

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

## GORDON JAMES SCHMIDT, Ph.D. Sports/Fitness Athletic Training Specialist

### PROFESSIONAL EXPERIENCE

2005 to **Robson Forensic, Inc.**

present *Associate*

Provide technical investigations, analysis, reports, and testimony towards the resolution of commercial and personal injury litigation involving sports equipment, fitness, athletic training and sports supervision.

2001 to **William Paterson University, Wayne, New Jersey**

present *Professor and Chair, Exercise and Movement Sciences*

Plan, develop and oversee daily and long-term goals of Department. Lead Department in strategic initiatives and program development. Advise, chart progress and recommend supplemental programs for students. Teach classes, perform research and supervise committees for the university.

2002 (fall) **University of Ottawa**

*Part time Professor, Health Science*

Part-time Professor of Musculoskeletal Anatomy. Part-time Professor of Theoretical Interventions in Physical Activity. Member of School Council representing part-time professors.

**Lansdowne Technology Incorporated**

*Consultant*

Coordinated the Request for Information for the Canadian Space Agency; Operational Space Medicine project.

1992 to **National Institute of Education, Nanyang Technological University, Singapore**

2001 *Associate Professor*

Head Sports Science Section, Chair Research/Graduate Studies. Taught classes, supervise students, conduct research. Performed research in sports medicine and bioscience.

1987 to **Indiana State Police, State of Indiana Government Offices**

1992 *Health Specialist*

Managed programs for 1500 public safety officers within headquarters and throughout the State of Indiana. Advised personnel on health matters, present exercise science programs to individuals in small and large groups. Supervised 17 police officers in Health Management Program.

1983 to **Indiana University, Bloomington, Indiana**

1987 *Research Associate and Associate Instructor*

Performed research at the Centre for Studies of Developmental Disabilities. Taught four classes per term in sports, laboratory methods for four years. Conducted research as a Graduate Student; published findings.

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1977 to **Laurentian Regional High School, Lachute, Québec**

1983 *Teacher and Department Head*

Secondary school teacher of physical education, music and French. Head of Physical Education and Athletic Director. Extra curricular coach of basketball, volleyball, track, football, gymnastics etc.

1977 to **McGill University, Montréal, Québec**

1983 *Undergraduate Student*

In addition to my student academic responsibilities, served in the following organizations: President, Vice-President, Alumni Secretary for Lambda Chi Alpha Fraternity, Organizing Chairman for the McGill Winter Carnival and Student Orientation Committees, Student representative of School of Education on University Senate, Telegraph operator for the Canadian Pacific Railway (for 10 years during summer sessions). Lifeguard, swimming instructor and pool managers at various pools in Senneville and Lachute, Québec.

## **EDUCATION**

Doctor of Philosophy – Exercise Physiology and Anatomy, Indiana University, Bloomington, Indiana, 1989

Commendation for Excellence in Teaching

Master of Science, Indiana University, Bloomington, Indiana, 1984

Special Student, Concordia University, Montréal, Québec, Université de Montréal, Montréal, Québec, 1980; 1982

Bachelor of Education, McGill University, Montréal, Québec, 1977

Recipient of the Scarlet Key Award

Permis d'enseigner, Le Ministre de l'Éducation du Québec, 1977

## **HONORS**

Who's Who Among America's Teachers, 2004, 2005

Distinguished Teacher Award, National Institute of Education, Singapore, 2001

Fellow, American College of Sports Medicine, 1998

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### PROFESSIONAL MEMBERSHIPS

American Alliance of Health, Physical Education, Recreation and Dance (1988 - present)

Fellow, Health Fitness Director, Health Fitness Instructor American College of Sports Medicine (1998, 1989, 1987)

Canadian Association of Health, Physical Education and Recreation (1977-2000)  
International Association of Health, Physical Education, Recreation, Sports and Dance (1994 -2001)

Singapore Fitness Instructors Association (inaugural, 1993, honorary life member)  
Singapore Physical Education Association (1993 - 2001)

### PUBLICATION AND RESEARCH SUMMARY

<u>Category</u>	<u>Total Number Published To Date</u>	
Journal Papers	34	
Conference Papers	34	
Books, monographs and chapters	5	
Occasional Papers/Speeches	26	
Research Grants	11	Value = US\$873,000

### SUPERVISION OF STUDENTS & PROFESSIONALS

<u>Name of Group</u>	<u>Number</u>
WPU Exercise and Movement Faculty	13
WPU Adjunct Staff	25
WPU Secretarial, Clerical and administrative staff	2
WPU Financial Aid students	7
NTU Sport Science Staff	10
NTU Honours Students	3

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NTU Masters by Research Students	4
NTU Doctorate by Research Students	4
NTU Laboratory Technicians	6
NIE Elementary School Teaching Practice Students	21
NIE Secondary School Teaching Practice Students	44

### ADMINISTRATIVE WORK AT WILLIAM PATERSON UNIVERSITY

<b>Chair</b> of Exercise and Movement Sciences Department	2001 - present	Oversee operations of Department, advise students, teach classes, serve on selected committees, conduct staff meetings
<b>Executive Committee Member</b> of College of Science and Health	Present	Executive Council Committee of Chairs of Departments in the College of Science and Health
<b>Committee Member</b> of Exercise and Movement Sciences Department	Present	Executive Council - Chair
<b>Ex-officio Member</b> of all committees for the Exercise and Movement Sciences Department	2001-present	Assessment, Curriculum, Budget and Equipment, Scheduling, Search, Social, Awards, Technology, EMS Club. Major writer for Student Success Plan, Department Assessment Plan, End of Year and Faculty Achievement documents.
<b>Co-Chair</b> of Faculty Senate Subcommittee on Athletics	2004-2005	Served as the co-chair for reviewing Athletics and Campus Activities policies and reporting to the Faculty Senate
<b>Adjunct Faculty Evaluator</b>	Present	Evaluate performance of adjunct faculty
<b>New Jersey Physical Education Higher Education Consortium</b>	Present	Member of higher education panel to advise State Department of Education regarding PE curriculum and programs

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<b>Search Committee</b> for Athletics Department	2005	Member of Athletics Department Search Committee for WPU Head Football Coach
<b>New Jersey Partnership Grant</b>	2001-2004	Member of partnership grant committee
<b>Chair - Timely Degree Completion Initiative</b>	2003-5	Chair the sub-committee of the Provost's Timely Degree Completion Initiative for Facilities and Resources
<b>Committee Member – National Science Foundation</b> Advisory Board grant for Research and Statistics Course (CSH250 and CSH350)	2003 – present	Advisory Board member
<b>Organizer for Seminar: Applications of Technology and Measurement to Promote Healthier Lifestyles</b>	April 22, 2004	Organizer for guest speaker: Beth Kirkpatrick
<b>Committee Member – Banner Assessment Team</b>	October 15, 2003	Reviewed and analyzed BANNER as a business practice for implementation with WPU Registration and Academic Advising
<b>Department Reviewer for National Council for Accreditation for Teacher Education (NCATE)</b>	2004	Reviewed documents and submitted results for document written for NCATE Rejoinder
<b>Department Co-representative for the Higher Education Quality Initiative</b> for the New Jersey Department of Education	2004-2005	Coordinated the compliance requirements of the New Jersey Department of Education, HEQI Professional Teacher Standards and course revisions.
<b>Recognition Program</b> for the National Strength and Conditioning Association	2004-2005	Coordinated the compilation of the recognition program for the NSCA
<b>Faculty Marshall</b>	Every term 2001-2005	Faculty assistant for graduation ceremonies
<b>Committee Member – Oxford Summer Research Institute</b>	2004	Assisted in the review of applications for the Summer Research Institute at Oxford University. WPU

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### ADMINISTRATIVE WORK PRIOR TO WILLIAM PATERSON UNIVERSITY

<b>Head</b> of Sports Science Section	1992-2001	Managing laboratories, staff and equipment for exercise physiology, biomechanics and motor development
<b>Chair</b> of Research and Graduate Studies in Physical Education	1994-2001	Facilitating research, local and foreign application processing, advising students, program development
<b>Director</b> of American College of Sports Medicine Instructor Certification	1993-2001	ACSM Group Exercise Leader and Health Fitness Instructor Certification courses--the only English language ACSM courses in Asia.
<b>Graduate Studies Program Officer</b>	1994-2000	Representative on the Nanyang Technological University Steering Committee
<b>Physical Education Faculty Representative</b>	1994-2000	School of Physical Education Advisory Committee Recording Secretary
<b>Physical Education Faculty Representative</b>	1995-2000	Member NTU Research Committee on Higher Degrees by Coursework/Research

### COMMITTEE AND ADMINISTRATIVE WORK

<b>Co-Chair</b> Technology Committee for the National Association of Kinesiology and Physical Education in Higher Education	2005-present	Review and implement policies associated with technology for NAKPEHE. Attend bi-annual committee meetings, liase with other committee members regarding technology
<b>Reviewer</b> for Medicine and Science in Sports and Exercise	2005	Event and Gender-related Profiles of Muscular Development in Junior Athletes
<b>Reviewer</b> for Women in Sport and Physical Activity journal	2005	Dietary Restraint, Body Esteem, Physical Activity, and Phalangeal Bone Density in Young Women
<b>Reviewer</b> for Women in Sport and Physical Activity journal	2004	Girls on the Run: Improves in Self-Esteem, Body Size Satisfaction, and Eating Attitudes/Behaviors

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<b>External Examiner</b>	2001	University of Science Malaysia, Master of Medicine coursework program Exercise Science
<b>Invited Consultant</b>	1998-2001	Singapore Science Centre (exhibition on Physiology of Life at the Science Centre)
<b>Committee Member</b> for the National Physical Fitness Award (NAPFA) Test Main and Technical Advisory Committee	1994-2001	Singapore Sports Council administered national fitness award scheme for all children and members of the national defense
<b>Committee Member</b> for the Board of Technical Advisors	1996-2001	Singapore Fitness Instructors' Association - the national certification body responsible for accreditation of fitness instructors
<b>Faculty Director for The Learning Metropolis - Heartland, Fitness Kiosk</b> - Ministry of Education (MOE)	March 2000	Organiser for "Lean Bodies, Healthy Hearts" MOE Educational Fair at World Trade Organization Economic Ministers' Forum - 200,000 school children visited kiosks in physical education and fitness
<b>Grant Reviewer</b>	2000	National Medical Research Centre, Singapore National Heart Centre "The effect of exercise-induced weight loss on metabolic risk factors and fat distribution in young obese males"
<b>Ph.D. Thesis Examiner</b>	2000	Ms Lin Fu Po "Physical Activity and Body Composition Changes Following One Year of Exercise Intervention"
<b>Grant Reviewer</b>	2000	University Grants Committee, Hong Kong Research Grants Council "Influence of palatability on rehydration in boys and girls exercising in the heat."
<b>External Examiner</b>	1998 & 2000	Annamalai University, India Department of Physical Education Ph.D. Thesis of D. Suriyamurthy & submitted for re-examination in 2000 "Yoga Exercise and Wellness"

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<b>Grant Reviewer</b>	2000	Defense Medical Research Institute- grant submission: "Development of ergogenic aids for endurance exercise based on antioxidant supplementation" and "Evaluation of ergogenic effects of nutritional branch-chain amino acids on exercise endurance of healthy volunteers: Understanding of central fatigue."
<b>Invited Consultant</b>	2000	Nanyang Technological University Alumni Fitness Centre
<b>Invited Keynote Speaker</b>	04-27/28-2000	International Life Sciences Institute 7 <sup>th</sup> Annual General Meeting, "A Call to Activity: What we are doing about it"
<b>Consultant</b>	1999-2000	International Life Sciences Institute "Power Kids On the Go", and "Power Kids Eat Smart" for Primary School, Physical Activity and Nutrition package for Trim and Fit students
<b>Invited Reviewer</b>	1999	Australian Catholic University "Predicting and identifying cardiac patients' commitment to and involvement in regular physical activity"
<b>Journal Reviewer</b>	1999	Preventive Medicine, American Health Foundation "Stress-reducing effects of three months relaxation exercises in school children: a pilot study"
<b>Examiner</b>	1999	Ph.D. examination for Mr. Nicholas Aplin "Social Values in Physical Education"
<b>Ph.D. Review Panel</b>	1999	School of Science Ph.D. examiner Mr. Kong Jin Ming "Phytochemicals in biotechnology"
<b>Ph.D. Review Panel</b>	1999	School of Physical Education Ph.D. examiner Mr. Justin Grantham "Post-prandial lipemia in exercise"

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<b>Ph.D. Review Panel</b>	1999	School of Physical Education Ph.D. examiner Mr. Irwin Seet "A Psychological Skills Training Program in elite adolescent rugby players"
<b>Keynote Speaker</b>	24 July 1999	Osteoporosis Society of Singapore & Singapore Action Group for the Elderly "Fitness for the Elderly"
<b>Chair</b>	18 Apr 1999	International Life Sciences Institute Symposium and workshop on Nutrition and Healthy Aging in Asia
<b>Invited Speaker</b>	27 Feb 1999	Sports Medicine Symposium Alexandra Hospital "Optimizing Knee and Ankle Function in the Prevention of Injuries"
<b>Staff Coordinator</b>	1998	Inaugural faculty CPR certification
<b>Supervisor</b>	1998	National University of Singapore consultant Kyla Kent from Stanford University
<b>Supervisor</b>	1998	Hwa Chong Junior College final year project for Victor Tan "Mechanical Vibration of Bone"
<b>Associate</b>	1998	National Institute of Education, Center for Educational Research
<b>Faculty Co-ordinator</b>	1998	Civil Aviation Authority of Singapore Fitness Instructor Workshop and Certification
<b>Exercise Physiologist--Consultant</b>	1998-1999	Singapore Rugby Union National Rugby and Under-17 National Squads
<b>Consultant</b>	1998-1999	GREEN [Grow, Rejuvenate, Energize, Everyday, Naturally] Club

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<b>Invited Keynote Speaker</b>	26 Sept 1998	GREEN Club Wellness Centre "Injury Management in Daily Activities"
<b>Trim and Fit Advisor</b>	1997-1999	Ministry of Health - School Health Service Over 140% Program
<b>Faculty Coordinator</b>	1998	Ministry of Health - National Health Survey with the Food and Nutrition Department
<b>Television Presenter</b>	1998 & 1999	Television Corporation of Singapore "AM Singapore"
<b>Radio Presenter</b>	1998 & 1999	Radio Corporation of Singapore
<b>Guest Speaker</b>	1998	Ping Yi Secondary School "Fitness from Fatness"
<b>Internal Examiner</b>	1997	Honours Academic Exercise for Gillian Ng Bee Kit "Adolescent Physical Activity and Exercise"
<b>Internal Examiner</b>	1997	School of Physical Education Honours Academic Exercise for Azhar bin Mohamed Hussain "Aerobic and Anaerobic Performance of Midfield and Non-midfield Competitive Soccer Players"
<b>External Reviewer</b>	1997	Asia Pacific Journal of Education "Determinants of VO <sub>2</sub> peak in children"
<b>External Reviewer</b>	1997	Defense Medical Research Institute "The ergogenic enhancing effect of an acute dose of testosterone on the physical performance of soldiers in the Singapore Armed Forces"
<b>International Presenter and Examiner</b>	1997	ACSM/Taipei Physical Education Association - Inaugural ACSM Exercise Leader and Health Fitness Instructor program and certification in Taipei, Taiwan, Republic of China

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<b>Guest Reviewer</b>	1996	Annals of the Academy of Medicine, Singapore Medical Association "Development of alternative aerobic fitness tests: 8 km cycling and 500 m swim"
<b>Consultant</b>	1996	Ministry of Health planning and video- taping Great Singapore Workout II "Fun/Fitness Workout"
<b>Liaison Consultant</b>	1996	Singapore Cable Vision Petal Productions for video filming in four languages for Health and Fitness Video series
<b>Consultant</b>	1996	Shell Oil Refinery Company Wellness/Fitness
<b>Lecturer</b>	1996	Singapore Rugby Union Inaugural Level II Rugby Coaching course - "Nutrition; Resistance Training"
<b>Presenter</b>	1996	Singapore Netball Association "Junior Squat Training"
<b>Internal Examiner</b>	1996	School of Physical Education Honours Academic Exercise for Aw Yong Wai Ling "Field Validation of 1.6 km walk/run in children"
<b>Keynote Speaker</b>	1995	St Andrews Junior College Wellness Day
<b>Presenter</b>	1994	Singapore Institute of Labour Studies "Exercise, Health and Physical Fitness"; "Management of Medical Problems in Sports"
<b>Presenter</b>	1994	Singapore Police Force "Long Distance Running"; "Training for Competition"; "Injuries in Sport"
<b>M.Sc. External Examiner</b>	1994	University of Western Australia Mr. Alan Ch'ng "Bicarbonate buffering of endurance training in a tropical environment"

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<b>Invited Speaker</b>	1993	Central Y.M.C.A "Fitness Testing and Physical Conditioning"
<b>Guest Speaker</b>	1993	Jurong Institute "Health Lifestyle Campaign"
<b>Invited Speaker</b>	1993	Chartered Semi-Conductor Manufacturing Company "Keeping Fit with Exercise"
<b>Invited Speaker</b>	1993	Kim Keat Community Centre "Health, Nutrition and Sports Injuries"
<b>Invited Speaker:</b>	1993	Motorola Singapore "Strategies for Successful Wellness Programmes"; "Rationale Behind Wellness Programmes"
<b>Guest Speaker</b>	1993	National Institute of Education and Ministry of Defense Programme of National Awareness: "Healthy Lifestyle Campaign"
<b>Guest Speaker</b>	1993	Hilton Hotel "What does it take to get started in exercise"
<b>Guest Speaker</b>	1992	Maris Stella High School "Exercise, Health and Physical Fitness"
<b>Guest Speaker</b>	1992	Singapore Armed Forces Training Instructors "Physical training programmes: Guidelines and management"

### FORMAL UNIVERSITY TEACHING CLASSES AND COURSE DESCRIPTIONS

Musculoskeletal Anatomy (UO) (APA1213)	The microstructure of bone and muscle; arthrology and description of movement; anatomy of the neck and trunk, anatomy of the extremities; analysis of simple and complex skills and the relationship of anatomy to human movement
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Theoretical Interventions in Physical Activity (UO) (APA2111)	The main variables and behaviours related to effective intervention in physical activity (coaching, teaching, health, fitness, etc.) will be described. Models in intervention and the concepts of assessment and evaluation in physical activity
Tests and Measurement (WPU) (PEAC354)	Measurement and evaluation of individual performance variables as well as the basis for monitoring, prescription, statistical design and research methods.
Human Functional Anatomy (SPE) (APH110)	Emphasis placed on the muscular, cardiovascular, nervous, digestive, and endocrine systems; bone growth and development, and the relationship of anatomy to performance.
Measurement and Evaluation (SPE) (APH206)	Organization and administration of a testing programmes. Selection of appropriate statistical methods used in a testing.
Exercise Physiology, Health & Nutrition (SPE) (APH210)	Physiology of exercise, obesity, performance, nutrition and thermoregulation
Fitness and Exercise Counselling (SPE) (APH301)	Measurement and evaluation of physical performance as basis for monitoring, prescription and training. Analysis of basic statistical methods will be used to assess and perform research
Physiological Bases for Exercise (SPE) (APH302), Physiology of Exercise WPU (PEAC350)	Cellular responses of the body to the stimulus of exercise, nutrition and human performance. Cell structure and function, energy systems, human body systems and the mechanisms of physiology adaptation.
Ergophysiology (SPE) (APH401)	Theoretical and practical experiences in exercise physiology including sub-cellular mycology, structure and function, pathophysiology, muscular and cardiovascular adaptations to exercise, fitness and sport, and periodization in training
Socio-physical Research in Wellness (Honour's year, SPE) (AHK507)	Social and physical perspectives of issues pertaining to the wellness of children, adolescents, adults, athletes, community and corporations. Strategies in gathering information, presenting material, identifying problems in social and physical domains.
Masters of Education-Assessment and Prescription in Physical Education (SPE) (MED837)	Theoretical and practical applications of assessment and prescription. Scientific principles of assessment, human development and aging, health appraisal, counselling, prescription and wellness.

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Masters of Science - Exercise Physiology and Physical Performance (SPE) (MES811)      Advanced understanding of exercise physiology. Scientific principles of aerobic capacity, anaerobic intensity, thermoregulation and exercise performance with particular concern to the environment.

Masters of Science – Physical Activity and Lifestyle Behaviour (SPE) (MES812)      Knowledge in physical activity and lifestyle behaviour research with emphasis on wellness, physical activity patterns, and behavioural choices. Strategies in gathering information, presenting material, identifying problems.

The following are lists of activity courses that I have taught throughout my academic career. I have kept copies of student evaluations.

<u>Course Code and Title</u> (Activity)	<u>Subject</u> (High School)	
Aquatics - Beginning (IU)	Alpine skiing	Lacrosse
Aquatics - Intermediate (IU)	Archery	Lifesaving
Aquatics - Advanced (IU)	Badminton	Racquetball
Gymnastics I - Educational (SPE)	Basketball	Sailing
Gymnastics II - Olympic (SPE, IU)	Cross country skiing	Squash
Basketball	Camping	Soccer
Lifeguarding and Lifesaving (IU)	Canoeing	Swimming
Racquetball (IU)	Curling	Tennis
Sailing (IU)	Football	Track and Field
SCUBA diving (IU)	Floor hockey	Volleyball
Skiing - Alpine (IU)	Golf	Weight training
Squash (IU)	Gymnastics	
Volleyball (IU, WPU)		
Weight Training (SPE, IU, IUPUI)		
Weight Training for Women (SPE)		

\*code: IU = Indiana University; IUPUI = Indiana University, Purdue University Indianapolis; SPE = School of Physical Education (Singapore); UO = University of Ottawa; WPU = William Paterson University

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## CERTIFICATIONS

American College of Sports Medicine Health Fitness Instructor (current)  
American College of Sports Medicine Health Fitness Director (current)  
American Red Cross CPR/AED (current)  
American Red Cross Water Safety Instructor (expired)  
American Red Cross Lifeguarding Instructor (expired)  
Federation International Volleyball Referee Level I (expired)  
Professional Association of Diving Instructors (current)  
Royal Life Saving Society Swimming Instructor and Examiner Level II (expired)

## GRADUATE SUPERVISION OF THESES

### Completed theses

M.Sc. Thesis - Mr. Gobinathan Nair  
Body Composition and Physiological Differences in  
Overweight and Non-Overweight Singapore Chinese Male  
Adolescents

M.Sc. Thesis - Ms Lim Guat Hong  
Physical Activity of Singaporean Adolescent Sport and Non-  
sport Participants

B.Sc. (Hons) Thesis - Chew Kia Sheng  
Power and Strength Changes Following a Bout of Concentric  
and Eccentric Leg Press Exercise

B.Sc. (Hons) Thesis - Azhar Bin Mohd Hussain  
Aerobic and Anaerobic Performance of Midfield and Non-  
midfield Competitive Soccer Players

M.Sc. Thesis - Mr David Sun Xiaoqian  
Physical Activity and Fitness, Health and Lifestyle  
Behaviors of Adolescent Singaporean School Children

M.Sc. Thesis - Mr Eddy Chong  
Adherence and Attrition During an Intervention Exercise  
Program

### Theses by research in progress

Ph.D. Thesis – in progress –  
Mr. Sun Xiaoqian  
Health, Physiological and Behavioural  
Responses of Adolescents to an  
Exercise and Wellness Program

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B.Sc. (Hons) Thesis - Mohd Zohri bin Abu Bakri  
Delayed Onset Muscle Soreness and Plasma Enzyme  
Concentrations Following an Acute Bout of Arm Exercise

Ph.D. Thesis - Dr. Daniel Adelbert  
Immune Response to Acute Exercise and Delayed Soreness

Ph.D. Thesis – Dr. Hu Qichen  
Immunological Response of the Red and White Blood Cell  
to Exercise

### PUBLICATIONS

1. **Schmidt, G.** Jump Rope for Heart impacts physical activity, physical education and Nutrition. The Reporter. (Spring, 2004) 75(1), 12-15.
2. Deurenberg, P., Deurenberg-Yap, M., Foo, L.L., **Schmidt, G.**, Wang, J.Z. Differences in body composition between Singapore Chinese, Beijing Chinese and Dutch children. European Journal of Clinical Nutrition. (2003) 57, 405-9.
3. **Schmidt, G.** & DeSilva, E. Power Kids: On the Go. A Physical Education Package Programme and Reference Book for Primary School Teachers. International Life Sciences Institute Press, Singapore (2001).
4. Deurenberg-Yap, M., **Schmidt, G.**, van Staveren, W.A., Hautvast, J, & Deurenberg, P. Body fat measurement among Singaporean Chinese, Malays and Indians: a comparative study using a four-compartment model and different two-compartment models. British Journal of Nutrition. (2001) 85. 491-498.
5. Deurenberg-Yap, M., **Schmidt, G.**, van Staveren, W.A., & Deurenberg, P. The paradox of low body mass index and high body fat percentage among Chinese, Malays and Indians in Singapore. International Journal of Obesity and Related Metabolic Disorders. (2000) 24, 1011-1017.
6. Werkman A, Deurenberg-Yap M, **Schmidt G.**, & Deurenberg P. A comparison between the composition and density of the fat-free mass of young adult Singaporean Chinese and Dutch Caucasians. Annals of Nutrition and Metabolism. (2000) 44. 235-242.
7. Deurenberg P, Deurenberg-Yap M, Wang JJ, Lin FP, & **Schmidt G.** Prediction of body fat percent from anthropometry and impedance in Singapore and Beijing Chinese. Asia Pacific Journal of Clinical Nutrition (2000) 9, 93-98

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8. Deurenberg, P., Deurenberg-Yap, M., Wang, F.P., Lin, F.P., & **Schmidt, G.** The impact of body build on the relationship between body mass index and percent body fat. International Journal of Obesity and Related Metabolic Disorders. (1999) 23, 537-542.
9. **Schmidt, G.J.**, Walkuski, J.J., Stensel, D.J. The Singapore Youth Coronary Risk and Physical Activity Study. Medicine and Science in Sports and Exercise. (1998) 30(1), 105-113.
10. **Schmidt, G.**, Walkuski, J. School-based assessment of body composition: A Singapore experience. Asia Pacific Journal of Education. (1998) 18(1), 60-68.
11. **Schmidt, G.J.**, Stensel, D.J. & Walkuski, J.J. Blood pressure, lipids, lipoproteins, body fat and physical activity of Singapore children. Journal of Paediatrics and Child Health. (1997) 33, 484-490.
12. **Schmidt, G** & Saunders, J.A. Children's physiology and fitness: A challenge for the professional instructor. Singapore Fitness Instructors' Association. (1997), 4(2), 1, 10.
13. **Schmidt, G.** A Case of Wellness: Benefits from a health screening. National Institute of Education News. (Oct., 1997), 26, 16.
14. **Schmidt, G.J.** & Kunalan, C. Alternative Health-Related Physical Fitness Tests. Journal of the International Council on Health, Physical Education, Recreation, Sports and Dance. (Summer, 1997) 33(4): 5-10.
15. **Schmidt, G.** Raising the standard of fitness professionals. National Institute of Education News. (January, 1997), 23, 6.
16. **Schmidt, G.** & Kunalan, C. Children and youth in fitness, physical activity and exercise. Singapore Fitness Instructors' Association. (1996), 3(4), 1, 11.
17. **Schmidt, G.** American College of Sports Medicine Programmes. National Institute of Education News. (July, 1996) 21, 8.
18. **Schmidt, G.** Temperature regulation with particular attention to sweat iron loss. Singapore Fitness Instructors' Association. (1996) 3(3) 10-11.
19. **Schmidt, G.** Field practitioners need to assess body composition. Singapore Fitness Instructors' Association. (1996) 3(2): 11-13.
20. **Schmidt, G.J.** Management of medical problems in Sport. In: Haslam, I.R. (Ed). NTUC Sport Team Manager's Handbook. Singapore. (1995) NTUC Publishing: 22-40.

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21. **Schmidt, G.** & Kunalan, C. Fitness testing promotes excellence in the physical education curriculum. Educational Research Association Proceedings. 9th Annual Conference, Plaza Hotel, Singapore, 22-24 November, 1995. 37.
22. **Schmidt, G.J.** Muscular endurance and flexibility components of the Singapore National Physical Fitness Award. The Australian Journal of Science and Medicine in Sport (1995) 27(4): 88-94.
23. **Schmidt, G.J.** Licensing for professionals. Singapore Fitness Instructors' Association. (July, 1995) 2(3): 12.
24. **Schmidt, G.** Fitness guidelines everyone should be following. Singapore Fitness Instructors' Association. (1995) 2(4): 13.
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34. **Schmidt, G.J.** & Klueber, K.M. Histochemical analysis of diabetic muscle (from abstract, 25th Annual Meeting of Southern Society of Anatomists Oct 12, 1985) Anatomical Record (1986).

### Conference Presentations

1. **Schmidt, G.J.** Swimming with Sharks: Confessions of an Untenured Chair. Presented at the National Association of Kinesiology and Physical Education in Higher Education in Tucson, AZ (January 5, 2005).
2. Qichen Hu<sup>1</sup>, Michael Chia<sup>2</sup>, **Gordon Schmidt**<sup>3</sup>, Shabbir Moochhala<sup>4</sup>, Darren Lim<sup>2</sup>, Han Chow Koh<sup>2</sup>. <sup>1</sup>Shanghai Institute of Physical Education, Shanghai, China. <sup>2</sup>Nanyang Technological University, Singapore, Singapore. <sup>3</sup>William Paterson University, Wayne, NJ. <sup>4</sup>Defence Medical Research Institute, Singapore, Singapore. The Relationship Between Activities Of Complement Receptors Of Erythrocytes And Lymphocytes In Physical Exercise. American College of Sports Medicine Annual Meeting in Memphis, TN (June 1-4, 2005).
3. Hu, Q.C., Chia, M.C., **Schmidt, G.**, Lim, D., Koh, H.C. Effect of different exercise modalities on immune adherence of erythrocytes. Annual meeting of the American College of Sports Medicine, June 6, 2004, Indianapolis, IN, Published in Medicine and Science in Sports and Exercise (June, 2004)
4. **Schmidt, G.J.**, Quek, J.J., Koh, H.C. Cardiovascular risk factors and the vitamin D receptor Gene in Brisk Walkers. Temasek Polytechnic and Defense Science and Technology Seminar, Singapore (May, 2004).
5. Hu, Q.C., Chia, M.C., Moochhala, S., **Schmidt, G.**, Lim, D., Koh, H.C. Effect of different treadmill exercises on immune adherence of erythrocytes. Pre-Olympic Scientific Congress in Thessaloniki, Greece (August, 2004).
6. **Schmidt, G.J.**, Quek, J.J., Koh, H.C. Cardiovascular risk factors and the vitamin D receptor gene in brisk walkers. Annual meeting of the American College of Sports Medicine, May 28-31, 2002, St. Louis, MO, Published in Medicine and Science in Sports and Exercise (2002) 34(5) 513.
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- 31-June 3, 2000, Indianapolis, IN, USA. Published in Medicine and Science in Sports and Exercise (2000) 32(5) Supplement: 436.
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  11. **Schmidt, G.J.**, Chong, E.H.K., Quek, J.J., & Walkuski, J.J. Inter-generational body composition, coronary risk and physical activity patterns of Singaporean school children and their families. Annual Meeting of the American College of Sports Medicine, June 2-5, 1999, Seattle, WA, USA. Medicine and Science in Sports and Exercise (1999) 31(5) S: 169.
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  14. Sun, X.Q. & **Schmidt, G.J.** Physical inactivity: a risk factor for health, lifestyle behaviors and coronary heart disease in children. Annual Meeting of the American College of Sports Medicine, June 2-5, 1999, Seattle, WA, USA. Medicine and Science in Sports and Exercise (1999) 31(5) S: 1756.
  15. **Schmidt, G.J.** Physique and Form: Physical activity patterns reflect body shape. Women and Sport Conference 1999, 15-16 March, 1999. Singapore. Published proceedings, pp. 56-64.
  16. **Schmidt, G.J.** Optimising knee and ankle function in the prevention of injuries. Sports Medicine Symposium, 27 February, 1999. Alexandra Hospital, Singapore.
  17. **Schmidt, G.J.**, Adelbert, D. & Chong, E. Aerobic and anaerobic capacities of the Under-19 Singapore National Rugby Squad. Annual Meeting of the American College of Sports Medicine, June 3-6, 1998, Orlando, Florida, USA. Medicine and Science in Sports and Exercise (1998) 30 S: 205.

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18. Azhar, M.H. & **Schmidt, G.J.** Aerobic and anaerobic performance of midfield and non-midfield competitive soccer players. Annual Meeting of the American College of Sports Medicine, June 3-6, 1998, Orlando, Florida, USA. Medicine and Science in Sports and Exercise (1998) 30 S: 188.
19. **Schmidt, G.J.**, Walkuski, J.J. Stensel, D.J. & Sun, X.Q. Coronary health appraisal of Singaporean school children. Association Internationale d'Education Superieure dans l'Education Physique World Congress on Teaching, Coaching and Fitness Needs in Physical Education and Sports Science, 4-6 December, 1997, Singapore. AIIESEP Proceedings: 424-430.
20. Walkuski, J.J., **Schmidt, G.J.** & Quek, J.J. Body composition measurement techniques in Singapore. Association Internationale d'Education Superieure dans l'Education Physique World Congress on Teaching, Coaching and Fitness Needs in Physical Education and Sports Science, 4-6 December, 1997, Singapore. AIIESEP Proceedings: 439-442.
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22. **Schmidt, G.J.** & Saunders, J.A. Incorporating fitness into the physical education curriculum. Association Internationale d'Education Superieure dans l'Education Physique World Congress on Teaching, Coaching and Fitness Needs in Physical Education and Sports Science, 4-6 December, 1997, Singapore. AIIESEP Proceedings: 392-397.
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26. Nair, G. & **Schmidt, G.** Body composition and physiological differences in overweight and non-overweight Singapore Chinese male adolescents. Annual Meeting of the American

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College of Sports Medicine, 28 May-1 June, 1996, Cincinnati, OH, USA. Medicine and Science in Sports and Exercise (1996) 28 S: 353.

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28. Stensel, D.J. & **Schmidt, G.J.** Lipids and lipoproteins in Singapore school children. (1995) Annual Meeting of the American College of Sports Medicine, 31 May-4 June, 1995, Minneapolis, MN, USA. Medicine and Science in Sports and Exercise (1995) 27 S: 419.
29. **Schmidt, G.J.** National fitness test batteries provide basis for educational, social and political change. World Congress Physical Education and Sport '94, Association Internationale des Ecoles Superieures d'Education Physique (AIESEP), 24-28 June, 1994, Berlin, Germany.
30. Lim, G.H. & **Schmidt, G.J.** Physical activity of Singaporean adolescent sport and non-sport participants. Annual Meeting of the American College of Sports Medicine, 1-5 June, 1994, Indianapolis, IN. Medicine and Science in Sports and Exercise (1994) 26 S2: 256.
31. **Schmidt, G.J.** & Gilbey, H. Nutrition of the high performance athlete. XVII SEA Games International Sports Science Conference Proceedings, 9-11 June, 1993, Singapore.
32. **Schmidt, G.J.** Wellness of the high performance athlete. XVII SEA Games International Sports Science Conference Proceedings, 9-11 June, 1993, Singapore.
33. **Schmidt, G.J.** Aerobic Exercise effect on functional aerobic capacity and platelet serotonin concentration of individuals with autism. Annual Meeting of the American College of Sports Medicine 2-6 June, 1987, Indianapolis, IN. Medicine and Science in Sports and Exercise (1987) 21 S2: S107.
34. **Schmidt, G.J.** Histochemical analysis of diabetic muscle. Big Ten Intra-university science symposium (1985).

### Ph.D. Dissertation

1. **Schmidt, G.J.** Aerobic exercise related to functional aerobic capacity, repetitive/interfering behavior, and platelet serotonin concentration of individuals with autism. (1989) Doctoral Dissertation, Indiana University, Bloomington, Indiana: (202 pages).

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### Occasional Papers

1. **Schmidt, G.** Zoom-In Question for e-Focus publication William Paterson University. January, 2005. Fitness Guidelines for the New Year. Wayne, NJ.
2. **Schmidt, G.** Practical aspects of fitness assessment. April 5, 2004. WPUNJ Teacher Quality Enhancement Grant, Professional Development Workshop in Physical Education, Fitness, Competition and Sport Education, WPU, Wayne, NJ.
3. **Schmidt, G.** Nutrition and nutritional aids in college students. February 11, 2003. William Paterson University Residents Association, WPU, Wayne, NJ.
4. **Schmidt, G.** Exercising Exercise. May 28, 2003. William Paterson University Freshman Seminar Workshop, WPU, Wayne, NJ.
5. **Schmidt, G.** Intergenerational family health and body composition. April 4, 2002. William Paterson University Research Day, New Jersey.
6. **Schmidt, G.** Education in Singapore and Canada. November 11, 2001. International Education Week. William Paterson University, New Jersey
7. **Schmidt, G.** Universiti Sains Malaysia Master of Medicine. Sports Science: Bodies at Work and Play. Faculty and Student Seminar. 11 May 2001, Kelantan, Malaysia.
8. **Schmidt, G.** Physical Education and Sports Science. Bridging the Gap: Sports Science Research Directions. Staff Seminar. 9 February 2001, National Institute of Education, Singapore.
9. **Schmidt, G.** International Life Sciences Institute Annual General Meeting. A Call to Activity: What we are doing about it. Annual General Meeting. 28 April 2000, Traders Hotel, Singapore.
10. **Schmidt, G.** Fitness: Exercise for the elderly. Symposium on Falls and Fracture Prevention, Osteoporosis Society of Singapore & Singapore Action Group for the Elderly (SAGE). 24 July, 1999. Crown Prince Hotel. Singapore.
11. **Schmidt, G.** Guidelines for organising physical activities for overweight children. Trim and Fit Coordinator's Meeting. 9 and 10 February, 1999. Institute of Health. Singapore.
12. **Schmidt, G.J.** Injury management: Self-care and self-prevention. Invited speaker, 26 September, 1998, Green Club Wellness Centre, Singapore.

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13. **Schmidt, G.J.** Exercise science research: From academics to industry. Paper presented to the Wellness, Health and Fitness business meeting, Hyatt Hotel, 1 December 1997.
14. **Schmidt, G.J.** Value of warming up in preparation for rugby. Guest lecturer for the Inaugural Singapore Rugby Union Level two coaching course. 3 August 1997.
15. **Schmidt, G.J.** Healthy lifestyle in education. Inaugural seminar on National Education, 5 May and 19 May, 1997. Nanyang Technological University.
16. Tong, G.P. Computer support and enhanced learning. SPE staff seminar organised and presented by **G.J. Schmidt**, 16 May, 1997, SPE, NIE.
17. **Schmidt, G.J.** Exercise prescription in the management of diabetes. ASEAN Diabetes Educators Advanced Course "Putting knowledge into practice", 20-24 March, 1997, Hotel Equatorial, Singapore.
18. **Schmidt, G.J.** Metabolic calculations for the ACSM equations. Inaugural ACSM certification programme in Taiwan, Republic of China, 25-29, January, 1997.
19. **Schmidt, G.J.** Exercise, health and physical fitness. 8<sup>th</sup> Programme for National Awareness (PNA), December, 1996.
20. **Schmidt, G.J.** Wellness for life. Keynote address at St. Andrew's Junior College Orientation week, 26 March 1996.
21. **Schmidt, G.** Results of the Singapore cardiovascular risk factor, lipid and body composition school-based survey. School of Physical Education faculty seminar 3 November 1995.
22. **Schmidt, G.J.** Active Living Workplace. Keynote address at the Singapore Ministry of Health 1994 "Be Game for a Game" Campaign, 11 August, 1994. Singapore.
23. **Schmidt, G.J.** Successful Staff Training. Reebok Network '94 Asian Fitness Convention, 1 April, 1994. Singapore.
24. **Schmidt, G.J.** Physically Preparing the Athlete for Competition. Reebok Peak Performance Symposium, 28 February, 1994. Singapore.
25. **Schmidt, G.J.** & Lim, G.H. Validation of Field Physical Fitness Tests. School of Physical Education Research and Post-graduate Seminar, November, 1993. Singapore
26. **Schmidt, G.J.** Planning a Wellness Strategy: Lifetime commitment or Passing Fashion. School of Physical Education Research and Post-graduate Seminar, 4 November, 1992. Singapore

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### Research Work and Research Grants

<u>Title of Project &amp; Duration</u>	<u>Type &amp; Amount of Grant</u>
Coronary Risk Assessment and Fitness Testing in Three Generational Families	Assigned Release Time 2005-6
Validation of a Fitness test for Elderly Women and their Daughters	Assigned Release Time 2004-5
Provost's Incentive Grants (2) 1. Mentoring first year students; 2. Expansion of EMS scientific equipment	William Paterson University \$13,000
Intergenerational Coronary Risk Factor Analysis and Validation of Body Composition Techniques in Singaporean School Children and Their Families. (4 years)	Ministry of Education S\$461,662
Family Wellness: Genetic markers, physical activity patterns, bone mineral density and cardiovascular risk factors (2 years)	National Institute of Education S\$118,000
The progression of the acute inflammatory response in exercise. (2 years)	Defense Medical Research Council S\$46,000
Inter-relationships between dietary intake, body composition and cardiovascular risk factors among different ethnic groups in Singapore. (2 years)	National Medical Research Council S\$240,000
Relationship of muscle bulk and strength of National Service men after basic military training, to androgen receptor gene polymorphic variants (2 years)	Defense Medical Research Institute S\$272,000
Effects of a low residue diet on body mass and performance in athletes attempting to make weight (1 year)	Singapore Sports Council S\$5,150
The effect of exercise fatigue on serotonin, acetylcholine and hormones of the hypothalamic-pituitary-adrenal axis (1 year)	Defense Research Council Ministry of Defense S\$45,000

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Effects of brisk walking exercise on bone mineral density when Vitamin D receptor genotype is known (1 year)

Ministry of Defense/Nanyang Technological University Joint Grant  
S\$49,000

Sprint Training in Diabetic Monozygotic Db++ Mice

American Diabetes Association  
US\$46,000

Aerobic exercise, serotonin concentrations and repetitive/interfering behaviors of individuals with autism

Indiana University  
US\$2,250

Grants are in Singapore and US dollars

US\$1.00 = S\$1.75

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