

Roberto Quintana, PhD
Professor – Exercise Physiology
Exercise Science Program – Sacramento State University
Vita

ACADEMIC HONORS and AWARDS

- 1) **Exceptional Levels of Service to Student Award**, Exceptional Assigned Time Committee, California State University, Sacramento, Fall 2017 – Spring 2018.
- 2) Nominated for **Outstanding Teaching Award**, College of Health & Human Services, California State University, Sacramento, Fall 2014.
- 3) **Distinguished Sabbatical Proposal**, Professional Leave Committee, California State University, Sacramento, April 2005.
- 4) **Doctoral Fellow Training Grant, National Research Service Award**, National Institutes of Health, University of New Mexico, July 1997.
- 5) **Graduate Scholars Fellowship**, University of New Mexico, January 1997.
- 6) **National Hispanic Scholarship Fund Graduate Scholar**, Academic years 1994-95 & 96-97.
- 7) **Ph.D. Research Awards - Top Ten Finalist**, Southwest Regional Chapter, ACSM, Fall 1996.
- 8) **Mildred Gueck Scholarship**, University of Northern Colorado. May 1993.
- 9) **Colorado Graduate Fellowship**, University of Northern Colorado. January 1993.
- 10) **Doctoral Forgivable Loan**, California State University. January 1993.
- 11) **Graduate Equity Scholarship**, California State University. April 1992.
- 12) **California Pre-Doctoral Scholar**, Honorable Mention, California State University. August 1991
- 13) **Redwood Physical Therapy Scholarship**, Humboldt State University. August 1991.
- 14) **Graduate Teaching Assistantship**, Humboldt State University. September 1990 - May 1992.

GRANTS

- 1) **UEI Grant, California State University, Sacramento.** “Expanding Female Physiology Research at CSUS.” The amount awarded was \$5,000. (Spring 2020). Faculty Sponsor
- 2) **Research and Creative Activity Award, California State University, Sacramento.** “Relationship between brain, cardiovascular, and respiratory physiology after high-intensity interval arm and leg cycling.” The amount awarded \$7,491. Co-Principle investigator.
- 3) **Carol White Physical Education Grant, U.S. Dept of Education.** “Stronger Physical Fitness and Health Accountability - Independent After-School Physical Education Program” that addressed the adolescent obesity epidemic in alternative and low performing high schools. The amount awarded was \$1,004,540 over a three-year period (2007 to 2010).
- 4) **AQiss Firefighter Hydration Study.** Collaboration with AQiss Beverage Inc, California Fire Academy, Sacramento at American River College. Amount funded ~\$10,000 for research supplies in 2008.
- 5) **P-20 NIH CSUS-UCD Cancer Center Grant.** Recruited to serve as an Advisory Board Member to review health disparities in cancer-related health disparities. Initially submitted in 2006 (not funded), resubmitted in 2007 (not funded), and resubmitted in 2008 (funded).

- 6) **Carol White Physical Education Grant, U.S. Dept of Education.** “Stronger Physical Fitness and Health Accountability Program” that addressed the adolescent high school obesity epidemic. The amount awarded was \$644,303 over a three-year period (2004 to 2007).
- 7) **Sabbatical Proposal** was awarded for Fall 2006 and was placed in archive for the “Best” Sabbatical Leave Proposals by Professional Leave Committee.
- 8) **Adolescent Obesity NIH Award** titled “Adolescent Obesity: Academic-Community Partnership Conferences”. Research collaborator and awarded a stipend of \$2,000, 2006.
- 9) **American Alpine Club Research Grant** for \$530 to study the Ginkgo Biloba Supplementation on mountaineering performance, cognitive function, and acute mountain sickness, a pre-Denali field study, 2006.
- 10) **Cohen Foundation.** Proposed development of the Site for Human Applied Physiology and Exercise (SHAPE). Amount awarded \$1,000, 2001.
- 11) **Community Service-Learning Award,** Office of Academic Affairs, Community Collaboration. Implementation of community service learning in KINS 152A. Amount Awarded \$1,000, Fall, 2000.
- 12) **Research and Creative Project Activity Award,** Office of Research and Sponsored Projects. Amount awarded \$2,500, Spring, 2000.
- 13) **Project Activity Grant,** CSUS Foundation. Proposed development of SHAPE, a site for promoting healthier lifestyles through physical activity. Amount Awarded \$850, Spring, 2000.
- 14) **Cohen Foundation.** Proposed development of SHAPE, a site for promoting healthier lifestyles through physical activity. Amount Awarded \$750, Fall, 1999.
- 15) **Healthy Eating and Living Partnerships (HELP), California Nutrition Network for Healthy, Active Families,** Cancer Prevention and Nutrition Section. Collaborated with the County of Sacramento, Department of Health and Human Services, Primary Health Services to develop the physical activity component and overall goals of health program targeting Sacramento’s County population of ethnically diverse medically uninsured indigent adults and children. Amount of match budget \$176,332, awarded September, 1999.
- 16) **Probationary Faculty Development Grant Program,** CSU, Sacramento. Awarded \$500 Spring, 1999.
- 17) **Research Project and Travel Grant,** University of New Mexico. “The effect of exercise on plasma leptin concentration in healthy and obese humans.” Awarded \$1,000. May, 1997.
- 18) **NIH General Clinical Research Center Grant,** University of New Mexico – School of Medicine. “The effect of exercise on plasma leptin concentration in healthy and obese humans.” Awarded 25,000. May, 1997.
- 19) **Student Research Allocation Committee,** University of New Mexico. Conference travel award for a slide presentation titled “Blood Donation and exercise performance: a randomized double-blind study on normal adults.” Presented at the Annual Meeting of the American College of Sports Medicine. Awarded \$150. May, 1995.

PUBLICATIONS

- 1) **Blood Donation and exercise performance: a randomized double-blind study on normal adults. R. Quintana,** D.S. James, K.J. Smith, W.C. Hunt, W. McDonough. *Medicine and Science in Sports and Exercise*, 27 (5), 1995, S202.
- 2) **A randomized, double-blind comparison of donor tolerance of 400 ml, 200 ml, and sham red cell donation.** K.J. Smith, D.S. James, W.C. Hunt, W. McDonough, **R. Quintana.** *Transfusion*, 36, 1996, 674-680.

- 3) **Explaining the variability in the heart rate response to incremental exercise.** R. Quintana, R.A. Robergs, C.C. Frankel, D.L. Parker, G. Dallam. *Sports Medicine, Training and Rehabilitation*, 1996.
- 4) **Heart rate threshold is not a valid estimation of the lactate threshold.** D.L. Parker, R.A. Robergs, R. Quintana, C.C. Frankel, G. Dallam. *Sports Medicine, Training and Rehabilitation*, 1996.
- 5) **Validity of sphygmomanometry determined blood pressures during rest and exercise.** S.E. Griffin, R.A. Robergs, D. James, R. Quintana, D.R. Wagner. *Sports Medicine, Training and Rehabilitation*, 1996.
- 6) **Validity of non-invasive beat-to-beat blood pressure devices during rest and exercise.** R.A. Robergs, S.E. Griffin, D. James, R. Quintana, D.R. Wagner. *Sports Medicine, Training and Rehabilitation*, 1996.
- 7) **Gender specific changes in the lactate threshold with increasing hypobaric hypoxia.** R. Quintana, R.A. Robergs, D.L. Parker, C.C. Frankel. *Medicine and Science in Sports and Exercise*, 29 (5), 1997, s134.
- 8) **The onset of hemoglobin desaturation during hypobaric hypoxia in moderately trained individuals.** R. Quintana, R.A. Robergs, D.L. Parker, A. Gibson. *Sports Medicine, Training and Rehabilitation*, 1997.
- 9) **Gender specific decrement in VO₂ max with increasing hypobaric hypoxia.** R.A. Robergs, R. Quintana, D. Parker, C.C. Frankel. *Medicine and Science in Sports and Exercise*, 29 (5), 1997, s135.
- 10) **Heart rate threshold is not a valid estimation of the lactate threshold.** D.L. Parker, R.A. Robergs, R. Quintana, C.C. Frankel, G. Dallam. *Medicine and Science in Sports and Exercise*, 29 (5), 1997, s235.
- 11) **Precision of noninvasive methods of blood pressure measurement at rest and during exercise.** S.E. Griffin, R.A. Robergs, D.S. James, R. Quintana, D.R. Wagner. *Medicine and Science in Sports and Exercise*, 29 (5), 1997, s259.
- 12) **Multiple variables explain the variability in the decrement in VO₂ max during acute hypobaric hypoxia.** R.A. Robergs, R. Quintana, D.L. Parker, C.C. Frankel. *Medicine and Science in Sports and Exercise*, 30(6), 1998, 869-879.
- 13) **Changes in lactate and ventilation threshold with increasing hypobaric hypoxia.** D.L. Parker, R.A. Robergs, R. Quintana, C.C. Frankel. *Medicine and Science in Sports and Exercise*, 30 (5s), 1998, s191.
- 14) **Beat to beat radial artery blood pressure changes during rest to exercise transitions.** R.A. Robergs, S.E. Griffin, D. James, D. Wagner, R. Quintana. *Medicine and Science in Sports and Exercise*, 30 (5s), 1998, s114.
- 15) **Gender difference in hemoglobin oxygen desaturation with moderate hypobaric hypoxia during exercise.** R. Quintana, R.A. Robergs, D.L. Parker, C.C. Frankel. *Medicine and Science in Sports and Exercise*, 30 (5s), 1998, s265.
- 16) **Intra-arterial blood pressure characteristics during submaximal cycling and exercise to recovery interval.** J.C. Orri, S.E. Griffin, R.A. Robergs, D.S. James, D.R. Wagner, R. Quintana. *Medicine and Science in Sports and Exercise*, 31 (5s), 1999, s647.
- 17) **Arterial baroreflex control of cerebral blood flow is maintained at simulated high altitude.** C. Passino, S. Cencetti, G. Spadacini, R. Quintana, D. Parker, R. Robergs, O. Appenzeller, L. Bernardi. *Hypoxia into the Next Millennium: Advances in Experimental Medicine and Biology*, v37, Ch.19,419, 2000.
- 18) **Ventilatory responses during maximal exercise with hypobaric hypoxia in well trained male and female cyclists.** R. Quintana, D. Parker, A. Gibson, M.V. Icenogle, R. Robergs. *Hypoxia into the Next Millennium: Advances in Experimental Medicine and Biology*, v37, Ch.19, 422, 2000.
- 19) **Effects of Oral Saline versus Carbohydrate-Electrolyte Solution on the Factors Related to Orthostatic Tolerance.** N.R. Saroyan, R. Quintana. *Medicine and Science in Sports and Exercise*, 32 (5s), 2000, s54.

- 20) **Factors related to the decrement in VO₂max during acute hypobaric hypoxia in well-trained cyclists.** R. Quintana, D. Parker, A. Gibson, J. Orri, M. Icenogle, R. Robergs. *Medicine and Science in Sports and Exercise*, 32 (5s), 2000, s251.
- 21) **Diabetes – What is it and why is it? The role of exercise.** R. Quintana. *50+ Wellness Newsletter*, 3(1), February-March, 2001.
- 22) **Female blood lactate concentrations are unchanged with submaximal exercise intensities under acute hypobaric hypoxia.** R. Quintana, D. Parker, R. Robergs, M. Icenogle. *High Altitude Medicine and Biology*, 2 (1), 2001, 108.
- 23) **Exercise guidelines for the prevention of osteoporosis and maintenance of bone mineral density in adults with osteoporosis.** R. Quintana. *50+ Wellness Newsletter*, 4(3), April-May, 2002.
- 24) **Metabolic responses to graded exercise walking with and without poles.** D.L. Parker, R. Quintana, R. Dewitt. *Medicine and Science in Sports and Exercise*, 34 (5s), 2002, s295.
- 25) **Effect of pacing with heart rate on cycling performance.** I. Faria, J Peiffer, B. Garcia, J. Talanian, R. Quintana, D. Parker. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s369.
- 26) **Power output as a means of pacing in cycling.** B. Garcia, J. Peiffer, I. Faria, R. Quintana, D. Parker. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s274.
- 27) **The effect of heart rate pacing vs constant power pacing on cycling time trial performance.** J. Peiffer, B. Garcia, J. Talanian, K. Macklin, I. Faria, R. Quintana, D. Parker. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s369.
- 28) **Relationship between isokinetic strength and maximal power output in trained cyclists.** R. Tobol, J. Peiffer, B. Garcia, J. Talanian, I. Faria, R. Quintana, D. Parker. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s271.
- 29) **The unique contributions of VO₂max and muscular strength to maximal power output in trained cyclists.** D. Parker, J. Peiffer, B. Garcia, J. Talanian, I. Faria, R. Quintana. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s274.
- 30) **Increases VO₂max and alterations in fat metabolism with sprint interval training.** J.L. Talanian, K. Macklin, J. Peiffer, D.L. Parker, R. Quintana. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s87.
- 31) **The effects of a 7-week sprint training program on supramaximal power indices in untrained individuals.** Macklin, K.J., Talanian, J.L., Peiffer, J., Parker, D.L., Quintana, R. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003, s291.
- 32) **An ad-libitum, very low-fat diet results in weight loss and changes in nutrient intake in post-menopausal women.** W. Mueller-Cunningham, R. Quintana, S. Kasim-Karakas. *Journal of the American Dietetic Association*, 103 (12), 2003, 1600-1606.
- 33) **Estimation of ventilation threshold in trained cyclists from the respiratory compensation point and peak power.** D. Parker, J Peiffer, I. Faria, R. Quintana. *Medicine and Science in Sports and Exercise*, 36 (5s), 2004, s43.
- 34) **Cross-validation of the Hawley & Noakes equation for estimation of VO₂max using one minute stages in trained cyclists.** R. Quintana, J Peiffer, I. Faria, D. Parker. *Medicine and Science in Sports and Exercise*, 36 (5s), 2004, s90.

- 35) **Effect of different exercise protocols on: peak aerobic power, VO₂max, and heart rate max.** A. Koscki, J. Peiffer, W. Edwards, S. Sept, **R. Quintana**, D. Parker. *Medicine and Science in Sports and Exercise*, 36 (5s), 2004, s115.
- 36) **Differences in Pmax and Tmax using different GXT protocols, alters time needed to elicit VO₂max.** J. Peiffer, W. Edwards, S. Sept, **R. Quintana**, D. Parker. *Medicine and Science in Sports and Exercise*, 36 (5s), 2004, s116.
- 37) **Intra-maximal blood pressure characteristics during submaximal cycling and recovery.** J. Orri, S. Griffin, R. Robergs, D. James, D. Wagner, **R. Quintana**. *Journal of Exercise Physiology online*, 7 (2), 2004, 45-54.
- 38) **The relationship between fat oxidation and marathon running performance.** A. Kosecki, I. Faria, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 37 (5s), 2005, s26.
- 39) **The effects of Ginkgo Biloba on acute mountain sickness and exercise performance with moderate hypoxia.** **R. Quintana**, J. Strain, S. Sept, R. Genato, T. Jones, J. Vavao, I. Faria. *Medicine and Science in Sports and Exercise*, 37 (5s), 2005, s297.
- 40) **The influence of graded exercise test selection on Pmax and a subsequent single interval bout.** J. Peiffer, **R. Quintana**, D. Parker. *Journal of Exercise Physiology online*, 8 (6), 2005, 10-17.
- 41) **Relationship between physical activity, BMI, and cardiovascular health in ninth grade students.** J. Melissa, K. Pound, D. Stahl, K. Hames, A. Bumpus, T. Streeper, D. Parker, I. Faria, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 38 (5s), 2006, s7.
- 42) **The effect of pacing strategy on O₂ deficit during the first 5km of a 20km cycling time trial.** T. Streeper, J. Peiffer, I. Faria, **R. Quintana**, D. Parker. *Medicine and Science in Sports and Exercise*, 38 (5s), 2006, s224.
- 42) **Heart rate and perceived effort do not regulate pacing during a cycling time trial.** D. Parker, J. Peiffer, I. Faria, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 38 (5s), 2006, s225.
- 43) **A comparison of HR, power output, and Polar HRM estimates of energy expenditure.** P. Waelbrock, **R. Quintana**, D. Parker, I. Faria. *Medicine and Science in Sports and Exercise*, 38 (5s), 2006, s254.
- 44) **Incidence of high normal blood pressure and hypertension in ninth grade physical education students.** K. Hames, M. Jensen, K. Pound, D. Stahl, A. Bumpus, T. Streeper, I. Faria, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 38 (5s), 2006, s246.
- 45) **Poor agreement between ventilation thresholds and Fatmax/Fatmin in well trained marathoners.** **R. Quintana**, A. Koscki, I. Faria, D. Parker. *Medicine and Science in Sports and Exercise*, 38 (5s), 2006, s511.
- 46) **Changes in body composition and physical activity of adolescents participating in physical education.** J. Melissa, A. Lam, K. Pound, K. Hames, D. Stahl, E. McKinley, I. Cisneros, D. Parker, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 39 (5s), 2007, s18.
- 47) **Cardiovascular health parameters changes in overweight adolescents participating in one vs two semesters of physical education.** A. Lam, J. Melissa, K. Hames, K. Pound, D. Stahl, E. McKinley, I. Cisneros, D. Parker, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 39(5s), 2007, s18.
- 48) **A novel method for determining the ventilation threshold and respiratory compensation point.** D. Parker, I. Faria, **R. Quintana**. *Medicine and Science in Sports and Exercise*, 39 (5s), 2007, s351.
- 49) **Physiological differences between the road and time trial positions in well trained cyclists.** T. Streeper, **R. Quintana**, D. Parker. *Medicine and Science in Sports and Exercise*, 39 (5s), 2007, s448.

- 50) **Persistence of baroreceptor control of cerebral blood flow velocity at a simulated altitude of 5,000m.** C. Passino, S Cencetti, G Spadacini, **R. Quintana**, D. Parker, R. Robergs, O. Appenzeller, L. Bernadi. *Journal of Hypertension*, 25 (9), 2007, 1862-1870.
- 51) **Determinants of maximal aerobic power in trained cyclists.** Parker, D.L., R. Salgado, **R. Quintana**, and I.E. Faria. *Med. Sci. Sports Exerc.* 41 (5s): S429, 2009.
- 52) **The effects of hypoxic manipulation on VO₂max and sea-level performance.** Salgado, R.M., Parker, D.L., and **Quintana, R.** *Med. Sci. Sports Exerc.* 41 (5s): S541, 2009.
- 53) **Atkins diet has profound effects on mood with minimal effects on physiological responses to exercise.** Giachello, R.J., A. Wymore, N Trueblood, E. Sander, D. Parker, **R. Quintana.** *Med. Sci. Sports Exerc.* 41 (5s): S274, 2009.
- 54) **Effects of sildenafil on VO₂max in trained women with moderate normobaric hypoxia.** Cisneros, I.E., J. Bettencourt, R.J. Turner, J. Zierke, D. Parker, and **R. Quintana.** *Med. Sci. Sports Exerc.* 41 (5s): S129, 2009.
- 55) **Effects of sprint interval training combined with intermittent hypoxia: a case study.** Turner, R., Zierke, J. Salgado, R. Parker, D. and **Quintana, R.** *Med. Sci. Sports Exerc.* 42 (5s): 465, 2010.
- 56) **An evaluation on the effectiveness of the different hypoxic manipulation models: a meta-analysis.** Salgado, R., Paker, D., and **Quintana, R.** *Med. Sci. Sports Exerc.* 42 (5s): 470, 2010.
- 57) **The effects of exogenous hormones on maximal and submaximal responses to high intensity interval training.** Zierke, J.M., Turner, R.J., Parker, D., and **Quintana, R.** *FASEB J.* 24, 1b637, 2010.
- 58) **Static stretching does not affect time to completion in 20Km time trials.** Donkin J.L., Bradely R.T., Polin M., Martinez R., and **Quintana R.** *Med. Sci. Sports Exerc.* 44 (5s): 993, 2012.
- 59) **Physiological and Performance comparisons between a simulated time trial and the respiratory compensation point in well trained athletes.** Bradely R.T., Donkin J.L., Martinez R., **Quintana R.**, and Parker D.L. *Med. Sci. Sports Exerc.* 44 (5s): 1436, 2012.
- 60) **Range of motion is not related to cycling performance.** Parker DL Donkin JL Bradely RT, Martinez R., Polin M., and **Quintana R.** *Med. Sci. Sports Exerc.* 44 (5s): 1559, 2012.
- 61) **The post exercise blood pressure response of two popular kettlebell routines.** Martin, J.D., Parker, D.L., and **Quintana, R.** *Med. Sci. Sports Exerc.* 44 (5s): 1607, 2012.
- 62) **The effect of constant load exercise at percentages of the ventilation threshold on the magnitude of heart rate drift.** Martinez R., Bradely R.T., Polin M., **Quintana R.**, and Parker D.L. *Med. Sci. Sports Exerc.* 44 (5s): 1627, 2012.
- 63) **Caffeine Alters Core Temperature and RPE during Thermally Exhaustive Exercise.** Juarez DG, Polin M, Parker D, **Quintana R.** *Med. Sci. Sports Exerc.* 48 (5s): 62, 2016.
- 64) **Decreased Time To Achieve VO₂MAX During Successive High Intensity Intervals.** Parker DL, Switters AJ, Wilson S, **Quintana R.** *Med. Sci. Sports Exerc.* 44 (5s): 203, 2016.
- 65) **Effects of a Single 75-Minute Yoga Session on Post Exercise Cardiovascular and Blood Metabolic Parameters.** Shin JM, Casazza GA, Garcia BL, Trafton BS, Wilson SL, Parker DL, **Quintana R.** *Med. Sci. Sports Exerc.* 48 (5s): 907, 2016.
- 66) **A Theoretical Analysis Examining the Construct of a Pound of Fat Equaling 3,500 Kilocalories.** Gwerder N, Knapp J, Quintana R. *Med. Sci. Sports Exerc.* 44 (5s): 1035, 2016.

67) **Heart Rate Variability in Aerobically Trained Subjects vs. Untrained Subjects in Hypoxic and Normoxic Conditions.** Wilson SL, Bradley R, Shin JM, Trafton B, **Quintana R**, Parker DL. *Med. Sci. Sports Exerc.* 44 (5s): 310, 2016.

68). **Cost of Transport in Ultra-runners Utilizing Hand Bottle Vs. Hydration Pack.** Brooke Haugen, Paolo Taboga, **Quintana R.** *Med. Sci. Sports Exerc.* 52 (7s): 724-725, July 2020.

69) **Pre-acclimation, Training, and Nutrition For 14-day Lightning Summit of Mt. Everest.** Roxanne Vogel, Gretchen Casazza, **Quintana R.** *Med. Sci. Sports Exerc.* 52 (7s): 774, July 2020.

JOURNAL REVIEWER

- 1) International Sports Medicine Journal, 2008
- 2) Medicine and Science in Sport and Exercise, 2010

PROFESSIONAL PRESENTATIONS

Regional

- 1) Slide presentation titled “**Explaining the variability in the heart rate response to incremental exercise.**” **R. Quintana**, R.A. Robergs, C.C. Frankel, D.L. Parker, and G. Dallam. 1996 Annual Meeting -Southwest Regional Chapter - American College of Sports Medicine - Las Vegas, NV.
- 2) Slide presentation titled, “**Heart rate threshold is not a valid estimation of the lactate threshold.**” D.L. Parker, R.A. Robergs, **R. Quintana**, C.C. Frankel, and G. Dallam. 1996 Annual Meeting -Southwest Regional Chapter - American College of Sports Medicine - Las Vegas, NV.
- 3) Slide presentation titled, “**Validity of sphygmomanometry determined blood pressures during rest and exercise.**” S.E. Griffin, R.A. Robergs, D. James, **R. Quintana** and D.R. Wagner. 1996 Annual Meeting -Southwest Regional Chapter - American College of Sports Medicine - Las Vegas, NV.
- 4) Slide presentation titled, “**Validity of non-invasive beat-to-beat blood pressure devices during rest and exercise.**” R.A. Robergs, S.E. Griffin, D. James, **R. Quintana** and D.R. Wagner. 1996 Annual Meeting -Southwest Regional Chapter - American College of Sports Medicine - Las Vegas, NV.
- 5) Slide presentation titled “**The onset of hemoglobin desaturation during hypobaric hypoxia in moderately trained individuals.**” **R. Quintana**, R.A. Robergs, D.L. Parker, and A. Gibson. 1997 Annual Meeting - Southwest Regional Chapter - American College of Sports Medicine - Las Vegas, NV.
- 6) Slide presentation titled “**HR-VO₂ relationships during graded walking exercise with ski poles.**” D.L. Parker, R. Belli, and **R. Quintana**. 2001 Annual Meeting - Southwest Regional Chapter - American College of Sports Medicine – Salt Lake City, Utah.
- 7) Slide presentation titled “**Physical activity and Obesity.**” **R. Quintana**. “Don’t Weight. Teaming Up for Lighter Living” Symposium, October, 2001, California State University, Sacramento – Sacramento, CA.
- 8) Slide presentation titled “**The nuts and bolts in adopting a physically active lifestyle for seniors with diabetes, osteoporosis, and arthritis.**” **R. Quintana**. 2001 Annual Preventive Health Care for the Aging Conference “Cultural Competence and Health Disparities confronting Seniors in California”, State of California – Health and Human Services Agency, South Lake Tahoe, CA.
- 9) Poster presentation titled, “**Service learning in kinesiology.**” L. Valdez, S. Modell, M. Smith and **R. Quintana**. 2001 WCPES Conference, Reno, NV, 2001.

- 10) Slide presentation titled **“Exercise physiology refresher.”** D. Parker and **R. Quintana**. 2001 Physical Education Summit I, CAHPERD, Sacramento, CA.
- 11) Slide presentation titled **“The effects of supramaximal high intensity interval training on VO2max and maximal fat oxidation.”** J.L. Talanian and **R. Quintana**. 2002 Annual Meeting - Southwest Regional Chapter - American College of Sports Medicine – Las Vegas, Nevada, November, 2002.
- 12) Slide presentation titled **“Mountaineering performance.”** **R. Quintana**. Vancouver Film Festival – California State University, California, November, 2002.
- 13) Slide presentation titled **“The effect of supramaximal intensity interval training on fat oxidation rates, the crossover point and VO2max.”** J. Talanian and **R. Quintana**. 2003 Annual Meeting - Southwest Regional Chapter - American College of Sports Medicine – Las Vegas, Nevada, November, 2003.
- 14) Slide Presentation **“Ten myth conceptions about physical activity”** L. Valdez, D. Parker, **R. Quintana**. 2006 Annual CAHPERD Conference-Garden Grove, CA- March, 2003.
- 15) Poster Presentation **“Use of time trial position affects maximal but not sub-maximal variables in well trained cyclists.”** T. Streeper, **R. Quintana**, D. Parker. 2006 Annual Meeting of Southwest Chapter American College of Sports Medicine-San Diego, CA-November, 2006.
- 16) Poster Presentation **“Modifiable risk factors for chronic disease in Pacific Islander adolescents and young adult”** K. Moy, D. Parker, **R. Quintana**, F. Baldini. 2006 Annual Meeting of Southwest Chapter American College of Sports Medicine-San Diego, CA-November, 2006.
- 17) Poster Presentation **“Differences in health-related outcomes in ninth grade students completing a semester or yearlong physical education course”** K. Hames, K. Pound, D. Stahl, A. Lam, E. McKinley, M. Jensen, D. Parker, **R. Quintana**. 2006 Annual Meeting of Southwest Chapter American College of Sports Medicine-San Diego, CA-November, 2006.
- 18) Slide Presentation **“Let’s get physical addressing childhood obesity”** Lindy Valdez, **R. Quintana**. California School Nursing Organization Northern Spring Conference-Sacramento, CA – March, 2007.
- 19) Slide Presentation **“Put some magic into your PE program and literature.”** L. Valdez, **R. Quintana**. Hawai’i AHPERD – Honolulu, HI – May, 2007.
- 20) Slide Presentation **“Truth or consequences: dispelling common misconceptions about physical activity”** L. Valdez, **R. Quintana**. Hawai’i AHPERD – Honolulu, HI – May, 2007.
- 21) Slide Presentation **“Measurement and interpretation of body composition.”** **R. Quintana**, L. Valdez. Hawai’i AHPERD – Honolulu, HI – May, 2007.
- 22) Slide Presentation **“Game on! Using PowerPoint game shows to motivate learning”** L.Valdez, D. Parker, **R. Quintana**. ALOHA – A Lifetime of Healthy Activity, Southwest District AAHPERD & Hawai’i AHPERD - Waikoloa, HI – June, 2008.
- 23) Slide Presentation **“How to beat the heat with a novel hyper-hydration supplement.”** K Pound, **R. Quintana**. ALOHA – A Lifetime of Healthy Activity, Southwest District AAHPERD & Hawai’i AHPERD - Waikoloa, HI – June, 2008.
- 24) Slide Presentation **“IPOD-IPE.”** L. Valdez, D. Parker, **R. Quintana**. ALOHA – A Lifetime of Healthy Activity, Southwest District AAHPERD & Hawai’i AHPERD, - Waikoloa, HI – June, 2008.

- 25) Slide Presentation “**Feel the burn with sprinting – fat burning and cardiovascular fitness.**” R. Quintana & L. Valdez. Hawai’i AHPERD – Honolulu, HI – May, 2009.
- 26) Slide Presentation “**The truth about stretching**” L. Valdez & R. Quintana. Hawai’i AHPERD – Honolulu, HI – May, 2009.
- 26) Slide Presentation “**Game it: using power point game shows to motivate learning**” L. Valdez & R. Quintana. Hawai’i AHPERD – Honolulu, HI – May, 2009.
- 27) Slide Presentation “**An evaluation on the effectiveness of different hypoxic manipulation models: a meta-analysis.** Salgado, R.M., Parker, D.L., and Quintana, R. 2009 Annual Meeting of Southwest Chapter American College of Sports Medicine – San Diego, CA – October, 2009.
- 28) Slide Presentation “**Fun with Fitness**” L. Valdez & R. Quintana. Hawai’i AHPERD – Honolulu, HI – May, 2010.
- 29) Slide Presentation “**Body composition assessment and recommendations**” R. Quintana & L. Valdez. Hawai’i AHPERD – Honolulu, HI – May, 2011.
- 30) Poster Presentation “**Range of motion is not related to power output in trained cyclists.**” Bradely, R. Donkin, J., Martinez, R., Quintana, R., and Parker, D. 2011 Annual Meeting of Southwest Chapter American College of Sports Medicine – Reno, CA – October, 2011.
- 31) Poster Presentation “**Pre-exercise stretching has no effect on time to completion of a 576KJ time trial.**” Donkin, J., Polin, M., Bradely, R., Martinez, R., Quintana, R., and Parker, D. 2011 Annual Meeting of Southwest Chapter American College of Sports Medicine – Reno, CA – October, 2011.
- 32) Poster Presentation “**The effects of constant-load exercise at percentages of the ventilation thresholds on the magnitude of heart rate drift: a case study.**” Martinez, R., Bradely, R., Polin, M., Quintana, R., and Parker, D. 2011 Annual Meeting of Southwest Chapter American College of Sports Medicine – Reno, CA – October, 2011.
- 33) Poster Presentation “**Training variables of the live low-train high training model: a meta-analysis.**” Wortman, M., Parker, D., and Quintana, R. 2011 Annual Meeting of Southwest Chapter American College of Sports Medicine – Reno, NV – October 2011.
- 34) Poster Presentation “**Oral contraceptives alters blood pressure and blood osmolarity adaptations to high intensity interval training.**” Bowlus, Christine K., Zierke, Jennifer M., & Quintana, R. 2017 Annual Meeting of Southwest Chapter American College of Sports Medicine – October 2017.

National

- 1) Slide presentation titled “**Blood Donation and exercise performance: a randomized double-blind study on normal adults.**” R. Quintana, D.S. James, K.J. Smith, W.C. Hunt, and W. McDonough. 1995 Annual Meeting - American College of Sports Medicine - Minneapolis, MN.
- 2) Poster presentation titled “**Gender specific changes in the lactate threshold with increasing hypobaric hypoxia.**” R. Quintana, R.A. Robergs, D.L. Parker, and C.C. Frankel. 1997 Annual Meeting - American College of Sports Medicine - Denver, CO.
- 3) Poster presentation titled, “**Heart rate threshold is not a valid estimation of the lactate threshold.**” D.L. Parker, R.A. Robergs, R. Quintana, C.C. Frankel and G. Dallam. 1997 Annual Meeting - American College of Sports Medicine - Denver, CO.

- 4) Poster presentation titled, “**Precision of noninvasive methods of blood pressure measurement at rest and during exercise.**” S.E. Griffin, R.A. Robergs, D.S. James, **R. Quintana**, and D.R. Wagner. 1997 Annual Meeting - American College of Sports Medicine - Denver, CO.
- 5) Poster presentation titled, “**Gender specific decrement in VO₂ max with increasing hypobaric hypoxia.**” R.A. Robergs, **R. Quintana**, D. Parker, and C.C. Frankel. 1997 Annual Meeting - American College of Sports Medicine - Denver, CO.
- 6) Slide presentation titled “**Gender differences in hemoglobin oxygen desaturation with moderate hypobaric hypoxia during exercise.**” **R. Quintana**, R.A. Robergs, D. Parker, and C. Frankel. 1998 Annual Meeting – American College of Sports Medicine – Orlando, FL.
- 7) Poster presentation titled, “**Beat to beat radial artery blood pressure changes during rest to exercise transitions**”. R.A. Robergs, S.E. Griffin, D. James, D. Wagner, and **R. Quintana**. 1998 Annual Meeting – American College of Sports Medicine – Orlando, FL.
- 8) Poster presentation titled, “**Changes in lactate and ventilation threshold with increasing hypobaric hypoxia.**” D.L. Parker, R.A. Robergs, **R. Quintana**, and C.C. Frankel. 1998 Annual Meeting – American College of Sports Medicine – Orlando, FL.
- 9) Poster presentation titled, “**Intra-arterial blood pressure characteristics during submaximal cycling and exercise to recovery interval.**” J.C. Orri, S.E. Griffin, R.A. Robergs, D.S. James, D.R. Wagner, and **R. Quintana**. 1999 Annual Meeting – American College of Sports Medicine – Seattle, WA.
- 10) **Moderator, Exercise and Altitude Symposia, Roberto Quintana**. 2nd Annual Meeting of American Society of Exercise Physiologists. Albuquerque, NM. October, 1999.
- 11) Speaker, “**Factors that contribute to the decrement in VO₂max during acute hypobaric hypoxia.**” **R. Quintana**. 2nd Annual Meeting of American Society of Exercise Physiologists. Albuquerque, NM. October, 1999.
- 12) Poster presentation titled, “**Effects of Oral Saline versus Carbohydrate-Electrolyte Solution on the Factors Related to Orthostatic Tolerance.**” N.R. Saroyan and **R. Quintana**. 47th Annual Meeting - American College of Sports Medicine – Indianapolis, Indiana - May, 2000.
- 13) Slide presentation titled, “**Factors related to the decrement in VO₂max during acute hypobaric hypoxia in well-trained cyclists.**” **R. Quintana**, D. Parker, A. Gibson, J. Orri, M. Icenogle, and R. Robergs. 47th Annual Meeting - American College of Sports Medicine – Indianapolis, Indiana - May, 2000.
- 14) Poster presentation titled, “**Energetics of low speed running.**” Alan Hreljac, Daryl Parker, **Roberto Quintana**, Estelle Abdala, Kyle Patterson, and Mitell Sison. Annual Meeting -American Society of Biomechanics, San Diego, CA – August, 2001.
- 15) Poster presentation titled, “**Metabolic responses to graded exercise walking with and without poles.**” D.L. Parker, **R. Quintana**, and R. DeWitt. 49th Annual Meeting - American College of Sports Medicine –St. Louis, Missouri - May, 2002.
- 16) Poster presentation titled “**Effect of pacing with heart rate on cycling performance.**” I. Faria, J Peiffer, B. Garcia, J. Talanian, **R. Quintana**, and D. Parker. 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.
- 17) Poster presentation titled “**Power output as a means of pacing in cycling.**” B. Garcia, J. Peiffer, I. Faria, **R. Quintana** and D. Parker. 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.

- 18) Poster presentation titled **“The effect of heart rate pacing vs constant power pacing on cycling time trial performance.”** J. Peiffer, B. Garcia, J. Talanian, K. Macklin, I. Faria, **R. Quintana**, D. Parker. 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.
- 19) Poster presentation titled **“Relationship between isokinetic strength and maximal power output in trained cyclists.”** R. Tobol, J. Peiffer, B. Garcia, J. Talanian, I. Faria, **R. Quintana**, D. Parker. 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.
- 20) Poster presentation titled **“The unique contributions of VO₂max and muscular strength to maximal power output in trained cyclists.”** D. Parker, J. Peiffer, B. Garcia, J. Talanian, I. Faria, and **R. Quintana**. 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.
- 21) Poster presentation titled **“Increases VO₂max and alterations in fat metabolism with sprint interval training.”** J.L. Talanian, K. Macklin, J. Peiffer, D.L. Parker, & **R. Quintana**. 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.
- 22) Poster presentation titled **“The effects of a 7-week sprint training program on supramaximal power indices in untrained individuals.”** Macklin, K.J., Talanian, J.L., Peiffer, J., Parker, D.L., & **Quintana, R.** 50th Annual Meeting - American College of Sports Medicine –San Francisco, CA - May, 2003.
- 23) Slide presentation titled **“Estimation of ventilation threshold in trained cyclists from the respiratory compensation point and peak power.”** D. Parker, J Peiffer, I. Faria & **R. Quintana**. 51st Annual Meeting – American College of Sports Medicine – Indianapolis, In – June, 2004.
- 24) Slide presentation titled **“Cross-validation of the Hawley & Noakes equation for estimation of VO₂max using one minute stages in trained cyclists.”** **R. Quintana**, J Peiffer, I. Faria, D. Parker. 51st Annual Meeting – American College of Sports Medicine – Indianapolis, In – June, 2004.
- 25) Poster presentation titled **“Effect of different exercise protocols on: peak aerobic power, VO₂max, and heart rate max.”** A. Koscki, J. Peiffer, W. Edwards, S. Sept, **R. Quintana**, & D. Parker. 51st Annual Meeting – American College of Sports Medicine – Indianapolis, In – June, 2004.
- 26) Poster presentation **“Differences in Pmax and Tmax using different GXT protocols, alters time needed to elicit VO₂max.”** J Peiffer, W. Edwards, S. Sept, **R. Quintana**, D. Parker. 51st Annual Meeting – American College of Sports Medicine – Indianapolis, In – June, 2004.
- 27) Poster presentation **“The relationship between fat oxidation and marathon running performance.”** A. Koscki, I. Faria, & **R. Quintana**. 52nd Annual Meeting – American College of Sports Medicine – Nashville, Tn – June, 2005.
- 28) Poster presentation **“The effects of Ginkgo Biloba on acute mountain sickness and exercise performance with moderate hypoxia.”** **R. Quintana**, J. Strain, S. Sept, R. Genato, T. Jones, J. Vavao, I. Faria. 52nd Annual Meeting – American College of Sports Medicine – Nashville, Tn – June, 2005.
- 29) Poster Presentation **“Ten myths –conceptions about physical activity”** L. Valdez, D. Parker, **R. Quintana**. 2006 AAHPERD National Convention and Expo – Salt Lake, UT-April, 2006.
- 30) Poster Presentation **“Poor agreement between ventilation thresholds and Fatmax/Fatmin in well trained marathoners.”** **R. Quintana**, A. Koscki, I. Faria, D. Parker. 53rd Annual Meeting – American College of Sports Medicine – Denver, CO – May, 2006.

- 31) Poster Presentation “**Incidence of high normal blood pressure and hypertension in ninth grade physical education students.**” K. Hames, M. Jensen, K. Pound, D. Stahl, A. Bumpus, T. Streeper, I. Faria, **R. Quintana.** 53rd Annual Meeting – American College of Sports Medicine – Denver, CO – May, 2006.
- 32) Poster Presentation “**A comparison of HR, power output, and Polar HRM estimates of energy expenditure.**” P. Waelbrock, **R. Quintana,** D. Parker, I. Faria. 53rd Annual Meeting – American College of Sports Medicine – Denver, CO – May, 2006.
- 33) Poster Presentation “**Heart rate and perceived effort do not regulate pacing during a cycling time trial.**” D. Parker, J. Peiffer, I. Faria, **R. Quintana.** 53rd Annual Meeting – American College of Sports Medicine – Denver, CO – May, 2006.
- 34) Poster Presentation “**The effect of pacing strategy on O2 deficit during the first 5km of a 20km cycling time trial.**” T. Streeper, J. Peiffer, I. Faria, **R. Quintana,** D. Parker. 53rd Annual Meeting – American College of Sports Medicine – Denver, CO – May, 2006.
- 35) Slide Presentation “**Relationship between physical activity, BMI, and cardiovascular health in ninth grade students.**” J. Melissa, K. Pound, D. Stahl, K. Hames, A. Bumpus, T. Streeper, D. Parker, I. Faria, **R. Quintana.** 53rd Annual Meeting – American College of Sports Medicine – Denver, CO – May, 2006.
- 36) Slide Presentation “**Changes in body composition and physical activity of adolescents participating in physical education.**” J. Melissa, A. Lam, K. Pound, K. Hames, D. Stahl, E. McKinley, I. Cisneros, D. Parker, **R. Quintana.** 54th Annual Meeting – American College of Sports Medicine – New Orleans, LA – May 2007.
- 37) Poster Presentation “**Physiological differences between the road and time trial positions in well trained cyclists.**” T. Streeper, **R. Quintana,** D. Parker. 54th Annual Meeting – American College of Sports Medicine – New Orleans, LA – May 2007.
- 38) Poster Presentation “**A novel method for determining the ventilation threshold and respiratory compensation point.**” D. Parker, I. Faria, **R. Quintana.** 54th Annual Meeting – American College of Sports Medicine – New Orleans, LA – May 2007.
- 39) Slide Presentation “**Cardiovascular health parameters changes in overweight adolescents participating in one vs two semesters of physical education.**” A. Lam, J. Melissa, K. Hames, K. Pound, D. Stahl, E. McKinley, I. Cisneros, D. Parker, **R. Quintana.** 54th Annual Meeting – American College of Sports Medicine – New Orleans, LA – May 2007.
- 40) Slide Presentation “**Changes in body composition and physical activity of adolescents participating in physical education.**” J. Melissa, A. Lam, K. Pound, K. Hames, D. Stahl, E. McKinley, I. Cisneros, D. Parker, **R. Quintana.** 54th Annual Meeting – American College of Sports Medicine – New Orleans, LA – May 2007.
- 41) Poster presentation “**Determinants of maximal aerobic power in trained cyclists.**” Parker, D.L., R. Salgado, **R. Quintana,** and I.E. Faria., 2009. 55th Annual Meeting – American College of Sports Medicine – Seattle, WA – May 2009.
- 42) Poster presentation “**The effects of hypoxic manipulation on VO2max and sea-level performance.**” Salgado, R.M., Parker, D.L., and **Quintana, R.** 55th Annual Meeting – American College of Sports Medicine – Seattle, WA – May 2009.
- 43) Poster presentation “**Atkins diet has profound effects on mood with minimal effects on physiological responses to exercise.**” Giachello, R.J., A. Wymore, N Trueblood, E. Sander, D. Parker, **R. Quintana.** 55th Annual Meeting – American College of Sports Medicine – Seattle, WA – May 2009.

- 44) Slide presentation “**Effects of sildenafil on VO₂max in trained women with moderate normobaric hypoxia.**” Cisneros, I.E., J. Bettencourt, R.J. Turner, J. Zierke, D. Parker, and **R. Quintana**. 55th Annual Meeting – American College of Sports Medicine – Seattle, WA – May 2009.
- 45) Slide Presentation “**An evaluation on the effectiveness of the different hypoxic manipulation models: a meta-analysis.**” Salgado, R., Parker, D., and **Quintana, R.** 56th Annual Meeting – American College of Sports Medicine – Baltimore, MD – May 2010.
- 46) Poster presentation “**Effects of sprint interval training combined with intermittent hypoxia: a case study.**” Turner, R., Zierke, J. Salgado, R. Parker, D. and **Quintana, R.** 56th Annual Meeting – American College of Sports Medicine – Baltimore, MD – May 2010.
- 47) Poster presentation “**The effects of exogenous hormones on maximal and submaximal responses to high intensity interval training**” Zierke, J.M., Turner, R.J., Parker, D., and **Quintana, R.** Experimental Biology – FASEB – Anaheim, CA – April 2010.
- 48) Poster presentation “**Interaction between intermittent hypoxia and sprint interval training on efficiency and economy.**” Turner, R., Zierke, J., Salgado, R., Parker, D., and **Quintana, R.** ACSM Conference on Integrative Physiology of Exercise – Miami Beach, FL – September 2010.
- 49) Thematic Poster presentation “**Static stretching does not affect time to completion in 20Km time trials.**” Donkin J.L., Bradely R.T., Polin M., Martinez R., and **Quintana R.** American College of Sports Medicine – San Francisco, CA – May 2012.
- 50) Poster presentation “**Physiological and Performance comparisons between a simulated time trial and the respiratory compensation point in well trained athletes**” Bradely R.T., Donkin J.L., Martinez R., **Quintana R.**, and Parker D.L. American College of Sports Medicine – San Francisco, CA – May 2012.
- 51) Poster presentation “**Range of motion is not related to cycling performance**” Parker DL Donkin JL Bradely RT, Martinez R., Polin M., and **Quintana R.** American College of Sports Medicine – San Francisco, CA – May 2012.
- 52) Poster presentation “**The post exercise blood pressure response of two popular kettlebell routines**” Martin, J.D., Parker, D.L., and **Quintana, R.** American College of Sports Medicine – San Francisco, CA – May 2012.
- 53) Poster presentation “**The effect of constant load exercise at percentages of the ventilation threshold on the magnitude of heart rate drift**” Martinez R., Bradely R.T., Polin M., **Quintana R.**, and Parker D.L. American College of Sports Medicine – San Francisco, CA – May 2012.
- 54) Poster Presentation “**Caffeine Alters Core Temperature and RPE during Thermally Exhaustive Exercise**” Juarez DG, Polin M, Parker D, **Quintana R.** American College of Sports Medicine – Boston, MA – May 2016.
- 55) Poster Presentation “**Decreased Time to Achieve VO₂MAX During Successive High Intensity Intervals**” Parker DL, Switters AJ, Wilson S, **Quintana R.** American College of Sports Medicine – Boston, MA – May 2016.
- 56) “**Effects of a Single 75-Minute Yoga Session on Post Exercise Cardiovascular and Blood Metabolic Parameters**” Shin JM, Casazza GA, Garcia BL, Trafton BS, Wilson SL, Parker DL, **Quintana R.** American College of Sports Medicine – Boston, MA – May 2016.
- 57) “**A Theoretical Analysis Examining the Construct of a Pound of Fat Equaling 3,500 Kilocalories**” Gwerder N, Knapp J, Quintana R. American College of Sports Medicine – Boston, MA – May 2016.

58) **“Heart Rate Variability in Aerobically Trained Subjects vs. Untrained Subjects in Hypoxic and Normoxic Conditions”** Wilson SL, Bradley R, Shin JM, Trafton B, **Quintana R**, Parker DL. American College of Sports Medicine – Boston, MA – May 2016.

59) **“Cost of Transport in Ultra-runners Utilizing Hand Bottle Vs. Hydration Pack”** Brooke Haugen, Paolo Taboga, and **Quintana, R**. American College of Sports Medicine National Meeting – Online, July 2020.

60) **“Pre-acclimation, Training, and Nutrition For 14-day Lightning Summit of Mt. Everest”** Roxanne Vogel, Gretchen Casazza, **Quintana R**. American College of Sports National Meeting – Online, July 2020.

International

1) Poster presentation titled **“Ventilatory responses during maximal exercise with hypobaric hypoxia in well-trained male and female cyclists.”** **R. Quintana**, D. Parker, A. Gibson, M.V. Icenogle, and R. Robergs. The 11th International Hypoxia Symposia. Jasper, Canada. March, 1999.

2) Poster presentation titled, **“Arterial baroreflex control of cerebral blood flow is maintained at simulated high altitude.”** C. Passino, S. Cencetti, G. Spadacini, **R. Quintana**, D. Parker, R. Robergs, O. Appenzeller, and L. Bernardi. The 11th International Hypoxia Symposia. Jasper, Canada. March, 1999.

3) Poster presentation titled, **“Female blood lactate concentrations are unchanged with submaximal exercise intensities under acute hypobaric hypoxia.”** **R. Quintana**, D. Parker, R. Robergs, and M. Icenogle. 12th International Hypoxia Symposium. Jasper, Canada. March, 2001.

4) Poster Presentation titled, **“The effect of warm up intensity on subsequent exercise tolerance at VO₂max in runners.”** K. Dinglasan, D. Parker, and **R. Quintana**. Cell Symposia: Exercise Metabolism. Amsterdam, Netherlands. July, 2015

5) **“A Theoretical Analysis Examining the Construct of a Pound of Fat Equaling 3,500 Kilocalories”** Gwerder N, Knapp J, Quintana R. Cell Symposia – Sweden – May 2017.

6) **“Physiological Responses and Ascent Profile of 14-Day Lightning Summit of Mt. Everest”**. Roxanne Vogel, Gretchen Casazza, **Quintana R**. Research to Practice – Perth Australia, April 2020.

7) **“Physiological Responses and Ascent Profile of 14-Day Lightning Summit of Mt. Everest”**. Roxanne Vogel, Gretchen Casazza, **Quintana R**. Exercise and Sport Science Australia – Virtual Conference, August 2020.

CONSULTANT/COACHING EXPERIENCE

1) **Science Advisor** for *NORCAL Distance Project* which includes numerous National USATF Champions (track and road), USA team members for IAAF World Championships and Olympics such as *Lauren Wallace, Kim Conley*, and *Kate Grace*. USATF National Champions in the 800m, 5,000m, and 10,00m between 2013-2017. Kim Conley made World Championship teams in 2013, 2015, and 2017. Kim Conley and Kate Grace were USA Olympians in 2012/2016 and 2016, respectively.

2) **Science Advisor** for Professional USATF Runners: *Diego Estrada, Shadrack Biwott, Miguel Nuci & for Daniel Tapia*, 2016 Mexico Olympian, 2013 Mexico IAAF World Championships Finalist, World Marathon Majors Top 5 Marathoner, USATF Road Race Champion, 2008/2012 Olympic Marathon Trials Qualifiers and 2013 USA World Marathon Championship Team member, marathon personal best between 2:11, 2:15 and 2:12, respectively. Physiological testing, advise on training, and preparation for competitive running events. Also have advised other elite athletes as well with specific evaluation of hematological, maximum oxygen consumption, maximal steady state

lactate analysis, economy, efficiency, body composition testing, energy balance, and adaptation to thermal/altitude environments.

3) **Coaching-Science Advisor**, Senior/Masters Athletes, California, 2020-ongoing. Coaching senior and master runners at high school, college, post-college, and masters level athletes. Notable athletes include Jacob Nur, current 65-69 and 70-74 yro WR and USA record holder in the 5,000, 10,000, 10 mile, and half-marathon.

4) **Science Advisor** Cross Country & Track Teams, Sacramento State University, 2003-2020. Advise coaches and distance runners regarding physiological testing, overtraining, nutrition, altitude training and racing, and hematology.

5) **Assistant Track Coach**, Northern Colorado University. 1993. Coached male middle- and long-distance runners for track team. Organized appropriate workouts and scheduled competitions. Helped with recruitment and administration of the male distance running program.

6) **Assistant Volunteer Cross Country and Track Coach**, Humboldt State University. 1989-1992. Helped coached the male middle/long distance runners for both cross country and track teams. **Helped organize the NCAA II National Cross Country Championships (1991). Cross-country teams placed 7th and 5th at NCAA II National Cross Country National Championships (1991, 1992).**

7) **Intercollegiate Athletics**, Cross Country and Track (middle distance), Humboldt State University (Division II). 1983-1988.

8) **High School Athletics**, Cross Country and Track, PK Yonge High School. 1980-1983. City of Gainesville Cross Country Champions (1980), Alachua County Cross Country Champions (1980-1983) and Florida State Cross Country Champions (1980). Placed 8th at Florida State Track Championships 2 mile (1983).

TEACHING EXPERIENCE

1) **Professor**. Taught exercise physiology classes in the undergraduate and graduate program at CSU, Sacramento. The titles of the following courses were:

- A) **Exercise Physiology** (KINS 152), CSUS
- B) **Cardiovascular Testing/Exercise Prescription** (KINS 153), CSUS
- C) **Prolonged Exercise** (KINS 152C), CSUS.
- D) **Research in Exercise Physiology** (KINS 259), CSUS.
- E) **Exercise and Sport Physiology** (KINS 150), CSUS.
- F) **Exercise ECG** (KINS 153C), CSUS.
- G) **Fundamentals of Exercise Programming** (KINS 152A), CSUS.
- H) **Advance Exercise Physiology** (KINS 252), CSUS.
- I) **Advance Exercise Physiology Laboratory** (KINS 250), CSUS.
- J) **Research Seminar** (KINS 211), CSUS.
- K) **Research Methods** (KINS 210), CSUS
- L) **Energy Production & Performance** (KINS 152S), CSUS
- M) **Exercise for Healthy Living** (KINS 99), CSUS

2) **Teaching Assistant**. Assisted in teaching various exercise physiology classes, prepared discussion sections, appropriate laboratory assignments and demonstrations, tutored undergraduate and graduate students, and graded assignments in the following courses:

- A) **Exercise Prescription** (PE 397), Humboldt State University. Fall 1991.
- B) **Exercise Physiology** (PE 379), Humboldt State University. Spring 1992.
- C) **Advanced Graded Exercise Testing** (PE 520), Humboldt State Univ. Spring 1992.

3) **Teaching Internship.** Taught and led various specialized topics/sections in exercise physiology courses, prepared laboratory assignments and demonstrations, and graded test and assignments in the following courses:

- A) **Intermediate Exercise Physiology** (PEP 426), University of New Mexico. Fall 1996.
- B) **Exercise Biochemistry** (PEP 593), University of New Mexico. Fall 1996.
- C) **Exercise Physiology** (PEP 326), University of New Mexico. Spring 1996.
- C) **Exercise Biochemistry Laboratory** (PEP 593), Univ. of New Mexico. Spring 1996.

4) Graduate Thesis Supervised

- A) Cindy Foster (1998). Effect of branched chain amino acid ingestion on moderate and high intensity cycling. (Reader)
- B) Nicole Sarayan (1999). The effects of oral saline versus carbohydrate-electrolyte solution on orthostatic tolerance in females. (Reader)
- C) Sean Beloud (2000). Investigating the common links of elderly fall in a nursing home. (Reader)
- C) Karen Moy (2000). Physical activity and cardiovascular risk factors in Pacific Islander youth. (Reader)
- D) Kevin Marley (2001). Elastic tissue component contribution to efficiency in the bench-press exercise. (Reader)
- E) Jason Talanian (2003). The effect of supramaximal intensity interval training on fat oxidation rates, the crossover point and VO₂max. (Chair)
- F) Kevin Macklin (2004). Intermittent hypoxic training: the effects of train high low on sea level performance indices and fat oxidation. (Chair)
- G) Jeremiah Peiffer* (2004). The effect of different maximal exercise test protocols on Pmax/Tmax testing in trained cyclists. (Reader)
- H) Ann Koscki (2004). The relationship between marathon running performance and selected physiological variables. (Chair)
- I) Melissa Jensen (2005). Health related fitness of ninth grade physical education students in the El Dorado High School District. (Chair)
- J) Maharisha Belton (2007). Effect of physical activity on the metabolic syndrome and its parameters in overweight and obese children and Adolescents. (Chair)
- K) Desmond Stahl (2007). A new predictive model of 2000 meter rowing ergometer performance in well-trained collegiate rowers. (Chair)
- L) Kazanna Hames* (2007). Resting metabolic rate of women with polycystic ovarian syndrome: relationship to body composition and insulin and glucose parameters. (Chair)
- M) Keith Pound (2007) Effects of a natural plant compound on water retention and exercise heat stress in a hot humid environment. (Chair)

- N) Jessica Byers (2008) Employee compliance within a Verizon Wireless Health and Wellness Center and its relation to frequency of healthcare needs and employee productivity. (Chair)
- O) Irene Cisneros (2008) Effects of Sildenafil on altitude-induced hypoxia and VO₂max in trained women. (Chair)
- P) Ron Giachello (2008) The effects of the Atkins diet intervention on mood state and the physiological responses during submaximal exercise. (Chair)
- Q) Erika Sander (2009) The effects of nano-technology beverage verses water on hydration and thermal stress of firefighters in a hot humid environment. (Chair)
- R) Brian Anderson (2009) The effects of two sports drinks, carbohydrate/electrolyte and nano-technology beverage, on hydration and heat stress on firefighters in a hot humid environment.
- S) Roy Salgado (2010) The effects of hypoxic manipulation on sea level performance and VO₂max: a meta-analysis. (Reader)
- T) Jennifer Zierke (2010) The effects of high intensity interval training on sub-maximal exercise responses and VO₂max in active women taking oral contraceptives. (Chair)
- U) Monique Coleman (2011) The effects of aquatic plyometrics on sprint performance on high school sprinters. (Chair)
- V) Rebekah Turner (2011) The effect of sprint interval training and intermittent hypoxic exposure on efficiency and economy in healthy subjects. (Chair)
- W) Michael Wortman (2012) Training variables of the live low-train high model: a meta-analysis. (Reader)
- X) Lauren Green (2012) The relationship between age and range of motion on power output in cyclists. (Reader)
- Y) Raymond Martinez (2012) The effects of constant-load exercise at percentages of the ventilation threshold on the magnitude of heart rate drift. (Reader)
- Z) Richard Bradley (2012) The physiological responses during exercise to fatigue at the respiratory compensation point. (Reader)
- AA) John Martin (2012) The blood pressure of two popular kettlebell routines. (Chair)
- BB) Max Polin (2012) Thermal perception during exhaustive exercise in thermally stressful conditions. (Chair)
- CC) Nichole Etcheson (2012) The effects of dietary fat intake on resting energy expenditure and body composition. (Chair)
- DD) Kevin Dinglasan (2012) The effect of warmup intensity on time to exhaustion at VO₂max in runners. (Chair)
- EE) Laurel Green (2012) The relationship between age and range of motion on power output in cyclists
- FF) Nathaniel Dunn (2013) Sequencing of high intensity exercise bouts during a seven-day taper in trained cyclists. (Reader)
- GG) Kevin Pham (2013) Retrospective Efficacy Study on Youth Health and Wellness Program. (Chair)

- HH) James Howard (2015) A field-based gait retraining protocol and strengthening program for the negative step width distance runner: a case study. (Chair)
- II) Nick Gwerder (2015) A theoretical analysis examining the construct of a pound of fat equaling 3,500 kilocalories. (Chair)
- JJ) Sotero Arce (2016) A comparison of postural performance and kinematics between collegiate sprinters and non-sprinters. (Reader)
- KK) Alyssa Tadena (2016) Physical activity, nutrition, technology, ethnicity, and the prevalence of overweight and obesity of low socioeconomic 8th grade middle school students in Sacramento, CA. (Chair)
- LL) Joaquin Brittany (2020) Effect of energy drink consumption on cardiovascular responses during exercise and recovery. (Chair)
- MM) Christine Bowlus (ABM). The effects of contraceptive use on adaptations to two weeks of high intensity interval training. (Chair)
- NN) Kori Gilley (2021) A long-distance running manual for elite female runners. (Chair)
- OO) Mahsa Asadi (2022) A guide to exercise prescription in adults minimally affected by Multiple Sclerosis. (Chair)
- PP) Brooke Haugen (2022) Commonly used hydration devices and their effect on cost of transport in runners. (Chair)
- QQ) Regine Moncada (2022) Cardiac rehabilitation: adherence to home exercise guidelines an online interactive website. (Chair)
- RR) Jennifer Well (2023) Impact of submaximal versus supramaximal high-intensity interval training on blood glucose regulation in Type 2 diabetes mellitus: A systematic review and meta-analysis . (Reader)

COMMITTEE WORK & SERVICE

- 1) **CSUS Research and Creative Activity Project Research Grant Reviewer, 1998-2006.**
- 2) **CSUS Service-Learning Scholars Group, 2000-2001**
- 3) **CSUS, Kinesiology Department, Curriculum Committee, 1999-2000, 2012-present**
- 4) **CSUS, College of Health & Human Services, Faculty Professional Development Committee, 1999-2000**
- 5) **CSUS General Education Policies/Graduation Requirements Committee, 1999-2002.**
- 6) **CSUS Institutional Scholarship Committee, 1999-2002.**
- 7) **CSUS Faculty Endowment Fund Committee, 2001-2003.**
- 8) **CSUS, Exercise Science Committee, Chair, 1998-Present.**
- 9) **CSUS Human Subjects Committee, 2001-2006.**
- 10) **CSUS Don't Weight! Team Up for Lighter Living, An Interdisciplinary Community Symposium on Overweight and Obesity, Organizing Committee, 2000-2001.**
- 11) **CSUS, Kinesiology Department, Coordinator of the Personal Training/Strength Conditioning Certificate, 1999-2004.**
- 12) **CSUS, Director of the Site for Human Applied Physiology & Exercise, IE Faria Exercise Physiology**

- Research and Human Performance Laboratories, 2000-present.**
- 13) **California Faculty Association, CSUS Kinesiology Department Representative, 1999-2006.**
 - 14) **CSUS, Kinesiology Department, Hiring Committee, Lecturer Pre-Physical Therapy, 2002.**
 - 15) **CSUS, Kinesiology Department, Hiring Committee, Tenure track Strength and Conditioning, 2002.**
 - 16) **Associate Editor, California Journal of Health Promotion, 2002.**
 - 17) **Section Chair Elect for College and University, CAHPERD, 2002.**
 - 18) **Abstract Reviewer Research Award, SWACSM, 2002.**
 - 19) **Section Chair Elect for College/University and Research, California Association for Health, Physical Education, Recreation and Dance, 2001-2002.**
 - 20) **Community Health Search Committee, CSUS Kinesiology and Health Science Department, 2002-2003.**
 - 21) **Pre-Physical Therapy Search Committee, CSUS Kinesiology and Health Science Department, 2002-2003.**
 - 22) **CSUS, Kinesiology Department, Strength and Conditioning Search Committee, CSUS Kinesiology and Health Science Department, 2003.**
 - 23) **Coordinator of ACSM Health Fitness Instructor Endorsement of the Exercise Science Concentration, CSUS Kinesiology and Health Science Department, 2003.**
 - 24) **Section Chair for College/University and Research, California Association for Health, Physical Education, Recreation and Dance, 2003-2004.**
 - 25) **Research and Creative Activity Sub-committee. CSUS Office of Research & Sponsored Projects, 2004-2007.**
 - 26) **Graduate Committee, CSUS Kinesiology and Health Science Department, 2004-2006, 2009-2016.**
 - 27) **RTP Committee, CSUS Kinesiology and Health Science Department, 2004-2006. 2012-2016.**
 - 28) **Part-time Faculty Observation, CSUS Kinesiology and Health Science Department, 2005, 2008-present.**
 - 29) **Kinesiology/Biomechanics Search Committee, CSUS Kinesiology and Health Science Department, 2007-2008.**
 - 30) **Health Science Search Committee, CSUS Kinesiology and Health Science Department, 2008-2009.**
 - 31) **Faculty Senator Alternate, CSUS Kinesiology and Health Science Department, 2008-2010.**
 - 32) **Education Equity Committee, CSUS College of Health and Human Services, 2007-2010.**
 - 33) **The Well Search Committee -Fitness Director, University Enterprises, 2009.**
 - 34) **The Well Search Committee –Exercise Physiologist, University Enterprises, 2010.**
 - 35) **Secondary RTP Committee, CSUS College of Health and Human Services, 2008-2011.**
 - 36) **Chair – Biomechanics Hiring Committee, CSUS Kinesiology and Health Science Department 2015-2016.**
 - 37) **Chair – Exercise Physiology with emphasis in Molecular/Cellular Physiology, Hiring Committee, CSUS Kinesiology and Health Science Department 2016-2017.**
 - 37) **Exercise Science Coordinator, CSUS Kinesiology and Health Science Department 2008-2018.**

- 38) **Academic Affairs Strategic Planning and Budget Advisory Committee**, California State University, Sacramento 2019 -2022.
- 39) **Chair of Primary RTP Committee**, CSUS Kinesiology Department, 2025-ongoing.

PERSONAL INTERESTS

Running (road races and trail races), mountain biking, snowshoeing, surfing, and backpacking.