

## BIOGRAPHICAL SKETCH

NAME Patricia C. Fehling	POSITION TITLE Professor of Health and Exercise Sciences
Institution/Organization: Skidmore College	

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Northern Illinois University	B.S. Ed	1974 - 1978	Physical Education
Northern Illinois University	M.S. Ed.	1982 - 1984	Exercise Physiology
University of Illinois	Ph.D.	1987 - 1992	Exercise Physiology
University of Connecticut, Health Center	Post Doc	1992 - 1993	

### A. Positions and Employment

- 2008-present      Professor, Health and Exercise Sciences, Skidmore College, Saratoga Springs, NY.
- 2007-present      Chair, Health and Exercise Sciences, Skidmore College, Saratoga Springs, NY.
- 1998-2008        Associate Professor, Skidmore College, Saratoga Springs, NY.
- 1993-1998        Assistant Professor, Skidmore College, Saratoga Springs, NY.
- 1992-1993        Research Associate, Osteoporosis Center, University of Connecticut Health Center, Farmington, CT.

### B. Service

- Fellow*, American College of Sports Medicine (FACSM), 1999.
- Physical Fitness Council President, AAHPERD, 1997-2000.
- American College of Sports Medicine, BONE Liaison, 2000-2002.

### C. Honors

- Distinguished Service Award, 2001- from the Physical Fitness Council of the American Association for Active Lifestyles (AAHPERD).

### D. Peer Reviewed Publications

- Kress, J. Smith, D.L., **Fehling, P.C.**, Gordon, E.J. (2009). Improving the Recruitment and Retention of Organ Procurement Coordinators: A Survey Study. *Am J Transplant.* 9:1451-1459.
- Smith, D.L., **Fehling, P.C.**, Segrave, J.O. (2008). Physiological Bases of Human Performance during Work and Exercise. Taylor, N., Groeller, H., and McLennan, P. Eds. *Physiological Bases of Human Performance during Work and Exercise.* Elsevier, Philadelphia.
- Arciero, P., Gentile, C.L., Pressman, R., Everett, M., Ormsbee, M.J., Martin, J., Santamore, J., Gorman, L., **Fehling, P.C.**, Vukovich, M.D., Nindl, B.C. (2008). Moderate protein intake improves total and regional body composition and insulin sensitivity in overweight adults. *Metabolism*, 57(6):757-65.
- Brown, A.C, Wells, T.G., Schade, M.L, Smith, D.L, **Fehling, P.C.** (2007). Effects of Plyometric Training Versus Traditional Weight Training on Strength, Power, and Aesthetic Jumping Ability in Female Collegiate Dancers. *J Dance Med Sci*, 11(2):38-44.
- Ashe, M.C., Fehling, P.C., Eng, J., Khan, K.M., McKay, H.A.(2006). Bone Structural Adaptations to Chronic Disuse following Stroke: Implications for Rehabilitation, *J Musculoskelet Neuronal Interact*, 6(3):226-233.

Segrave, J.O. **Fehling, P.C.** (2004). Steroid Use in Sport. Duncan, Joyce, ed. *Encyclopedia of Sport in American Culture*. Santa Barbara, CA, ABC-Clio.

Smith, D. L., Burrows, S., **Fehling, P. C.** (1999). The effect of mild hyperbaria on the performance of a reaction time test and profile of mood states. Proceedings of the 8th Annual International Conference on Environmental Extremes. In: Hodgdon, J.A., Heaney, J.H., & Buono, M.J. (Eds). *Environmental Ergonomics VIII*. 367-370.

**Fehling, P.C.**, Arciero, P.J., MacPherson, C.J., Smith, D.L. (1999). Reproducibility of Resting Peripheral Blood Flow Using Strain Gauge Plethysmography. *Int J Sports Med*, 20:1-5.

## **E. Other Publications**

### **Manual**

Plowman, S.A., Smith, D.L., **Fehling, P.C.** *Instructor's Guide and Test Bank to Accompany Exercise Physiology for Health, Fitness, and Performance*. Third Edition. Lippincott Williams & Wilkins, Philadelphia, 2010.

### **Selected Published Abstracts**

Influence of Clothing Layers under Firefighting Protective Clothing on Physiological/Perceptual Responses to Intermittent Work. Haller, J.M., Hultquist, E.M., Lefferts, W.K., Smith, D.L., **Fehling, P.C.** *MSSE*, 2012.

Cardiovascular Responses to Firefighting Duties: A Field Study. **Fehling, P.C.**, Liebig J.P., Ormsbee L.H., Smith D.L. *MSSE: Suppl*, 2011.

Short-term High-intensity Interval Training and The Physiological Stress Response. Ormsbee M.J., Kinsey A.W., Chong M., Friedman H.S., Dodge T., **Fehling, P.C.** *MSSE: Suppl*, 2011.

Effect of Training Status on Hemodynamic Variables during Recovery from Exercise in Firefighting Clothing. Trantham T., Liebig J., **Fehling P.C.**, Smith D.L. *MSSE: Suppl*42 (5): S415, 2010.

Effect of Firefighting Gear on Heart Rate Variability during Recovery from Exercise in Firefighting Clothing. Liebig J., Trantham T., Smith D.L., **Fehling P.C.** *MSSE: Suppl*42 (5): S541, 2010.

## **F. Research Support**

2010 U.S. Department of Homeland Security, FEMA, Assistance to Firefighters Grant Program. Effect of Dehydration and Heat Stress on Vascular and Hemostatic Functions. Co-PI with D. Smith. \$999,997.

2009 U.S. Department of Homeland Security, FEMA, Assistance to Firefighters Grant Program. Improving Structural Firefighting Gear – From the Inside Out. Co-PI with D. Smith. \$569,403.

2007 U.S. Department of Homeland Security, FEMA, Assistance to Firefighters Grant Program. Effect of Physical Fitness on Physiological Recovery from Firefighting Duties. P. Fehling is PI. \$994,342.

2004 Collaborative Research with D Smith: The effects of a cooling vest on recovery from submaximal work. Supported by MedEng, \$10,000

