

## VITA

### **Roberto Quintana, Ph.D.**

Assistant Professor & Director Human Performance Research Laboratory

Kinesiology and Health Science Department

California State University, Sacramento

Sacramento, CA 95819-6073

### **EDUCATION**

#### **Ph.D. Degree, Exercise Physiology**

University of New Mexico, Albuquerque, NM. May 2002.

#### **M.A. Degree, Exercise Physiology**

Humboldt State University, Arcata, CA. December 1993.

#### **B.A. Degree, General Biology**

Humboldt State University, Arcata, CA. May 1989.

### **PROFESSIONAL EXPERIENCE**

- 1) **Director of the Human Performance Research Laboratory**, California State University, Sacramento. Manage and operate the Human Performance Research Laboratory, which consists of 3 facilities: Exercise **Physiology Laboratory** (*Teaching*), **I.E. Faria Exercise Physiology Research Laboratory** (*Research*), and Site for Human Applied Physiology and Exercise - **SHAPE** (*Community Health Promotion*).
- 2) **Assistant Professor of Exercise Physiology**, California State University, Sacramento. Duties include teaching undergraduate and graduate exercise physiology courses in the exercise science program and supervision of graduate student initiated research (thesis). Research interests include altitude physiology, cardiovascular regulation during exercise, exercise endocrinology, and exercise performance. August 1998 - continuing

- 3) **Doctoral Fellowship, National Research Award - NIH, University of New Mexico,** Departments of Exercise Science and Physiology. Duties include research on the effects of altitude on the decrement in maximum oxygen consumption in various populations. The aim of this research is to identify factors, which can explain the variability in the decrement of VO<sub>2</sub> max with altitude. July 1997 – July 1998.
- 4) **Research Assistantship, Supervisor of the Cardiopulmonary Exercise Laboratory, Albuquerque Veterans Administration Hospital.** Duties included evaluation and interpretation of cardiopulmonary / cardiac exercise stress test, research project coordinator, and supervision / maintenance of laboratory. January 1994 - June 1997.
- 5) **Supervisor of Exercise Testing, Human Performance Laboratory, Humboldt State University.** Duties included supervision of exercise science technicians, institute administration, responsibility for graded exercise testing and maintenance of metabolic system. January 1992 - July 1992.
- 6) **Graduate Teaching Assistant, Humboldt State University.** Duties included assisting professors in teaching exercise physiology courses (graduate and undergraduate), research, coaching cross country and track teams, and teaching activity courses. Prepared class lectures, discussions, laboratory assignments, and determined grades. September 1990 - May 1992.
- 7) **Exercise Physiologist, Preventative Medicine Program, Apple Computer, Inc.** Duties included health lectures, cholesterol testing, exercise testing, and wellness consultations. August 1992 - December 1992.
- 8) **Exercise Physiologist, Johnson and Johnson Health Services.** Corporate health screening and appraisals of PG & E employees. Duties included cholesterol, blood pressure, body composition and lifestyle screening. October 1992.

## **ACADEMIC HONORS and AWARDS**

- 1) **2003 SWACSM Student Research Award Finalist** for “*The effect of surpamaximal intensity interval training on fat oxidation rates, the crossover point and VO2max.*” J. Talanian and **R. Quintana**, November, 2003.
- 2) **Doctoral Fellow Training Grant, National Research Service Award** - National Institutes of Health, University of New Mexico, July 1997.
- 3) **Graduate Scholars Fellowship**, University of New Mexico, January 1997.
- 4) **National Hispanic Scholarship Fund Graduate Scholar**, Academic years 1994-95 & 96-97.
- 5) **Ph.D. Research Awards - Top Ten Finalist**, Southwest Regional Chapter, ACSM, Fall 1996.
- 6) **Mildred Gueck Scholarship**, University of Northern Colorado. May 1993.
- 7) **Colorado Graduate Fellowship**, University of Northern Colorado. January 1993.
- 8) **Doctoral Forgivable Loan**, California State University, January 1993.
- 9) **Graduate Equity Scholarship**, California State University. April 1992.
- 10) **California Pre-Doctoral Scholar**, Honorable Mention, California State University. August 1991
- 11) **Redwood Physical Therapy Scholarship**, Humboldt State University. August 1991.
- 12) **Graduate Teaching Assistantship**, Humboldt State University. September 1990 - May 1992.

## **CERTIFICATIONS**

**Preventive / Rehabilitative Exercise Test Technologist**, American College of Sports Medicine (1991).

**Cardiopulmonary Resuscitation and Emergency Cardiac Care Provider**, American Heart Association.

## **PROFESSIONAL ORGANIZATIONS**

**American College of Sports Medicine**

**American Physiological Society**

**Southwest Regional Chapter, American College of Sports Medicine**

**California Association for Health, Physical Education, Recreation, & Dance**

## **CURRENT RESEARCH**

1) **“The effects of ginkgo biloba on acute mountain sickness, cognitive function and exercise performance.”** Data collection underway.

3) **“Intermittent hypoxic exercise training effects on prolonged and short duration exercise performance.”** Pilot stage and preliminary data collected.

4) **“Relationship of maximal fat oxidation to prolonged exercise performance.”** Pilot stage and preliminary data collected. .

5) **“Autonomic nervous system function and SaO<sub>2</sub> during hypobaric hypoxia.”**

Collaboration with Luciano Bernardi, M.D. Department of Internal Medicine, University of Pavia, Pavia, Italy. Data analysis in progress.

6) **“Lipid related endocrine levels across the menstrual cycle with altitude.”** Collaboration with Barry Braun, Ph.D. University of Massachusetts, Amherst, MA. Status current – on going.

7) **“The effect of exercise and altitude on lipid related endocrine levels in human.”** Future research project pending on the analysis of leptin levels with altitude.

## **GRANTS**

1) **Cohen Foundation.** Proposed development of the Site for Human Applied Physiology and Exercise (SHAPE). A site for education and community outreach programs that promote health through physical activity and nutrition. Amount requested \$3,500, Fall, 2000, for the acquisition of nutritional software and graduate assistant. Amount awarded \$1,000, October, 2000.

- 2) **Community Service Learning Award**, Office of Academic Affairs, Community Collaboration. Implementation of community service learning in KINS 152A. Amount Awarded \$1,000, Fall, 2000.
- 3) **Research and Creative Project Activity Award**, Office of Research and Sponsored Projects. An award for study titled “*Energetics and Perceived exertion of low-speed running.*” Amount awarded \$2,500, Spring, 2000.
- 4) **Project Activity Grant**, CSUS Foundation. Proposed development of SHAPE, a site for promoting healthier lifestyles through physical activity. Amount Awarded \$850, Spring, 2000.
- 5) **Cohen Foundation**. Proposed development of SHAPE, a site for promoting healthier lifestyles through physical activity. Amount Awarded \$750, Fall, 1999.
- 6) **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.
- 7) **Probationary Faculty Development Grant Program**, CSU, Sacramento. Funds for the completion of dissertation titled “The association between lean body mass, lactate threshold, and the decrement in VO<sub>2</sub> max during hypobaric hypoxia in trained cyclists.” Awarded \$500 Spring, 1999.
- 8) **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.
- 9) **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, and 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 and 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, and 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, and 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 and 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 and 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, and 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, and A. Gibson. *Sports Medicine, Training and Rehabilitation*, 1997.
- 9) **Gender specific decrement in VO<sub>2</sub> max with increasing hypobaric hypoxia.** R.A. Robergs, R. Quintana, D. Parker, and 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 and 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, and D.R. Wagner. *Medicine and Science in Sports and Exercise*, 29 (5), 1997, s259.
- 12) **Multiple variables explain the variability in the decrement in VO<sub>2</sub> max during acute hypobaric hypoxia.** R.A. Robergs, R. Quintana, D.L. Parker, and 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, and 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, and 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, and 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, and **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, and 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, and 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 and **R. Quintana.** *Medicine and Science in Sports and Exercise*, 32 (5s), 2000, s54.
- 20) **Factors related to the decrement in VO<sub>2</sub>max during acute hypobaric hypoxia in well-trained cyclists.** **R. Quintana**, D. Parker, A. Gibson, J. Orri, M. Icenogle, and 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, and 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**, and 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**, and D. Parker. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003,
- 26) **Power output as a means of pacing in cycling.** B. Garcia, J. Peiffer, I. Faria, **R. Quintana** and D. Parker. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003,
- 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,
- 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,
- 29) **The unique contributions of VO<sub>2</sub>max and muscular strength to maximal power output in trained cyclists.** D. Parker, J. Peiffer, B. Garcia, J. Talanian, I. Faria, and **R. Quintana**. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003,
- 30) **Increases VO<sub>2</sub>max 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,
- 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,
- 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.

Accepted for publication in *Journal of the American Dietetic Association*, scheduled publication Fall, 2003, 1-7.

#### **MANUSCRIPTS/BOOKS UNDER PREPARATION**

- 1) Textbook proposal: **Exercise Physiology Laboratory Handbook**. **R. Quintana**, D.L. Parker and M. White. Proposal accepted on 4/2001 by Addison Wesley Longman. Publication scheduled for Fall, 2003.
- 2) **Energetics of slow speed running**. A. Hreljac, D. Parker, **R. Quintana**, E. Abdala, K. Patterson, and M. Sison. Submitted to *Canadian Journal of Applied Physiology*, Summer, 2001.
- 4) **Intra-arterial blood pressure characteristics during submaximal cycling and recovery**. J.C. Orri, S.E. Griffin, R.A. Robergs, D.S. James, D.R. Wagner, and **R. Quintana**. Submitted 1/2001 to *Medicine and Science in Sports and Exercise* rejected for publication.
- 5) **Red blood cell donation and exercise performance: a randomized study on normal adults**. D.S. James, **R. Quintana**, K.J. Smith, W.C. Hunt, and W. McDonough. Submitted 2/98 to *Transfusion*, rejected for publication.
- 6) **An analysis of the lactate threshold and ventilatory thresholds with moderate hypobaric hypoxia**. D.L. Parker, **R. Quintana**, C.C. Frankel, and R.A. Robergs. Under preparation.
- 7) **The heart rate and lactate thresholds and exercise performance**. D.L. Parker, **R. Quintana**, C.C. Frankel, and R.A. Robergs. Under preparation.
- 8) **Decreases in hemoglobin oxygen desaturation with moderate hypobaric hypoxia during exercise in males and females**. **R. Quintana**, R.A. Robergs, D.L. Parker, C.C. Frankel and A. Gibson. Under preparation.
- 9) **The determinants of the decrement in VO<sub>2</sub> max with hypobaric hypoxia in well-trained athletes**. **R. Quintana**, R.A. Robergs, D.L. Parker, A. Gibson and M. Icenogle. Under preparation.

10) **Ventilatory and SaO<sub>2</sub> changes during acute hypobaric hypoxia in well-trained cyclists.**

**R. Quintana**, R.A. Robergs, D.L. Parker, A. Gibson and M. Icenogle. Under preparation.

11) **Lactate and ventilatory thresholds with increasing hypobaric hypoxia.** **R. Quintana**,

R.A. Robergs, D.L. Parker, A. Gibson and M. Icenogle. Under preparation.

## **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-VO<sub>2</sub> 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 VO<sub>2</sub>max 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 surpamaximal intensity interval training on fat oxidation rates, the crossover point and VO<sub>2</sub>max.**” J. Talanian and **R. Quintana.**

2003 Annual Meeting - Southwest Regional Chapter - American College of Sports

Medicine – Las Vegas, Nevada, November, 2003.

*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 VO<sub>2</sub> 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**. 2<sup>nd</sup> Annual Meeting of American Society of Exercise Physiologists. Albuquerque, NM. October, 1999.
- 11) Speaker, “**Factors that contribute to the decrement in VO<sub>2</sub>max during acute hypobaric hypoxia.**” **R. Quintana**. 2<sup>nd</sup> 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**. 47<sup>th</sup> Annual Meeting - American College of Sports Medicine – Indianapolis, Indiana - May, 2000.
- 13) Slide presentation titled, “**Factors related to the decrement in VO<sub>2</sub>max during acute hypobaric hypoxia in well-trained cyclists.**” **R. Quintana**, D. Parker, A. Gibson, J. Orri, M. Icenogle, and R. Robergs. 47<sup>th</sup> 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. 49<sup>th</sup> 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. *Medicine and Science in Sports and Exercise*, 35 (5s), 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. *Medicine and Science in Sports and Exercise*, 35 (5s), 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. *Medicine and Science in Sports and Exercise*, 35 (5s), 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. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003,
- 20) Poster presentation titled **The unique contributions of VO<sub>2</sub>max and muscular strength to maximal power output in trained cyclists.** D. Parker, J. Peiffer, B. Garcia, J. Talanian, I. Faria, and **R. Quintana**. *Medicine and Science in Sports and Exercise*, 35 (5s), 2003,
- 21) Poster presentation titled **Increases VO<sub>2</sub>max 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,
- 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.** *Medicine and Science in Sports and Exercise*, 35 (5s), 2003,

### *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 11<sup>th</sup> 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 11<sup>th</sup> 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. 12<sup>th</sup> International Hypoxia Symposium. Jasper, Canada. March, 2001.

### **TEACHING EXPERIENCE**

- 1) **Assistant 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. 1998-2002.
  - B) **Cardiovascular Testing/Exercise Prescription** (KINS 153), CSUS. 1998-2002.
  - C) **Prolonged Exercise** (KINS 152C), CSUS. Fall, 1999.
  - D) **Research in Exercise Physiology** (KINS 259), CSUS. Fall, 1999-2001.
  - E) **Exercise and Sport Physiology** (KINS 150), CSUS. Spring, 2000.
  - F) **Exercise ECG** (KINS 153C), CSUS. 2000 -2001.
  - G) **Fundamentals of Exercise Programming** (KINS 152A), CSUS. 2001-2002.
  - H) **Advance Exercise Physiology** (KINS 252), CSUS. Spring 2002.

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.

D) **Exercise Biochemistry Laboratory** (PEP 593), Univ. of New Mexico. Spring 1996.

#### **COMMITTEE WORK & SERVICE**

1) **CSUS Research and Creative Activity Project Research Grant Reviewer**, 1998-2003

2) **CSUS Service Learning Scholars Group**, 2000-2001

3) **CSUS Curriculum Committee**, 1999-2000

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-present.
- 8) **CSUS, Exercise Science Advisory Committee**, 1998-present.
- 9) **CSUS Human Subjects Committee**, 2001-present.
- 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-present.
- 12) **CSUS, Director of the Human Performance Laboratory**, 2000-present.
- 13) **California Faculty Association, CSUS Kinesiology Department Representative**, 1999-present.
- 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 for College/University and Research**, 2003.
- 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) **Strength and Conditioning Search Committee**, CSUS Kinesiology and Health Science Department, 2003.

## **ATHLETIC & COACHING EXPERIENCE**

- 1) **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.
- 2) **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).**
- 2) **Intercollegiate Athletics**, Cross Country and Track(middle distance), Humboldt State University (Division II). 1983-1988.
- 4) 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 8<sup>th</sup> at Florida State Track Championships 2 mile (1983).

## **PERSONAL INTERESTS**

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

## **REFERENCES**

- 1) David S. James, M.D.                      Professor of Medicine & Exercise Science  
   Pulmonary and Critical Care Division  
   School of Medicine  
   University of New Mexico  
   2211 Lomas Blvd., NE, ACC- 5 th Floor  
   Albuquerque, NM 87131-5271  
   (505) 272-4751

- 2) Hemming A. Atterbom, Ph.D. Department Chair Kinesiology & Physical Education  
College of Education  
Valdosta State University  
Valdosta, Georgia, USA 31698-0095  
(912) 333-5900
- 3) Susan E. MacConnie, Ph.D. Professor of Exercise Physiology  
Department of Health & Physical Education  
Forbes Complex  
Humboldt State University  
Arcata, CA 95521  
(707) 826-3378
- 4) Robert A. Robergs, Ph.D. Assistant Professor of Exercise Physiology & Biochemistry  
Director: The Center for Exercise & Applied Human  
Physiology  
Johnson Center, B143  
University of New Mexico  
Albuquerque, NM 87131  
(505) 277-1196 or 277-2658
- 5) Fred Baldini Department Chair Kinesiology & Health Science  
California State University, Sacramento  
6000 J Street  
Sacramento, CA 95819-6073  
(916)278-7557