

- 1999-2000 Lander University (Greenwood, SC)
Instructor, Division of Physical Education and Exercise Studies
Director, Human Performance Laboratory
- 1997-1999 Auburn University (Auburn, AL)
Graduate Research Assistant
Department of Health and Human Performance
- 1996-1997 Auburn, University (Auburn, AL)
Graduate Teaching Assistant
Department of Health and Human Performance
- 1992-1996 Lander University (Greenwood, SC)
Instructor, Division of Physical Education and Exercise Studies
- 1989-1992 Lander University (Greenwood, SC)
Head Athletic Trainer

National Certification

American College of Sports Medicine - Health Fitness Instructor

Scholarship and Creative Activity

International/National Refereed Journals

- Evans RK**, Bond D, Wolfe L, Meador J, Herrick J, Kellum J, Maher J. Participation in 150 minutes/week of moderate or higher intensity PA yields greater weight loss following gastric bypass surgery. *Surg Obes Rel Dis.* 2007; 3(5): 526-530.
- Bond D, **Evans RK**, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Physical activity stage of readiness predicts moderate-vigorous intensity physical activity participation among morbidly obese gastric bypass surgery candidates. *Surg Obes Rel Dis.* 2006; 2(2): 128-132.
- Bond D, **Evans RK**, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Improvements in health-related quality of life, physical activity readiness, and physical activity behavior among morbidly obese gastric bypass surgery candidates. *Am J Health Behav.* 2006; 30(4):422-434
- Evans RK**, Bond DS, DeMaria EJ, Wolfe LG, Meador JG, Kellum JM. Initiation and progression of physical activity after laparoscopic and open gastric bypass surgery. *Surg Innov* 2004; 11: 312-317.
- Bond DS, **Evans RK**, Wolfe LG, Meador JG, Sugerman HJ, Kellum JM, DeMaria EJ. Impact of self-reported physical activity participation on proportion of excess weight loss and BMI among gastric bypass patients. *Am Surg.* 2004; 70: 811-814.
- Bond DS, **Evans RK**, DeMaria EJ, Meador JG, Warren BJ, Shannon KA, Shannon RM. A conceptual application of health behavior theory in the design and implementation of a successful surgical weight loss program. *Obes Surg.* 2004; 14: 849-856.

- Evans RK**, Schwartz, DD, Gladden, LB. Effect of myocardial volume overload and congestive heart failure on lactate transport into isolated ventricular cardiac myocytes. *J Appl Physiol* 94: 1169-1176, 2003
- Magal M, Webster, MJ, Sistrunk L, Whitehead MT, **Evans RK**, Boyd JC. Comparison of glycerol and water hydration regimens on tennis related performance. *Med Sci Sports Exerc*, Vol. 35, No.1, pp. 150-156, 2003.
- Grassi B, Hogan MC, Kelley KM, Aschenbach WG, Hamann JJ, **Evans RK**, Patillo RE, Gladden LB. Role of convective O₂ delivery in determining VO₂ on-kinetics in canine muscle contracting at peak VO₂. *J Appl Physiol*. 89: 1293-1301, 2000.
- Ward DS, **Evans RK**. Physical activity, aerobic fitness, and obesity in children. *Medicine, Exercise, Nutrition, and Health*. 4:3-16, 1995.

Published Proceedings

- Evans RK**, Bond D, Wolfe L, Meador J, Herrick J, Kellum J, Maher J. Participation in 150 minutes/week of moderate or higher intensity PA yields greater weight loss following gastric bypass surgery. *Surgery for Obesity and Related Diseases*. 2007; 3(3): 280.
- Larson NY, Evans RK, Bond DS, Wolfe L, Meador J, Maher J, Kellum J. Physical activity participation in the early post-gastric bypass surgery period. *Medicine and Science in Sports and Exercise*, Vol. 39, No. 5 Supplement, S338-339, May 2007.
- Franco RL, **Evans RK**, Herrick JH, Larson NY, Abell AM, Stern M, Bryan DL, Wickham EP, Laver JH. Physical activity participation among overweight adolescents with and without the metabolic syndrome. *Medicine and Science in Sports and Exercise*, Vol. 39, No. 5 Supplement, S239, May 2007.
- Bond D, **Evans RK**, Wolfe L, Meador J, Maher J, Kellum J. Attainment of a minimal level of physical activity (PA) enhances physical and mental quality of life (QOL) improvements among female gastric bypass surgery (GBP) patients. *Surgery for Obesity and Related Diseases*. 2006; 2 (3), p. 351.
- Luebbers PE, Potteiger JA, Warren BJ, Clore JN, Bond DS, **Evans RK**, Davis MD. Glucose uptake following resistance training sessions of different intensities but of equal work volume. *Medicine and Science in Sports and Exercise*, Vol. 38, No. 5 Supplement, S187, May 2006.
- Toderico BJ, **Evans RK**, Franco RL, Stern M, Bryan DL, Larson NY, Herrick JE, Laver JH. Alterations in fitness and blood lipids of overweight adolescents following a 6-month weight management program. *Medicine and Science in Sports and Exercise*, Vol. 38, No. 5 Supplement, S212, May 2006.
- Evans RK**, Bond D, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Physical activity stage of readiness predicts moderate-vigorous intensity physical activity participation among morbidly obese gastric bypass surgery candidates. *Surgery for Obesity and Related Diseases* 2005: 1(3), p. 289-290.
- Bond D, **Evans RK**, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Improvements in health-related quality of life, physical activity readiness, and physical activity behavior among morbidly obese gastric bypass surgery candidates. *Surgery for Obesity and Related Diseases*. 2005 1(3), p. 268.
- Soukup, JT, Franco, RL, Taylor, JC, and **Evans, RK**. Effect of congestive heart failure on skeletal muscle myosin isoforms and citrate synthase activity. *Medicine and Science in Sports and Exercise*. Vol. 35, No. 5 Supplement, S221, May 2003.

- Magal, M, Sistrunk, L, Whitehead, MT, **Evans, RK**, Boyd JC, and Webster, MJ. Hyperhydration and rehydration with glycerol improves fluid retention and plasma volume restoration. *Medicine and Science in Sports and Exercise*. Vol. 34, No. 5 Supplement, S221, May 2002.
- Evans RK**, Schwartz DD, and Gladden LB. Effect of myocardial hypertrophy on lactate transport into isolated ventricular cardiac myocytes. *Medicine and Science in Sports and Exercise*. Vol. 32, No. 5 Supplement, S226, May 2000.
- Grassi B, Hogan MC, Kelley KM, Aschenbach WG, Hamann JJ, **Evans RK**, Patillo RE, and Gladden LB. Faster O₂ delivery speeds, VO₂ on-kinetics in canine muscle contracting at peak VO₂. *Medicine and Science in Sports and Exercise*. Vol. 31, No. 5 Supplement, S226, May 1999.
- Gladden LB, Grassi B, Kelley KM, Aschenbach WG, Hamann JJ, **Evans RK**, Patillo RE, and Hogan MC. Blood flow during and between tetanic contractions in canine skeletal muscle. *Medicine and Science in Sports and Exercise*. Vol. 31, No. 5 Supplement, S226, May 1999.
- Hamann JJ, **Evans RK**, Kremer DE, Skelton MS, and Gladden LB. Lactate influx into red blood cells of mongrels and untrained greyhounds. *Medicine and Science in Sports and Exercise*. Vol. 30, No. 5 Supplement, S226, May 1998.

State Refereed Journals

- Chandler JV, **Evans RK**. Profile of selected physiological variables of high school football players. *Journal of the South Carolina Association of Health, Physical Education, Recreation and Dance*. May 1993.

Non-Refereed Journals

- Evans RK**, Chandler JV, Hawkins JD, Sacoco C. The effect of a competitive season on the aerobic fitness of college soccer players. *Soccer Journal*, Sept/Oct: 51-54, 1989.

Professional Reports

- Connell, C, **Evans, RK**, Lofton, K, Cranford, C, Pulliam, C, Kolbo, JR. A Report on Childhood and Adolescent Obesity. Prepared for the Mississippi Governor's Council on Obesity Prevention and Management, 2003.

Professional Presentations, National/International Meetings

- Evans RK**, Bond D, Wolfe L, Meador J, Herrick J, Kellum J, Maher J. Participation in 150 minutes/week of moderate or higher intensity PA yields greater weight loss following gastric bypass surgery. Paper presented at the Annual Meeting of the American Society for Bariatric Surgery, San Diego, CA, June, 2007.
- Franco RL, **Evans RK**, Herrick JH, Larson NY, Abell AM, Stern M, Bryan DL, Wickham EP, Laver JH. Physical activity participation among overweight adolescents with and without the metabolic syndrome. Poster presented at the Annual Meeting of the American College of Sports Medicine, New Orleans, LA, June, 2007

- Larson NY, Evans RK, Bond DS, Wolfe L, Meador J, Maher J, Kellum J. Physical activity participation in the early post-gastric bypass surgery period. Poster presented at the Annual Meeting of the American College of Sports Medicine, New Orleans, LA, June, 2007.
- Bond DS, Wolfe LG, Evans RK, Meador JG, Maher JW, Kellum JM. Differences in quality of life between moderately active and inactive gastric bypass surgery patients: pre-surgery to 1-year post-surgery. Poster presented at the Annual Meeting of the American Academy of Health Behavior, Savannah, GA, March, 2007.
- Toderico BJ, **Evans RK**, Franco RL, Stern M, Bryan DL, Larson NY, Herrick JE, Laver JH. Alterations in fitness and blood lipids of overweight adolescents following a 6-month weight management program. Poster Presented at the Annual Meeting of the American College of Sports Medicine, Nashville, TN, June, 2006.
- Luebbers PE, Potteiger JA, Warren BJ, Clore JN, Bond DS, **Evans RK**, Davis MD. Glucose uptake following resistance training sessions of different intensities but of equal work volume. Poster presented at the Annual Meeting of the American College of Sports Medicine, Nashville, TN, June, 2006.
- Bond DS, Evans RK, Wolfe LG, Meador JG, Maher JW, Kellum JM. Attainment of a minimal level of physical activity enhances physical and mental quality of life improvements among gastric bypass patients. Paper presented at the 23rd Annual Meeting of the American Society for Bariatric Surgery. San Francisco, CA, June, 2006.
- Bond DS, **Evans RK**, Wolfe LG, Meador JG, Maher JW, Kellum JM. The relationship of being highly active to improvements in quality of life (QOL) among female gastric bypass surgery (GBS) patients. Poster presented at the Annual Meeting of the American Academy of Health Behavior (AAHB). Carmel, CA. 2006.
- Evans RK**, Bond D, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Physical activity stage of readiness predicts moderate-vigorous intensity physical activity participation among morbidly obese gastric bypass surgery candidates. Paper presented at the Annual Meeting of the American Society of Bariatric Surgery, Orlando, FL, 2005.
- Bond D, **Evans RK**, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Improvements in health-related quality of life, physical activity readiness, and physical activity behavior among morbidly obese gastric bypass surgery candidates. Poster presented at the Annual Meeting of the American Society of Bariatric Surgery, Orlando, FL, 2005
- Evans RK**, Gladden LB, Stary CM, Westen E, Hogan MC. Effect of high extracellular lactate concentration or low extracellular pH on intracellular pH, intracellular calcium concentration and force production in single *Xenopus* skeletal muscles. Poster presented at the American Physiological Society's Biology of Exercise Conference, Austin, TX, 2004.
- Bond, DS, **Evans RK**, Wolfe L, Meador J, Sugerman H, Kellum J, DeMaria E. Impact of self-reported physical activity participation on proportion of excess weight loss and BMI among gastric bypass surgery patients. Paper presented at the Annual Meeting of the American Society for Bariatric Surgery, San Diego, CA, 2004.
- Soukup, JT, Franco, RL, Taylor, JC, and **Evans, RK**. Effect of congestive heart failure on skeletal muscle myosin isoforms and citrate synthase activity. Poster session presented at the annual meeting of the American College of Sports Medicine, San Francisco, CA, June, 2003
- Scheett, TP, Whitehead, MT, Franco, RL, **Evans, RK**, Sharman, MJ, Gómez, AL, Kraemer, WJ, and Volek, JS. Comparison Between Ketogenic and Low-Fat Diets on High-Sensitivity C-Reactive Protein (hs-CRP) and Inflammatory Cytokines in Normal-Weight

- Women. Poster session presented at the annual meeting of the Federation of American Societies for Experimental Biology, San Diego, CA, April, 2003.
- Magal, M, Sistrunk, L, Whitehead, MT, **Evans, RK**, Boyd, JC, and Webster, MJ. Hyperhydration and Rehydration with Glycerol Improves Fluid Retention and Plasma Volume Restoration. Poster session presented at the annual meeting of the American College of Sports Medicine, St. Louis, MO, June, 2002
- Evans RK**, Schwartz DD, and Gladden LB. Effect of Congestive Heart Failure on Lactate Transport Into Isolated Ventricular Cardiac Myocytes. Poster session presented at the triennial American Physiological Society Integrative Biology of Exercise meeting, Portland, ME, September 2000.
- Evans RK**, Schwartz DD, and Gladden LB. Effect of Myocardial Hypertrophy On Lactate Transport Into Isolated Ventricular Cardiac Myocytes. Poster session presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN, June, 2000.
- Grassi B, Hogan MC, Kelley KM, Aschenbach WG, Hamann JJ, **Evans RK**, Patillo RE, and Gladden LB. Faster O₂ Delivery Speeds, VO₂ On-Kinetics In Canine Muscle Contracting At Peak VO₂. Poster session presented at the annual meeting of the American College of Sports Medicine, Seattle, WA, June, 1999.
- Gladden LB, Grassi B, Kelley KM, Aschenbach WG, Hamann JJ, **Evans RK**, Patillo RE, and Hogan MC. Blood Flow During and Between Tetanic Contractions in Canine Skeletal Muscle. Poster session presented at the annual meeting of the American College of Sports Medicine, Seattle, WA, June, 1999.
- Hamann JJ, **Evans RK**, Kremer DE, Skelton MS, and Gladden LB. Lactate Influx into Red Blood Cells of Mongrels and Untrained Greyhounds. Poster session presented at the annual meeting of the American College of Sports Medicine, Orlando, FL, June, 1998.

Professional Presentations, Regional Meetings

- Evans RK**, Bond DS, Franco RL, Herrick JH, Larson NY, Meador JG, Wolfe LG, Maher JW, Kellum JM. Alterations in body composition and energy expenditure 1-month post-gastric bypass surgery: A pilot study. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2007
- Franco RL, **Evans RK**, Herrick JH, Larson NY, Abell AM, Stern M, Bryan DL, Wickham EP, Laver JH. Physical activity participation among overweight adolescents with and without the metabolic syndrome. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2007
- Herrick JE, **Evans RK**, Franco RL, Stern M, Bryan DL, Larson NY, Toderico BJ, Laver JH. Improvements in Blood Lipid Profile Following a 6-Month Multidisciplinary Adolescent Healthy Weight Management Program. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2006
- Toderico BJ, **Evans RK**, Franco RL, Stern M, Bryan DL, Larson NY, Herrick JE, Laver JH. The T.E.E.N.S. Healthy Weight Management Program: Changes in Physical Fitness Characteristics of Overweight Adolescents after 6-Months of Program Participation. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2006
- Franco RL, **Evans RK**, Gibbs PA, Warren BJ. The T.E.E.N.S. Program: Evaluation of baseline Seven-Day Physical Activity Recall and Physical Fitness Measures in obese adolescents. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2005.

- Franco, RL, Soukup, JT, Taylor, JC, and **Evans, RK**. The Effect of Moderate Congestive Heart Failure on Myosin Heavy Chain Distribution in the Rat Diaphragm. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Atlanta, GA, January, 2003
- Magal, M, Sistrunk, L, Whitehead, MT, **Evans, RK**, Boyd, JC, and Webster, MJ. The effects of glycerol-induced hyperhydration on selected skill-related physical fitness variables. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Atlanta, GA, January 2002.
- Eschbach, LC, Bulla, C, Guillory, L, **Evans, RK**, Boyd, JC, Magal, M, Whitehead, MT, and Webster, MJ. Validity and Reliability of the Computrainer Cycle Simulator. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Atlanta Georgia – January 2002.
- Evans RK**, Schwartz DD, Gladden LB. Single-Cell Measurements Of Lactate Transport Into Isolated Rat Ventricular Cardiac Myocytes. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Charlotte, NC, January 2000.
- Evans RK**, Hamann JJ, Gladden LB. Lactate Influx into Red Blood Cells of Trained and Untrained Greyhounds. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Norfolk, VA, January, 1999.
- Kelley KM, Aschenbach WG, Hamann JJ, **Evans RK**, Patillo RE, Gladden LB. Peak Metabolic Rate in Canine Gastrocnemius Muscle: Intact Arterial Versus Contralateral Shunt Perfusion. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Norfolk, VA, January, 1999.

Professional Presentations, State Meetings

- Larson NY, **Evans RK**, Bond DS, Wolfe L, Meador J, Maher J, Kellum J. Physical activity participation in the early post-gastric bypass surgery period. Poster presented at the VCU Institute for Women's Health Conference, Richmond, VA, April, 2007.
- Azadi N, Arrowood J, Franco R, **Evans RK**, Bond D, Meador J, Maher J, Kellum J. Effect of gastric bypass surgery on heart rate recovery in obese women. Poster presented at the VCU Institute for Women's Health Conference, Richmond, VA, April, 2007.
- Evans, RK** and Warren, BJ. A multi-disciplinary approach to address adolescent obesity: The T.E.E.N.S. program. VAHPERD Convention, Reston, VA, 2004.
- Evans, RK** and Scheett, TP. Physical Activity in Children: Assessment and Intervention. Presented to the annual meeting of the Mississippi Alliance for Health, Physical Education, Recreation and Dance, Hattiesburg, MS, December 6, 2002.
- Evans RK**, Kremer DE, and Barton GV. Coaching for Success: Application of Critical Sport Science Principles. Paper presented to the annual meeting of the South Carolina Association of Health Physical Education Recreation and Dance, Myrtle Beach, SC, November, 1999.
- Evans RK**. Superstars: A South Carolina Student Association Program. Presented at the annual meeting of the South Carolina Association for Health, Physical Education, Recreation and Dance, Myrtle Beach, SC, November, 1995.
- Evans RK**. Importance of Community-site Programs for the American Heart Association. Paper presented at the annual American Heart Association Leadership Conference, Myrtle Beach, SC, September, 1995.

Evans RK. Managing the Obese Child During Physical Education Class. Paper presented at the annual meeting of the South Carolina Association for Health, Physical Education, Recreation and Dance, Myrtle Beach, SC, November, 1993.

Evans RK. Development of an Exercise-Based Program for Child Weight Management. Paper presented at the annual meeting of the South Carolina Association for Health, Physical Education, Recreation and Dance Myrtle Beach, SC, November, 1992.

Grants and Awards

Principle Investigator. The effects of repeated bouts of intense exercise on the Th-1/Th-2 cytokine balance and vascular function in obese individuals. Jeffress Foundation, August, 2007 (**\$29,565.00, pending**)

Principle Investigator. Time course of vascular function changes following an acute maximal exercise bout in obese and normal weight males. SOE Research Initiation Award, July 1, 2007. (**\$8,998.00, funded**)

Investigator. Parent skills training to enhance weight loss in overweight adolescents. (S. Mazzeo, PI) NIH RO3 submitted to National Heart, Lung, and Blood Institute February 1, 2007. (**\$149,000 direct costs, not funded, resubmitted July 1, 2007**)

Investigator. Parent skills training to enhance weight loss in overweight adolescents. (S. Mazzeo, PI) Commonwealth Health Research Board. (**\$50,000, not funded**)

Principle Investigator. Effects of Immulina supplementation on Exercise-induced muscle soreness and indicators of inflammation and tissue damage. Nordic Immotech, APS, December, 2006. (**\$12,697, not funded**)

Investigator. Parent skills training to enhance diet and exercise choices of overweight T.E.E.N.S. (S. Mazzeo, PI). NIH R21 Submitted to National Heart, Lung, and Blood Institute February 1, 2006. (**\$275,000 direct costs, not funded**)

Sub-investigator. Understanding Barriers in Treatment of Obesity in Adolescents 11-18 years in Central Virginia (J. Laver, PI). Virginia Premiere Insurance, Inc. (**\$200,000, funded**)

Principle Investigator. “Alterations in physical fitness, physical activity behavior and attitudes, quality of life, and cardiovascular disease risk factors following gastric bypass surgery” – SOE Research Grant - **\$5,000.00 (Funded)**

Principle Investigator. “Alterations in physical fitness, physical activity behavior and attitudes, quality of life, and cardiovascular disease risk factors following gastric bypass surgery” National Center for Research through VCU General Clinical Research Center:MO1 RR00065, 12/1/01-11/30/06 (**Funded**)

Sub-Investigator. Optimizing Non-School Hours for Adolescent Health. Collaborative effort with the Center for the Promotion of Positive Youth Development (Aleta Myers, PI), Submitted June 1, 2004 (**\$3, 338,000, not funded**)

Principle Investigator, “Acquisition of a combination ratiometric and imaging fluorescence system for basic physiological investigations”. National Science Foundation, 2003. (**\$175,732, Not Funded**)

Co-Investigator, “Fitness assessment of Mississippi Police Corps Students”, Contracted through Mississippi Police Corps, Department of Justice, 2003. (**\$5,865, Funded**)

Principle Investigator, “The effects of congestive heart failure on circulating TNF- α levels and the expression of apoptotic proteins in rat skeletal muscle”. Aubrey K. and Ella Ginn Lucas Endowment, 2002. (**\$4,854, Funded**)

Co-Investigator, “Inquiry-based computer integrated investigations in Exercise Physiology. National Science Foundation, 2002. (**\$155,485, Not Funded**)

Preceptor, “The effect of myocardial volume overload-induced congestive heart failure on myocardial MCT1 content”. American Heart Association Student Award for R. Lee Franco, 2002. (**\$2,000, Funded**)

Co-Investigator, “Fitness assessment of Mississippi Police Corps Students”, Contracted through Mississippi Police Corps, Department of Justice, 2002. (**\$6,555, Funded**)

Co-Investigator, “A comparison between strength vs. ballistic training and their effect on speed in college-aged males”. Power Pull, Inc., 2002. (**\$14,985, Funded**)

Co-Investigator, “Assessment of health-related physical fitness and cardiovascular disease risk factors in children and youth in Southern Mississippi.” Family Network Partnership, 2002. (**\$1,500, Funded**)

Principle Investigator, “The effect of volume and pressure overload models of congestive heart failure on skeletal muscle morphology, cardiac function, and locomotor activity.” University of Southern Mississippi Summer Research Grants, 2001. (**\$8,000, Funded**)

Principle Investigator, “The effect of volume and pressure overload models of congestive heart failure on skeletal muscle morphology, cardiac function, and locomotor activity.” Aubrey K. and Ella Ginn Lucas Endowment, 2001. (**\$4,233.00, Funded**)

Honors and Awards

Univ. Southern Mississippi, College of Health and Human Sciences Emerging Scholar Award - 2003

Lander University Young Alumnus of the Year - 2003

Recipient of the Auburn University Presidential Scholarship - 1997

Invited Presentations

Evans RK. Overcoming inertia: Exercise as an adjunct therapy following bariatric surgery. 24th Annual Meeting of the American Society for Bariatric Surgery. San Diego, CA. June, 2007.

- Evans RK.** Department of Health and Human Performance Programs and Research. Health Promotion for People with Disabilities Task Force Meeting. Richmond, VA. January, 2007.
- Evans RK.** The role of exercise in the prevention and treatment of adolescent obesity. From Jump Rope to Stethoscope, Richmond, VA. February, 2007.
- Evans, RK.** Exercise Programs for improved post-surgical weight loss. Bariatric Surgery Support Group at VCU Medical Center. January, 2006.
- Evans RK.** Child and Adolescent Wellness: Role of Physical Activity and Physical Fitness. WIC/MARO Conference. Washington, DC. July 19, 2005.
- Evans RK** and Bryan D. The Role of Physical Activity and Physical Fitness Programs in the Treatment of Obesity. The Virginia Department of Health, Emergency Preparedness and Response Programs' Annual Training Meeting, Williamsburg, Virginia, March 23, 2005
- Evans RK** and Bond DS. Physical activity for the post-bariatric surgery patient. Bariatric Surgery Support Group at VCU Medical Center. January, 2005.
- Stern M, Bryan D, **Evans RK.** Integrating Families into a Multi-disciplinary Intervention: Working with Obese Adolescents as an Exemplar. Presentation for the Family Support and Research Center's conference on "Effective Family Focused Interventions: Chronic and Acute Illnesses". November 12, 2004.
- Laver J, **Evans RK,** Gaboyse RF, Stern M. The Obesity Epidemic: A multi-disciplinary protocol-based intervention. Presentation for Pediatric Grand Rounds. September 15, 2004.
- Evans RK** and Bond DS. Physical activity for the post-bariatric surgery patient. Bariatric Surgery Support Group at VCU Medical Center. January, 2004.
- Evans RK.** Physiology of Aging. Lecture for HPR 652. March, 2003
- Evans RK.** Career Choices in Physical Education and Exercise Studies. Ninety-Six High School, March, 1995.
- Evans RK.** Weight Training for Youth Soccer Players. Van Taylor Soccer Camp. Lander University, June, 1994.
- Evans RK.** Common Soccer Injuries. Van Taylor Soccer Camp. Lander University, June, 1994.
- Evans RK.** Physical Education and Exercise Studies. Higher Education Awareness Program, Lander University, December, 1994.
- Evans RK.** Ergogenic Aids. Ninety-Six High School, Ninety-Six, SC, October, 1993.
- Evans RK.** First Aid for Soccer Injuries. SC Soccer Coaching Licensure Clinic, Greenville, SC, August, 1992.

Professional Organizations

National

American College of Sports Medicine, 1995 - present

American Society for Bariatric Surgery – Associate Member, 2006 – present

Regional

Southeast American College of Sports Medicine, 1987 - present

State

Mississippi Alliance for Health, Physical Education, Recreation and Dance, 2002 – 2003

South Carolina Association for Health, Physical Education, Recreation and Dance, 1985 - 1996

University Service

University Committees

Virginia Commonwealth University – Institutional Research Board, Expedited Review Panel, 2006
Virginia Commonwealth University – Institutional Research Board, alternate, 2005 – present
Virginia Commonwealth University – University Council, 2004 – 2005
Virginia Commonwealth University – University Council, alternate – 2003 – 2004
The University of Southern Mississippi Grade Appeals Committee – 2002 - 2003
The University of Southern Mississippi Library Services Committee – 2002 - 2003
Lander Foundation Faculty Grants Committee, 1999-2000
Lander University Athletics Committee, 1999-2000
Lander University SACS Self-Study – Section III (Institutional Effectiveness) Committee, 1993-1996
Lander University SACS Self-Study – Chair, Section III (Institutional Effectiveness) Committee, 1995-1996
Lander University NCAA game supervisor, 1994-1996
Lander University Health Services Advisory Educational Sub-committee, 1995-1996
Lander Assessment Coordinating Team, 1993-1996
Evaluator of Lander University student writing samples, 1995
Lander University Wellness Promotion Council, 1993-1996
Lander University Academic Support Advisory Committee, 1992-1993

School/College Committees

School of Education Doctoral Admissions Committee, 2005 - present
College of Health and Human Sciences Summer Research Grant Committee, 2002
Health and Human Sciences Expanded College Council, 2002 - 2003

Departmental Committees

VCU Department of Exercise Science Department Chair Search, 2006
VCU Department of Exercise Science Researcher Search, Chair, 2006
VCU Department of Exercise Science Program Coordinator, 2005 - present
VCU Exercise Science Faculty Search Committee – Chair, 2003 – 2004
VCU Department of Exercise Science Graduate Program Committee, 2003 – present
USM School of Human Performance and Recreation Readmissions Committee – Chair, 2002 - 2003
USM School of Human Performance and Recreation Graduate Programs Committee – 2001 - 2003
LU Physical Education and Exercise Studies Division Promotion/Tenure and Merit Pay Criteria Sub-committee, 1994-1996
LU Physical Education and Exercise Studies Division Student Evaluation of Faculty Sub-committee, 1994-1996
LU Physical Education and Exercise Studies Division Human Research Committee, 1994-1996
LU Coordinator of Lander Institute for Fitness Education (LIFE) activities, 1992-1996
LU Faculty Advisor for Physical Education and Exercise Studies Majors' Club, 1992-1996

Professional Service

T.E.E.N.S. Program – Director of Exercise Programs, 2003 – present
Reviewer for Clinical Journal of Sports Medicine, 2003
Reviewer for The International Journal of Sports Medicine, 2003
Pediatric Subcommittee of the Mississippi Governor's Council on Obesity, 2003
Mississippi AAHPERD – Exercise Science Council – Chair, 2002
Mississippi AAHPERD – Exercise Science Council – Chair Elect, 2001
Participated in USM Athletics Recruitment Weekend, 2002
Reviewer of Conference Abstracts for the Southeast American College of Sports Medicine Annual Conference, 2002
Reviewer for Medicine and Science in Sport and Exercise, 2002
Reviewer for American Journal of Physiology, 2002, 2003
USM Freshman Experience Reading Program, faculty facilitator, 2001
Faculty Advisor for SC AHPERD Student Association (SCSA), 1994-1996
Ex-Officio member of SC AHPERD committees as SCSA Faculty Advisor, 1994-1996
Constitution Committee for the SC Association for Sport and Physical Education, 1995-1996
Nominating Committee for the SC Association for Sport and Physical Education, 1993-1994
Chair of the Athletic Section of the Sports Division of the SC AHPERD, 1993-1994

Community Service

American Heart Walk Team Captain, 2005
Exercise Physiology Laboratory Experiences of Trinity Episcopal School Health Classes, 2004, 2005
Helping One Student To Succeed (HOSTS) Program Volunteer, 1999
President, Greenwood Chapter of the American Heart Association, 1994-1995
Greenwood Wellness Celebration Board of Directors, 1994-1996
Health-related physical fitness testing for Greenwood County Sheriff's Department Bloodhound Tracking Team, 1994-1996
Body composition assessment of elementary-aged school children, 1994-1996
Coordinator of Greenwood American Heart Association Jump Rope for Heart, 1994
President-Elect, Greenwood Chapter of the American Heart Association, 1993-1994
American Red Cross CPR and First Aid certification of Abbeville County Firefighters, 1993
Board of Directors, Greenwood Chapter of the American Heart Association, 1992-1996
Health-related physical fitness testing for Greenwood City Police Officers, 1992-1996
Coordinator of Greenwood American Heart Association American Heart Walk, 1992-1994

Courses Taught

Virginia Commonwealth University

HPEX 375 – Exercise Physiology
HPEX 440 – Chronic Disease and Exercise Management
HPEX 441 – Assessment and Intervention in Chronic Disease
HEMS 601 – Movement Physiology
HEMS 610 – Laboratory Techniques in Exercise Physiology
HEMS 675 – Clinical Exercise Physiology

University of Southern Mississippi

HPR 308L – Exercise Physiology Laboratory
HPR 406 – Physiology of Aging
HPR 422 – Exercise Leadership
HPR 601 – Exercise Physiology
HPR 706 – Cardiovascular Physiology

Lander University

PEES 165 Wellness for Life
PEES 200 Applied Techniques for First Aid and Safety
PEES 201 The School Health Program, K-12
PEES 210 Human Anatomy and Physiology
PEES 311 Exercise Physiology
PEES 311L Exercise Physiology Laboratory
PEES 316 Care and Treatment of Athletic Injuries
PEES 330 Fitness and the Aging Process
Activity Courses: racquetball, tennis, weight training, walk/jog aerobics