- Member, Senate Finance Committee, University of Mississippi, Spring 1992-1994.
- Member of Faculty and Staff Housing Committee, University of Mississippi, 1990-1993.
- Member of University Wellness Committee, University of Mississippi, 1990-1993.
- Member of School of Education Curriculum and Policy Committee, University of Mississippi, 1991-1992.

#### Professional Service

- Editorial Board Member (2016 – Present), *The Scientific Pages of Sports Medicine*
- Credentials Reviewer (Head of Committee) for Promotion to Professor: Dr. Mabel Okojie (Department of Instructional Systems and Workforce Development, Mississippi State University), 2013.
- Credentials Reviewer for Promotion to Professor: Dr. Mark Richardson (Department of Kinesiology, University of Alabama), 2011.
- Member, Researchers Against Inactivity Disorders (2002-2008), an initiative sponsored by the *American Physiological Society* to increase congressional awareness on the problems of inactivity-related disorders and to stimulate funding for this problem.
- Editorial Board Member & Contributing Reviewer (2002-2009), *Cardiopulmonary Physical Therapy*.
- Member, HCR79 State Task Force on Higher Education Salaries in the Allied Health Professions, 2004-2005.
- Contributing Reviewer (1999-2003), *Journal of Aging and Physical Activity*.
- Contributing Reviewer (1999-2003), *Journal of Athletic Training*.
- Credentials Reviewer for Promotion to Associate Professor: Dr. Jeffery Hallam (University of Mississippi), 2002.
- Credentials Reviewer for Promotion to Professor: Dr. Linda Chitwood (University of Mississippi), 2001.
- Editorial Board Member (1998-2001), *Journal of Strength and Conditioning Research*.
- Contributing Reviewer (1994-2000), *Journal of Sports Sciences*.
- Contributing Reviewer (1988-1998), *Journal of Health Education*.
- Session Chair, Heart Rate Variability, Slide Presentation Section, Annual Meeting of the *American College of Sports Medicine*, May 29, 1997, Denver, CO.
- Session Chair, The Application of Physical Activity Monitors to Estimation of Physical Activity/Energy Expenditure. Symposium presented by M. Duffey, M. Pitbladdo, G. Maggiano, & P. Ribisl at the annual convention of the *Southeast American College of Sports Medicine* meeting, January 24, 1997, Atlanta, GA.
- Abstract Reviewer (November, 1996) for the 1997 *Southeast American College of Sports Medicine* Annual Convention.
- Session Chair, Cardiovascular Responses to Exercise, Slide Presentation Section, Annual Meeting of the *American College of Sports Medicine*, May 31, 1996, Cincinnati, OH.
- Session Chair, Practical Guidelines for developing, marketing, and programming for senior citizen Fitness programs. Presented by C.G. Fleming, F.M. Powell, & D. Bucci at the annual convention of the *Southeast American College of Sports Medicine* meeting, February 2, 1996, Chattanooga, TN.
- Abstract Reviewer (November, 1995) for the 1996 *Southeast American College of Sports Medicine* Annual Convention.
- Credentials Reviewer for Tenure and Promotion: Dr. Jim Clemons (University of Southwestern Louisiana).
- Associate Editor, *The Journal of the Mississippi Alliance for Health, Physical Education, Recreation and Dance*, 1993.
- Research Chair, MAHPERD, 1993.
- Research Chair Elect, MAHPERD, 1992.
- Regional Committee Member, American Heart Association - Louisiana Affiliate, Cardiovascular Rehabilitation Work Group, St. Frances Cabrini Hospital, (1983-1984), Alexandria, LA.

#### Community Service

- Facilitator, Starkville Writers Guild, Starkville, Mississippi (2010-2012), Member, 2009-2014.
- First Baptist Church, Starkville, Member and Part-Time Sunday School Teacher (2010-Present)
- Member, Health Education Advisory Committee, Health Career Institute, Our Lady of the Lake College, Baton Rouge, LA (2003-2004).



Courses Taught

- US 101 (university studies short course to incoming freshman at the University of Mississippi)
- Fitness Assessment and Exercise Prescription (to exercise science undergraduate majors)
- Psychomotor Assessment (to exercise science undergraduate majors)
- Introduction to Exercise Science (to kinesiology undergraduate majors)
- Tests and Measurements (to exercise science undergraduate majors)
- Anatomical Kinesiology (to exercise science undergraduate majors)
- Exercise Electrocardiography (to exercise science and physical therapy students)
- Exercise Physiology (undergraduate core course in exercise science curriculum)
- Exercise Physiology I (graduate course to exercise science students)
- Exercise Physiology II (graduate course to exercise science students)
- Clinical Exercise Physiology (to physical therapy graduate students)
- Cardiovascular Physiology (to doctoral exercise science students)
- Cardiac Rehabilitation (to kinesiology graduate students)
- Cardiopulmonary Evaluation and Treatment (to physical therapy students)
- Biostatistics (to physical therapy graduate students)
- Scientific Inquiry (to physical therapy graduate students)
- Statistics (to college of education graduate students)
- Research Methods (to college of education graduate students)
- Medical Physiology (to physical therapy graduate students)
- Nutrition (to nutrition and kinesiology majors)
- Sports Nutrition (to kinesiology majors)

Courses Developed

- Introduction to Gerontology
- Aging and Disability
- Aging and Physical Activity
- Exercise in Health and Disease
- Health Promotion and Aging
- Physiology of Aging
- Doctoral Seminar: Sport Studies
- Doctoral Seminar: Exercise Science

## HOBBIES TO KEEP ONESELF SANE

- Author of children and adult fiction. Writing as Paul Brown – *The Quantum Trap* (middle-grade sci-fi/fantasy adventure), *The Legacy* (adult paranormal thriller), *Veiled Memory* (adult contemporary science-fantasy), *Fallen Wizard* (middle-grade fantasy).
- Running and other forms of regular exercise.
- Working with area writers on the art and craft of writing fiction and non-fiction.

## REFERENCES

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Georgia State University

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Department of Health, Exercise Science and  
Recreation Management

The University of Mississippi  
662.915.5555 [hpbeason@olemiss.edu](mailto:hpbeason@olemiss.edu)

## LEADERSHIP PHILOSOPHY

Leadership is a privilege and an honor, but it is also a tremendous responsibility. My philosophy of leadership is one of collaboration and teamwork where members gain from the strengths of others. The best leaders know their limitations and are adept at leveraging the skills of others to achieve organizational goals. A leader is someone who listens well, effectively motivates and inspires, and provides thoughtful vision and strategic direction. A leader is one who leads by example and empowers team members to lead under them. A leader understands the needs of individuals and considers the effect their decisions may have on others before developing a course of action.

Leaders have moral underpinnings and, thus, character. They earn trust instead of demanding it. Leaders do things. Therefore, change is inevitable. And since change happens, leaders are people who can effectively manage change. They don't take themselves too seriously, though leadership is serious business. They have a sense of humor, but are sincere, not fake.

As Ronald Reagan said, "The very essence of successful leadership is to grasp and hold a vision." The idea of vision is important in leadership, and since leadership is purposeful and directional, there must be a destination in mind. This is the essence of vision, which must be communicated, shared and understood by all within the organization if it is to succeed.

Quoting Reagan again, "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

So then, leaders inspire others to follow their vision.