

## **CURRICULUM VITAE**

**Russell R. Pate**

BIRTH DATE: December 7, 1946

BIRTHPLACE: Springfield, MA

MAILING ADDRESS: Department of Exercise Science, University of South Carolina,  
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### EDUCATION:

B.S. (Magna Cum Laude) in Physical Education, Springfield College, Springfield, MA, 1968.

M.S. in Exercise Physiology, University of Oregon, Eugene, OR, 1973. Ph.D. in  
Exercise Physiology, University of Oregon, Eugene, OR, 1974.

### EMPLOYMENT RECORD:

Research Professor, Department of Exercise Science, Arnold School of Public Health, University of  
South Carolina, 2015-present

Distinguished Professor Emeritus of Exercise Science, 2015-present

Professor, Department of Exercise Science, Arnold School of Public Health, University of South  
Carolina, 1989-2014

Vice Provost for Health Sciences, Office of Academic Affairs, University of South Carolina, 2008-  
2009

Associate Vice President for Health Sciences, Office of Research and Health Sciences, University of  
South Carolina, 2006-2008

Associate Dean for Research, Arnold School of Public Health and Professor, Department of Exercise  
Science, University of South Carolina, 2000-2005

Chairman, Department of Exercise Science, Arnold School of Public Health, University of South  
Carolina, 1989-2000

Professor, Department of Physical Education, University of South Carolina, 1985-1989 (Assistant  
Professor, 1974-1980; Associate Professor 1980-1985).

Research Scientist, Department of Pediatrics, Medical College of Georgia, 1983-84 (on leave from  
University of South Carolina).

Assistant Professor and Director, Center for Physical Fitness, Department of Health Education and  
Physical Education, University of Virginia, 1978-79 (on leave from University of South Carolina).

Assistant Professor, College of Health and Physical Education, University of South Carolina, 1974-  
1980.

Teaching and Research Assistant in Physical Education, Human Anatomy and Exercise Physiology,  
University of Oregon, 1972-74.

MILITARY SERVICE: U.S. Army, 1969-71

AREAS OF INTEREST: Physical Activity and Fitness in Youth  
Public Health Implications of Physical Activity  
Physiology of Endurance Performance

COURSES TAUGHT: EXSC 530 - Physiology of Muscular Activity  
EXSC 700 - Exercise and Public Health  
EXSC 755 - Performance Related Exercise Physiology  
EXSC 780 - Physiological Adaptations to Exercise I  
EXSC 781 - Physiological Adaptations to Exercise II  
EXSC 783 – Research Seminar in Exercise Physiology  
EXSC 881 - Cardiorespiratory Exercise Physiology  
EXSC 882 - Physical Activity and Health

PROFESSIONAL ORGANIZATIONS:

American College of Sports Medicine  
American Public Health Association  
International Society for Physical Activity and Health  
The Obesity Society  
American Heart Association  
Academy of Nutrition and Dietetics (Honorary)  
International Society for Behavioral Nutrition and Physical Activity  
SHAPE America  
National Academy of Kinesiology  
Southeast Chapter, American College of Sports Medicine  
South Carolina Academy of Sciences  
Sigma Xi, Scientific Research Society  
Phi Epsilon Kappa

ELECTIVE OFFICES:

Executive Director, National Physical Activity Plan Alliance, 2019-Present  
Chair, Board of Directors, National Physical Activity Plan Alliance, 2013-2019  
President, American College of Sports Medicine Foundation, 1999-2000  
President, National Coalition on Promoting Physical Activity, 2000-2001  
Treasurer, American College of Sports Medicine, 1999-2002  
Vice-President, American College of Sports Medicine Foundation, 1995-98  
President-Elect, President and Past President, American College of Sports Medicine, 1992-95  
Member-at-large, Executive Committee, S.C. American Academy of Kinesiology and Physical Education, 1991-93  
Vice-President, American College of Sports Medicine, 1988-90  
Member, Board of Trustees, American College of Sports Medicine, 1982-1985  
Secretary, Research Consortium, AAHPERD, 1983-1986  
President, Southeast Chapter, American College of Sports Medicine, 1982-1983  
President, S.C. Association for Health, Physical Education and Recreation, 1981  
Chairman, Physical Fitness Council, American Alliance for Health, Physical Education and Recreation, 1978-80  
Member, Executive Committee, Southeast Chapter, American College of Sports Medicine, 1975-76 and 1979-80  
Member-at-large, Executive Board, S.C. Association for Health, Physical Education and Recreation, 1977-78  
Chairman, Research Section, S.C. Association for Health, Physical Education and Recreation, 1977-78  
Chairman, Interdepartmental Student Council, College of Health, Physical Education and Recreation, University of Oregon, 1973-74  
President, Physical Education Majors Association, University of Oregon, 1972-73  
Secretary, Omicron Chapter, Phi Epsilon Kappa, 1972-73

President, Beta Theta Chapter, Phi Epsilon Kappa, 1967-68

## HONORS:

### **Professional:**

Lifetime Achievement Award, President's Council on Fitness, Sports and Nutrition, 2015  
South Carolina Governor's Excellence in Scientific Research Award, 2014  
South Carolina Governor's Excellence in Scientific Awareness Award, 2014  
Honor Award, American College of Sports Medicine, 2012  
Distinguished Alumnus Award, Lockport (NY) High School, 2010  
Faculty Service Award, University of South Carolina, 2010  
Honorary Member Award, American Dietetics Association, 2008  
Distinguished Alumnus Award, Springfield College, 2008  
Honor Award, Science Board, President's Council on Physical Fitness and Sports, 2007  
Excellence in Education Award, Gatorade Sports Science Institute, 2004  
Alliance Scholar Award, American Alliance for Health, Physical Education, Recreation and Dance, 1999-2000  
Citation Award, American College of Sports Medicine, 1996  
Service Award, Southeast Chapter, American College of Sports Medicine, 1996  
Russell Award for Faculty Research in the Health Sciences, University of South Carolina, 1996  
T.K. Cureton Award, National Fitness Leaders Association, 1995  
Faculty Research Award, School of Public Health, University of South Carolina, 1995.  
Scholar Award, Southern District, American Alliance for Health, Physical Education, Recreation and Dance, 1991  
Scholar Award, Southeast Chapter, American College of Sports Medicine, 1990.  
Citation Award, Physical Fitness Council, American Alliance for Health, Physical Education, Recreation and Dance, 1989  
Selected Member, American Academy of Kinesiology and Physical Education, 1986  
Scholar Award, South Carolina Association for Health, Physical Education and Dance, 1983  
Recognition Award, South Carolina Governor's Council on Physical Fitness, 1985  
Mabel Lee Award, American Alliance for Health, Physical Education and Recreation, 1981  
Listed Outstanding Young Men in America, 1978  
NDEA Graduate Fellowship in Physical Education, University of Oregon, 1968-69 and 1971-73  
NCAA Scholar-Athlete Postgraduate Scholarship Winner for Cross Country, 1968-69  
Outstanding Scholar-Athlete Award, Springfield College, 1968  
Outstanding Physical Education Major, Springfield College, 1968  
AAHPER Scholarship, 1967-68  
Outstanding Scholar-Athlete, Lockport (NY) Senior High School, 1964

### **Athletic:**

Hall of Fame, South Carolina Affiliate, Road Runners Club of America, 1989  
All-Service Cross Country Team, CISM Cross Country Meet, Italy, 1971  
U.S. Army Track Team, 1971  
Winner of Trail's End Marathon, Seaside, Oregon, (1972) and Skylon International Marathon, Buffalo, New York (1974)  
Best Marathon Time: 2:15:20, Boston AA Marathon, 7th Place, 1975

## PROFESSIONAL SERVICE ACTIVITIES (SELECTED):

### National Physical Activity Plan

Chair, Board of Directors, National Physical Activity Plan Alliance, 2012-2019

Chair, Coordinating Committee, National Physical Activity Plan, 2007-2012

### American College of Sports Medicine

Member, Exercise is Medicine Pediatrics Committee, 2013-present

Chair, Activity and Health Advocacy Network, 2008-2011

Chair, Budget and Finance Committee, 1999-2002

Chair, Olympic Sports Medicine Committee, 1998-2000

Chair, Health and Science Policy Committee, 1994-97

Member, Executive Committee and Administrative Council, 1992-95

Member, Program Committee, 1988-1990, 1991-95

Member, Continuing Education Committee, 1991-92

Member, Strategic Planning Committee, 1987-89

Associate Editor, Exercise and Sport Sciences Reviews, 1987-2018

Chair, Regional Chapters Committee, 1982-88

Member, Preventive and Rehabilitation Exercise Committee, 1983-90

Member, Position Stands Committee, 1979-82

Member, Evaluation Team, Program Director Certification, 1980, 81, 82

### Other Organizations:

Chair, National Academy of Medicine, Panel on Implementation of Physical Activity Surveillance in the U.S., 2018-2019

Member, Physical Activity Guidelines Advisory Committee, U.S. Dept. of Health and Human Services, 2016-2018

Member, Institute of Medicine, Roundtable on Obesity Solutions, 2013-present

Member, Curves, Inc., Scientific Advisory Board, 2013-2015

Member, Physical Activity Guidelines Mid-Course Report Panel, U.S. Dept. of Health and Human Services, 2012-2013

Chair, Institute of Medicine, Panel on Fitness Measures in Youth, 2011-2012

Member, Institute of Medicine, Panel on Prevention of Obesity in Early Childhood, 2010- 2011

Member, Institute of Medicine, Standing Committee on Prevention of Childhood Obesity, 2005-2013

Member, Physical Activity Guidelines Advisory Committee, U.S. Dept. of Health and Human Services, 2007-2008

Member, Behavior Change Expert Panel, National Bone Health Campaign, 2006-2007

Member, Institute of Medicine Panel on Progress in Preventing Childhood Obesity, 2004-2005

Member, Panel on Military Recruitment: Physical Fitness and Health Standards, National Academies of Science, 2004-2006

Member, Science Advisory Board, President's Council on Physical Fitness and Sports, 2003-2006

Member, Worldwide Health Advisory Panel, Kraft Foods, 2003-2012

Member, Dietary Guidelines Advisory Committee, U. S. Dept. of Health and Human Services 2003-2004

Member, Institute of Medicine, Panel on Prevention of Obesity in Children, 2003-2004

Chairman, P.A.Y. (Physical Activity in Youth), National Coalition for Promoting Physical Activity, 2000-2003.

Member, Scientific Advisory Board, International Life Sciences Institute, 2004-present

Member, Advisory Board, Fitnessgram - Cooper Institute for Aerobics Research, 1990-present

Member, Scientific Advisory Board, Life Fitness Academy, 1994-2005

Editorial Board, Pediatric Exercise Science, 1988-present

Member, Scientific Advisory Board, International Health, Racquet and Sports Clubs Association, 1996-1999

Chair, Research Consortium Grants Committee, AAH Pend 1997-2000  
Section Editor, Research Quarterly for Exercise and Sport, AAH Pend 1985-1991  
Editorial Board, International Journal of Sports Medicine, 1985 -1994  
Editorial Board, International Journal of Sports Nutrition, 1990-1996  
Member, South Carolina Governor's Council on Physical Fitness, 1989-2000  
Member, Scientific Advisory Board, Rockport Walking institute, 1986-1992  
Member, Advisory Board, Campbell's Health and Fitness Institute, 1985-1988  
Member, Sports Medicine Review Board, Quaker Oats Company, 1985-1988  
Chair, Exercise Task Force, S.C. Affiliate, American Heart Association, 1983-86  
Chair, Exercise Committee, Carolina Healthstyle Program for S.C. State Employees, 1982-83  
Member, Physical Education Committee, Southeast Regional YMCA, 1982-84  
Consultant, Boys Clubs of America, 1981-84  
Chair, Committee on Implementation and Evaluation of the Health Related Fitness Test, 1980-84

### GRANTS:

Principal Investigator for the following funded research grants and contracts:

Understanding Community Obesity Initiatives and Informing Tailored Community Interventions to Reduce Childhood Obesity. National Institute of Child Health & Human Development (NIH). \$473,859 (2021-2024).

Physical Activity, Sedentary Behavior and Weight Status in Early Childhood. National Institute of Child Health & Human Development (NIH). \$3,188,662 (2017-2022).

Evaluation of a New Policy Promoting Nutrition and Physical Activity in Family Child Care in South Carolina. National Institutes of Health (Johns Hopkins University), \$1,819,334 for USC Subcontract (2017-2021).

Analysis of Statewide FitnessGram Data. BlueCross and BlueShield of South Carolina Foundation. \$155,895 (2015-2017), \$60,342 (2018), \$90,000 (2019), \$110,000 (2020), \$385,000 (2021-2023).

Physical Activity During the Transition from Elementary School to High School. National Heart Lung and Blood Institute (NIH). \$2,839,436 (2014-2018)

Physical activity and health: training for public health professionals. U.S. Centers for Disease Control. \$90,000 (1994-95), \$120,000 (1995-96), \$150,000 (1996-97), \$170,000 (1997-98), \$185,000 (1998-99), \$205,000 (1999-00), \$185,000 (2000-01), \$185,000 (2001-02), \$185,000 (2002-03), \$195,000 (2003-04), \$161,182 (2004-05), \$170,186, (2005-06), \$205,000 (2006-07), \$205,000 (2007-08), \$205,000 (2008-2009), \$205,000 (2009-2010), \$201,536 (2010-2011), \$234,873 (2011-2012), \$200,000 (2012-2013), \$400,000 (2015-2018).

Developing a 2016 U.S. Report Card on Walking and Walkable Communities. McKing Consulting Corporation. \$55,000 (2015-2016).

Platform for Collaborative Bio Signal Data Management and Analysis. National Institutes of Health SBIR to Enformia, Inc. \$75,000 for USC sub-contract (2013-2015)

Physical Activity and Nutrition Standards for Home Childcare. DHEC. \$63,989 (01/01/2014-06/01/2014)

Development of Materials and Training for the Active Healthy Living Program.

FTZ Coca-Cola Services Company. \$68,000 (2013-2014)

A Training Program to Prevent Childhood Obesity in Preschool-Aged Children. TheDuke Endowment, \$556,030 (2013- 2016).

The Teddy Study. National Institutes of Health (University of South Florida) \$66,142 for USC Subcontract (2014-2015), \$55,529 (2015-2016), \$115,729 (2016-2017), \$61,571 (2018)

The National Children’s Study. National Institutes of Health (NIH/NICHD/NORC) (University of Chicago-NORC). \$154,000 for USC Sub-contract (2013-2015).

A School-Based Program to Promote Physical Activity and Good Nutrition to PreventChildhood Obesity. Coca-Cola Foundation, \$200,000.

Development of an Innovative Physical Activity Self-Report Instrument for Youth. National Institutes of Health (NIH/NCI) 275,000 (2012-2014).

Evaluation of Childcare Healthy Eating Standards in South Carolina. The RobertJohnson Foundation (Duke) \$65,976 for USC Subcontract (2011-2013).

Evaluation of the National Physical Activity Plan. U.S. Centers for Disease Control, \$60,000 (2011-2012).

Development of a National Strategic Plan for Physical Activity. U.S. Centers for DiseaseControl, \$90,401 (2007-2009), \$142,198, (2010-2011), \$134,800 (2011-2013).

The Healthy Communities Study, How Communities Shapes Children’s Health. NationalHeart, Lung, and Blood Institute (Battelle Memorial Institute) \$1,402,863 for USCSubcontract (2010-2015).

Physical activity during the transition from elementary school to middle school. NationalHeart, Lung, and Blood Institute (NIH), \$3,318,000, (2009-2014).

Multi-component intervention to increase physical activity in preschool children. National Institute for Child Health and Human Development (NIH), \$1,986,516, (2008-2012), ARRA Supplement, \$399,466 (2010-2011).

Integrated recall of diet and physical activity in children. National Heart, Lung, andBlood Institute (NIH), \$396,000, (2009-2011).

National physical activity and nutrition survey of high school students, Macro International, Inc./U.S. Centers for Disease Control, \$256,905, (2007-2009).

Physical activity in preschool children, National Institute of Health, \$1,551,604(2002–2008).

Promotion of physical activity in high school girls (Competitive Renewal). NationalHeart, Lung, and Blood Institute, \$1,865,025 (2002-2006).

Evaluation of the Active for Life project. Robert Wood Johnson Foundation. \$747,000(2000-2003).

Trial of Activity in Adolescent Girls. National Heart, Lung, and Blood Institute, USCField Center. \$4,075,000 (2000-2008).

Environmental determinants of physical activity in pre-school children. Gerber/NovartisCorporation. \$136,000 (1999-2001).

Promotion of physical activity in high school girls. National Heart, Lung and Blood Institute. \$2,300,000 (1997-2001).

Physical activity, body composition, and the determinants of physical activity in Youth, Hershey Foods Corporation. \$20,000 (1997-2000).

Objective assessment of physical activity in youth. Cowles Foundation. \$36,556 (1996-98).

Physical activity promotion in adolescent youth. National Institutes of Health. \$750,000 (1993-96).

Guidelines for promotion of physical activity in youth. U.S. Centers for Disease Control. \$200,000 (1993-95).

A school-based intervention for promotion of physical activity in youth. American Heart Association. \$37,000 (1991-93).

Determinants of physical activity in a low SES group. U.S. Public Health Service, Centers for Disease Control. \$30,910 (1990); \$31,500 (1991).

Physiological evaluation of exercise videos produced by The Firm. The Firm, Inc. \$9,588 (1991).

Effects of increased and decreased training on potential markers of overtraining in elite distance runners. U.S. Olympic Committee. \$25,000 (1990).

Enhancement of Physical Fitness Education. U.S. Department of State, Overseas Schools Advisory Council. \$25,000. (To Mediterranean Assoc. of International Schools with sub-contract to U.S.C.), (with W. Smith).

South Carolina Statewide Exercise Intervention. Kaiser Family Foundation. \$9,700 (with J.D. Gimarc).

Validity of field tests of upper body muscular strength and endurance. Campbell's Institute for health and Fitness, \$10,750 (1987).

Liberty Corporation employee health study. Liberty Foundation, \$20,000 (1987).

Physiological and perceptual responses to exercise on a recumbent bicycle ergometer. Campbell's Institute for Health and Fitness, \$13,000.

A comprehensive health profile of habitual distance runners. U.S. Public Health Service, Centers for Disease Control, \$76,000 (1984) (with C. Macera); extended, \$85,000 (1985).

Iron status of physically active females. American Heart Association, S.C. Affiliate, \$12,000 (with J.M. Davis)

A description of elite female distance runners. Coca-Cola, Inc., \$25,000 (to GATECH with sub-contract to U.S.C.), funded (with P. Sparling).

Effect of exercise training on borderline hypertension. USC Office of Research. N.I.H. Biomedical Research Grants, \$6,500 (1981).

A health promotion program for the elderly. Manning Foundation, \$10,000 (1979).

## **PUBLICATIONS**

### **BOOKS:**

Greene, L.S. and **R.R. Pate**. Training for Young Distance Runners, 3<sup>rd</sup> Edition. HumanKinetics, Champaign, IL, 2015.

**Pate, R.R.**, Buchner, D. Implementing Physical Activity Strategies. Human Kinetics, Champaign, IL., 2014.

Ward, D.S, Saunders, R., **Pate, R.R.** Physical Activity Interventions for Youth. HumanKinetics, Champaign, IL, 2006.

Greene, L.S. and **R.R. Pate**. Training for Young Distance Runners, 2<sup>nd</sup> Edition. HumanKinetics, Champaign, IL, 2004.

Greene, L.S. and **R.R. Pate**. Training for Young Distance Runners. Human Kinetics, Champaign, IL, 1997.

**Pate, R.R.** and R.C. Hohn., editors. Health and Fitness Through Physical Education. Human Kinetics, Champaign, IL, 1994.

**Pate, R.R.**, B.A. McClenaghan and R. Rotella, editors. Scientific Foundations of Coaching. Saunders College Publishing, Philadelphia, PA, 1984.

**Pate, R.R.** editor. South Carolina Physical Fitness Test Manual, Second Edition Columbia, S.C.: S.C. Association of Health, Physical Education, Recreation and Dance, 1983.

**Pate, R.R.**, ed. South Carolina Physical Fitness Test Manual. Columbia, South Carolina: South Carolina Department of Health and Environmental Control, 1978.

### **CHAPTERS IN BOOKS:**

Howie, E.K., Pate, R.R. Physical Activity and Educational Achievement: Insight from Exercise Neuroscience. Meeusen, R., Schaefer, S., Tomporowski, P. & Bailey R. editors. Routledge, 2018.

**Pate, R.R.**, Flynn, J.I. Physical Activity and Prevention of Obesity. Eating Disorders and Obesity, 3<sup>rd</sup> Edition. Brownell K.D., Walsh B.T. editors. The Guilford Press, 2017.

Brown, W. H., Schenkelberg, M., McIver, M., O'Neill, J., Howie, E., Pfeiffer, K., Saunders, R., Dowda, M., Addy, C., & **Pate, R.** (2016). Physical activity and preschool children with and without developmental delays: A national health challenge. Handbook on Early Childhood Special Education (pp. 487-500). In B.Reichow, E. Barton, B. Boyd, & S. Odom (Eds.). Baltimore: Paul H. Brookes.

**Pate, R.R.** Historical perspectives on physical activity, fitness, and health. Physical Activity and Health, 2<sup>nd</sup> Edition. Bouchard, C., Blair, S.N., Haskell, W.L. editors. Human Kinetics, 2012.



- Elder, J.P., Lytle, L., Young, D., Webber, L., **Pate, R.R.**, Stevens, J., Pratt, C., and Lohman, T. The trial of activity in adolescent girls (TAAG): From theory to implementation in middle school physical activity promotion. Current Issues and Controversies in School and Community Health, Sport and Physical Education. O'Dea, J, editor. Nova Sciences Publishers, 2012.
- Pfeiffer, K.A., Lobelo, F., Ward, D.S. and **Pate, R.R.** Endurance Trainability of Children and Youth. The Young Athlete. Helge Herbestreit and Oded Bar-Or, editors. Blackwell Publishing, 84-95, 2007.
- Pate, R.R.** Historical Perspectives on Physical Activity, Fitness and Health. Physical Activity and Health. Bouchard, C., Blair, S.N., Haskell, W.L. editors. Human Kinetics, 2006.
- Pate, R.R.** and Ward, D. S. Physical Activity in American Youth: Status, Determinants, and Promotion. The Development of Social Sciences in the 21<sup>st</sup> Century. Frank H. Fu, editor, Hong Kong Baptist University, 80-90, 2001.
- Saunders, R. and **R.R. Pate**. Promoting Physical Health. Preventing School Problems Promoting School Success: Strategies and Programs that Work. K.M. Minke and G.C. Bear, editors, University of Delaware. National Association of School Psychologists, 337-375, 2000.
- Trost, S.G., S. Levin and **R.R. Pate**. Sport, Physical Activity, and Other Health Behaviors in Children and Adolescents. Paediatric Exercise Science and Medicine. N. Armstrong and W. Van Mechelen, editors, Oxford Press, 2000.
- Trost, S.G. and **R.R. Pate**. Physical Activity in Children and Youth. Lifestyle Medicine. J.M. Rippe, editor, Blackwell Science, Malden, MA, 1999.
- Pate, R.R.** and Ward, D.S. Endurance Trainability of Children and Youths. The Child and Adolescent Athlete. Oxford, London: Blackwell Science Ltd., 130-137, 1996.
- Durstine, J.L., **R.R. Pate** and J.D. Branch. Cardiorespiratory responses to acute exercise. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. Manual for Guidelines for Exercise Testing and Prescription. (Editors) J.L. Durstine et al. Second Edition: Philadelphia, Lea & Febiger. 67-74, 1993.
- Wells, C. and **R.R. Pate**. Training for performance of prolonged endurance exercise. In: D. Lamb and R. Murray, ed. Perspectives in Exercise Science and Sports Medicine, Volume I: Prolonged Exercise. Indianapolis: Benchmark Press, Inc., 1988.
- Simons-Morton, B., G.S. Parcel, N.M. O'Hara, S.N. Blair and **R.R. Pate**. Childhood health-related physical fitness: status and recommendations. Annual Reviews of Public Health, 9, 403-425, 1988.
- Pate, R.R.** and M. Lonnert. Terminology in exercise physiology. In: S. Blair, ed. Resource Manual for Guidelines for Testing and Prescription. Philadelphia: Lea & Febiger, 1988.
- Durstine, J.L. and **R.R. Pate**. Cardiorespiratory responses to acute exercise. In: S. Blair, ed. Resource Manual for Guidelines for Exercise Testing and Prescription. Philadelphia: Lea & Febiger, 1988.
- Pate, R.R.** and E.L. Fox. Training of youth for sport. In: Practice of Pediatrics. Philadelphia: Harper & Row, 1987.

**Pate, R.R.** and J.L. Durstine. Cardiorespiratory adaptations to chronic endurance exercise. In V. Seefeldt (Ed.) Contributions of Physical Activity to Human Well-Being. Reston, VA: AAHPERD Publications, 1986.

**Pate, R.R.**, editor. South Carolina Physical Fitness Test Manual, Second Edition. Columbia, S.C.: S.C. Association for Health, Physical Education, Recreation and Dance, 1983.

**Pate, R.R.** Principles of Training. In: D. Kulund. The Injured Athlete. Philadelphia: J.V. Lippincott Co., 1982.

**Pate, R.R.** Sports anemia and its impact on athletic performance. In: W. Haskell, ed. Nutrition and Athletic Performance. Palo Alto, CA: Bull Publishing, 1982.

**Pate, R.R.** Organizational Guidelines in Fitness Programming. In: R. Sargent, ed. Organizational Guidelines for Promoting Programs in Stress Management, Nutrition and Weight Control, and Physical Fitness. Columbia, S.C.: S.C. Department of Health and Environmental Control, 1982.

**Pate, R.R.** Health Fitness. In: Physical Education for High School Students. AAHPERD Publications: Washington, D.C., 1982.

Blair, S.N., **R.R. Pate** and B. McClenaghan. Current Approaches to Physical Fitness Education. In: T. Kratchowill, ed. Annual Reviews of School Psychology. Vol. 2, Hillsdale, N.J.: Erlbaum, 1982.

**Pate, R.R.** Standards for exercise testing and training programs. In: C. Frankel, ed. Lawyers Medical Cyclopedia. Indianapolis: Allen Smith Co., 1981.

**Pate, R.R.** Teaching physical fitness concepts in the public schools. In: Cundiff, ed. Implementation of Aerobic Programs. AAHPERD Press: Washington, D.C., 1979.

**Pate, R.R.** and S.N. Blair. Exercise and the prevention of atherosclerosis: pediatric implications. In: W. Strong, ed., Atherosclerosis: Its Pediatric Aspects. Grune and Stratton, New York, 1978.

#### REFEREED ARTICLES:

430. Bucko AG, Porter DE, Saunders R, Shirley L, Dowda M, **Pate RR**. Walkability indices and children's walking behavior in rural vs. urban areas. *Health Place*. 2021 Nov 3;72:102707. doi: 10.1016/j.healthplace.2021.102707. Epub ahead of print. PMID: 34742121.

429. Zhu X, Liu J, Sevoyan M, **Pate RR**. Acculturation and leisure-time physical activity among Asian American adults in the United States. *Ethn Health*. 2021 Sep 19:1-15. doi: 10.1080/13557858.2021.1979193. Epub ahead of print. PMID: 34538159.

428. Sallis JF, **Pate RR**. Creating the Future of Physical Activity Surveillance in the United States: Better Data for Better Health. *J Phys Act Health*. 2021 Aug 1;18(S1):S1-S5. doi: 10.1123/jpah.2021-0182. PMID: 34465655.

427. Bucko AG, Dowda M, Frongillo EA, Torres ME, **Pate RR**. Nighttime sleep and physical activity in 6-7 month-old infants. *Infant Behav Dev*. 2021 Aug

12;65:101628. doi: 10.1016/j.infbeh.2021.101628. Epub ahead of print.

426. Moore JB, Weaver RG, Levine BJ, Singletary CR, Carson RL, Beets MW, Castelli DM, Beighle A, **Pate RR**. A Pilot Study of a Comprehensive School Physical Activity Program in Elementary Schools: Be a Champion! *Health Behav Policy Rev*. 2021 Mar;8(2):110-118. doi: 10.14485/hbpr.8.2.2.
425. Weaver RG, Hunt ET, Armstrong B, Beets MW, Brazendale K, Turner-McGrievy G, **Pate RR**, Youngstedt SD, Dugger R, Parker H, von Klinggraeff L, Jones A, Burkart S, Ressor-Oyer L. COVID-19 Leads to Accelerated Increases in Children's BMI z-Score Gain: An Interrupted Time-Series Study. *Am J Prev Med*. 2021 Oct;61(4):e161-e169. doi: 10.1016/j.amepre.2021.04.007.
424. Navarro SM, Tsai MM, Ritchie LD, Frongillo EA, Laraia BA, **Pate RR**, Au LE. Household food insecurity and children's physical activity and sedentary behaviour in the United States: the Healthy Communities Study. *Public Health Nutr*. 2021 Jun 10:1-8. doi: 10.1017/S1368980021002536. Epub ahead of print.
423. Coelho-Ravagnani CF, Almeida JA, Sui X, Ravagnani FCP, **Pate RR**, Blair SN. Changes in Compliance With Physical Activity Guidelines and Cardiovascular Disease Mortality. *J Phys Act Health*. 2021 Apr 9;18(6):638-643. doi: 10.1123/jpah.2020-0740.
422. **Pate RR**, Dowda M, Saunders RP, Colabianchi N, Clennin MN, Cordan KL, Militello G, Bucko A, Porter DE, Shirley WL. Operationalizing and Testing the Concept of a Physical Activity Desert. *J Phys Act Health*. 2021 Mar 30;18(5):533-540. doi: 10.1123/jpah.2020-0382.
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