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**James A. Eldridge, Ed.D.**

Professor & Chair - Department of Kinesiology  
Angelo State University  
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**Education:****Texas Lutheran College**

Seguin, Texas 78155  
Bachelor of Arts in Biology - Degree Conferred 1986  
Bachelor of Arts in Physical Education - Degree Conferred 1986

**Southwest Texas State University**

San Marcos, Texas 78666  
Master of Arts in Physical Education - Degree Conferred 1989

**University of Houston**

Houston, Texas 77204  
Doctor of Education in Physical Education - Degree Conferred 1996

**Professional Experience:****Angelo State University – 2022 to Present**

Professor and Chair -Kinesiology – Administration of the Kinesiology Department, instructing classes in the area of Exercise Physiology and Exercise Science and conducting research in exercise physiology, diabetes, worksite health, and measurement issues.

**University of Texas-Permian Basin – 2020 to 2022**

Professor - Kinesiology – Graduate Program Coordinator: Administration of the Kinesiology Graduate Program, instructing classes in the area of Exercise Physiology and Exercise Science and conducting research in exercise physiology, diabetes, worksite health, and measurement issues.

**University of Texas-Permian Basin - 2012 to 2020**

Professor and Chair -Kinesiology – Graduate Program Coordinator: Administration of the Kinesiology Department, instructing classes in the area of Exercise Physiology and Exercise Science and conducting research in exercise physiology, diabetes, worksite health, and measurement issues.

**University of Texas-Permian Basin - 2003 to 2012**

Chair and Associate Professor-Kinesiology – Graduate Program Coordinator, Director of Kinesiology Laboratories -- Instructing classes and conducting research in exercise physiology, diabetes, worksite health, and measurement issues.

**University of Texas-Permian Basin - 1997 to 2003**

Assistant Professor-Kinesiology – Graduate Faculty Member -- Instructing classes and conducting research in exercise physiology, worksite health, and measurement issues.

**Southwest Texas State University - 1995 - 1997**

Research Associate -- Conduct research concerning student needs and behaviors for the Vice President for Student Affairs.

**University of Texas-M.D. Anderson Cancer Center - 1990 - 1995**

Biostatistician/Assistant Epidemiologist -- Conduct worksite health promotion research with an emphasis on dietary change and smoking cessation research.

**Undergraduate Classes Taught:**

KINE 1301 – Concepts in Health and Fitness  
KINE 2385 – Anatomy for Kinesiology Majors  
KINE 3350/3370 – Exercise Physiology  
KINE 3351/3170 – Exercise Physiology Laboratory  
KINE 3372 - Biomechanics  
KINE 4300 – Measurement of Performance in Sports and Exercise  
KINE 4310 – Sport Skills Analysis  
KINE 4360 – Exercise for Special Populations  
KINE 4362 – Cardiorespiratory Physiology  
KINE 4364 – Exercise Nutrition  
KINE 4389 – Heat Stress and Exercise  
KINE 4391 – Exercise & Sport Studies Independent Research  
KINE 4392 - Exercise & Sport Studies Practicum  
KINE 4393 - Exercise Science Practicum I  
KINE 4394 - Exercise Science Practicum II

**Graduate Classes Taught:**

CSFR 6366 – Exercise Assessment and Design  
CSRF 6346 – Human Kinetics  
KINE 6312 – Research Methods  
KINE 6360 – Advanced Exercise Physiology  
KINE 6361 – Exercise Physiology Lab  
KINE 6362 – Training Methods in Sports and Exercise Science  
KINE 6363 – Methods and Procedures for Coronary Heart Disease Risk Detection and Reduction  
KINE 6389 – Exercise and Heat Stress: Renal Physiology and Fluid Replacement Techniques  
KINE 6391 – Contract Studies  
KINE 6392 - Practicum  
KINE 6398 – Graduate Project  
KINE 6399 – Graduate Thesis

**Theses and Project Chairs**

2020 - Development of a Culturally-Adapted Weight Loss Intervention Plan for Obese and Overweight Minority Women; McCrea, J  
2020 - Treatment and Rehabilitation of a Labrum Tear: Surgical & Non-Surgical Option; Huitt, BJ  
2020 - The Effects of Gender, Race, and Body Mass Index on Exercise Heart Rate Among Preschool-Aged Children Utilizing a Moderate-to-Vigorous Physical Activity Treatment; Bannwarth, T  
2020 - Effective Periodization for the Multi-Sport Athlete in University Interscholastic League Member Schools; Murphy, J  
2020 – Effectiveness of the Teardrop VS Figure-6 Arch Tape in Decreasing Navicular Drop in an Active Population; Tennyson, J  
2020 - Maximizing the Role of Neural Adaptation to Resistance Training: A Practical Guide; Haugh, K  
2020 – Different Types of Volleyball Serves and the Effects each has on Serve Rating; Domenico, B.  
2020 - Interval Training Made Simple: A Manual Explaining Interval Training Terminology in Simplified Terms for Novice to Intermediate Coaches and Athletes; Wilson, Ian  
2020 - A Liturgical Dance Intensive Manual for Dance Instructors; Logan, N.  
2020 – Fitness Policy Development for the Odessa Police Department; George, R.  
2020 – Mental Manual Workbook; Wells, R.

2018 - Research Based Training & Conditioning Methods for Mixed Martial Arts; Gil-Cantu, M.

2016 – A Comparison of Strength Gains Between Novice Participants in a Fascial System Exercise Enhanced Strength Training Program and a General Strength Training Program; Bond, M.

2015 - Implicit and Explicit Teaching and its Effectiveness for Adolescent Males in Complex Tasks; Bender, N.

2014 – A study to Validate the SAM EZ Observation Tool; Steffens, K.

2013 – Effects of Vascular Occlusion Training on Respiratory Quotient; Sprick, J.

2013 - Validation of the Simple Activity Measurement Instrument (SAM) Using Heart Rate and Pedometry; Anaya, J.

2012 - A Comparison of the Effect of Exercise on Depression and Quality of Life Among Active and Sedentary Floor Nurses; Collins, P.B.

2012 - The Effects of Interprofessional E-Learning Program Participation on Primary Healthcare Physical Activity Referral (PAR) Rates; Milne, K.

2012 - The Impact of Attitudes Toward Physical Education Among Adolescents; Fears, C.

2012 – Rehabilitation for Recovering Athletes with Glenoid Labral Tears; Long, H.

2012 – Physiological Considerations of Alpine Skiing; Kramer, S.

2012 – Role of Intercollegiate Athletics on an Athletes decision to Attend College; Hefflinger, H.

2012 – NAIA Athletes Leader Behavior Preferences and Gender; Lawrence, J.

2011 - A Periodized Training Program for Collegiate Wrestlers; Loukides, J.

2011 - A Comparison of Fitnessgram Measures for Adolescent Females Based upon Participation in Athletics, Physical Education Classes or Non-participation; A. Venable

2011 - A Comparison of Fitnessgram Measures for Adolescent Females Based upon Participation in Athletics, Physical Education Classes or Non-participation; M. Burrell

2011 - Performance Enhancement: A Psychological Skills Training Program For Competitive and Performance Baton Twirlers; V. Moffett

2011 - The Overtraining Syndrome in Endurance Athletes: A Guide for Coaches and Athletic Trainers for Prevention and Treatment; S. Hughes

2010 – Effect of Proprioceptive Neuromuscular Facilitative Stretching on Muscle Power and Aerobic Fitness; D. Rex

2010 – Mechanisms of Muscle Hypertrophy and their Application to Resistance Training; B. Schoenfeld

2009 - Muscle Mass and Neuromuscular Activation Patterns in Old Compared to Young Adults during Obstacle Clearance and Stepping Activities; M. Bice

2009 - Comparison of fat extraction with DEXA; Development of a correction factor for *Neotoma micropus*; Jake Compton

2009 – Measuring the Effects of a Linear versus a Non-Linear Off Season Football Training Program; Strada, D.

2008 – Physiology of Soccer Players Related to Specific Field Positions; C. Bryant

2008 - The Effects of Bone Mineral Density on the Reliability and Validity of Body Composition Measures Compared to DEXA Scan in Pre- and Post-Menopausal Women; Amanda Compton

2007 – The Effects of training with a colored Panel Ball on Batter Performance; Overton

2006 – The Effect of a Twelve Week Yoga Class on Strength, Flexibility, and Aerobic Capacity; Edwards

2006 – A Study of Running Injury Rates in College Age Track Athletes; Emerson

2005 - Effects of Strength Training on the Quadriceps to Hamstring Ratio in a Female Recreational Athlete; Kennedy

2005 – The Effects of Training Maturity on Selecting a Training Objective: Maximal Strength vs. Explosive Strength; Dermody

2004 – The Effects of Age at Beginning Competition on Delayed Menses of Female Athletes; Shirley

2003 - Nutritional Knowledge of Undergraduate Kinesiology, Exercise, Science, Physical Education majors and Coaches; Tol

2002- A Sampling of Athletes Attitudes toward Alcohol and Drug Use; Andis

2002 - Effects of T2 Active Ankle Brace on a Series of Vertical Jumps; Robinson

2002 - Effects of Skate Blade Configuration on Speed, Agility and Lactic Acid Production; Hillman

2001 - A Comparison of the Most Effective Depth Jumping Techniques; Darvishi

2000 - Effects of NSCA Certification on the Knowledge of Creatine Supplementation in NCAA Division I Coaches; Black

## **Theses Committee**

- 2014 – A Manual to Improve the Health- related Quality of Life and Self-Efficacy for Older Adult Females Engaged in Physical Activity, Berry, K.
- 2010 - The Development, Validation and reliability of SAM: A Tool for Measurement of MVPA; Surapiboonchai (dissertation, Texas State)
- 2009 - The Relationship between Scholarship Status and Amount and Type of Motivation in Collegiate Athletes; Zant
- 2008 - Psychological Factors Related to Performance in Collegiate Basketball Players; Levie
- 2008 - The Effects of Preshot Routine Training on Free Throw Performance, Smith
- 2006 – Effect of Athletes' Competitive Orientation on State Self-Confidence; Goodwynn
- 2006 – Flow Differentiation Among Elite Athletes; Poston
- 2005 – Athletic Training and Sports Psychology: A Survey of Texas High School Athletic Trainers; Melson
- 2005 - The Relationship between Athletic Identity and Mood States Following Injury in Collegiate Softball and Baseball Players; Daehling
- 2004 – B.R.E.A.K. the Cycle: A Guide to Healthy Families; Allen
- 2002 - The Importance of Self-esteem in Female Athletes; Henson
- 2001 – How Intervention Techniques Affect Teacher and Student Behavior; Seybert
- 2000 – The Effect of School Based Conflict Resolution Programs on Student Violence; Schenkel, Texas Tech
- 2000 - A Procedure for the Assessment and Analysis of Pole Vaulting Technique; Stevenson
- 1999 - Effects of Tobacco, Age and Strength on Worksite Injury; Handley
- 1999 - Effects of Repetition Speed on Muscular Strength; Taylor Theses Committee Member
- 1998 – Pre-employment Testing as a Means to Decrease Worksite Injury; Brady, Texas Tech
- 1998 – Predicting Dynamic Lifting Tasks Using Static Measures; Bynum, Texas Tech

## **Dissertation Committees:**

- 2017: Tully, Jessica (Completed). Development of an Advance Care Planning Program: A Crucial Need for Advance Care Planning & Advance Directive Education. TTHSC-Odessa (Statistical Design and Analysis Member).
- 2017: Hall, Michael (Completed). So Your Pain Program Works, Prove it: Establishing an Objective Measurement of Pain Management Efficacy. TTHSC-Odessa (Statistical Design and Analysis Member).
- 2017: Armstead, Cori (Completed). Mental Health in the ED: An innovative Method to Reduce Length of Stay. TTHSC-Odessa (Statistical Design and Analysis Member).
- 2013: David Crowder (Completed). Examining the Outcomes of Mobile Learning Used to Train Elite Level Hockey Players as Measured by Kirkpatrick's Evaluation Model; Athabasca University: (Statistical Design and Analysis Member).
- 2013: Bustamante, A (Completed). Validation and Reliability of SAM among College Students; Texas State (Statistical Design and Analysis Member).
- 2010: Surapiboonchai, K (Completed). The Development, Validation and Reliability of SAM: A Tool for Measurement of Moderate to Vigorous Physical Activity in School Physical Education; Texas State (Statistical Design and Analysis Member).

## **Funded Online Course Development**

Developing Courses for online Masters Degree in Kinesiology through UT Telecampus and the online Kinesiology Collaborative:

- Year 1: Graduate Exercise Physiology - \$15,000.00
- Year 2: Graduate Applied Exercise Physiology - \$8,000.00
- Year 2: Graduate Research Methods - \$ 15,000.00

## **Professional Organizations:**

- 1985 to 2018 - Member of The American College of Sports Medicine (ACSM);
- 2007- 2008 President of The Texas Chapter of The American College of Sports Medicine (TACSM).
- 2006- 2007 President elect The Texas Chapter of The American College of Sports Medicine (TACSM).

1998 – 2002 Member and Past-Chair, TAHPERD Research Section  
2002- 2018 - The American College of Sports Medicine (ACSM) Task Force on Diversity in Sports Medicine  
1984 to present - Member of The Texas Chapter of The American College of Sports Medicine (TACSM)  
2002 – 2009 – Member of Board of Directors for The Texas Chapter of The American College of Sports Medicine (TACSM)  
1997 to 2010 - Member Board of Directors - Permian Basin Chapter of American Heart Association  
1997 to 2010 - Member Board of Directors - Permian Basin Chapter of American Cancer Society

### **UT System Committees**

2015 to 2019 - UT System Faculty Advisory Council  
2007 to 2012 - UT System Faculty Advisory Council  
2002 – 2005 - UT System Faculty Advisory Council  
2005 to present – UT Telecampus Faculty Affairs Committee – Online Masters of Kinesiology

### **University Committees**

2022 – Present Archer College Curriculum Committee  
2015 – 2017 - Faculty Senate President  
1999 – Present – Faculty Senate - Kinesiology Representative  
2021 – Present – University Curriculum Committee Chair  
2016 – 2020 – CAS Tenure & Promotion Committee  
2014 – 2020 – Animal Care and Use Committee, Chair  
2015 – 2020 - Lab Policy and Safety Committee, Chair  
2004 – 2016 – Graduate Council Member  
2007 - 2009 - Faculty Senate President  
2002 - 2005 - Faculty Senate - President  
1999 – 2002 – Faculty Senate – Vice President  
2007 – 2012; Leadership Team for SACS  
2002 – 2003 - Enrollment Growth Task Force  
2002 – 2004 - Executive Committee – Ad Hoc Member  
1997 to 2012 - Institutional Assessment and Effectiveness - Chair  
2001 – 2012 - Institutional Compliance Committee – Faculty Representative  
1997 – 2000 - SACS Steering Committee Member  
1998 – 2001 - Budget and Governance Sub Committee of Faculty Senate – Chair  
1999 – 2011 - Animal Care and Use Committee - member  
2000 – 2011 - Laboratory Safety Committee - member

### **Grant Funding:**

National Survey of Self Efficacy for Evidence-Based Nursing Practice. (2016-2017) (Statistical Consultant), Sigma Theta Tau International: \$5,543.60  
Advanced development Award: 2010: \$4,000.00  
Advanced development Award: 2008: \$18,501.00  
UT internal for N. Micropus studies:, 2008 \$4,688  
LERR Grant 2005, \$175,000  
UT System Office of Risk management contract submission 2003-2004, \$20,000  
Elderly Stability Equipment Grant: FY2003-2004, \$125,000.00  
Body Solutions Grant, FY2002-2003, \$20,000.00  
UT System Grant, Enhancement for Elderly Grant Submission FY 2002-2003, \$120,000.00  
Lordex Spinal Decompression Study, FY 2001-2002, \$10,000.00 (extension)  
Lordex Spinal Decompression Study, FY 2000-2001, \$10,000.00  
UTTelecampus, Online Masters Degree FY2000-2001, \$15,000.00

UTTelecampus, Online Masters Degree FY1999-2000, \$25,000.00

### **Current Grant Submissions:**

National League for Nursing: (2017) The Impact of a Nurse Intern Program on Clinical Judgment and Work Readiness. (Statistical Consultant): \$25,000.00., Biostatistical Services funded through Texas Tech

Advancing Rural Nursing Leadership (2017) Texas Team Rural Action Coalition and Texas Hospital Association Foundation, (Statistical Consultant): \$102,100, Biostatistical Services funded through Texas Tech

NIH - PA-06-149: Innovative and Exploratory Research in Digestive Diseases; Validation of *N. micropus* as a research model for type 2 diabetes. (PI) \$199,000; Unfunded

NIH - PA-05-049: Animal Models of NIDDK-Relevant Diseases. *N. Micropus* as an alternative model for diabetes research (Co-PI) \$475,000; Unfunded

NIDDK - RFA-04-013: Site Specific Approaches to Prevention or Management of Pediatric Obesity. Physical Activity Interventions in Older Adolescents. (PI) \$350,000; Unfunded – Resubmit

### **Patents**

Diabetic Animal Model for Diabetes Research. Application No. 61/683,918

### **Books and Book Chapters:**

**Eldridge, J.A.** Data Analysis. (Book Chapter) In: Introduction to Nursing Research; Jones & Bartlett Publications; Fifth Edition (2021), Fourth Edition (2015), Third Edition (2012), Second Edition (2010), First Edition (2007)

**Eldridge, J.A.** Reliability, Validity, and Trustworthiness. (Book Chapter) In: Introduction to Nursing Research; Jones & Bartlett Publications; Fifth Edition (2021), Fourth Edition (2015), Third Edition (2012), Second Edition (2010), First Edition (2007)

Tinker Murray, **James Eldridge** and Harold W. Kohl (2018) Foundations of Kinesiology: A Modern Integrated Approach, First Edition, Cengage Publishing, Boston, MA.

**James “Zero” Eldridge**, Kris Allison, and Tinker Murray, (2010) 101 Pole Vaulting Tips and Drills, First Edition, Coaches Choice Publications, Monterey, CA.

### **Refereed Publications:**

Patel P, Boswell C, **Eldridge JA**. (2023) Telehealth vs In-Person Shared Medical Appointments for an Intensive Therapeutic Lifestyle Change Program for Patients with Type 2 Diabetes and Prediabetes. American Journal of Lifestyle Medicine. July 2023 doi:10.1177/15598276231189707

Kara Rosenblatt, Kevin Badgett, and **James Eldridge** (2019) Teacher Retention: Important Considerations for Rural and Urban Districts in Texas. International Journal of Innovative Business Strategies (IJIBS), Volume 5 (1): 274-278, June 2019 DOI: 10.20533/ijibs.2046.3626.2019.0037

Michelle Bond, Richard Lloyd, Robyn A. Braun, and **James Eldridge** (2019); Measurement of Strength Gains Using a Fascial System Exercise Program, International Journal of Exercise Science. 12(1): pp. 825-838.

- Walker, John L.; **Eldridge, James**; Murray, Tinker D. (2019) Tri-Ponderal Mass Index and Fitnessgram BMI Classification In Sixth-grade Children *Medicine & Science in Sports & Exercise*. 51(6S):810, June 2019.
- LaSonya Moore, Kara Rosenblatt, Kevin Badgett, **James Eldridge** Urban Texas Teacher Retention: Unbelievable Empirical Factors Tied to Urban Teacher Persistence and Retention. *Literacy Information and Computer Education Journal*, 9 (2): 2923 - 2931, June 2018 DOI: 10.20533/licej.2040.2589.2018.0384
- Tinker D. Murray, Gene Power, Lisa Roslanova, **James Eldridge** Functional Movement and Personal Fitness Training in a Community College Setting. *Medicine & Science in Sports & Exercise*. 49(5S):444-445, May 2017
- Walker, John L., Murray, Tinker D, **Eldridge, James**, Squires, William G. Association Between Waist-to-Height Ratio and Fitnessgram® BMI Classification In Sixth-grade Children. *Medicine & Science in Sports & Exercise*. 49(5S) May 2017 doi: 10.1249/01.mss.0000519963.04144.b6
- Walker, John L., Murray, Tinker D, **Eldridge, James**, Squires, William G. Classification Agreement for FITNESSGRAM® Aerobic Capacity Between 1-Mile Run and the New PACER Formula. *Medicine & Science in Sports & Exercise*. 48(5S) May 2016 doi: 10.1249/01.mss.0000485288.99898.26
- Walker, John L., Murray, Tinker D, **Eldridge, James**, Squires, William G. Association Between Waist-to-Height Ratio and FITNESSGRAM® Aerobic Capacity Classification in Sixth-Grade Children. *Medicine & Science in Sports & Exercise*. 48(5S) May 2016 doi: 10.1249/01.mss.0000487971.30433.1e
- John L Walker, Tinker D Murray, **James Eldridge**, William G Squires, Pete Silvius, and Erik Silvius (2015) The Association Between Waist Circumference and FITNESSGRAM® Aerobic Capacity Classification in Sixth-Grade Children, *Pediatric exercise science* 08/2015; DOI:10.1123/pes.2015-0009
- Sprick, Justin, Lloyd, Richard, and **Eldridge, James** (2015); The Effects of Vascular Occlusion Training on Respiratory Exchange Ratio and Energy Expenditure When Coupled With Cardiovascular Training, *International Journal of Exercise Science*. 8(1): pp. 57-64
- Diane Post, **James Eldridge** and Brandon Hawkins (2015); The effects of nutrition-induced abnormal fuel metabolism in the Southern Plains Woodrat (Neotoma micropus): Comparisons of variations of the Western diet, *Journal of Animal Physiology and Animal Nutrition*; Vol. 99 (1), pp 29 – 36
- John L. Walker, Tinker D. Murray, **James Eldridge**, William G. Squires, Jr. (2015) Development Of Criterion Standards For Waist Circumference From Fitnessgram® BMI Standards In Sixth-grade Children. *Medicine & Science in Sports & Exercise*. 47(5S):35-45, May 2015
- Eldridge, James**; Palmer, Ty B.; Gillis, Kyle; Lloyd, Richard; Squires, William G.; and Murray, Tinker D. (2014) Comparison of Academic and Behavioral Performance between Athletes and Non-athletes, *International Journal of Exercise Science*: Vol. 7: Iss. 1, pp 3-13.
- Murray, Tinker D., **Eldridge, James**; and Squires, William G. (2012) Comparison of Academic and Behavioral Performance between Athletes and Non-athletes. (Published Abstract) *Journal of Science and Medicine in Sport*. Volume 15, Supplement 1, December 2012, Pages S172. doi:10.1016/j.jsams.2012.11.418
- Shailesh Jain, Moss Hampton, Stephanie Caples, **James Eldridge**, Daniel Castracane (2012) Management of Major Depression in Pregnancy: A Comparison of Approaches by Psychiatrists and Obstetricians and Gynecologists. *Journal of Behavioral Health*, Vol. 1 (4): pp. 260-268

- Kampol Surapiboonchai, Steven R. Furney, Robert F. Reardon, **James Eldridge**, and Tinker D. Murray. (2012), SAM: A Tool for Measurement of Moderate to Vigorous Physical Activity (MVPA) in School Physical Education. International Journal of Exercise Science, Vol. 5: Iss. 2, Article 5
- Bilkis, Sayeeda; Loveman, Donald; **Eldridge, James**; Ali, Shabnam; Kadir, Abdul; McConathy, Walter. (2012) Modified Phalen's Test as an Aid in Diagnosing Carpal Tunnel Syndrome. Arthritis Care & Research, Vol. 64 (2) pp 287-289.
- Tinker D. Murray , **James Eldridge**, Pete Silvius, Erik Silvius, and William G. Squires. (2012) , FITNESSGRAM® Friday: A Middle School Physical Activity and Fitness. International Journal of Exercise Science, Vol. 5: Iss. 1, Article 2
- Tinker D. Murray, John Walker, Pete Silvius, Erik Silvius, **James Eldridge**, William G. Squires, Jr., (2012) Influence Of BMI On The New FITNESSGRAM® Aerobic Capacity Criteria Standards In Sixth-grade Children. Medicine & Science in Sports & Exercise. 44(5S):1292; doi: 10.1249/01.mss.0000417529.22755.ed
- John L. Walker, Tinker D. Murray, **James Eldridge**, Pete Silvius, Erik Silvius, William G. Squires, Jr. (2012) The Effect of Waist Circumference on FITNESSGRAM® BMI and Aerobic Capacity Criterion Standards in Sixth-Grade Children. Medicine & Science in Sports & Exercise. 44(5S):1293; doi: 10.1249/01.mss.0000417529.22755.ed
- Heidi Bastin, Douglas Renshaw, Nicholas J. Hanson, Matthew R. Bice, Michael J. Ryan, Paul D. Reneau, **James Eldridge**, Douglas W. Powell (2012) Relationship between Lean Mass and Coactivation during Downward Stepping with Advancing Age Medicine & Science in Sports & Exercise. 44(5S):2199; doi: 10.1249/01.mss.0000417529.22755.ed
- John L. Walker, **James Eldridge**, Pete Silvius, William G. Squires and Tinker D. Murray. (2011) The Effect of BMI and Waist Circumference on One-Mile Run Performance in Sixth Graders Medicine and Science in Sport & Exercise. 43(5) S263, May 2011
- Tinker D. Murray , John L. Walker, Pete Silvius, Erik Silvius, **James Eldridge**, and William G. Squires. (2011) The Influence of BMI on One-Mile Run and Pacer Performance in Sixth Grade Children. Medicine and Science in Sport & Exercise. 43(5) S263, May 2011
- Mathew Bice, Nicholas J. Hanson, **James A. Eldridge**, Paul Reneau, and Douglas Powell, (2011) Neuromuscular Adaptations in Elderly Adults are Task Specific during Stepping and Obstacle Clearance tasks. International Journal of Exercise Science, Vol. 4: Iss. 1
- Tinker D. Murray and **James “Zero” Eldridge**, Masters Degree Options for Coaches, Texas Coach, May 2010.
- Tomas Green Ed. D., Cresendo, Bush L., M. Ed., **James Eldridge, Ed. D.**, and Tinker D. Murray, Ph. D., FACSM. (2010) Absenteeism and Presenteeism Considerations for School-site Health Promotion and Employee Wellness in Texas. TAHPERD Journal. 78 (2) pp 8-10.
- Renshaw, Doug; Bice, Matthew R.; Cassidy, Camille; **Eldridge, James A.**; and Powell, Douglas W. (2010) A Comparison of Three Computer-based Methods Used to Determine EMG Signal Amplitude, *International Journal of Exercise Science*: Vol. 3: Iss. 1, Article 6.
- Eldridge, J.A.** The Effect of Caloric Content and Resistance Training on Body Composition of the Elderly. Medicine & Science in Sports & Exercise. 40(5) S263, May 2008



- Murray, Tinker D. FACSM; Suprapiboonchai, Kampol; Wilson, Josh; Rodriguez, Roger; **Eldridge, James**. Modifying Student Knowledge about Moderate to Vigorous Physical Activity (MVPA) in High School Physical Education; Medicine & Science in Sports & Exercise. 40(5) Supplement 1:S410-S411, May 2008
- Green, Tomas ; Bush, Cresendo; **Eldridge, James A.**; Murray, Tinker D. FACSM, Factors Affecting Worksite Employee Presenteeism; Medicine & Science in Sports & Exercise. 40(5) Supplement 1:S558, May 2008
- Eldridge, J.A.** The Validation of a Simple Equation for Estimating REE with a Constant Multiplier for Fat Free Mass. Medicine & Science in Sports & Exercise. 39(5) S54, May 2007
- Edwards, L. and **Eldridge, J.A.** Effects of Yoga on Physiological Indicators and Perceived Quality of Life. Medicine & Science in Sports & Exercise. 39(5) S356, May 2007
- Green, T., Jones, P., Thompson, S., Hunnicutt, M., **Eldridge, J.A.**, and Murray, T.D. The Health Benefits of Weight Loss: The Methodist Hospital Weight Management Program. Medicine & Science in Sports & Exercise. 39(5) S74, May 2007
- Eldridge, James A.** Inter Instrument Reliability of Body Composition Measures Using Air Plethysmography Methods. Medicine & Science in Sports & Exercise. 38(5) S312, May 2006.
- Wise, R., LaFarelle, T., and **Eldridge, J.A.** The Effects Of Walking Conditions On Reliability And Validity Of Two Types Of Pedometers; Medicine & Science in Sports & Exercise. 37(5) S25, May 2005.
- Horton, S., LaFarelle, T., **Eldridge, J. A.** The Effect Of Diet And Exercise On Resting Energy Expenditure And Body Composition Among The Elderly; Medicine & Science in Sports & Exercise. 37(5) S270, May 2005.
- Eldridge, James A.** Validation Of A Non Exercise Model For The Prediction Of Vo2max In firefighters; Medicine & Science in Sports & Exercise. 37(5) S404, May 2005.
- Carol Boswell, Sharon Cannon, KoKo Aung, and **James Eldridge** (2004); An Application of Health Literacy; Applied Nursing Research, 17(1), pp 61-64.
- Eldridge, J.A.** Material Handling Concerns in The University of Texas System. Report to the UT System (2004)
- Hillman, S., and **Eldridge, J.A.** Effects of Skate Blade Configuration on Speed, Agility, and Lactate Production in Ice Hockey Players. Medicine and Science in Sports and Exercise (Supp) 35:5, pp.s97; 2003.
- Rodriguez, J.L., Horton, S. and **Eldridge, J.A.** The Function of Aerobic Capacity and Strength in Predicting the Probability of Injury in Firefighters. Medicine and Science in Sports and Exercise (Supp) 35:5, pp.s209; 2003.
- Knous, J., and **Eldridge, J.A.** Day to Day Reliability of Air Displacement Plethysmography. Medicine and Science in Sports and Exercise (Supp) 35:5, pp.s348; 2003.
- Eldridge, J.A.** Test - Retest Reliability of Air Displacement Plethysmography. Medicine and Science in Sports and Exercise (Supp) 35:5, pp.s348; 2003.
- Eldridge, J. A.**, A Review of Exercise and Diet as They Relate to Weight Loss. JPERD 70:5, pp. 4-5 May/June 2000.
- Eldridge, J.A.**, Training Progression and the Training Heart Rate Zone. Texas Fitness Summer 2000
- Eldridge, J.A.**, Hale, L.S., Ketzenberger, K., Barnett, D., Foregraves, T. Validation of a Non-Exercise Equation as a Means for Predicting Maximal Oxygen Consumption in Firefighters. Medicine and Science in Sports and Exercise (Supp) 31:5, pp.s75, 1999.

- Eldridge, J.A.**, Bynum, C., Chaka, J., Luttrell, B., Peitchinsky, D., Thoms, N., Gray, G. The Function of Isometric Leg Strength on Predicting the Probability of Completing Manual Lifting Tasks. *Medicine and Science in Sports and Exercise* (Supp) 31:5, pp.s135, 1999.
- Eldridge, J.A.**, DiClemente, C., Frankewicz, R.G., Zhang, J.J., and Jackson, A.J. The Function of Maximal Oxygen Consumption, Job Intensity and Tobacco use on Work Related Injuries. *Medicine and Science in Sports and Exercise* (Supp) 29:5, pp.s35, 1997.
- Eldridge, J. A.**, Predicting the Probability of Work Related Injuries Using Physical Activity Records and Gender. *Medicine and Science in Sports and Exercise* (Supp) 27:5 pp. s72, 1995.
- Murray, T.D., Walker, J.L., Jackson, A.S., Morrow, J.R., **Eldridge, J.A.**, Rainey, D.L. Validation of a 20 Minute Steady State Jog as an Estimate of Peak Oxygen Uptake in Adolescents. *Research Quarterly for Exercise and Sports* 64:1, pp. 75-82, 1993.
- Murray, T.D., **Eldridge, J.A.**, Walker, J.L., Rainey, D.L., and Jackson, A.S., Prediction of Peak Oxygen Consumption in Adolescents Without Exercise Testing. *Medicine and Science in Sports and Exercise* (Supp) 24:5 pp. s81, 1992.
- Murray, T.D., Walker, J.L., **Eldridge, J.A.**, Rainey, D.L., and Jackson, A.S., Validation of a 20-Minute Steady State Jog to Measure Maximal Oxygen Consumption of Youth. *Medicine and Science in Sports and Exercise* (Supp) 23:4 pp. s31, 1991.
- Walker, J.L., Murray, T.D., **Eldridge, J.A.**, Rainey, D.L., and Jackson, A.S., A Model for Estimation of Maximal Aerobic Capacity of Adolescents from Maximal Treadmill Performance. *Medicine and Science in Sports and Exercise* (Supp) 23:4 pp. s144, 1991.
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- Gene Power, Kristy Urbick, **James Eldridge**, and Tinker D. Murray, Movement Screening and Mobility Training in Community College Personal Fitness versus Yoga Courses (2018) TAPHERD
- Tinker D. Murray, Gene Power, Lisa Roslanova, **James Eldridge** Functional Movement and Personal Fitness Training in a Community College Setting. (2017) ACSM
- John L Walker, Tinker D Murray, **James Eldridge**, William G Squires (2017) The Association Between Waist Circumference and FITNESSGRAM® Aerobic Capacity Classification in Sixth-Grade Children (2017) ACSM
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