

BRIAN TIMOTHY PATRICK

Department of Health Sciences
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EDUCATION

- ◆ University of Illinois, Champaign-Urbana, IL, Kinesiology, Exercise Physiology, Ph.D., 1992
- ◆ University of Illinois, Champaign-Urbana, IL, Kinesiology, Exercise Physiology, M.S., 1987
- ◆ Furman University, Greenville, S.C., Biology, B.S., 1985

TEACHING EXPERIENCE/INTERESTS

- ◆ Wellness/Health and Fitness
- ◆ Cardiovascular Physiology
- ◆ Human Anatomy & Physiology
- ◆ Exercise Physiology
- ◆ Weight Training

RESEARCH EXPERIENCE/INTERESTS

- ◆ Acute cardiovascular adjustments to resistance exercise
- ◆ Neural control of cardiovascular responses to exercise
- ◆ Effects of body composition on blood pressure
- ◆ Age-related changes in body composition
- ◆ Accuracy of body composition techniques
- ◆ Resistance training and metabolism
- ◆ Effects of gender and pedal cadence on work economy and cardio-respiratory responses to cycling

PROFESSIONAL EMPLOYMENT

Full Professor, *Department of Health Sciences, Furman University, Greenville, SC.* September 1, 2006 – Present. Developed course syllabi, lectures, labs, tests, etc.; taught (29 hr/academic year in undergraduate courses; 8 hr/year in undergraduate summer courses) the following classes annually: “Anatomy & Physiology I”, “Anatomy & Physiology II”, “Human Anatomy”, “Analysis of Cardiovascular Function”, “Graded Exercise Testing Practicum”, “Wellness Concepts”, “Muscular Conditioning”; advised 25-33 undergraduate students annually; member of the following committees: Faculty Development (Sept. 2005 - May 2007); Institutional Review Board for the Protection of Human Participants (Sept. 2005 – present); Faculty Award’s (Sept. 1, 2005 – present); Departmental Technology Liason (Sept. 2005- present); Academic Policies (Sept 2006 – May 2007); Departmental Scholarship Awards (Spring Term, 2001-2013).

Associate Professor, *Department of Health and Exercise Science, Furman University, Greenville, SC.* September 1, 1998 – Aug. 31, 2006. Developed course syllabi, lectures, labs, tests, etc.; taught (25-29 hr/academic year in undergraduate courses; 3 hr/year in graduate courses; 8 hr/year in undergraduate summer courses) the following classes annually: “Human Anatomy” (4 hr., Fall, Spring, Summer I Terms), “Analysis of Cardiovascular Function” (4 hr., Fall and Summer I Terms), “Graded Exercise Testing Practicum” (4 hr., Winter Term), “Wellness Concepts” (4 hr., Fall, Winter & Spring Terms), “Muscular Conditioning” (1 hr., Winter Term) and “Research Methods in HES” (3 hr. graduate course, Fall Term 1998 - 2002); advised 20-30 undergraduate students annually; faculty sponsor for Furman Advantage Internship Program (2003, 2004); participated in research with students under the Furman Advantage and Research and Professional Growth Grant Programs (1999, 2001-2002); coordinated laboratory fitness testing for all Wellness classes (Fall, Winter, Spring, Summer Terms until 2000); member of the following committees: Policies and Procedures committee (Sept. 1999- May 2000); Cultural Life Program committee (Sept. 2001 – May 2004); chair of Cultural Life Program committee (Sept. 2003- May 2004); Departmental Technology Liason (Sept. 2002- Aug 2005); Departmental Scholarship Awards (Spring Terms of 2001-2005).

Assistant Professor, *Department of Health and Exercise Science, Furman University, Greenville, SC,* September 1, 1992 - August 31, 1998. Developed course syllabi, lectures, tests, etc., and taught the following classes: “Human Anatomy” (every Fall, Spring, Summer Terms), “Analysis of Cardiovascular Function” (every Fall and Summer I Terms), “Graded Exercise Testing Practicum” (every Winter Term), “Wellness Concepts” (every Spring Term), “Muscular Conditioning” (every Winter Term); advised 15-25 undergraduate students annually (starting 1994); faculty sponsor for Furman Advantage Internship Program (1994 & 1996); participated in research with students under the Furman Advantage Research Program/Independent Colleges and Universities of South Carolina Grant (1995-1996); coordinated fitness testing for all HES 10 classes (every Fall, Winter, Spring, Summer Terms), monthly PAC member fitness testing, and laboratory testing; directed the Molnar Human Performance Laboratory (1994-1998); member of the Discipline committee (1993-1994) and the Policies and Procedures committee (Sept. 1997 – May 1999).

PROFESSIONAL SERVICE and ACTIVITIES

Academic Policies Committee, *Furman University*, Sept. 2006-May 2007. Reviewed approximately 200 course proposals submitted by Furman faculty for adoption under new academic guidelines & calendar, reviewed suggested changes to academic policies & procedures.

Faculty Development Committee, *Furman University*, Sept. 2004-May 2006. Solicited and reviewed faculty proposals for faculty development activities. Developed and coordinated informative seminars about professional development and tenure for first-year faculty.

Cultural Life Committee, *Furman University*, Sept. 2001 – May 2004, *Chaired the committee Sept 2003 – May 2004*. Reviewed & edited approximately 200 cultural life proposals each year. As chair, also directed the committee to review and modify program policies and guidelines.

Chairs Meeting, *Furman University*, April 16, 2004. As chair of the Cultural Life Committee, I participated in a meeting of committee chairs, convened by the faculty chair, to discuss procedures and faculty/staff candidates for nomination to the Strategic Planning Committee (charged to review Furman’s curriculum).

Institutional Review Board for the Protection of Human Participants, *Furman University*, Sept. 2001-present. The committee met on most months during the academic year to discuss guidelines and proposed research involving human subjects. Personally reviewed 15-20 research proposals each year; (*Chaired one meeting*).

Student Services Administration Committee, Sept 2006-2009.

Departmental Technology Liaison, *Furman University*, Sept. 2002 – present

Policies and Procedures Committee, *Furman University*, Sept. 1997 – May 2000. Participated in a rigorous three year review & editing of the university's policies and procedures.

HES Graduate Comprehensive Examination Committee, *Furman University, Department of Health and Exercise Science*, 1998, and chaired the committee during 2001-2003. Helped develop and grade the department's comprehensive written examination of candidates seeking the M.A. degree in Health and Exercise Science. The graduate program in HES was terminated in August 2003.

HES Scholarship Committee, *Furman University, Department of Health and Exercise Science (HES)*, May 1999, 2001-2013. Helped determine the meritorious Health and Exercise Science majors/recipients of annual HES scholarships.

Book Review Committee, Chair, *Furman University, Department of Health and Exercise Science*, Feb. – April 1994 & 1999, Chaired the committees to acquire, review, and choose textbooks and materials for the department's core GER course, "Wellness Concepts".

Discipline Committee, *Furman University*, Sept. 1993 – May 1994 (Chaired one session)

Journal Reviewer, *Journal of Health, Physical Education, Recreation, and Dance*, flagship journal of the *American Alliance for Physical Education, Recreation, and Dance*. September 1993 – present; reviewed 1-2 manuscripts a year including review articles and original research.

Manuscript Reviewer, April 2007, Reviewed manuscript entitled: "Muscle metaboreflex contribution to resting limb hemodynamic control is preserved in older subjects", for the journal, Clinical Physiology and Functional Imaging.

Textbook Reviewer, *May 2006, Invited by McGraw Hill Publ. to review chapters in Fit & Well text (7th ed.)* on weight management, stress, cardiovascular health & disease, cancer, and sexually transmitted disease; May 13, 2003, invited by Mayfield Publishers to give a comprehensive review of the text used by the HES department for its core general education requirement course, "Wellness Concepts"; reviewed 15 chapters, 28 labs, 4 appendices, & supplements; Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness, 4th ed. by Thomas Fahey, Paul Insel and Walton Roth, 2001, Mayfield Publishing Co. **June 2010, Invited by Human Kinetics Publ. to review a new textbook, Advanced Cardiovascular Exercise Physiology, by Denise Smith and Bo Farnhill.**

Member of the South Carolina Coalition for Promoting Physical Activity, Sept. 1998-May 2002, Columbia, S.C., attended monthly meetings & media briefings, helped develop the constitution and by-laws for the newly-formed organization which works closely with the South Carolina Governor's Council and American College of Sports Medicine to encourage healthy/active lifestyles in South Carolina.

Member of the South Carolina Governor's Council for Physical Fitness and Sport, Jan. 2001-Dec. 2001, Columbia, S.C., participated in monthly meetings with health & physical educators, researchers from University of South Carolina's Prevention Research Center, physicians, and employees of South Carolina's Department of Health and Environmental Control to discuss ways to influence state legislation and encourage active lifestyles.

Furman Advantage Internship Program, *Furman University*, 1994, 1996, 2003 sponsored & assisted health and exercise majors who had acquired off campus internships in health and wellness, medical research, etc.

Furman Advantage Research Program, *Furman University*, 1995-1996, 1999, 2009, conducted research and taught lab techniques to Health and Exercise Science majors; culminated in four research publications with students.

Grant Referee, March 1994, selected to review Faculty Development Grant by the Associate Dean of Faculty at Skidmore College, NY.

Faculty Athletics Mentor, *Furman University*, 2004-2006. Asked by the Faculty Athletics Committee to be a faculty advising mentor for student athletes having marginal academic credentials.

Conference of Undergraduate Research Workshop, *Furman University*, March 5-7, 2004. One of four faculty at Furman invited by the Vice President of Academic Affairs and Dean to attend the three-day (25 hours), multi-institutional workshop. Attended seminars and break-out sessions concerning ways to enhance faculty vitality in teaching and research; culminated in recommendation by Furman group to develop an Institute for Teaching and Learning at Furman.

ADDITIONAL SERVICE and ACTIVITIES

◆ Participated in Furman's Summer Outdoor Experience (FUSE), three-day Earthshine & Charleston Trips, August 2004, 2005, 2006

◆ Furman Institute of Running and Scientific Training (FIRST), Furman University, Aug. 2003-present, assisted with lab data collection (hydrostatic weighing, graded exercise testing) in participants of FIRST.

◆ Regularly involved with prospective students – I have had 4-6 prospective students (sometimes with parents) per term sit in on my lectures (in “Human Anatomy” and/or “Analysis of Cardiac Function”); met with prospective students and their parents to tour and answer questions about Furman University.

◆ Participated in the Academic Reading Forums, Furman University, 2000 (“A Lesson Before Dying” by Earnest Gaines); Sept. 7, 2001 (“Ecology of a Cracker Childhood” by Janisse Ray); September 6, 2002 (“Fast Food Nation” by Eric Schlosser); 2003 (“Nickel and Dimed” by Barbara Ehrenreich); 2004 (“The Things They Carried” by Tim O’Brien); 2005 (“My Losing Season” by Pat Conroy); 2006 (“Blood Done Sign My Name” by Timothy Tyson)

◆ Participated in Furman's Alumni College, Summer 2002 - gave lectures on cardiovascular health & fitness and lab demonstrations/assessments of body composition, electrocardiography, and lung function for 15 Furman alumni attending the three day event. Also attended 2 luncheons and 2 dinners with the alumni.

◆ Participated in the Furman-Wofford Mellon Grant Program, “Spinning Content Rich Web Pages”, June 5-15, 2000; participated daily (1-4PM) in the faculty mini-workshop on developing web pages to enhance teaching effectiveness

◆ Invited speaker at Furman's Values Dinner, October 28, 1998

◆ Fall Faculty Forum, Fall for Furman, Sept. 20, 1997 – participated on the faculty-student forum providing information about Furman to prospective students and their parents.

◆ Furman Dialogue Faculty Leader, 1994, 1995, 1996, 1997

- ◆Invited speaker at the Upstate SC Chapter of CPCU, Marriot, Greenville, SC, March 1997 – gave presentation on the importance of exercise in fitness and health to a group of insurance and business employees in the Upstate.
- ◆Participant in Furman’s Annual Wellness Programs, 1994, 1995, 1997 – gave presentation/demonstration of weight training guidelines
- ◆Furman’s Brightside Health Conference, June 1993, 1994, 1995, 1996 – provided body composition assessments for conference attendees
- ◆Furman University Learning in Retirement Lecture, Sept. 1996 – gave presentation on muscular strength & fitness development
- ◆Furman University Jobs Training Partnership Act Program, July 1994 – gave presentation on fitness and health
- ◆Invited Judge at the Annual Western SC Region I Science Fair, Roper Mountain Science Center, March 1995
- ◆Invited speaker at the Lion’s Club, Landrum, SC, April 1995 – gave presentation on fitness and health

PUBLICATIONS

- Patrick, Brian T.** & McKinney, Craig A. (2010). The effect of pedal cadence on cycling economy and perceived exertion in female cyclists. Medicine and Science in Sports and Exercise, 42 (5), S578
- McKinney, Craig A. & **Patrick, Brian T.** (2010). Gender differences in metabolic & ventilatory responses during sub-maximal cycling. Medicine and Science in Sports and Exercise, 42 (5), S576
- Caterisano, A., Grossnickle, JM, **Patrick, BT**, et al. (2009). An electromyographic analysis of three abdominal core muscles: Comparing the crunch to the plank. Medicine and Science in Sports and Exercise, 41 (5), 198-199.
- Grossnickle, JM, Caterisano, A, **Patrick, BT**, et al. (2009). The effect of crunch exercise speed on electromyographic activity of three abdominal muscles. Medicine and Science in Sports and Exercise, 41 (5), 199.
- Moss, RF, Caterisano, A, **Patrick, T.** Grossnickle, JM. (2009). Comparing EMG data on upper and lower regions of rectus abdominus during exercise to fatigue. Medicine and Science in Sports and Exercise, 41 (5), 456.
- Patrick B T**, Caterisano A, Webb E., Guth G., & Moss R.(2007). Oxygen consumption and energy expenditure of different intensities of weight-training in women. Medicine and Science in Sports and Exercise, 39 (5), S482. [Abstract]
- Caterisano A, **BT Patrick**, Moss R, & Grossnickle, J (2007). Variable training intensities with equivalent training volumes affects EPOC in circuit weight-training. Medicine and Science in Sports and Exercise, 39 (5), S481. [Abstract]

- Moss RF, Caterisano A, **Patrick BT**, Goodwin FJ & Leblanc N (2007). Comparison of VO₂, ventilation, heart rate, and blood lactate between treadmill and free range running, Medicine and Science in Sports and Exercise, 39 (5), S207. [Abstract]
- Grossnickle J, Caterisano A, and **Patrick BT** (2007). The effect of variable training intensities on total net oxygen consumption during circuit weight-training among college-age women. NCUR Journal.
- Patrick B. T.** and Caterisano A (2005). Hemodynamic adjustments to circulatory arrest during and following isometric handgrip in resistance trained and untrained men. Journal of Sports Medicine and Physical Fitness, 45, 393-400.
- Patrick B. T.** and Caterisano A (2005). Cardiac work during isometric actions is influenced by training, contraction intensity, and blood flow occlusion. Medicine and Science in Sports and Exercise, [Abstract]
- Caterisano, A. and **B.T. Patrick** (2005). A comparison of excess postexercise oxygen consumption in trained Males following three sets of chest presses with different rest intervals and following one superslow Set. Journal of Strength and Conditioning Research, 19 (4), e 9. [Abstract]
- Caterisano A, **B.T. Patrick**, D. Shelby, K. Stevens, and L. King (2005). Excess post-exercise oxygen consumption following sets of 10RM bench presses among trained males: a comparison of three different rest intervals. Journal of Strength and Conditioning Research. [Abstract]
- Patrick B. T.** and A. Caterisano (2002). Influence of weight training status on hemodynamic adjustments to isometric actions. Journal of Sports Medicine and Physical Fitness, 42, 451-457.
- Caterisano, A. & **Patrick, B.T.** (2002). The role of central command and metaboreflex adjustments of hemodynamics in weight-trained and aerobically-trained men. National Strength and Conditioning Association Journal. [Abstract]
- Patrick, B.T.** & Caterisano, A. (2001). Systolic time intervals during isometric handgrip and muscle chemoreceptor stimulation in weight-trained and untrained men. Medicine and Science in Sports and Exercise, 33(5), S68 [Abstract]
- Patrick, B. T.**, A. Caterisano, D. Horne, & C. Ridlehuber (1998). Metaboreflex adjustments of hemodynamics in weight-trained and untrained men. Medicine and Science in Sports and Exercise, 30 (5), S112 [Abstract]
- Caterisano, A. , **B.T. Patrick**, C. Ridlehuber & D. Horne (1998). Pressor response to isometric handgrip and blood flow occlusion in weight-trained and untrained men. Medicine and Science in Sports and Exercise, 30 (5), S114 [Abstract]

- Meirelles, E. , **B.T. Patrick**, J. Misner, & R. Boileau (1997). The influence of distinct contracting muscles on the cardiovascular responses to static exercise. Medicine and Science in Sports and Exercise, 29 (5), S137. [Abstract]
- Patrick, T.**, A. Caterisano, B. Brouse, C. Connor (1997). Cardiovascular responses to isometric finger flexion and blood flow occlusion in weight-trained and untrained men. Medicine and Science in Sports and Exercise, 29 (5) , S136 [Abstract]
- Caterisano, A., **T. Patrick**, B. Brouse, and C. Connor (1997). The effect of training status on cardiovascular responses to three intensities of isometric finger flexion. Medicine and Science in Sports and Exercise, 29 (5), S178 [Abstract]
- Caterisano, A., **B.T. Patrick**, W. L. Edenfield, & M. J. Batson (1997). The effects of a basketball season on aerobic and strength parameters among college men: starters vs. reserves. Journal of Strength and Conditioning Research, 11 (1), 20-23
- Patrick, T.**, Misner, J., Boileau, R.A. & Bloomfield, D. (1994). Cardiovascular responses to sustained isometric knee extension in weight-trained and untrained men. Medicine and Science in Sports and Exercise, 26 (5), S161 [Abstract]
- Meirelles, E., **Patrick, T.**, Misner, J. and Boileau, R. (1994). Influence of intensity of contraction on the cardiovascular responses to static handgrip. Medicine and Science in Sports and Exercise, 26 (5). S161. [Abstract]
- Boileau, R.A., Slaughter, M.H., Stillman, R.J., Christ, C., Clasey, J., Fehling, P., **Patrick, T.**, Weisel, S., and Whalen, R. (1992). Age-related variability in the fat-free body water and mineral content of 20-70 year old adults. FASEB Journal, 6: A1673 [Abstract]
- Boileau, R.A., Slaughter, M.H., Stillman, R.J., Christ, C.B., Clasey, J., Fehling, P., **Patrick, T.**, Weisel, S., and Whalen, R.L. (1992). Fat and fat-free body composition estimates by two- three- and four-component models in 20-70 year old adults. Medicine and Science in Sports and Exercise, 24(5), S10. [Abstract]
- Smith, D., **Patrick, T.**, Meirelles, E., and Misner, J. (1992) Cardiovascular responses to sustained maximal isometric contraction and post-exercise occlusion. FASEB Journal. [Abstract]
- Patrick, T.**, Misner, J., Meirelles, E. (1992). Cardiovascular responses to sustained isometric force production in weighttrained and untrained young men. Medicine and Science in Sports and Exercise, 24(5), S29. [Abstract]
- Clasey, J.L., Stillman, R.J., Slaughter, M.H., Fehling, P.C., **Patrick, B.T.**, & Boileau, R.A. (1992). The use of dual energy radiography to estimate body composition. Medicine and Science in Sports and Exercise, 24(5), S59. [Abstract]

Boileau, R.A., Slaughter, M., Stillman, R., Clasey, J., Fehling, P., Lauschke, C., Parchert, M., **Patrick, T.** & Weisel, S. (1991). Estimates of Fat-Free (FFB) and total body water (TBW) from total body electrical conductivity (TOBEC). *Medicine and Science in Sports and Exercise*, 23(4), S71. [Abstract]

Boileau, R.A., Slaughter, M.H., Stillman, R.J., Boyer, T.E., Christ, C.B., Clasey, J., Fehling, P., **Patrick, T.**, and Weisel, S. (1991). Variability in fat-free body composition of older adults. *FASEB Journal*, 5: A1734. [Abstract]

Boileau, R.A., Slaughter, M.H., Stillman, R.J., Clasey, J., Fehling, P., Lauschke, C., Parchert, M., **Patrick, T.**, and Weisel, S. (1990). Total body water (TBW) estimates in children and older adults from electrical conductivity analysis (TOBEC). *FASEB Journal*, 4, A936. [Abstract]

PROFESSIONAL PRESENTATIONS

◆ American College of Sports Medicine National Conference in Baltimore, MD, June 1- 5, 2010. "*The effect of pedal cadence on cycling economy and perceived exertion in female cyclists.*"

◆ American College of Sports Medicine National Conference in New Orleans, LA. May 30- June 2, 2007. "*Oxygen consumption and energy expenditure of different intensities of weight-training in women.*"

◆ American College of Sports Medicine National Conference in Nashville, TN. June 1-4, 2005. "*Cardiac work during isometric actions is influenced by training, contraction intensity, and blood flow occlusion.*"

◆ American College of Sports Medicine National Conference in Baltimore, MD. May 30-June 3, 2001. "*Systolic time intervals during isometric handgrip and muscle chemoreceptor stimulation in weight-trained and untrained men*"

◆ American College of Sports Medicine National Conference in Orlando, Florida, June 1998. "*Metaboreflex adjustments of hemodynamics in weight-trained and untrained men.*"

◆ American College of Sports Medicine National Conference in Denver, Colorado, May 26-June 1 1997. "*Cardiovascular responses to isometric finger flexion and blood flow occlusion in weight-trained and untrained men.*"

◆ American College of Sports Medicine National Conference in Indianapolis, Indiana, June 1-5, 1994. "*Cardiovascular responses to sustained isometric knee extension in weight-trained and untrained men.*"

◆ Third Annual Sports Science Conference, Pocos de Caldas, Brazil, October 8-12, 1993. Gave 4 presentations: "*Weight training guidelines for children*"; "*Weight training guidelines for the elderly*"; "*Weight training and cardiovascular function*"; "*Anaerobic Threshold: Theory and Application.*" (Invited Guest Speaker; Expenses paid by: CELAFISCS, Centro de Estudos do Laboratorio de Aptidao Fisica de S.C.S.)

◆ American College of Sports Medicine National Convention in Dallas, Texas, June, 1992. "*Cardiovascular responses to sustained isometric force production in weight-trained and untrained young men.*"

RESEARCH GRANTS

- ◆ Research and Professional Growth Grant, Furman University, funded \$1429.00, May 2001
- ◆ A.D.A.M. Software Grant Proposal, A.D.A.M. Software, INC., requested \$20,000 for interactive anatomy and physiology software, not funded, 1997
- ◆ Independent Colleges and Universities of South Carolina Grant, funded \$2,000.00, Feb. 1996

RESEARCH GRANTS, con't

- ◆ Research and Professional Growth Grant, Furman University, funded \$750.00, Nov. 1995
- ◆ Faculty Development Grant, Furman University, funded \$1,500.00, Oct. 1995
- ◆ Faculty Development Grant, Furman University, funded \$500.00, Jan. 1993

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

- ◆ American College of Sports Medicine (1988-2001; 2004-present)
- ◆ National Strength and Conditioning Association (1988-1996)
- ◆ American Alliance for Physical Education, Recreation, & Dance (1992-2001)
- ◆ Member of the Board of Directors for the South Carolina Coalition for Promoting Physical Activity (Sept. 2000-May 2002)
- ◆ Member of the South Carolina Governor's Council for Physical Fitness and Sport (Jan. 2001-Dec. 2001)

HONORS

- ◆ Summa Awards Banquet, Furman University, May 1, 1999, nominated by Furman biology student, Ms. Tara Byer, as her most inspiring faculty member at Furman University
- ◆ Chancellors' List of Excellent Teachers, University of Illinois, Champaign-Urbana, IL, selected by the Chancellor as one of the best teaching assistants at the University of Illinois, made the list 4 semesters-Fall & Spring Semesters of 1990-199