

**SOUTHERN CONNECTICUT STATE UNIVERSITY
SCHOOL OF EDUCATION
ANNUAL FACULTY ACTIVITY REPORT
JUNE 1, 2002 TO MAY 31, 2003**

FACULTY INFORMATION:

NAME and Phone Ext.	Karl F. Rinehardt	26095
DEPARTMENT:	Exercise Science	
DEGREES:	Ph.D. The Ohio State University	
	M.S. The Ohio State University	
	B.S. University of New Mexico	

TEACHING OR LOAD CREDIT ACTIVITIES

FALL SEMESTER				SPRING SEMESTER			
CSE#	NAME	CR	#ST	CSE#	NAME	CR	#ST
281	Anatomy & Physiology	3		282	Anatomy & Physiology	3	
301	Exercise & Nutrition	3		583	Physiology Exer. II	3	
384	Physiology of Exer.	3		590	Thesis Prop. Devel.	3	
585	Bionutrition	3			Research Release Time	3	

SERVICE TO THE DEPARTMENT/SCHOOL & THE UNIVERSITY:

Service to Dept/School		Service to University	
Date	Committee/Activity	Date	Committee/Activity
2002-03	Curriculum Cmt.	2002-03	Faculty Academic Strategic Plan Committee (FASP), Chair
"	DEC, Chair		Advise 1 Graduate Research Fellow
"	AAUP Liaison		Faculty Senate Rules Cmt., Chair
"	Dept. Faculty Senator		
"	Advise Graduate Research		

CREATIVE ACTIVITIES

<p>GRANTS:</p> <p>Rinehardt, K.F. and R.S. Axtell (Partnership Grant). "Metabolic, hormonal, and perceptual responses to increased training intensity in collegiate swimmers". <u>Connecticut State University</u> \$6454.00, 2002. Glucose/Lactate Analyzer.</p> <p>Rinehardt, K.F., "Metabolic, hormonal, and perceptual responses to increased training intensity in collegiate swimmers". <u>Biohealth Diagnostics Inc.</u> \$4096.00, Hormone Analysis.</p>

GRANTS (con't)

Kleine, S.V. "Relationship among salivary cortisol, blood lactate, and rate of perceived exertion from sprint versus endurance swim bouts in collegiate swimmers". Graduate Student Affairs Committee. \$400, **Cortisol/lactic acid analyses supplies** (Faculty Advisor).

Kovi D. "Effect of graded exercise on erythrocyte glucose uptake". Graduate Student Affairs Committee. \$400 **Purchased glucose supplies** (Faculty Advisor)

NATIONAL REFEREED PRESENTATION WITH PUBLISHED ABSTRACT

Kleine, S.V., **K.F. Rinehardt**, R.S. Axtell, D. Upson, T. Quill, and L. Morico. "The relationship among salivary cortisol, blood lactate, and ratings of perceived exertion in response to anaerobic and aerobic work in collegiate swimmers." Med. Sci. in Sports and Exer, American College Sports Medicine Annual Meeting, San Francisco CA, May 2003.

Kovi D., **K.F. Rinehardt**, R.S. Axtell, D. Upson, S.V. Kleine, T. Quill, J.M. Weitzner. "Effect of graded exercise on erythrocyte glucose uptake". Med. Sci. in Sports and Exer, American College Sports Medicine Annual Meeting, San Francisco CA, May 2003.

Rinehardt, K.F., R.S. Axtell, S.Kleine, D. Upson, D. Woznica, T. Quill, J.N. Weitzner, P. Ordway, D.L. Kovi, and J.L. Carabetta. "Response in performance, metabolic indices, and perception during a season of collegiate competitive swim training". Med. Sci. in Sports and Exer. Vol.33:5 Supplement, pp. 194, June 2002. St.Louis MO.

J.A. Finn, R.S. Axtell, T.D. Crispens, M.M. Alvarez & **K.F. Rinehardt**. "Differences in isokinetic knee and ankle strength between super and poor balancers". Med. Sci. in Sports and Exer. Vol.33:5 Supplement, pp. 222, June 2002, St. Louis MO.

S.V. Kleine, J.J. Carabetta, D. Upson, R.S. Axtell, and **K.F. Rinehardt**. "Effect of a 10 week functional training program on strength, body composition, and balance in young women". Med. Sci. in Sports and Exer. Vol.33:5 Supplement, pp. 258, June 2002, St. Louis MO.

PROGRESS TOWARD DOCTORATE (IF APPLICABLE): Credits completed, credits remaining, proposal, dissertation. **NA**

ATTENDANCE & PARTICIPATION

DATE 5/2002&03 **ACTIVITY:**

Attended the American College of Sports Medicine Annual National Conferences

THESIS STUDY ADVISING:

STUDENT NAME	TITLE OF GRADUATE THESIS	STATUS
Cheryl Bueno	Reaction time in collegiate basketball players during a competitive season.	Defended & Graduated
Bruce Goodwin	Effect of a resistive device on swimming velocity and distance per stroke.	Defended & Graduated
Sara Kleine	The relationship among salivary cortisol, blood lactate, and ratings of perceived exertion in response to anaerobic and aerobic work in collegiate swimmers.	Defended & Graduated
Lisa Sidella	The effect of training at the 4mM and 6mM blood lactate concentration on the 4mM anaerobic threshold.	Defended & Graduated
Michael Angeletti	Manipulation of stride length at the point of fatigue on performance time in the 44m run.	Data Collected
Cindy Fontana	The effect of training on the responses and relationship among state of mood, perceived exertion, and affect in collegiate swimmers.	Data Collected
Kimberly Sewright	The effects of six weeks of Pilates Mat training on serve velocity, muscular endurance, and flexibility in collegiate tennis players.	Data Collected

PROFESSIONAL GROWTH

Have an Academic Strategic Plan, that advances Academic Excellence, developed by the end of the 2003-04 academic year.
Continue research on metabolism of the erythrocyte during intense training.