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Applied Physiology and Kinesiology
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PROFESSIONAL ADDRESS:

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DATE OF BIRTH: March 15, 1945
PLACE OF BIRTH: Richmond, Indiana
MARITAL STATUS: Married (Claudia), no children

EDUCATION:

Richmond High School, Richmond, Indiana. Diploma, 1963,
College Prep Curriculum.
Ball State University, Muncie, Indiana. **B.S. in Education,**
1967, Physical Education, Health, Mathematics, and
Driver Education.
Orange Coast College, Costa Mesa, California, 1969.
Ball State University, Muncie, Indiana. **M.A., 1970**,
Physical Education.
University of Oregon, Eugene, Oregon. **Ph.D., 1974**, Physical
Education, Anatomy and Kinesiology, Measurement and
Evaluation.
University of Florida, Gainesville, Florida, 1976-78.

PROFESSIONAL EXPERIENCE:

Mathematics Teacher, Richmond Community Schools, Richmond
High School, Richmond Indiana, 1967-68, high school
math, assistant football coach.

Mathematics Teacher, Santa Ana Unified School District,
McFadden Junior High School, Santa Ana, California,
1968-69, junior high math, assistant baseball coach.
Physical Education Teacher, Santa Ana Unified School
District, McFadden Junior High School, Santa Ana,
California, 1969-71, physical education, head
basketball and baseball coach.

Graduate Teaching Assistant, College of Health, Physical
Education, and Recreation, University of Oregon,
Eugene, Oregon, 1972-74, activity courses, graduate
evaluation course, research lab, teach anatomy lab.

Assistant Professor, College of Physical Education, Health,
and Recreation, University of Florida, Gainesville,
Florida, 1974-80, measurement and evaluation,
evaluation procedures, research methods, applied
anatomy, kinesiology, adapted physical education,
athletic training, academic advisement, student
teachers, and interns.

Associate Professor, College of Health and Human
Performance, University of Florida, Gainesville,
Florida, 1980-present, courses listed above plus
undergraduate coordinator, honors seminar, coaching
baseball coordinator, coaching swimming & diving
coordinator, anatomy lab director, and internship
coordinator.

PROFESSIONAL SERVICE: (Service one or more times; * - chaired
one or more times.)

Department Service:

Curriculum Review Committee (*)
Student Evaluation Committee (*)
Student Screening and Performance Review Committee (*)
Alumni Survey Committee
Student Assessment Committee (*)
Chairman's Advisory Committee
Graduate Committee
Department Liaison for Common Course Numbering System
Student Review Committee (*)
Philosophy, Goals, and Policy Committee
Graduate Program Evaluation and Placement Committee
Fund Raising Committee
Ten Year Self-Evaluation Committee
Search and Screen Committee (*)
Department Chair Search and Screen Committee (*)
Public Relations Committee
Special Projects Committee
Department Petitions Committee (*)
Grade Appeals Committee (*)

Graduate Petitions/Admissions Committee (*)
 Graduate Athletic Training Curriculum Development Com.
 Graduate Adapted Physical Education Curric. Dev. Com.
 National Athletic Trainers Association Visitation Com.
 Department Policy Committee
 Master's Thesis Committees (*)
 Master's Non-Thesis Committees (*)
 Graduate Faculty Member
 Dissertation Committees
 Academic Advisement (Graduate and Undergraduate)
 NCATE Committee
 Hall of Fame Committee
 Student Recognition Committee
 Ph.D. Fellowship Award Selection Committee
 Guest Lectures/Presentations

College Service:

Undergraduate Petitions Committee (*)
 Research Committee (*)
 Advisor for Computer Analysis of Research/Instructional
 Data
 Protection of Human Subjects Committee (*)
 Ad Hoc Committee on General Education Requirements
 Budget Committee
 Public Relations Committee
 Honors/High Honors Committee
 Curriculum Committee (*)
 Summer Registration Committee
 Personnel Committee
 Tenure and Promotion Committee
 Grade Appeals Committee
 Ten Year Self-Study Evaluation Committee
 Computer Committee
 Graduate Faculty Committee
 Sabbatical Committee
 Master's Thesis Committees
 Master's Non-Thesis Committees
 Academic Advisors Committee
 Guest Lecturer in Health Science Education
 Library Liaison Committee
 Cultural Diversity Committee
 College Faculty Advisory Committee (FAC) - elected
 Student Affairs Advisory Committee

University Service:

University Admissions Committee
 University Petitions Committee

Council of Academic Advisors
 University Senate
 Member, Graduate Faculty
 Faculty Advisor, Water Polo Club Sport
 Scorekeeper and Timer, Women's Basketball Program
 Scoreboard Operator, O'Connell Center, Men's Basketball
 Assisted with Athletic Recruiting and Academic Programs
 University Representative to the University of North
 Florida's Presidential Inauguration
 Graduation Ceremonies
 Parking Fines and Hearing Committee
 Traffic Hearing Authority (Faculty & Staff)
 Suspension Appeals Authority
 Transportation and Parking Advisory Committee
 Dissertation Committees (Foundations of Education, and
 Educational Administration
 Shot Clock Operator, University Athletic Association,
 O'Connell Center, Men's Basketball Program
 Game and Shot Clock Operator, University Athletic
 Association, O'Connell Center, Women's Basketball
 Program

Public Service:

Coordinator/Contact Person for Cramer Athletic Training
 Workshops (Week Long in Summers)
 Organizer and Volunteer for the Special Olympics
 Organizer and Volunteer for Games for the Disabled
 Organizer and Volunteer for the State Cerebral Palsy
 (CP) Games
 Fund Raising for Easter Seals, Boys and Girls Clubs,
 Special Olympics, Disabled Games, Muscular Dystrophy,
 and Cerebral Palsy Foundation
 "Kidney Kamp" Chaperon at Camp McConnell for Children
 with Kidney Problems
 Selection Committee - Florida High School Activities
 Association (FHSAA) 'Fred E. Rozelle Sportsmanship
 Award' for state high schools (Invited Member)
 Selection Committee - Florida High School Activities
 Association (FHSAA) 'Academic All State Award'
 winners (Invited Member)
 Invited Reviewer for Question Review on State Teacher
 Certification Exam, State Department of Education

PROFESSIONAL MEMBERSHIPS AND LEADERSHIP: (One or more times)

American Alliance for Health, Physical Education,
Recreation, and Dance (AAHPERD)
 Delegate to Assoc. Delegate Assembly (NASPE)
 Delegate to Southern District Representative Assembly
 (SDAAHPERD)
 Representative to Alliance Assembly (AAHPERD)
 Member, Research Council (SDAAHPERD)
 Public School Membership Committee (AAHPERD)

American College of Sports Medicine (ACSM)
 State Captain for Fund Raising (Florida)

American Educational Research Association (AERA)

Florida Association for Health, Physical Education,
Recreation, and Dance (FAHPERD)
 Public Relations Committee
 Journal Circulation Manager
 Bulk Mail Manager
 Audit Committee
 Board of Directors
 College Section, Chair
 Nominations Committee
 Constitution and Operative Codes Committee

Mid-Florida Officials Association (MFOA)
 Vice President
 Commissioner

National Association for Physical Education in Higher
Education (NAPEHE), formerly known as National College
Physical Education Association for Men (NCPEAM)
 National Conference Evaluation Committee

National Association of Sports Officials (NASO)

National Education Association (NEA)

Phi Epsilon Kappa (PEK)
 Omicron Chapter Secretary

Southeast Chapter, American College of Sports Medicine
 (SEACSM)

PROFESSIONAL GROWTH/TRAVEL/AWARDS/CLINICIAN: (Partial Listing)

Workshop on Athletic Academic Advisement
Attended Big 10 Symposium on Grading and Evaluation
Attended several Research Seminars (Biomechanics, Athletic Training, Exercise Physiology, Foreign Physical Education Programs, The Modern Olympics, Stress, and Computer Software.
Workshop on Title IX Implementation for Public Schools
Attended Frontiers of Science Lectures pertaining to Exercise Science
Workshop in Developing An Adapted Physical Education Curriculum
Attended Seminar by the Institute for Development of Human Resources for Compliance with PL 94-142
Registered for an academic course in Multivariate Statistical Analysis
Registered for and Received certification in First Aid, CPR, Lifesaving, WSI, and Scuba Diving
Submitted several abstracts for Research Presentations to AAHPERD, SDAHPERD, ACSM, SEACSM, & FAHPERD (Rejected)
Regularly Attend National, Regional and Local Meetings of Professional Organizations
Attended the World Games for the Disabled, Assen, Holland (Chaperoned an Athlete to the Games)
Invited by the Ministry of Social Affairs, State of Kuwait, to Present a 10 Day Seminar on 'Sports Medicine' to Coaches and Students of Kuwait
Workshop on 'Scoliosis Screening Training'
Invited Speaker at FAHPERD Conference on Adapted Physical Education Programs
Teacher Education Center (TEC) Evaluation Team for Program Evaluation of County High Schools in Pinellas County and Marion County
Invited Speaker on 'Grades and Grading Procedures' at Staff Development Day to Pinellas County Teachers of Physical Education
Chair, Validation Committee (Phases 1 - 5) of the DOE Teacher Competency Test, Physical Education 6-12 (Included Pilot Testing, Review, and Final Report to DOE)
Demonstrated Athletic Training Computer Software at AAHPERD Convention, Boston
Selected 1988-89 Department Teacher of the Year, Nominated Several Times Over the Years
Invited to Give Several Rules and Mechanics Clinics to Parents, Coaches, Athletes and Officials of Youth Leagues, Civic Groups, High Schools, and Colleges in the Sports of Baseball, Basketball, and Football

Invited Speaker 'Professionalism in Officiating' to North
 Central Florida Umpires Association, Gainesville, FL
 1995-96 Teacher Improvement Program (TIP) Award Winner in
 the College of Health and Human Performance
 Content Resource Person and Key Validator for the DOE
 Teacher Certification Exam (PE 6-12), on going since
 1987
 Invited Speaker 'Basic Anatomy' to the Wellness Specialist
 Course for Department of Corrections Personnel (several
 times - on going)

GRANT DEVELOPMENT/FUNDING:

Seed Money Grant. "Developing a Computer Systems Model For
 The Center for Physical and Motor Fitness Research."
 Submitted February, 1980, for \$5,117.42. (Not Funded)

Faculty Research Award - University of Florida. Proposal to
 set up a computerized system to handle screening and
 diagnostic test data. Submitted February, 1980, for
 \$871.33. (Not Funded)

Seed Money Grant. "The Effects of Prescribed Programs of
 Exercise, Leisure Utilization, Diet and Stress
 Management on the Health States and Job Performance of
 University Police Personnel." Submitted February,
 1981, for \$7,365.62. (Not Funded)

Faculty Research Award - University of Florida. Proposal to
 study the effects of prescribed exercise programs,
 leisure utilization, diet, and stress management in
 reducing health risk factors and improving job
 performance among University Police Department
 personnel. Submitted February, 1981, for \$959.79.
 (Not Funded)

Alachua County Sheriff's Department. Supplemental proposal
 for increased funds on Dr. R. Allen's Grant of
 February, 1981. Submitted February, 1982, Dr. R. A.
 Siders, Primary Investigator, Dr. R. E. Allen,
 Coordinator. Awarded \$1492.00.

Burger King Foundation. "Sport Injury Care and Prevention
 in Our High Schools: A National Priority." Submitted
 December, 1986, for \$60,480.00, Drs. R.A. Siders and
 C.B. Stopka Co-Principle Investigators. (Not Funded)

Florida State Department of Education Grant. "Development of Certification and Career Advancement Tests in Teacher Education." Dr. P.J. Bird, Director. Dr. R.A. Siders, Chair, Validation Committee. Project awarded \$200,000.00 beginning February, 1987.

Instructional Development Award. "The Application and Use of SPSS/PC as a Tool to Enhance the Learning and Understanding of Computer Analysis of Research Data." Awarded \$444.00, March, 1994.

Instructional Development Award. "Enhanced Learning of the Heart Using Large Scale Models in Applied Human Anatomy Lab." Submitted February, 1995, for \$416.90. (Not Funded) Resubmitted Proposal January, 1997. Awarded \$433.90, March, 1997.

Instructional Development Award. "Enhanced Learning of the Brain and Central Nervous System in Applied Human Anatomy Lab". Awarded \$346.50, March, 1998.

Instructional Development Award. "Enhanced Learning of the Reproductive Systems in the Applied Human Anatomy Lab". Awarded \$450.00, March, 1999.

Instructional Development Award. "System Wall Charts to Enhance Learning in the Applied Human Anatomy Lab". Awarded \$493.00, November, 1999.

Instructional Development Award. "Enhanced Learning of the Pelvis and Reproductive Systems in the Applied Human Anatomy Lab". Awarded \$440.00, November, 2000.

Instructional Development Award. "Enhanced Learning of the Lower Extremities in the Applied Human Anatomy Lab". Awarded \$692.95, December, 2001.

Instructional Development Award. "Enhanced Learning of the Lower Extremity (Bones, Joints, Muscles) in the Applied Human Anatomy Lab". Awarded \$692.95, November, 2002.

SCIENTIFIC PAPERS PRESENTED: (A presenter or as a co-author)
(May be printed in 'Abstracts' or
'Proceedings')

- Siders, R.A.**, Allen, R.E., Holyoak, O.J., & McCaulley, M.H.
The Effects of Basic and Auxiliary Personality
Preferences on the Physical Performance of Freshman
College Women. SDAAHPERD. Little Rock, Arkansas,
February 25, 1978.
- Allen, R.E., **Siders, R.A.**, Holyoak, O.J., & McCaulley, M.H.
Opposite Personality Preferences and Physical
Performances of Freshman College Women. SDAAHPERD.
Little Rock, Arkansas, February 25, 1978.
- Siders, R.A.**, Allen, R.E., Holyoak, O.J., & McCaulley, M.H.
Personality Type and Physical Performance of Freshman
College Women. AAHPERD. Kansas City, Missouri, April
7, 1978
- Allen, R.E., **Siders, R.A.**, Holyoak, O.J., & McCaulley, M.H.
The Effect of Personality Preference on the Physical
Performance of Freshman College Men. AAHPERD. Kansas
City, Missouri, April 7, 1978.
- Siders, R.A.**, Allen, R.E., Holyoak, O.J., Tuefel, C., &
Roberts, K. An Analysis of Physical Fitness Scores and
Extreme Levels of Self Assertiveness and Attitudes
Related to Self Assertiveness and Physical Fitness of
High School Females. AAHPERD. New Orleans, Louisiana,
March 17, 1979.
- Allen, R.E., **Siders, R.A.**, Holyoak, O.J., Roberts, K., &
Teufel, C. Changes in Physical Fitness Levels, Self
Assertiveness and Attitudes Related to Self
Assertiveness and Physical Fitness for High School
Females. AAHPERD. Detroit, Michigan, April 12, 1980.
- Zauner, C.W., Kratina, K.M., & **Siders, R.A.** Effects of
Hyperlipemia on Pulmonary Diffusing Capacity at Rest
and During Exercise. Presentation at the Annual
Meeting of the American College of Sports Medicine,
Dallas, Texas, May 27, 1988.
- Stopka, C., Breitbach, T., **Siders, R.**, & Whiddon, S.
Microcomputer Software Presentations: Athletic
Training. Presentation Made to AAHPERD National
Convention, Boston, Massachusetts, April 21, 1989.

- Suro, D., Brun, L., Stopka, C., **Siders, R.**, & Goodman, A. The Effects of a Supervised Resistance Training Program on Adolescents with Mental Retardation. Paper presented at the Southeast Athletic Trainers Association Convention, Atlanta, Georgia, March 4, 1994.
- Baumgardner, M., Dorman, S., Chen, W., & **Siders, R.** Development and Validation of an Instrument to Assess University Student's Knowledge, Attitude, and Self-Efficacy in the Use of Barrier Contraceptives. Paper presented at the AAHPERD National Convention, Denver, Colorado, April 13, 1994.
- Graves, J., Stopka, C., Limper, L., **Siders, R.**, Goodman, A., & Silverstone, E. Effect of Progressive Resistive Exercise on Muscular Fitness in Young Adults with Mental Retardation. Paper presented at the Third International Medical Congress on Sports for the Disabled, Quebec City, Canada, May 4-7, 1994.
- Stopka, C.B., Limper, L., **Siders, R.A.**, & Graves, J. The Effects of a Supervised Resistive Training Program on Adolescents and Young Adults with Mental Retardation. Paper presented at the National Strength and Conditioning Association National Conference, New Orleans, Louisiana, June 17, 1994.
- Stopka, C., Graves, J., **Siders, R.**, & Limper, L. Effects of a Supervised Resistive Training Program on Adolescents and Young Adults with Mental Retardation. Paper Presented to the ICHPERSD 38th World Congress, Gainesville, Florida, USA, July 12, 1995.
- Suro, D., Stopka, C., **Siders, R.**, Kaufman, D., & Goodman, A. Effects of Resistive Training on Muscular Endurance and Physical Capacity to Perform Work of Adolescents with Mental Retardation. Paper presented to the ICHPERSD 38th World Congress, Gainesville, Florida, USA, July 12, 1995.
- Gipe, T.M., Horodyski, M.B., Indelicato, P.A., Delude, N.A., & **Siders, R.A.** Dynamic Postural Stability, With and Without Functional Knee Bracing, in Healthy Knees. Presentation made to the Southeast Athletic Trainers Association Convention, Atlanta, Georgia, March, 1996.

- Zambito, K., Goff, B., Pearson, K., Stopka, C., & **Siders, R.** Sit and Reach Performance of Adolescents With Mental Retardation Following a Nine Week Flexibility Program: A Comparison of Two Stretching Techniques. Poster Presentation made to the Southeast Athletic Trainers Association Convention, Atlanta, Georgia, March 21, 1997.
- Stopka, C.B., Zambito, K.L., Pearson, K.S., Suro, D.G., Goff, B.B., & **Siders, R.A.** Effects of Resistive Training on Muscular Endurance and Physical Capacity to Perform Work in Adolescents and Young Adults with Mental Retardation. Poster Presentation made to the National Strength and Conditioning Association National Conference, Las Vegas, Nevada, June 27, 1997.
- Stopka, C., Pomeranz, J., **Siders, R.**, & Dykes, MK. The Effects of an Integrated Program of Physical Fitness and Sport Activities on Students with Mental Retardation. Research Poster Presentation made to the NCPERID Annual Conference, Tampa, Florida, July 15, 1999.
- Stopka, C., Pomeranz, J., **Siders, R.**, Bowie, L., Baker, J., & Stopka, K. The Search For Ultra-Stretch: Static versus PNF Stretching in Adolescents With and Without Mental Retardation. Research Poster Presentation made to the NCPERID Annual Conference, Tampa, Florida, July 15, 1999.
- Stopka, C., Pomeranz, J., **Siders, R.**, & Dykes, MK. Results and Benefits of an Integrated Program of Physical Fitness and Sports For Adolescents with Mental Retardation. Research Poster Presentation made to the OSEP National Personnel Training Conference, Washington, D.C., September 9, 1999.
- Shaffer, T.L., Connaughton, D.P., **Siders, R.A.**, & Mahoney, J.F. An Analysis of the Most Significant Variables for predicting Scoring Average and Money Won Per Event in Professional Golf. Research Poster Presentation made to the Research Consortium, AAHPERD National Convention and Exposition, Orlando, Florida, March 23, 2000.
- Stopka, C., **Siders, R.**, Morley, K., Reagan, K., Stopka, S. A Comparison of the Static and PNF Stretching Techniques on Improving Sit-and-Reach Performance. Research Poster Presentation made to the SEATA Annual Symposium, Atlanta, Georgia, March 31, 2000.

- Stopka, C., **Siders, R.**, Reagan, K., Morley, K., & Stopka, S. A Comparison of Static and PNF Stretching Techniques on Sit-and-Reach Performance in Youth and Adults. Research Poster Presentation made to the NCPERID Annual Conference, Washington, D.C., July 9-11, 2000.
- Stopka, C., **Siders, R.**, Reagan, K., Houck, A., Morley, K., & Stopka, S. A Comparison of the Static and PNF Stretching Techniques on Improving Sit-and-Reach Performance in Youth with Mental Retardation as Compared to Youth and Young Adult Control Groups. Research Poster Presentation made to the NCPERID Annual Conference, Washington, D.C., July 9-11, 2000.
- Stopka, C., **Siders, R.**, Reagan, K., McCowan, L., Morley, K., & Stopka, K. A Comparison of the Order of Administration of Static and PNF Stretching Techniques on Improving Sit-and-Reach Performance in Youth with Mental Retardation. Research Poster Presentation made to the NCPERID Annual Conference, Washington, D.C., July 9-11, 2000.
- Stopka, C., Morley, K., **Siders, R.**, Schuette, J., Gilmet, Y., Houck, A. Stretching Techniques to Improve Flexibility in Special Olympics Athletes and Their Coaches. Research Poster Presentation made to the NCPERID Annual Conference, Arlington, VA, July 14, 2002.
- Dees, W., Bennett, G., Villegas, J., **Siders, R.**, & Pennington-Gray, L. Measuring the Effectiveness of Commercial Sponsorships in Intercollegiate Sports. Research Paper presented at the Inaugural Sport Marketing Association Conference, Gainesville, FL, November 14, 2003.
- Barak, S., Stopka, C., Todorovich, J., **Siders, R.**, & Martinez, C. The Effects of a Six Week, Low-Intensity, Walking Program on Elderly Individuals With Peripheral Vascular Arterial Disease. Research Poster Presentation made to AAALF/AALR at the AAHPERD National Convention and Exposition, Chicago, Illinois, April 14, 2005.
- Barak, S., Stopka, C., Todorovich, J., **Siders, R.**, & Martinez, C. The Effects of a Six Week, Low Intensity, Walking Program on Elderly Individuals with Peripheral Arterial Disease. Research Poster Presentation made to NCPERID Annual Conference, Reston, VA, July 18, 2005.

ABSTRACTS AND PROCEEDINGS:

- Stopka, C., Zambito, K., Pearson, K., Suro, D., Goff, B., & **Siders, R.** (1997) Effects of Resistance Training on Muscular Endurance and Physical Capacity to Perform Work in Adolescents and Young Adults with Mental Retardation. Research Abstract published in National Strength and Conditioning Association National Conference & Exhibition Proceedings, p. 161, June, 1997, Las Vegas, NV.
- Stopka, C., Pomeranz, J., **Siders, R.**, & Dykes, MK. (1999) The Effects of an Integrated Program of Physical Fitness and Sport Activities on Students with Mental Retardation. Published Research Abstract from the NCPERID Annual Conference. Advocate, **28** (1), p. 3, Fall, 1999.
- Stopka, C., Pomeranz, J., **Siders, R.**, Bowie, L., Baker, J., & Stopka, K. (1999) The Search for the Ultra Stretch: Static Versus PNF Stretching in Adolescents With and Without Mental Retardation. Published Research Abstract from the NCPERID Annual Conference. Advocate, **28** (1), p. 4, Fall, 1999.
- Stopka, C., Pomeranz, J., **Siders, R.**, & Dykes, MK. (1999) Results and Benefits of an Integrated Program of Physical Fitness & Sports for Adolescents with Mental Retardation. Published Research Abstract from the OSEP (Office of Special Education Programs) National Personal Training Conference Program, September, 1999, p. 15.
- Shaffer, T.L., Connaughton, D.P., **Siders, R.A.**, & Mahoney, J.F. (2000) An Analysis of the Most Significant Variables for Predicting Scoring Average and Money Won Per Event in Professional Golf. Published Research Abstract in Research Quarterly for Exercise and Sport: Abstracts of Completed Research, **71** (1) Supplement, p. A119-A120.
- Stopka, C., **Siders, R.**, Morley, K., Reagan, K., & Stopka, S. (2000) A Comparison of the Static and PNF Stretching Techniques on Improving Sit-and-Reach Performance. Published Research Abstract in the SEATA (Southeast Athletic Trainers Association) Annual Conference Program, p. 57, March, 2000, Atlanta, GA.

- Stopka, C., **Siders, R.**, Reagan, K., Morley, K., & Stopka, S. (2001) A Comparison of Static and Stretching Techniques on Sit-and-Reach Performance in Youth and Adults. Published Research Abstract from the NCPERID Annual Conference. Advocate, **29** (2), 3, Winter, 2001.
- Stopka, C., **Siders, R.**, Reagan, K., Houck, A., Morley, K., & Stopka S. (2001) A Comparison of the Static and PNF Stretching Techniques on Improving Sit-and-Reach Performance in Youth With Mental Retardation as Compared to Youth and Young Adult Control Groups. Published Research Abstract from the NCPERID Annual Conference. Advocate, **29** (2), 3, Winter, 2001.
- Stopka, C., **Siders, R.**, Reagan, K., McCowan, L., Morley, K., & Stopka, K. (2001) A Comparison of the Order of Administration of Static and PNF Stretching Techniques On Improving Sit-and-Reach Performance in Youth with Mental Retardation. Published Research Abstract from the NCPERID Annual Conference. Advocate, **29** (2), 4, Winter, 2001.
- Stopka, C., Morley, K., **Siders, R.**, Schuette, J., Houck, A., & Gilmet, Y. (2002) Stretching Techniques to Improve Flexibility in Special Olympic Athletes and Their Coaches. Published Research Abstract from the NCPERID Annual Conference. Advocate, **31** (1), 3, Winter, 2002.
- Barak, S., Stopka, C., Todorovich, J., **Siders, R.**, & Martinez, C. (2006) The Effects of a Six Week, Low Intensity, Walking Program on Elderly Individuals with Peripheral Arterial Disease. Published Research Abstract from the NCPERID Annual Conference. Advocate, **32** (1), 9, Winter, 2006.

BOOK REVIEWS:

- "Testing and Measurements in Physical Education." (K. Spongel, Editor). St. Louis: C.V. Mosby Company, Projected Publication Date - 1983. (Not Published)
- Safrit, M.J. (1986). Introduction to Measurement in Physical Education and Exercise Science. St. Louis: Times Mirror/Mosby College Publishing. (Acknowledgment noted p. vii)

"Anatomy and Physiology." Little, Brown, & Company Publishers. (Author not disclosed). Publication date not specified, reviewed only chapters one and three. Review date - 1988. (Text was not published)

"Kinesiology." (S. Robinson, Author, & S. Clancy, Editor) St. Louis: Times Mirror/Mosby College Publishing, Projected Publication Date - 1990. (Not Published)

"Human Anatomy" (E. Marieb and J. Mallatt, authors; Z. DeKel, editor) San Francisco: Benjamin Cummings Publishing, 2001 (3rd Edition). Reviewed four chapters for new edition, June, 2002.

PUBLICATIONS:

Books:

Florida Department of Education (1977). Physical Education Idea Bank for Implementation of Title IX. Tallahassee, Florida: State of Florida Department of Education. (**R.A. Siders**, contributing author, & member of the Steering Committee)

Fagerberg, S.F., Lafferty, G.F., Shreve, K.V., & **Siders, R.A.** (1985). Medical Terminology. Minneapolis: Burgess Publishing Company.

Siders, R.A., Fagerberg, S.F., Peykani, G.R., & Ghanipour, A. (1996). Human Anatomy: Lab Manual and Workbook. Gainesville, Florida: Academic Publishing and Distribution International.

Siders, R.A. & Machiani, R.P. (1996). Human Anatomy: Lab Manual and Workbook. (Revised Edition) Gainesville, Florida: Academic Information and Distribution International.

Siders, R.A. & Machiani, R.P. (1996). An Introduction to Human Anatomy. Gainesville, Florida: Academic Information and Distribution International.

Journal Publications:

- Siders, R.A.** (1975). Professionalism in Health or Physical Education - Where Does It Begin? Florida Journal of Health, Physical Education, and Recreation, 13 (4), 18-19.
- Siders, R.A.** (1977). Evaluation Report on the 1977 NCPEAM/NAPECW National Conference. Proceedings of the NCPEAM/NAPECW National Conference. (Orlando, Florida) Chicago: University of Illinois at Chicago Circle, Office of Publications Services (For NCPEAM), 415-419.
- Boyd, C.E., Whiddon, S., March, A.W., Knight, S., Gutske, L., Allen, R., & **Siders, R.** (1984). University Athletic Training Services for Non-Intercollegiate Athletes: A Model Health Care Delivery System. Florida Journal of Health, Physical Education, Recreation, and Dance, 22 (2), 7.
- Whiddon, S. & **Siders, R.** (1988). A Comparison of Admission Standards, Program Requirements, and Assistantship Awards of Graduate Programs in Physical Education. The Physical Educator, 45 (4), 174-179.
- Kratina, K.M., Zauner, C.W., & **Siders, R.A.** (1993). Effect of Hyperlipemia on Pulmonary Diffusing Capacity at Rest and During Exercise. The Journal of Sports Medicine and Physical Fitness, 33, 258-263.
- Stopka, C., Limper, L., **Siders, R.**, Graves, J., Goodman, A., & Silverstone, E. (1994). Effects of a Supervised Resistance Training Program on Adolescents and Young Adults With Mental Retardation. Journal of Strength and Conditioning Research, 8 (3), 184-187.
- Napolitano, T.J., Horodyski, M.B., Dorman, S., **Siders, R.**, & Delude, N.A. (1997). Incidence of Injury of Male and Female High School Basketball Players. Journal of Athletic Training, (Supplement), 32 (2), S-52.
- Stopka, C.B., Zambito, K.L., Suro, D.G., Pearson, K.S., **Siders, R.A.**, & Goff, B.H. (1998). Muscular Endurance and Physical Capacity to Perform Work of Adolescents With Mental Retardation. Journal of Sport Rehabilitation, 7 (3), 197-205.
- Stopka, C., Pomeranz, J., **Siders, R.**, Dykes, M., & Goodman, A. (1999). Transitional Skills For Wellness. Teaching Exceptional Children, 31 (3), 6-11, JAN/FEB.

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