

CURRICULUM VITAE

Steven A. Hawkins, Ph.D., FACSM

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EDUCATION

Doctorate of Philosophy, University of Southern California, 8/95 – 12/99
Dissertation: “The mechanism of muscle influence on bone adaptation”
Fields of Study: Exercise Physiology & Aging

Masters of Science, Emporia State University, Kansas, 8/83 – 5/85
Thesis: “A history of the track/field and cross-country programs at ESU, 1900-1984”
Fields of Study: Exercise Science & Physical Education

Bachelors of Science in Education, Emporia State University, Kansas, 1/79 – 5/83
Fields of Study: Physical Education & Biology

PROFESSIONAL EXPERIENCE

Professor, Department of Exercise Science
California Lutheran University, Thousand Oaks, CA, August 2010 – Present
Instruct undergraduate level courses in Exercise Science; conduct research in aging, muscle, bone and exercise; supervise student projects; participate in University governance

Chair, Department of Exercise Science
California Lutheran University, Thousand Oaks, CA, June 2010 – May 2016
Developed department class schedule and faculty teaching loads; managed budget and approved expenditures; hired and supervised student assistants; assigned and managed department service activities; led faculty searches

Associate Professor, Department of Exercise Science
California Lutheran University, Thousand Oaks, CA, August 2007 – May 2010
Instructed undergraduate level courses in Exercise Science; conducted research in aging, muscle, bone and exercise; supervised student projects; participated in University governance

Adjunct Assistant Professor, Division of Biokinesiology and Physical Therapy
University of Southern California, Los Angeles, August 2002 – May 2009
Instructed doctorate level physiology courses for PT and BKN students, conducted research in aging, muscle, bone, and exercise

Associate Professor, School of Kinesiology and Nutritional Science
California State University, Los Angeles, September 2003 – June 2007
Instructed undergraduate and master’s level graduate courses in Kinesiology; conducted research in aging, muscle, bone, and exercise; supervised student projects; participated in University governance

Assistant Professor, Department of Kinesiology and Nutritional Science
California State University, Los Angeles, September 1999 – August 2003
Instructed undergraduate and master’s level graduate courses in Kinesiology; conducted research in aging, muscle, bone, and exercise; supervised student projects; participated in University governance

Graduate Teaching Assistant, Department of Exercise Science
University of Southern California, Los Angeles, August 1995 – May 1999
Instructed lab sections of undergraduate exercise science courses; supervised student projects;
developed lab curriculum

Physical Education & Geography Teacher, Coach
St. Kevin's College, Dublin, Ireland, August 1994 – June 1995
Taught Jr. and Sr. High School courses in physical education, geography, and history; coached
basketball and track

Research Assistant, Department of Exercise Science
Syracuse University, Syracuse, NY, August 1992 – May 1993
Managed human performance laboratory; performed physiological testing; assisted with master's
research projects

Physical Education Instructor, Head Track & Field Coach, Fitness Center Co-Director
Allen County Community College, Iola, KS, August 1988 – May 1991
Taught undergraduate physical education and health courses; scheduled competitions; trained
athletes; managed budget; recruited student-athletes; developed and managed fitness center

Fitness Instructor, Track & Field Coach
University College Dublin, Ireland, October 1985 – March 1988
Taught physical fitness courses to students, faculty, and staff; trained track & field athletes

Graduate Teaching Assistant, Department of Health, Physical Education and Recreation
Emporia State University, Emporia, KS, August 1983 – May 1985
Taught undergraduate physical education activity courses; trained track & field athletes

PROFESSIONAL ACTIVITIES & APPOINTMENTS

Working Group on Nutrition & Physical Activity for Bone Health – National Osteoporosis
Foundation – 2017-Present
Physical Activity Promoting Colleges and Universities Committee Member - ACSM
Representative – 2012-2015
National ACSM Committee Member – Exercise is Medicine on Campus – 2010-2015
Southwest ACSM President – November 2009 – October 2010
Southwest ACSM Administrative Council Member
Exhibits Chair – December 2002 – November 2006
Abstracts Chair – December 2006 – November 2008
President-Elect – December 2008 – October 2009
Past-President – November 2010 – October 2011
Cerritos College Kinesiology Advisory Board Member, January 2003 – December 2007
Academic Program External Reviewer – 1) Exercise Science and Nutrition Department, San
Diego State University, February 2013; 2) Kinesiology Department, Occidental College,
October 2009.
Sabbatical, Winter 2006, CSU Northridge, with Ben Yaspelkis, Ph.D., FACSM
Advanced to Fellow, ACSM, 2004
NIH Grant Writing Workshop, CSU Los Angeles, April 2004
Prevention Research Centers Peer Review Training, Atlanta, GA, March 2004
Research Fellow, Physical Activity and Public Health, Center for Disease Control, and University
of South Carolina, September 2001
Technical Assistance Workshop, National Institute of Aging, Chicago IL, November 2001
Grant Review – National Institutes of Health Special Emphasis Programs – February 2019
NAMES. Center for Disease Control Prevention Research Centers and Special
Emphasis Programs – April 2014; January 2009; July 2005; June 2004; March 2004;
June 2002; July 2000. Research Council of Hong Kong April 2004.
Manuscript Review – *Exercise and Sports Science Reviews*, *Journal of Bone and Mineral
Research*, *Osteoporosis International*, *Canadian Journal of Applied Physiology*,

European Medicine and Activity and Health, Medicine, Life Sciences, Sportsmedicine, International Journal of Sports Medicine, International SportsMed Immigrant and Minority Health, Journal of Springer Plus, Sports Medicine *Journal of Applied Physiology, Journal of Gerontology: Medical Sciences, Science in Sports and Exercise, Age and Ageing, Journal of Physical Activity and Health, Journal of Aging and Physical Activity, Research in Sports Family and Community Health, The Physician and of Exercise Science, International Journal of Journal, Ethnicity and Health, Journal of Strength and Conditioning Research,*

Presentation Abstract Review – Southwest ACSM annual meeting abstracts – 2005, 2004, 2002, 2001

Member – American College of Sports Medicine, Southwest Chapter of the American College of Sports Medicine

USA Track & Field – Level II certified endurance coach, Level I certified coach

AWARDS, HONORS, AND ACTIVITIES

Hall of Honor Inductee – Department of Health, Physical Education, and Recreation – Emporia State University – 2009

Excellence in Teaching Award – Teaching Assistant in Exercise Science – University of Southern California – 1997-98

Graduate Student Representative – Exercise Science – University of Southern California – 1997-98

Student Presentation Award – Southwest American College of Sports Medicine – 1996

Reading and Writing Achievement Award – Emporia State University – 1983

Phi Beta Kappa Physical Education Honor Society – Emporia State University – 1983

Kansas State Scholar Award – 1979-83

Varsity Cross Country/Track and Field Athlete – Emporia State University – 1979-1983

Central States All Conference Award – 1500 meter run – 1980-1983

Central States Academic All Conference Award – 1982-1983

National Honor Society – 1976-1978

Quill and Scroll Honor Society – 1977-1978

RESEARCH GRANTS

- 1) **S06 GM 8101-28 Minority Biomedical Research Support-Support for Continuous Research Excellence Program**, NIH, (\$330,750) 7/1/05 – 6/30/08. Project entitled “The influence of acculturation on peak bone density in young Latinas”, Steven Hawkins, PI (25%) (CSULA).
- 2) **S06 GM 8101-28 Minority Biomedical Research Support-Support for Continuous Research Excellence Program**, NIH. (\$175,444) 7/1/02 – 6/30/04. Project entitled “Physiologic and lifestyle factors related to osteoporosis within multiethnic communities”, Steven Hawkins, PI (25%) (CSULA).
- 3) **Life Fitness Graduate Student Award**, Life Fitness Inc. (\$2,500) 7/1/98 – 6/30/99. Project entitled “Strain magnitude, rate and distribution from impact exercise as effectors of bone adaptation”, Steven Hawkins, PI (USC).

ACADEMIC GRANTS/AWARDS

- 1) **Hewlett Grant** (\$1,000) Spring 2011. Support travel to National ACSM meeting to present research data.
- 2) **Hewlett Grant** (\$1,000) Spring 2009. Support travel to National ACSM meeting to present research data.
- 3) **Hewlett Grant** (\$1,000) Spring 2008. Support travel to National ACSM meeting to present research data.
- 4) **Service Learning Curriculum Development** (\$2,500) Spring 2003. Modify KIN 345 “Physiological effects of exercise during aging” to include a service learning component. Steven Hawkins, PI (CSULA).

PUBLICATIONS

Refereed Manuscripts

- 1) LeBlanc, M., B.J. Sanders, and **S.A. Hawkins**. Effect of fatigue and sex on isokinetic torque values in water polo athletes. *Gazzetta Medica Italiana* (accepted for publication, Sept 2019).
- 2) Marcus, A., A. Rossi, A. Cornwell, **S.A. Hawkins**, and N. Khodiguian (2019). The effects of a novel bicarbonate loading protocol on serum bicarbonate concentration. A randomized controlled trial. *Journal of the International Society of Sports Nutrition*, 16:41. <https://doi.org/10.1186/s12970-019-0309-4>.
- 3) Bassett, D.R., K.F. Janz, B.E. Ainsworth. Consortium: P.S. Freedson, **S.A. Hawkins**, J.M. Pivarnik, M. Rudisill, J.W. Starnes, S.A. Ward, S. Francis, J.M. Kurka (2016). National Collegiate Fitness Index 2015 Report: Supporting Active Lifestyles at Colleges and Universities. https://www.researchgate.net/publication/321278213_National_Collegiate_Fitness_Index_2015_Report_Supporting_Active_Lifestyles_at_Colleges_and_Universities.
- 1 4) **Hawkins, S.A.**, N. Crespo, and A. Rosseullo (2014). Associations of acculturation on peak bone mass and correlates of bone health in Latino women. *Sports Sciences for Health*, 10(2); 127-133.
- 5) Marcell, T.J., **S.A. Hawkins**, and R.A. Wiswell (2014). Leg strength declines with advancing age despite chronic endurance exercise in active older adults. *Journal of Strength and Conditioning Research* 28(2); 504-513.
- 6) McClave, S, M. LeBlanc, and **S.A. Hawkins** (2011). Sustainability of critical power determined by a 3-minute all-out test in elite cyclists. *Journal of Strength and Conditioning Research* 25(11); 3093-3098.
- 7) Crespo, N.C., E.J. Yoo, and **S. A. Hawkins** (2011). Anthropometric and lifestyle associations of bone mass in healthy pre-menopausal Mexican and Asian American women. *Journal of Immigrant and Minority Health* 13(1); 74-80.
- and 8) **Hawkins, S.A.**, and E.J. Yoo (2010). Site specific relationships between muscle strength mass and bone mineral density in young and middle-aged women. *Journal of Sport and Leisure Studies* 42; 807-816.
- 9) Yoo, E.J., T.W. Jun, and **S.A. Hawkins** (2010). The effects of a walking exercise program on fall-related fitness, rate of bone loss, and fall-related psychological factors in elderly women. *Research in Sports Medicine: An International Journal* 18(4); 236-250.
- 10) Rosseullo, A.E., **S.A. Hawkins**, and R.A. Wiswell (2009). Absolute lactate threshold predicts endurance performance in master athletes. *Biology of Sport* 26(2); 105-112.
- 11) Yoo, E.J., and **S.A. Hawkins** (2008). Lifestyle determinants of bone mineral density among subgroups of Asian-American women. *Journal of Korean Physical Education Association for Girls and Women* 22(1); 89-101.
- 12) Schroeder, E.T., **S.A. Hawkins**, D.M. Hyslop, A.F. Vallejo, N.E. Jensky, and R.A. Wiswell (2006). Longitudinal change in coronary disease risk factors in older runners. *Age and Ageing* 36; 1-5.
- 13) Dreyer, H.C., E.T Schroeder, **S.A. Hawkins**, T.J. Marcell, K.M. Tarpenning, A. Vallejo, N. Jensky, G. Shaibi, S. Spears, R. Yamada, and R.A. Wiswell (2006). Chronic exercise and skeletal muscle power in older men. *Applied Physiology, Nutrition and Metabolism* 31; 1-6.
- 14) Tarpenning, K.M., **S.A. Hawkins**, T.J. Marcell, and R.A. Wiswell (2006). Endurance exercise and leg strength in older women. *Journal of Aging and Physical Activity* 14(1); 3-11.
- 15) Schroeder, E.T., **S.A. Hawkins**, and S.V. Jaque (2004). Musculoskeletal adaptations to 16 weeks of eccentric progressive resistance training in young women. *Journal of Strength and Conditioning Research* 18(2); 227-235.
- 16) **Hawkins, S.A.**, M.G. Cockburn, A.S. Hamilton, and T. Mack (2004). An estimate of physical activity prevalence in a large population-based cohort. *Medicine and Science in Sports and Exercise* 36(2); 253-260.
- 17) Tarpenning, K.M., M. Hamilton-Wessler, R.A. Wiswell, and **S.A. Hawkins** (2004). Endurance training can delay onset of age-associated decline in leg strength and muscle morphology. *Medicine and Science in Sports and Exercise* 36(1); 74-78.

- 18) **Hawkins, S.A.**, R.A. Wiswell, and T.J. Marcell (2003). Review: Exercise and the master athlete - A model of successful aging? *Journal of Gerontology: Medical Sciences* 58A(11); 1009-1011.
- 19) **Hawkins, S.A.**, and R.A. Wiswell (2003). Invited Review: Rate and mechanism of VO_{2max} decline with aging: Implications for exercise training. *Sports Medicine* 33(12); 877-888.
- 20) Marcell, T.J., **S.A. Hawkins**, K.M. Tarpenning, D.M. Hyslop, and R.A. Wiswell (2003). Longitudinal analysis of lactate threshold in male and female master athletes. *Medicine and Science in Sports and Exercise* 35(5); 810-817.
- 21) Tarpenning, K.M., **S.A. Hawkins**, and R.A. Wiswell (2003). CHO-induced blunting of cortisol response to weightlifting exercise in resistance-trained older men. *European Journal of Sports Sciences* 3(2); 1-11.
- 22) Khodiguian, N., A. Cornwell, E. Lares, P.A. DiCaprio, and **S.A. Hawkins** (2003). Expression of the bilateral deficit during reflexively evoked contractions. *Journal of Applied Physiology* 94; 171-178.
- 23) **Hawkins, S.A.**, E.T. Schroeder, H.C. Dreyer, S.J. Underwood, and R.A. Wiswell (2003). Five-year maintenance of bone mineral density in female master runners. *Medicine and Science in Sports and Exercise* 35(1); 137-144.
- 24) Wiswell, G.M., **S.A. Hawkins**, A.C. Parcell, P.E. Allsen, R.K. Conlee, Y.S. Jung, and R.A. Wiswell (2002). Glucose kinetics following maximal exercise in master athletes. *Clinical Exercise Physiology* 4(2); 85-90.
- 25) Dreyer, H.C., **S.A. Hawkins**, E.T. Schroeder, S.V. Jaque, D.M. Hyslop, and R.A. Wiswell (2002). Hormone replacement therapy does not alter the positive influence of chronic exercise on blood lipids. *Clinical Exercise Physiology* 4(2); 91-95.
- 26) Wiswell, R.A., **S.A. Hawkins**, H.C. Dreyer, and S.V. Jaque (2002). Maintenance of BMD in older male runners is independent of changes in training volume or VO_{2Peak}. *Journal of Gerontology: Medical Sciences* 57A(4); M203-M208.
- 27) **Hawkins, S.A.**, R. A. Wiswell, and E.T. Schroeder (2002). The relationship between bone adaptations to resistance exercise and reproductive hormone levels. *Journal of Aging and Physical Activity*, 10; 64-75.
- 28) Tarpenning, K.M., R.A. Wiswell, **S.A. Hawkins**, and T.J. Marcell (2001). Influence of weight training exercise and modification of hormonal response on skeletal muscle growth. *Journal of Science and Medicine in Sport*, 4(4); 431-446.
- 29) Schroeder, E.T., S.V. Jaque, **S.A. Hawkins**, C. Olson, M. Terk, R.A. Wiswell, and F.R. Sattler (2001). Regional DXA in assessment of muscle adaptation to anabolic stimuli. *Clinical Exercise Physiology* 3(4); 199-206.
- 30) **Hawkins, S.A.**, T.J. Marcell, S.V. Jaque, and R.A. Wiswell (2001). A longitudinal assessment of change in VO_{2max} and maximal heart rate in master athletes. *Medicine and Science in Sports and Exercise* 33(10); 1744-1750.
- 31) Wiswell, R.A., **S.A. Hawkins**, S.V. Jaque, D. Hyslop, N. Constantino, K. Tarpenning, T. Marcell, and E.T. Schroeder (2001). Relationship between physiological loss, performance decrements, and age in master athletes. *Journal of Gerontology: Medical Sciences* 56A(10); M618-M626.
- 32) Jung, Y.S., **S.A. Hawkins**, and R.A. Wiswell (2001). Body composition and muscle strength as determinants of racial differences in BMD. *Journal of Aging and Physical Activity* 9(2); 213-222.
- 33) Wiswell, R.A., S.V. Jaque, T.J. Marcell, **S.A. Hawkins**, K.M. Tarpenning, N. Constantino, and D.M. Hyslop (2000). Maximal aerobic power, lactate threshold and performance in male and female master athletes. *Medicine and Science in Sports and Exercise* 32(6); 1165-1170.
- 34) Jung, Y.S., R.A. Wiswell, and **S.A. Hawkins** (1999). Relationship between BMD and LBM in sedentary students and elite middle distance runners. *The Korean Journal of Physical Education* 38(4); 431-439.
- 35) **Hawkins, S.A.**, E.T. Schroeder, R.A. Wiswell, S.V. Jaque, T.J. Marcell, and K. Costa (1999). Eccentric muscle action increases site-specific osteogenic response. *Medicine and Science in Sports and Exercise* 31(9); 1287-1292.
- 36) **Hawkins, S.A.**, R.A. Wiswell, S.V. Jaque, N. Constantino, E.T. Schroeder, and D.M. Hyslop (1999). The inability of hormone replacement therapy or chronic running to maintain bone mass in master's athletes. *Journal of Gerontology: Medical Sciences* 54A(9); M451-M455.

- 37) Marcell, T.J., D.R. Taafe, **S.A. Hawkins**, K.T. Tarpenning, G. Pyka, L. Kohlmeier, R.A. Wiswell, and R. Marcus (1999). Oral arginine does not stimulate basal or augment exercise induced GH secretion in either young or old humans. *Journal of Gerontology: Medical Sciences* 54A(8); M395-M399.
- 38) Marcell, T.J., R.A. Wiswell, **S.A. Hawkins**, and K.T. Tarpenning (1999). Age-related blunting of growth hormone secretion during exercise may not be solely due to increased somatostatin tone. *Metabolism* 48(5); 665-670.

Books and Chapters

- 1) Stanbrough, M., and **S. Hawkins** (2016). The history of ESU Track & Field: A legendary tradition. Roho Publishing, rohopublishing.com.
- 2) Stanbrough, M., and **S. Hawkins** (2016). The history of Emporia State cross country: A legendary tradition of distance running. Roho Publishing, rohopublishing.com.
- 3) **Hawkins, S.A.** (2009). The effects of aging and sustained exercise involvement on cardiovascular function in older persons. In: "*Master Athletes: Understanding the Role of Exercise in Optimizing Aging*". J. Baker, S. Horton & P. Weir (Eds.), Florence, KY: Routledge Publishing pp. 52-65.
- 4) **Hawkins, S.A.** (2005) Exercise programming for master athletes. In: "*Physical Activity and the Older Adult: Essentials for Senior Fitness Instructors*" J. Jones & D. Rose (Eds.), Champaign, IL: Human Kinetics, pp. 263-279.

Monographs

- 1) Hawkins, S.A. (2011). Menopause and Running. *Elderly Journal*, <http://www.elderlyjournal.com/menopause/Menopause-And-Running.html>.
- 2) Schroeder, E.T., **S.A. Hawkins**, and S.V. Jaque (2009). Women and weights: overcoming barriers. *Recreation Management*, http://www.recmanagement.com/feature_print.php?fid=200902gc02.
- 3) **Hawkins, S.A.** (2008). What does running do for the body? *Yahoo Answers*, <http://answers.yahoo.com/question/index?qid=20080825123855AAYGxfX>.
- 2) **Hawkins, S.A.**, R.A. Wiswell, and T.J. Marcell (2006). Exercise and the master athlete-a model of successful aging? *Plainspoken Science*, <http://plainspoken.lbl.gov>.
- 3) **Hawkins, S.A.**, E.T. Schroeder, H.C. Dreyer, S.J. Underwood, and R.A. Wiswell (2003). Running, calcium, and resistance training slow bone mineral density loss in females. *Sports Medicine Reports*, 5(4); 34-35.
- 4) **Hawkins, S.A.** (2002). Physiologic decline and endurance performance. In: *National Masters News*, A. Sheahen (Ed.), Hollywood, CA: March, pg. 9.
- 5) **Hawkins, S.A.**, T.J. Marcell, S.V. Jaque, and R.A. Wiswell (2002). A longitudinal assessment of change in VO₂max and maximal heart rate in master athletes. In: *Year Book of Sports Medicine*, R.J. Shephard, F.J. George, D.C. Nieman, J.S. Torg, M.J.L. Alexander, & W.M. Kohrt (Eds.), St. Louis, MO: Mosby Inc. pp. 320-322.

Abstracts

- 1) Choi, I., **S. Hawkins** (2015). Association between Muscle Fiber Type and Bone Mineral Density. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 2) Truver, B., **S. Hawkins**, M. Bahk, M. Mirisch, M. LeBlanc (2015). Differences in functional movement biomechanics between individuals with femoralacetabular impingement and osteoarthritis. *Medicine and Science in Sports and Exercise* 46S(5); S1305.
- 3) Hamilton, A., J. Tran, **S. Hawkins** (2014). Longitudinal associations between anthropometric and functional measures of sarcopenia and osteopenia. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 4) Prosser, K., M. LeBlanc, M. Bahk, M. Mirisch, **S. Hawkins** (2013). Differences in bone density and muscle strength between mechanical and biological osteoarthritis. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 5) Truver, B., **S. Hawkins**, M. Bahk, M. Mirisch, M. LeBlanc (2013). Functional movement biomechanics differences between individuals with femoralacetabular impingement and osteoarthritis. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.

- 6) Soucy, M., **S.A. Hawkins**, M. LeBlanc (2013). Effect of fatigue on patellar tendon strain in healthy subjects. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 7) Reid, J., M. LeBlanc, **S. Hawkins** (2012). Skeletal muscle function and bone mass in weight bearing vs. non-weight bearing athletes. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 8) Evans, K., **S.A. Hawkins**, M. LeBlanc (2012). Mechanical characteristics of younger and older subjects' patellar tendon via acoustoelasticity analysis of ultrasound images. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 9) Fippinger, M., H. Horn, **S. Hawkins**, M. LeBlanc (2012). Effects of fatigue and gender on asymmetry of lower extremity kinematics in drop jump landings. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 10) Marcell, T., P. Martins, I. Palomino, **S. Hawkins**, R. Wiswell (2012). Leg strength declines with advancing age despite chronic endurance exercise in active older adults. *Medicine and Science in Sports and Exercise* 44S(5); S677.
- 11) White, T., **S.A. Hawkins**, and M. LeBlanc (2011). Site-specific relationships between muscle and bone in younger and older women. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 12) Van Gorder, S., M. LeBlanc, **S.A. Hawkins** (2011). Prevalence and association of sarcopenia and osteopenia. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 13) Marcell, T., P. Martins, I. Palomino, **S. Hawkins**, R. Wiswell (2011). Leg strength declines with advancing age despite chronic endurance exercise in active older adults. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 14) Sanders, B.J., **S.A. Hawkins**, M. LeBlanc (2011). The effect of fatigue on shoulder muscle strength ratios in collegiate water polo players. *International Journal of Exercise Science*, 5(2); 7.
- 15) LeBlanc, M., P. Hopkins, T. Cinco, **S. Hawkins** (2011). An investigation of trabecular bone strength, density, and architecture. *Medicine and Science in Sports and Exercise* 43S(5); S171.
- 16) **Hawkins, S.A.**, M. McKinnon, M. LeBlanc (2011). The influence of ground reaction forces from running on bone strength. *Medicine and Science in Sports and Exercise* 43S(5); S165.
- 17) Hopkins, P., T. Cinco, M. Shaw, **S. Hawkins**, M. LeBlanc (2010). An investigation of trabecular bone strength, density, and architecture. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 18) Hayden, T., M. LeBlanc, **S. Hawkins** (2010). The influence of walking grade on muscle and bone health in older adults. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 19) McKinnon, M., **S. Hawkins**, M. LeBlanc (2010). The influence of ground reaction forces from running on bone strength. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 20) Brouhard, J., M. LeBlanc, **S. Hawkins** (2010). The effects of carbohydrate feeding 60 min prior to exercise on blood glucose and aerobic endurance in Caucasian and Latino populations. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 21) Shapiro, J., R. Bellows, **S. Hawkins**, M. LeBlanc (2009). The correlation of postural sway to lower extremity maximal muscle strength. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 22) Olmon, C., M. LeBlanc, and **S.A. Hawkins** (2009). The effects of ground reaction forces and muscle forces on bone parameters in runners. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 23) McClave, S., M. LeBlanc, and **S.A. Hawkins** (2009). Mechanical Parameters of Fatigue While Cycling at Critical Power. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 24) Cyprian, J., **S. A. Hawkins**, M. LeBlanc (2009). The Effects of Varying Landing Conditions on Three-dimensional Impact Forces. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.

- 25) LeBlanc, M., E. Schroeder, J. Schroeder, B. Newton, J. Cyprian, and **S. Hawkins** (2009). Effects of different landing conditions on vertical impact forces. *Medicine and Science in Sports and Exercise* 41S(5); S412.
- 26) Schroeder, J., E. Schroeder, M. LeBlanc, and **S. Hawkins** (2009). A simple training program for reducing fall risk in the elderly in group and independent settings. *Medicine and Science in Sports and Exercise* 41S(5); S469.
- 27) Schroeder, E., B. Newton, J. Schroeder, J. Cyprian, M. LeBlanc, and **S. Hawkins** (2008). Effects of different landing conditions on vertical impact forces. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 28) Schroeder, J., E. Schroeder, M. LeBlanc, and **S. Hawkins** (2008). The effectiveness of a simple training program for reducing fall risk in the elderly in a group and independent home settings. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 29) Newton, B, J. Schroeder, E. Schroeder, J. Cyprian, M. LeBlanc, and **S. Hawkins** (2008). The effect of eccentric vs. concentric treadmill exercise on muscle function. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
- 30) **Hawkins, S.A.**, N.C. Crespo, and A. Rossuello (2008). Association between acculturation, lifestyle and peak bone density in Latinas. *Medicine and Science in Sports and Exercise* 40S(5); S485.
- 31) Rossuello, A., **S.A. Hawkins**, M. LeBlanc, and R. Wiswell (2008). A longitudinal analysis of age-related VO₂max decrease in master athletes. *Medicine and Science in Sports and Exercise* 40S(5); S368.
- 32) Dieli-Conwright, C., **S.A. Hawkins**, E.T. Schroeder, and R.A. Wiswell (2007). Comparison of calculated estimates and muscle biopsy of fiber type distribution in master athletes. *Medicine and Science in Sports and Exercise* 39S(5); S225.
- 33) Rossi, A., **S. Hawkins**, A. Cornwell, P. DiCaprio, C-Y Chou, and N. Khodiguian (2006). The effects of modified chronic sodium bicarbonate ingestion on short-duration, high-intensity performance in elite middle-distance runners. *Medicine and Science in Sports and Exercise* 38S(5); S402.
- 34) Rodriguez, L.M., E.T. Schroeder, **S.A. Hawkins**, D. Hyslop, V. Jaque, and R.A. Wiswell (2005). Longitudinal changes in coronary heart disease risk factors in older runners. *Proceedings of the Southwest ACSM* <http://www.swacsm.org/past-abstracts.htm>.
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- 45) Vallejo, A.V., **S.A. Hawkins**, and R.A. Wiswell (2003). Prescribing exercise intensity in master athletes. *Medicine and Science in Sports and Exercise* 35S(5); S205.
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- 51) Khodiguian, N., A. Cornwell, **S. Hawkins**, and P.A. DiCaprio (2001). Evidence for spinal mediation of the bilateral deficit. *Medicine and Science in Sports and Exercise* 33S(5); S83.
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INTERVIEWS

Television

- 1) Hollywood Trend Report: ACSM Fitness Trends Survey, Taped December 3rd, 2012.
- 2) Reality show pitch about Master Athletes, December 17th, 2011.
- 3) Aging in LA, Topic: Aging and Sports, Taped April 3rd, 2008, Aired May 28th, 2008, Channel 35.
- 4) Healthy Aging...Redefining America. Taped September 1996, Educational Television Network, Inc.

Radio

- 1) Train Your Body: Topic: Soft Drinks Lead to Osteoporosis? November 20th, 2012, RadioMD, iHeartRadio Network.
- 2) Train Your Body: Fitness Over 50, November 20th, 2012, RadioMD, iHeartRadio Network.
- 3) NPR and Local News, Topic: New Study by Local University May Help Seniors with Balance, Bone Strength, December 18th, 2009, KCLU Thousand Oaks.

4) Midmorning, Topic: Exercise and Aging, July 22nd, 2008, Minnesota Public Radio.

Newspapers/Magazines/Web Pages

- 1) Article entitled: Building Better Bones. In: *Natural Awakenings*, October 2017.
- 2) Article entitled: Sports training center piloting first-of-its-kind program. In: *Thousand Oaks Acorn*, June 29, 2017.
- 3) Article entitled: A fitness center for everyone. In: *Inside Leisure Village*, Vol. 36; 6; June 2015 pg. 10.
- 4) Article entitled: 6 Things you should be doing for your bones now. In: *Next Avenue*, <http://www.nextavenue.org/#&panel1-3&panel2-3>. May, 2015.
- 5) Article entitled: Taking steps toward animal rights. In: *The Echo*, October 29, 2014.
- 6) Article entitled: 7 things you didn't know about your bones. In: *Health Magazine*, September 2014.
- 7) Article entitled: The grass is always greener. In: *The Echo*, April 16, 2014.
- 8) Article entitled: Boost your bone power. In: *Better Homes and Gardens*, April, 2014.
- 9) Article entitled: The future of human performance. In: *Los Angeles Sports and Fitness Magazine*, January/February 2014.
- 10) Article entitled: 4 Functional fitness tips to improve mobility. In: <http://mysilverage.thebegroup.org/Healthy-Aging/4-Functional-Fitness-Tips-to-Improve-Mobility>, November 2013.
- 11) Article entitled: Icky habits that are good for you. In: *Vim and Vigor Magazine*, August 2013.
- 12) Article entitled: Should you take supplements before working out? In: *Women's Health Magazine*, July 2013.
- 13) Article entitled: Anti-Aging from the inside out. In: *Redbook Magazine*, December 2012.
- 14) Article entitled: Best Exercises for Bone Health. In: *Prevention Magazine*, May 2012.
- 15) Article entitled: Osteoporosis. In: *Martha Stewart Living*, October 2011.
- 16) Article entitled: Healthy Curiosity. In: *805 Living*, October 2011.
- 17) Article entitled: Ask our Trainer. In: *Shape Magazine*, January 2012.
- 18) Article entitled: Bocce Ball Games to begin in April at Tierra Rejada Park. In: *Ventura County Star*, March 23, 2011.
- 19) Article entitled: Ice Age: The Science behind Cold Water Immersion. In: *Swimming World Magazine*, February 8, 2011.
- 20) Article entitled: A Growing Danger for Athletes. In: *Los Angeles Times*, February 6, 2011.
- 21) Article entitled: Toning the Bones. In: *Arkansas Democrat Gazette*, November 1, 2010.
- 22) Article entitled: Why does Exercise Lower Cholesterol. In: <http://www.livestrong.com/article/133924-why-does-exercise-lower-cholesterol/>, May 28, 2010.
- 23) Article entitled: Train to Shoot Your Age. In: <http://www.gomoji.com/education/train-to-shoot-your-age>, April 27, 2010.
- 24) Article entitled: Olympic Health and Fitness, Anders Johnson in action. In: <http://www.nbcolympics.com/olympicpulse/blogs/blog=olympichealthandfitness/postid=412205.html#anderson+johnson+action>, February 12, 2010.
- 25) Article entitled: Olympic Health and Fitness, Denny and Barrett: a mirror image on the ice. In: <http://www.nbcolympics.com/olympicpulse/blogs/blog=olympichealthandfitness/postid=412564.html#denny+barrett+mirror+image>, February 12, 2010.
- 26) Article entitled: CLU Researchers Study Effect of Exercise on Seniors' Bone Density. In: *Ventura County Star*, December 27, 2009.
- 27) Article entitled: Relationship between Exercise and Appetite. In: *SELF Magazine*, January 2010.
- 28) Article entitled: Recovery from Exercise. In: *SELF Magazine*, December 2009.
- 29) Article entitled: Seniors Benefit from CLU's Fall Prevention Program. In: *Your Health Connections*, November 2009.
- 30) Article entitled: Workout your headache. In: *Natural Solutions*, <https://www.naturalsolutionsmag.com/article-display/15517/subTopicID/116/Work-Out-Your-Headache>, December 1, 2009.
- 31) Article entitled: Ask the Trainer. In: *Shape*, July, 2009.
- 32) Article entitled: The Max Fit Challenge? In: *Maximum Fitness*, May/June, 2009.
- 33) Article entitled: McNabb's Age of Enlightenment. In: *Washington Post*, January 16, 2009.
- 34) Article entitled: NY City Marathon. In: *New York Times*, October 31, 2008.
- 35) Article entitled: The Run/Walk Workbook; Run Smarter at any Age. In: *Fitness*, September 2008.

- 36) Article entitled: Tips to help you run smart at any age. In: *Fort Myers News Press*, August 26, 2008.
- 37) Article entitled: Fitness by the Sea. In: *Los Angeles Times*, May 12, 2008.
- 38) Article entitled: Cardio Barre opens Simi Valley location. In: *Ventura County Star*, April 5, 2008.
- 39) Article entitled: Running Through the Ages. In: *Runner's World*, March 2008.
- 40) Article entitled: Staying a Step Ahead of Aging. In: *New York Times*, January 31, 2008.
- 41) Article entitled: Your Ideal Workout. In: *Health & Fitness UK*, January 2008.
- 42) Article entitled: The anatomy of a healthy workout. In: *Understanding Health.com*, August 2006.
- 43) Article entitled: Anti-aging tips. In: *Prevention*, May 2006.
- 44) Article entitled: Build more bone. In: *Prevention*, March 2000.

INVITED LECTURES

- 1) **Hawkins, S.A.** Physical Activity and Exercise in Aging. University Village, Thousand Oaks, CA, July 2019.
- 2) **Hawkins, S.A.** Physical Activity and Exercise in Aging. Kiwanis Club, Ventura, CA, June 2019.
- 3) **Hawkins, S.A.** Physical Activity and Exercise for Health. Rotary Club, Simi Valley, CA, September 2018.
- 4) **Hawkins, S.A.** Exercise for Healthy Aging. University Village, Thousand Oaks, CA, May 2018.
- 5) **Hawkins, S.A.** Engineering the Fountain of Youth; Panel participant. IEEE Buenaventura, Westlake Village, CA, November 2017.
- 6) **Hawkins, S.A.** Exercise for Healthy Aging. The Reserve, Thousand Oaks, CA, June 2017.
- 7) **Hawkins, S.A.** Exercise for Healthy Aging. Brandeis University Senior Men's Group, Agoura, CA, January 2017.
- 8) **Hawkins, S.A.** The science of aging, exercise and musculoskeletal health. IEEE Buenaventura, Thousand Oaks, CA, January 2016.
- 9) **Hawkins, S.A.** Muscle Strengthening Exercise for Healthy Aging. University Village, Thousand Oaks, CA, October 2015.
- 10) **Hawkins, S.A.** Exercise for Healthy Aging. Kiwanis Club, Ventura, CA, July 2015.
- 11) **Hawkins, S.A.** Exercise for Healthy Living. Biggest Loser participants, California Lutheran University, Thousand Oaks, CA, March 2015.
- 12) **Hawkins, S.A.** Can The Aging Process Be Influenced By Exercise? CLU Alumni, Caring For Your Aging Loved One, Thousand Oaks, CA, April 2013.
- 13) **Hawkins, S.A.** Exercise for Healthy Aging. Optimist Club, Camarillo, CA, February 2013.
- 14) **Hawkins, S.A.** Exercise for Better Breathing. Better Breathers Club, Community Memorial Hospital, Ventura, CA, January 2013.
- 15) **Hawkins, S.A.** Exercise for Healthy Aging. Grandparents Day, California Lutheran University, Thousand Oaks, CA, April 2012.
- 16) **Hawkins, S.A.** Keys to a Healthy Skeleton. Sylmar Women's Club, Granada Hills, CA, November 2011.
- 17) **Hawkins, S.A.** Exercise for Healthy Aging. Grandparents Day, California Lutheran University, Thousand Oaks, CA, April 2011.
- 18) **Hawkins, S.A.** Health Benefits of Physical Activity in Aging. Public Library, Oxnard, CA, January 2011.
- 19) **Hawkins, S.A.** Osteoporosis: Relevant to Ethnic Communities? Pepperdine University PEP Seminar, Malibu, CA, March 2010.
- 20) **Hawkins, S.A.** Benefits of Physical Activity for Health and Fitness. Rotary Club, Moorpark, CA, October 2009.
- 21) **Hawkins, S.A.** Be Fit for Life. Family YMCA, Camarillo, CA, March 2009.
- 22) **Hawkins, S.A.** Health Benefits of Physical Activity in Aging. Active Senior Center, Moorpark, CA, January 2009.
- 23) **Hawkins, S.A.** Exercise and Health. Business and Professional Women's Club of the Conejo Valley, Westlake Village, CA, September 2008.

- 24) **Hawkins, S.A.** Bones and Aging. RSVP, Oxnard, CA, May 2008.
- 25) **Hawkins, S.A.** Physical performance in older chronic exercisers. Presenter and Chair of Symposium entitled Does chronic exercise influence aging? Southwest American College of Sports Medicine, San Diego, CA, November 2006.
- 26) **Hawkins, S.A.** Osteoporosis: Relevance to ethnic communities? MORE Programs Student Symposium, California State University Los Angeles, CA, September 2005.
- 27) **Hawkins, S.A.** The role of osteoprotegerin and its ligand in the control of bone metabolism. American College of Sports Medicine National Meeting, Baltimore, MD, June 2001.
- 28) **Hawkins, S.A.** Exercise Science and Mathematics. Mathematics Club, California Lutheran University, Thousand Oaks, CA, April 2001.
- 29) **Hawkins, S.A.** Sports nutrition. Student Nutrition Association, California State University Los Angeles, CA, January 2001.
- 30) **Hawkins, S.A.** Bone density: The science and current clinical applications to the spine. Clinical Seminar in Sports Medicine, California State University Northridge, CA, March 2000.
- 31) **Hawkins, S.A.** A barometer of the possible: the study of master athletes. Interdisciplinary Council on Aging, California State University Los Angeles, CA, February 2000.

PRESENTATIONS

- 1) **Hawkins, S.A., FACSM**, M. McKinnon, and M. LeBlanc. The influence of ground reaction forces from running on bone strength. ACSM National Meeting, Denver, CO, June 2011 (Poster).
- 2) **Hawkins, S.A., FACSM**, N.C. Crespo, and A. Rossuello. Association between acculturation, lifestyle and peak bone density in Latinas. ACSM National Meeting, Indianapolis, IN, June 2008 (Poster).
- 3) **Hawkins, S.A.**, M.G. Cockburn, R.A. Wiswell, and A.S. Hamilton. A population based estimate of physical activity prevalence in a large cohort of native Californian's. ACSM National Meeting, St. Louis, MO, June 2002 (Poster).
- 4) **Hawkins, S.A.**, and R.A. Wiswell. Serum estrogen and testosterone concentrations are related to change in bone and lean mass with resistance exercise in older women. ACSM National Meeting, Indianapolis, IN, June 2000 (Poster).
- 5) **Hawkins, S.A.**, R.A. Wiswell, S.V. Jaque, K.M. Tarpenning, N. Constantino, T.J. Marcell, and D.M. Hyslop. A comparison of cross sectional vs. longitudinal data in predicting physiologic loss rates in master athletes. ACSM National Meeting, Seattle, WA, June 1999 (Poster).
- 6) **Hawkins, S.A.**, S.V. Jaque, and R.A. Wiswell. The role of estrogen replacement in chronically endurance trained women during early menopause. ACSM National Meeting, Orlando, FL, June 1998 (Poster).
- 7) **Hawkins, S.A.**, R.A. Wiswell, T.J. Marcell, K.M. Tarpenning, S.V. Jaque, S.J. Underwood, and N.L. Constantino. Bone mineral density in active old men is not predicted by strength or aerobic capacity. ACSM National Meeting, Denver, CO, May 1997 (Poster).
- 8) **Hawkins, S.A.**, K.M. Tarpenning, T.J. Marcell, S.V. Jaque, D.M. Hyslop, and R.A. Wiswell. Site-specific relationships between muscle and bone exist in young but not middle-aged women. Southwest ACSM Annual Meeting, Las Vegas, NV, November 1996 (Oral, student award finalist).

TECHNICAL EXPERTISE

Dual Energy X-ray Absorptiometry – Bone density, Body Composition
 Ultrasound – Bone density
 Histology – Muscle Fiber Typing
 ELISA – Metabolite and Hormone concentrations
 Yellow Springs Instruments Spectrophotometer – Glucose and Lactate concentrations
 Johnson & Johnson Ectachem – Blood Chemistries
 Hydrodensitometry – Body Composition
 Metabolic Measurement Carts – Maximal Aerobic Capacity, Cardiac Output
 Pulmonary Function – Lung Subdivisions, Flow Volume Loops
 Electrocardiography

Kin Com Dynamometer, Bassey Power Rig, Resistance Training Equipment – Muscle Strength, Power, and Endurance

COURSES TAUGHT/SUPERVISED/DEVELOPED*

California Lutheran University, Department of Exercise Science

Undergraduate

EXSC 202	Exercise Physiology
EXSC 202L	Exercise Physiology Laboratory
EXSC 251	Individual and Dual Sports and Activities
EXSC 300	Exercise Prescription
EXSC 302	Motor Development across the Lifespan
EXSC 303	Nutrition
EXSC 325	Statistics and Research Methods in Exercise Science
EXSC 452	Measurement and Evaluation in Physical Education
EXSC 470	Advanced Exercise Physiology
EXSC 470L	Advanced Exercise Physiology Laboratory
EXSC 487	Clinical Exercise Prescription*
EXSC 493	Pre-Capstone in Exercise Science*
EXSC 494	Capstone in Exercise Science

California State University Los Angeles, School of Kinesiology and Nutritional Science

Undergraduate

KIN 150	Exercise, Fitness and Sport in Modern Society
KIN 345	Physiological Effects of Exercise during Aging
KIN 455	Principles of Clinical Exercise Testing
KIN 460A	Field Evaluation of Physical Fitness
KIN 461	Advanced Exercise Physiology*
KIN 485AB	Internship in Exercise and Human Performance
KIN 496	Capstone Seminar in Exercise and Human Performance*

Graduate

KIN 503	Applied Statistics in Kinesiology
KIN 504	Research Design in Kinesiology
KIN 560	Cardiorespiratory Aspects of Human Performance
KIN 562	Exercise Interventions in Cardiac Rehabilitation
KIN 564	Exercise Interventions for Special Populations
KIN 565	Endocrine Aspects of Human Performance*

University of Southern California, Division of Biokinesiology and Physical Therapy

Graduate

PT 509	Cellular and Systems Physiology
BKN 552	Physiological Basis of Voluntary Movement
BKN 615	Principles of Tissue Adaptation*

SERVICE

University Activities - CLU

Science Building Committee 2013-2015

Pre-Med Committee 2010-2011

EXSC Curriculum Development 2007-2009 – Assisted with the curriculum revision that involved development of new options and coursework and revision of existing options

EXSC Program Review Chair 2007-2008 – organized and completed the program review process

Student Learning Outcomes Task Force 2007-2008

Goldwater Scholarship Representative 2008-2011

University Governance – CLU

Awards Committee 2019-2022

Chair 2020-2022
Interim Exercise Science Department Chair – Spring 2019
Institutional Review Board 2008-2013, 2017-2019
Chair 2010-2013, 2017-2019
Co-Chair 2009-2010
Institutional Animal Care and Use Committee 2013-2018
Chair January 2014-2018
Subject Matter Committee (Physical Education Single Subject Matter Program) 2014-2018
Graduate Psychology Search Committee – tenure track faculty positions
2015-2016
2014-2015
2011-2012
2010-2011
EXSC Search Committee – tenure track faculty positions
2015-2016 – 2 positions
2014-2015 – 2 positions
2011-2012 – 2 positions
2009-2010 – 1 position
2008-2009 – 2 positions
Physics Search Committee – tenure track faculty position
2015-16
Biology Search Committee – tenure track faculty position
2015-16
Faculty Athletic Committee 2007-2008

University Activities - CSULA

Exercise Science Internship – Developed internship contracts with the USC Physical Therapy Department and the Ketchum Downtown YMCA, established entry criteria, identified sources for professional liability insurance.
Exercise Science Degree Development – Chaired the development of a Bachelor of Science in Exercise Science degree program.
Curriculum Development – Proposed new courses for the undergraduate (Advanced Exercise Physiology) and graduate (Endocrine Aspects of Human Performance) degree programs, modified numerous courses.
Service Learning – Developed KIN 345 “Physiological Effects of Exercise during Aging” as a Service Learning class
Graduate Coordinator – Developed a Graduate Studies Handbook, supervised admission process.
Kinesiology Advisory Board – Charter member

University Governance - CSULA

Academic Senate – At-Large Senator 2006-2007
Search Committee – Dean of the College of HHS 2006-2007
Graduate Studies Subcommittee of the Academic Senate
External Awards Nominating Committee of the Academic Senate
Academic Instructional Resources Committee of the Academic Senate
Graduate and Credentials Committee of the College of HHS
Academic Advisory Committee, Roybal Certificate Program in Applied Gerontology
Selection Committee, Endowed Chair, Roybal Institute for Applied Gerontology
Undergraduate Committee of the College of HHS
Graduate Studies Committee of the School of KNS
Search Committee for Faculty of the School of KNS, School of Nursing (Health Sciences)
RTP Committee A of the School of KNS, Review of Assistant Professors
RTP Committee B of the School of KNS, Review of Part-time Faculty

Community Activities

Conejo Valley Unified School District – Principal Search Committee – 2012
Conejo Valley Unified School District – School Choice Committee – 2009-2015

Conejo Valley Unified School District – “We the People” Judge – 2014, 2016, 2017, 2018
Newbury Park High School – Assistant Cross Country Coach 2019
Newbury Park High School – School Site Council – 2014-2015
 Vice-Chair – 2014-15
Sequoia Middle School – School Site Council – 2011-2015
 Chair – 2012-15
Maple Elementary School – School Site Council – 2008-2015
 Chair – 2012-15
Maple Elementary School – Jog-A-Thon Coordinator – 2010-2012
AYSO Region 42 Board of Directors – 2009-Present
 Regional Commissioner – 2016-2020
 Assistant Regional Commissioner – 2015
 Child Volunteer Protection Advocate – 2009-15
 Division Director U14 Boys & Girls – 2013-15
 Panther Shoot Out Tournament Co-Director – 2015
AYSO Age Group Coach – 2005-2016
AYSO All-Star Coach – 2009-2016
Newbury Park Track Club Board of Directors – 2017-2019
Newbury Park Track Club Age Group Coach – 2005-2009, 2015-2017
Newbury Park Track Club Specialty Coach – 2012, 2014
St. Julie Billiard Catholic Church Hospitality Ministry – 2007-2011
Boy Scout Troop 753 Committee Chair – 2012-2015
Boy Scout Troop 753 Reservations Coordinator – 2011-2015
Cub Scout Pack 3763 Camping Chair – 2007-2010
Southwest Youth Gaelic Athletics Association Board Member – 2010-2011

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