

CURRICULUM VITAE

Steven A. Hawkins, Ph.D., FACSM

(805) 376-1428

shawkins@callutheran.edu

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

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: Physical Education

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

PROFESSIONAL EXPERIENCE

Associate/Full Professor, Department of Exercise Science
California Lutheran University, Thousand Oaks, CA, August 2007 – 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

Assistant/Associate Professor, School of Kinesiology and Nutritional Science
California State University, Los Angeles, September 1999 – 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

PROFESSIONAL ACTIVITIES & APPOINTMENTS

National ACSM Committee Member – Exercise is Medicine on Campus – 2010-2015
Southwest ACSM President – November 2009 – October 2010
Advanced to Fellow, ACSM, 2004
Research Fellow, Physical Activity and Public Health, Center for Disease Control, and University of South Carolina, September 2001
Member – American College of Sports Medicine, Southwest Chapter of the American College of Sports Medicine

AWARDS, HONORS, AND ACTIVITIES

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

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).

PUBLICATIONS

Manuscripts

- 1) LeBlanc, M, T. Peterson, S. McClave, and **S.A. Hawkins**. Angular kinematics and critical power of younger and older cyclists during the 3-min all-out test. *Journal of Science & Cycling* (accepted for publication, May 2022)
- 2) LeBlanc, M, A. Burdullis, M. McKinnon, and **S.A. Hawkins**. (2022) Relationship between ground reaction force characteristics and bone mineral density of the hip and spine in male runners. *International Journal of Exercise Science*, 15(1); 655-666.
- 3) LeBlanc, M., B.J. Sanders, and **S.A. Hawkins** (2021). Effect of fatigue and sex on isokinetic torque values in water polo athletes. *Gazzetta Medica Italiana*, 180(5); 186-194.
- 4) 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>.
- 5) **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.
- 6) 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.
- 7) 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.
- 8) 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.
- 9) **Hawkins, S.A.**, and E.J. Yoo (2010). Site specific relationships between muscle strength and mass and bone mineral density in young and middle-aged women. *Journal of Sport and Leisure Studies* 42; 807-816.
- 10) 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.
- 11) 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.
- 12) 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.
- 13) 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.
- 14) 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.
- 15) 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.
- 16) 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.
- 17) **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.
- 18) 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.

- 19) **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.
- 20) **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.
- 21) 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.
- 22) 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.
- 23) 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.
- 24) **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.
- 25) 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.
- 26) 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.
- 27) 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.
- 28) **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.
- 29) 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.
- 30) 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.
- 31) **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.
- 32) 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.
- 33) 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.
- 34) 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.
- 35) 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.
- 36) **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.
- 37) **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.

- 38) 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.
- 39) 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.

COURSES TAUGHT/SUPERVISED

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 461	Exercise Psychology
EXSC 470	Advanced Exercise Physiology
EXSC 470L	Advanced Exercise Physiology Laboratory
EXSC 487	Clinical Exercise Prescription*
EXSC 490	Independent Study
EXSC 492	Internship
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*

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

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

Faculty Athletic Committee 2007-2008