

GEORGE MATTHEW DALLAM, Ph.D.
Professor, Health Science and Human Movement
Colorado State University - Pueblo

Business Address

2200 Bonforte Blvd.
Pueblo, CO 81001-4901
(719) 549-2619
george.dallam@CSUPueblo.edu

Home Address

1868 Palm Drive
Colorado Springs, CO 80918
(719) 448-0670

Website: <https://www.csupueblo.edu/profile/george-dallam/index.html>

Researchgate Site: https://www.researchgate.net/profile/George_Dallam

Blog: <https://triathlete.science.blog/>

EDUCATION

MERCERSBURG ACADEMY, Mercersburg, PA.
Graduated June, 1976. High School All-American, Water Polo.

TEXAS A&M UNIVERSITY, College Station, TX.
August 1977 to December 1979.
General Studies. Varsity Swimming and Water Polo.
USA Senior Indoor Water Polo National Championships, Honorable Mention
All American, 1979.

UNIVERSITY OF ARIZONA, Tucson, AZ.
January 1980 to May 1982.

Bachelor of Science in Education.

Major: Physical Education Minor: Biology
Graduated with Honors.

Master of Science in Exercise and Sport Science.

August 1982 to December 1984.
Major concentration in Exercise Physiology.

UNIVERSITY OF NEW MEXICO, Albuquerque, NM.
July 1992 to December 1995. Spring 1999 to Spring 2000.

Doctor of Philosophy in Physical Education and Health.

Awarded May 13th, 2000. Major concentration in Exercise Physiology with a
split minor in Physiology and Statistics.

The dissertation project, Effect of the "Pose Method" of Running Technique
Training on Running Economy and Vertical Oscillation in Triathletes, was
funded by the United States Olympic Committee and completed at the Olympic
Training Center in Colorado Springs January of 1999. Results of the study were
published as: Dallam, G.,M., R.L. Wilber, K. Jadelis, G. Fletcher, N.
Romanov. Effect of a global change in running mechanics on economy and
vertical oscillation. Journal of Sports Sciences, July; 23(7): 757-764, 2005.

**TEACHING
EXPERIENCE**

COLORADO STATE UNIVERSITY - PUEBLO, Pueblo, CO (formerly USC)
Professor in Exercise Science and Health Promotion, August 1998 to present.
Teach in the core curriculum for five exercise science options (general exercise
science, strength and conditioning, athletic training, K-12 physical education

and health promotion); advise majors in the Exercise Science and Health Promotion Department, perform research and other scholarly activities and provide service to the field in the local, regional and national communities. The teaching load has included coursework in Exercise Physiology, Exercise Physiology Laboratory, Kinesiology, Biomechanics of Sport and Exercise, Managing Programs in EXHPR, First Aid, Exercise Leadership, Personal Health, Exercise Assessment and Programming, Research and Statistics in EXHPR, Research, Behavior Facilitation, Applied Sport Psychology, Drugs and Healthy Lifestyles and Personal Health Lab.

DENVER TECHNICAL COLLEGE, Colorado Springs, CO

Program Training Manager in Sports Fitness Technology and Health Care Administration. August 1997 to September 1998. Responsible to manage dual programs in Sports Fitness Technology and Health Care Administration. Also taught courses in Anatomy and Physiology I and II, Exercise Physiology, Introduction to Physical Fitness and Sport, Principles of Physical Fitness, Physical Fitness Evaluation, Introduction to Nutrition, Applied Sport Psychology and Administration of Physical Fitness.

UNIVERSITY OF NEW MEXICO, Albuquerque, NM

Graduate Assistant in the Center for Exercise and Applied Human Physiology, August 1994 to December 1995. Provided health fitness assessments in the Basic Instructional Program and the Employee Health Promotion Program; assisted in ongoing lab research projects.

WESTERN NEW MEXICO UNIVERSITY, Silver City, NM.

Instructor in Wellness and Movement Sciences, August 1991 to June 1993. Taught courses in Concepts of Wellness & Movement Sciences, First Aid, Professional Techniques in Racquetball/Fitness/Badminton, Beginning and Intermediate Volleyball, Wallyball, Racquetball, Weight Training, Hiking, Freshman Seminar and Swimming for Fitness, as well as serving in the general advisement program.

COCHISE COLLEGE, Sierra Vista AZ.

Instructor in Health and Physical Education, August 1990 to May 1991. On a one year contract, taught classes in Personal Health, School and Community Health, Lifelong Wellness, Beginning Swimming, Bowling, Hiking, Body Conditioning, Cycling and Weight Training, as well as serving as an academic advisor.

UNIVERSITY OF ARIZONA, Tucson, AZ.

Graduate Teaching Assistant in Physical Education, January 1983 to June 1984. Taught classes in all levels of swimming, aquatic sports, weight training, cycling and tennis.

NON-TEACHING PROFESSIONAL EXPERIENCE

USA TRIATHLON, Colorado Springs, CO. **National Teams Coach,** January 1996 to August 1997. Responsible to develop and implement the initial National Teams Program for USA Triathlon. This included coaching the National Resident Team at the Olympic Training Center in Colorado Springs, preparing Elite National Teams for major international competitions, developing coaches to oversee the Junior Worlds Team, conducting a variety of Elite Athlete Camps, developing an Elite Athlete Sport Science Program, developing a Coaching Education and Certification program, and procuring and administering USOC Grant and Formula Funding.

Major Accomplishments

1. In 1996, placed 4 of 5 National Resident Team Athletes on the Pro/Elite World Championship Team. Also created a Collegiate Camp program that produced the overall Age Group Men's World Champion and third place finisher.
2. In 1997, placed all six National Resident Team members qualified on the Pro/Elite World Championship Team. Also coached the overall men's Age Group National Champion, 5 of the top 6 finishers in the men's 20-24 age group, and 3 of the top 5 finishers in the women's 20-24 age group through the Collegiate Camp program.
3. Established a National Coaching Committee to oversee the ongoing development of the USAT Coaching Certification Program.
4. Organized a comprehensive sports science program for elite US triathletes encompassing physiological testing, biomechanical assessment, sport psychology training and counseling. Also solicited and participated in research projects relating to triathlon.
5. Successfully administered the basic USOC formula and grant funding programs (\$185,000), as well as securing \$25,000 in supplemental USOC Grant funding to support elite athlete travel expenses.
6. Met or exceeded all pertinent USOC High Performance Markers for the program in both 1996 and 1997.

EMPLOYEE HEALTH SERVICES, CITY OF ALBUQUERQUE

Contracting Exercise Physiologist, July 1993 to January 1994. Provided health fitness assessments and health promotion services on a temporary contract while initially attending UNM.

Major Accomplishment

Developed a city firefighter cadet physical training program that improved the fitness scores of the cadets while also reducing injury rates during the training period.

TOHONO O'ODHAM HEALTH DEPARTMENT, Sells, AZ.

Wellness Branch Supervisor, February 1988 to December 1989. Developed and implemented a community wellness program, through the tribal health department, incorporating nutrition, stress management and exercise education, community health assessments, diabetes management, and various health promotion and exercise activities.

Major Accomplishments

1. Assisted in the development and piloting of the Indian Health Services Health Risk Appraisal and initiated its usage with the Tohono O'Odham.
2. Prepared and received approval for Public Law 638 program contracts, totaling \$58,000, to fund the program.

3. Established a program with over 400 participants and Tohono O'odham Instructors.

PRESIDENTS HEALTH CLUBS, Dallas, TX. **Service and Education Director**, March 1985 to November 1987.

Developed and supervised a service and education program for 17 clubs in the Dallas Division of the Health and Tennis Corporation (now Bally's Health Clubs).

Major Accomplishments

1. Supervised 13 Service Managers and 60-80 Instructors in 17 clubs in Dallas, Ft. Worth, San Antonio and Tulsa OK.
2. Created and implemented a comprehensive certification program encompassing sport science, first aid training and a service first emphasis for all employees; personally training over 400 employees in the program. This resulted in a reduction in service related complaints to the corporate headquarters from an unmanageable amount to less than 5 per month with a membership base of 80,000.
3. Acted as Assistant Race Director and Technical Advisor for President's Triathlon Dallas (at the time one of the World's largest triathlons with a peak participation in 1985 of 2,300) from 1984-1987.

PROFESSIONAL AFFILIATIONS

Member of the American Alliance of Physical Education, Recreation and Dance, 1991-1992.

Member of the American College of Sports Medicine, 2000 to 2010.

Founder (1996 -1997) and member (1999 to 2005) of the USA Triathlon National Coaching Commission.

Member of the Editorial Advisory Board for the American Medical Athletics Association Journal, January 2003 to present.

RESEARCH PUBLICATIONS

Twillegger, T., Dallam, G. M., & Foust, C. P. (2020). **The relative effect of CXWORX™ versus Tabata™ group exercise programs on body mass index, body composition, predicted VO2max and body image in adult exercisers.** International Journal of Physical Education, Fitness and Sports, 9(3), 1-8. <https://doi.org/10.34256/ijpefs2031>

Bowan, Daniel. & Dallam, George. (2020) **Building bridges: overview of an international sustainable tourism education model**, Journal of Teaching in Travel & Tourism, DOI:10.1080/15313220.2020.1797609 <https://www.tandfonline.com/doi/abs/10.1080/15313220.2020.1797609?journalCode=wttt20>

Dallam, George and Foust, Carol. **Can Yoga Breathing / Pranayama Concepts Be Reasonably Extended to Conventional Endurance Training?**, World Journal of Yoga, Physical Therapy and Rehabilitation, March 13, 2020. <https://irispublishers.com/wjypr/article-in-press.php>

Dallam, G.M. and Kies-Bolkema, B. **The Effect of Nasal Breathing versus Oral and Oronasal Breathing during Exercise: A Review**, Journal of Sports Research, June 2020, Volume 7, 1, pp 1-10.
<http://www.conscientiabeam.com/journal/90/abstract/5785>

Dallam, G.M., Hostetter, K., McFadden, M., Bowan, D., Pickerill, M. and McClaran, S.R. **FMS corrective intervention improves FMS composite score and 1-mile run time, without concurrent change in hip extension strength, vertical jump or t – shuttle run time, in recreational runners**. Journal of Sports Research, January 22, 2019. Vol. 6, No. 1, 1-8.
<http://www.conscientiabeam.com/archive/90/03-2019/1>

Dallam, G.M., McClaran, S.R., Cox, D.G. and Foust, C.P. (2018) **Effect of Nasal Versus Oral Breathing on Vo₂max and Physiological Economy in Recreational Runners Following an Extended Period Spent Using Nasally Restricted Breathing**. *International Journal of Kinesiology and Sports Science*. Vol 6, No 2, 22-29.
<https://journals.aiac.org.au/index.php/IJKSS/article/view/4400>

McClaran, S.R., Dallam G.M. and Foust, C.P. **Competitive Runners Can Adapt To Nasal Breathing With Similar Peak Running Velocity And Lower Ventilation**. Abstract presentation at the Annual ACSM national meeting, June 2017.

Hostetter, K.S., McClaran, S.R., Cox, D.G., Dallam, G.M. (2016). **Triathlete adapts to breathing restricted to the nasal passage without loss in VO₂max or VVO₂max**. *Journal of Sport and Human Performance*, 4(1): 1-7.
<https://journals.tdl.org/jhp/index.php/JHP/article/view/70>

Dallam G. and Foust C. **A Comparative Approach to Using the Diabetes Prevention Program to Reduce Diabetes Risk in a Worksite Setting**. *Health Promotion Practice*, Volume 14 Issue 2, March 2013.

Dallam, G. and Foust, C. **A Comparative Approach to Using the Diabetes Prevention Program to Reduce Diabetes Risk in a Worksite Setting**, published online initially on July 3rd, 2012 in the *Health Promotion Practice*.
<http://hpp.sagepub.com/content/early/2012/06/08/1524839912437786.abstract>

Dallam, G., Foust C., Johnson, T. and Arellano, S. **Worksite Implementation of a Diabetes Risk Factor Reduction Program**. Abstract presented at the Center for Disease Control 2006 CDC Diabetes Translation and Obesity Conference in May 2006. <http://www.psava.com/doc2006/main.asp>

Foust, C. and Dallam, G. **Diabetes Prevention in a Worksite Setting**. Abstract presented at the 2005 3rd National Prevention Summit in Washington, D.C., October 23rd, 2005.
<http://www.healthierus.gov/steps/summit/summit2005/posters2.html#author-p33>

Wilber, R.L., FACSM, J.Im, P.L. Holm, C.D. Toms, D.M. Morris, G.M. Dallam, J.R. Trombold, B. Chance FACSM. **Effect of FiO₂ on Hemoglobin/Myoglobin-Deoxygenation during High-Intensity Exercise at Moderate Altitude**. Abstract presented at the 2005 American College of Sports Medicine national meeting.

Dallam, G.M., S. Jonas, T. K. Miller. **Medical considerations in triathlon competition: Recommendations for triathlon organizers, competitors, and coaches.** *Sports Medicine*, January; 35(2): 143-61, 2005.

Dallam, G.,M., R.L. Wilber, K. Jadelis, G. Fletcher, N. Romanov. **Effect of a global change in running mechanics on economy and vertical oscillation.** *Journal of Sports Sciences*, July; 23(7): 757-764, 2005.

Wilber R. L., P.L. Holm, D.M. Morris, G.M.Dallam, A.W. Subudhi, D.M. Murraray, and S.D.Callan. **Effect of F_IO₂ on oxidative stress during high-intensity interval training at moderate altitude.** *Medicine and Science in Sports and Exercise*, November; 36(11):1888-1894, 2004.

Wilber, R. L., P. L. Holm, D. M. Morris, G. M. Dallam, and Samuel D. Callan. **Effect of F_IO₂ on physiological responses and cycling performance at moderate altitude.** *Medicine and Science in Sports and Exercise*, July; 35(7): 1153-9, 2003.

Dallam, G.M. **Relationships between attendance, blackboard usage, grade performance, and knowledge acquisition in a traditional class augmented by a Blackboard website.** Paper accepted and presented during the International Online Conference on Teaching Online in Higher Education, November 14th, 2002.
<http://www.ipfw.edu/as/tohe/2002/abstracts/dallam.htm>
<http://www.colostate-pueblo.edu/itc/itcFacProject.html>.

Dallam, G.M., R.L. Wilber FACSM, K. Jadelis, G. Fletcher, N. Romanov **Effect of a global change in running mechanics on economy and vertical oscillation.** *Medicine and Science in Sports and Exercise*, 34(5), Supplement abstract 969, 2002.

Wilber, R.L. , P.L. Holm, D.M. Morris, G.M. Dallam, S.D. Callan. **Effect of F_IO₂ on physiological responses and power output in training cyclists at moderate altitude.** *Medicine and Science in Sports and Exercise*, 34(5), Supplement abstract 1509, 2002.

Bernardi, L., Passino, C., Wilmerding, V., Dallam, GM., Parker, DL., Robergs, RA and O. Appenzeller. **Breathing patterns and cardiovascular autonomic modulation during hypoxia induced by simulated altitude.** *Journal of Hypertension*, 19(5): 947-58, 2001.
<http://cat.inist.fr/?aModele=afficheN&cpsidt=14133481>

Wilber, RL, SD Drake, JL Hesson, JA Nelson, JT Kearney, GM Dallam and LL Williams. **Effect of altitude training on serum enzyme levels and serum cortisol in triathletes.** *European Journal of Applied Physiology*, 81: 140-147, 2000.

Wilber, R. L., Drake, S. D., Hesson, J. L., Nelson, J. A., Kearney, J. T., & Dallam, G. M. (1998). **Effect of altitude training on skeletal muscle enzymes and immune response of elite triathletes.** *Medicine and Science in Sports and Exercise*, 30(5), Supplement abstract 988.

Parker, D., Robergs, R. A., Quintana, R., Frankel, C. C., & Dallam, G. **Heart rate threshold not related to lactate threshold,** *Medicine and Science in Sports and Exercise*, 29(5), Supplement abstract 1344, 1997.

**SERVICE
PUBLICATIONS**

Robergs, RA, Parker, DL, Dallam, GM, Qualls, Bernardi, Passino, Appenzeller. **Altitude running and autonomic nervous system modulation of physiologic tremor.** Conference Paper, Clinical Autonomic. Research.; January, 1996.

Robergs, RA and GM Dallam. **Deflection in heart rate linearity and lactate threshold.** Abstract and poster presentation at Southwest ACSM, San Diego, CA, November 1995.

Dallam, Gm. **Does how you run or cycle affect your performance?** Applied Science Triathlon Science blog entry, 6/12/2020.
<https://triathlete.science.blog/2020/05/12/does-how-you-run-affect-your-performance/>

Dallam, GM. **Does your ability to move functionally affect your performance?** Applied Science Triathlon Science blog entry, 1/17/2020.
<https://triathlete.science.blog/2020/01/17/does-your-ability-to-move-functionally-affect-your-performance/>

Dallam, GM. **Does how I choose to breathe matter?** Applied Science Triathlon Science blog entry, 11/014/2019.
<https://triathlete.science.blog/2019/11/14/does-how-i-choose-to-breathe-matter/>

Dallam, GM. **Does performance lead science or does science lead performance?** Applied Science Triathlon Science blog entry, 11/07/2019.
<https://triathlete.science.blog/2019/11/07/does-performance-lead-science-or-does-science-lead-performance/>

Dallam, G.M. **Running Skills and Training** . Revision of a Chapter addressing running skills and training in the USA Triathlon Coaching Manual, originally published in 2000, first revised in 2010 and revised again in Fall 2019. The new revision includes extensive new information on nasal breathing, the use of the functional movement screen, and the use of heart rate variability to guide adaptive training.

Dallam, G.M. **Journal Articles involving SCR Participants.** FOOTPRINTS, Vol 350, Issue #22, Page 16. April 2019. Overview of three recently published research articles (see **RESEARCH PUBLICATION**) which involved Southern Colorado Road Runners Club members as subjects.

Dallam, G.M. **Running Skills and Training** . Revision of a Chapter addressing running skills and training in the USA Triathlon Coaching Manual, originally published in 2000 and submitted in February, 2010.

Dallam, G. **Improved Performance through Nasal vs Oral Breathing.** USA Triathlon Performance Coaching Newsletter. Vol. 4, Number 5. Fall 2007.

Dallam, G. **Improved Performance through Nasal vs Oral Breathing.** Performance Cycling Conditioning Newsletter. Vol. 13, Number 2. Fall 2007.

Dallam, G. **Using the Measurement of Intensity for Progressive Adaptation.** USA Triathlon Performance Coaching Newsletter, Vol.4, Number 1. Spring, 2007.

Dallam, G. Forward for Training Plans for Multisport Athletes, Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman and Endurance Racing. 2nd Edition by **Gale Bernhardt**.

Dallam, G., DePreist, D., Ricci, M. and McGee, B. **Favorite Brick Workouts of the Coach**. USA Triathlon Performance Coaching Newsletter, Vol.2, Number 5, Fall 2005.

Dallam, G., Rea, Pete and Crawley, J. **Favorite Key Workouts of the Coach**. USA Triathlon Performance Coaching Newsletter, Vol.2, Number 4. Summer 2005.

Dallam, G. **Adaptive Training: A Different Perspective in Looking at Distance Specific Energy System Training for Triathlon**. USA Triathlon Performance Coaching Newsletter, Vol.2, Number 1. Spring, 2005.

Dallam, G.M. and Romanov, N. **Developing Improved Running Mechanics - USOC Coaching Report**. Article published online at Posetech.com.
<http://www.posetech.com/library/article1.html>

Dallam, G.M. **Should you be doing resistance training?**, Healthy Cells, September, 2002, 6.

Dallam, G.M. **Exercise – are you getting enough?**, Healthy Cells, July 2002, 6-7.

Dallam, G.M., J. Stuyt, J., J. Zarr, **Experiential Learning – Getting Out of the Lecture Rut and Making It Real**. *USC Teaching and Learning*, Volume 1, Issue 1, March 22, 2002. Summary of an article in a new USC newsletter addressing experiential learning at USC with link to full text at <http://www.uscolo.edu/tlp/>

Dallam, G.M. **Pre-Training Fitness Evaluation**. Article addressing preliminary health screening procedures seniors should follow prior to commencing a triathlon training program. Published on the American Association of Retired Persons (AARP) website at <http://www.aarp.org/triumph/safety.html> in conjunction with training programs developed by members of the USA Triathlon National Coaching Commission during Spring 2001.

Dallam, G.M. **Re-certification Policy**. Article addressing current USA Triathlon Coaching re-certification and continuing education requirements published in the Winter 2001, Coaches' Column, the USA Triathlon Certified Coaches Newsletter.

Dallam, G.M. **Running Skills and Training**. Chapter addressing running skills and training in the USA Triathlon Level I Coaching Manual, published in February, 2000.

Dallam, G.M. **Running Skills and Training**. Chapter addressing running skills and training in the USA Triathlon Level II Coaching Manual, published in October, 2000.

Dallam, G.M. and N. Romanov. **Developing Improved Running Mechanics**. Article addressing the practical application of drills and running training in the development of improved running mechanics and long term economy published

in the Fall 1999, Coaches' Column, the USA Triathlon Certified Coaches Newsletter.

BOOKS AND BOOK CHAPTERS

The Nasal Breathing Paradox during Exercise. I am currently writing this book during Fall 2021 sabbatical.

Dallam, G.M. and Jonas, S. **Teaching and Coaching Triathlon Successfully.** published by Coaches Choice Publishers in January, 2015.

Dallam, G. **Running Base Training.** Invited Chapter author (26) in *Triathlon Science*, published by Human Kinetics in March 2013.

Dallam, G. **Running Equipment and Environmental Factors.** Invited Chapter author (13) in *Triathlon Science*, published by Human Kinetics in March 2013.

Dallam, G. **Running Biomechanics.** Invited Chapter author (7) in *Triathlon Science*, a book published by Human Kinetics in March, 2013.

Dallam, G. **Strength Training for Triathletes.** Invited Chapter author in *Complete Triathlon Guide*, published by Human Kinetics in conjunction with USA Triathlon April 24th, 2012.

Dallam, G.M. and Jonas, S., **Championship Triathlon Training - Advanced training for peak performance.** Published by Human Kinetics, May 2008.

PRESENTATIONS AND REPORTS

Our Primary Research. Short presentation during the 2020/2021 CSU Pueblo Scholars reception overviewing the research which contributed to winning the annual Scholarship/Creativity Award for both the School of Health Science and Human Movement and the university, September 9th, 2021.

Twilleger, T., Dallam, G., & Foust, C. (2020). **The relative effect of CXWORXTM versus TabataTM group exercise programs on body mass index, body composition, predicted VO2max and body image in adult exercisers.** Western Society for Kinesiology and Wellness annual conference, virtual.

Nutrition Questions. Question and answer session on nutrition with the Pueblo East H.S. Track and Field Team at the request of their coaching staff, April 20th, 2018.

Applying to the CSUP Institutional Review Board. A presentation to prospective undergraduate researchers in the College of Humanities and Social Sciences, January 12th, 2017 at Colorado State University - Pueblo.

Alternative Ideas about Running. A presentation at the James Irwin Charter High School Cross Country Awards Dinner, November 12, 2015 in Colorado Springs, Colorado.

Effect of Breathing Passage on VO2max, Peak Work Rate and Economy in Recreational Runners Adapted to Nasal Only Breathing. Faculty advisor for a student oral presentation at the 2015 CSU-Pueblo Student Works

Symposium, Friday, April 3rd, 2015. The students were Stephanie Johnston and Frank Johnson.

Functional Movement Screen Scores and Athletic Performance in EXHP Students at CSU-Pueblo. Faculty advisor for a student poster presentation at the 2015 CSU-Pueblo Student Works Symposium, Friday, April 3rd, 2015. The students were Kayla Bell, Emily Monarch and Chance Rodriguez.

Using Resistance Training to Improve Endurance Performance. Invited presentation at the Boulder Running Clinic, February 21st, 2015 at the University of Colorado in Boulder, Colorado.

Using Complex Training to Improve Endurance Performance. Invited presentation at the Boulder Running Clinic, February 21st, 2015 at the University of Colorado in Boulder, Colorado.

Functional Movement Ability and Running. Presentation to the Southern Colorado Road Runners at their annual Awards Banquet, January 24th, 2015 in Pueblo, Colorado.

The Complex Approach to Endurance Training: Combining Multiple Intensities into an Undulating Periodization. Invited presentation at the National Strength and Conditioning Endurance Clinic , 11/7/2014 in Colorado Springs, Colorado.

Using Resistance Training with Endurance Athletes. Invited presentation at the National Strength and Conditioning Endurance Clinic , 11/8/2014 in Colorado Springs, Colorado.

Nutrition for Volleyball. Invited discussion with the CSU-Pueblo Women's volleyball Team, Friday 2/17/2012, at CSU-Pueblo.

Running Mechanics and Corrective Methods. Invited three day workshop with the 160th Special Operations Regiment (Airborne) addressing effective running mechanics and training methods at Ft. Campbell, Kentucky on .August 12-14, 2011.

Nasal Breathing during Exercise. A Guest lecture on the application of nasal breathing during exercise to staff at the Garden of the Gods physical therapy clinic, March 7th, 2011.

The Prediction of 1600 meter Running Speed through the application of a logarithmic function to 100 meter and 400 meter time trial speeds.

An invited lecture in the CSU-Pueblo College of Science and Math Food for Thought Colloquium Series, Thursday, November 4th, 2010.

Leadership. A guest lecture provided to culminate the President's Leadership Program student retreat August 13-15th, at the Hermit Basin Conference Center in Westcliff, Colorado.

Using Exercise to Prevent Disease. An invited presentation as part of the Med School 101 series of health promotion lectures at St. Francis Hospital's Julie Penrose Health Education and Research Center, August 5th, 2010.

Using Physics to Analyze and Improve Human Movement. A presentation for the physics department lunch time seminar, March 12th, 2009 at CSU-Pueblo.

Training the Mind. A presentation at the Rocky Mountain Cross Country Classic pre-event clinic, December 14th, 2008, in Pueblo Colorado.
<http://www.colohsca.org/sportassociations/2008rockymtnclassic.html>

Alternative Ideas about Running. A presentation at the grand opening of the Allopathic and Integrative Healing Arts Center in Colorado Springs, August 28th, 2008.

The Olympics. A presentation to the Pueblo Kiwanis Club, August 20th, 2008.

Elements of a Triathlon Training Program – The Use of Art and Science
A presentation at the 2008 Rocky Mountain American College of Sports Medicine winter meeting, February 24th, 2008 in Estes Park Colorado.

Alternative Ideas about Running A presentation at the America's Discovery Trail Marathon Pre-race Banquet, September 2nd, 2007.

Discussion of Altitude Training: Panel presentation with Matt Carpenter and Michael Hagen A presentation at Carmichael Training Systems, August 23rd, 2007.

Alternative Ideas about Running A presentation at the Southern Colorado Road Runners annual awards banquet, Saturday, January 28th, 2007.

Altitude Training as an Integral Part of Hunter Kemper's Training Program. Co-presentation with Hunter Kemper at the 2006 USOC/NAU High Altitude Symposia in Colorado Springs, September 28th, 2006.

Elite Endurance Sports Coaches, Sport Scientists Roundtable. Interactive presentation with several other highly accomplished endurance sport coaches and sport scientists at the USOC/NAU High Altitude Symposia in Colorado Springs, September 29th, 2006.

Diabetes Risk Factor Reduction Project. Presented the results of a 3-year Diabetes Risk Factor Reduction project at the 2006 Center for Disease Control Diabetes and Obesity Prevention Conference May 16th – 19th, 2006, in Denver Colorado.

Vision and Leadership. Short presentation to the Recreation 350 Ethics and leadership class on February 23rd, 2006.

Diabetes Risk Factor Reduction Project – Final Report. Final report regarding outcomes of a three year service/research project conducted in major Pueblo area organizations under a grant from the Colorado Trust submitted October, 3rd, 2005.

Dealing with Altitude. Presentation to the 2005 World Class Athlete Program Fall Forum, August 24th, 2005 at the Olympic Training Center in Colorado Springs. The WCAP is the army elite athlete program.

Exercise Physiology. Presentation for USA Triathlon Level I Coaching Certification Clinic at the Olympic Training Center in Colorado Springs, May 20th, 2005.

Strength and Flexibility Training. Presentation for USA Triathlon Level I Coaching Certification Clinic at the Olympic Training Center in Colorado Springs, May 20th, 2005.

Goal Setting/Altitude Training. Presentation to attendees at the YMCA of Pueblo Altitude Training Camp, May 20th, 2005 at Camp Jackson.

The relationship between muscular strength and endurance sports and performance: Should you be using resistance training as a swimmer, runner, cyclist or triathlete? Presentation at the 2005 SECAHEC *For the Health of It!* conference on March 3rd at CSU-Pueblo.

Assessment in Physical Education. Presentation/discussion with District 60 secondary physical education teachers at Centennial High School in Pueblo, February 2, 2005.

Assessment in Physical Education. Presentation/discussion with District 60 middle school physical education teachers at Heaton Middle School in Pueblo, February 2, 2005.

Assessment in Physical Education. Presentation/discussion with District 60 elementary physical education teachers at Haaff Elementary School in Pueblo, February 4, 2005.

Running Mechanics and Drills. Presentation for USA Triathlon Level II Coaching Certification Clinic at the Olympic Training Center in Colorado Springs, October 15th, 2004.

Diabetes Prevention Project – Overview .
Presentation to a Colorado Business Group on Health – Diabetes Disease Management Program seminar, held at Colorado College, Colorado Springs, Co on August 23rd, 2004.

Environmental Acclimatization/Acclimation for Cycling. Presentation for United States Cycling talent identification camp at the Olympic Training Center in Colorado Springs, July 18th, 2004.

Diabetes Prevention Project – Overview of Year One.
Presentation to community leaders at the Colorado Trust sponsored community luncheon, June 9th, 2004.

Getting Started in Triathlon. Presentation at Penrose Hospital in COS on September 25th, 2003.

Using Periodization Concepts in Training. Presentation at the 2003 SECAHEC *For the Health of It!* conference on February 28th at USC.

Pose Method Running. Applied presentation at the 2003 SECAHEC *For the Health of It!* conference on March 1st at USC.

Crawlstroke Development. Applied presentation at the 2003 SECAHEC *For the Health of It!* conference on March 1st at USC.

Getting Started in an Exercise Program. Community presentation on exercise program adherence sponsored by the Pueblo YMCA in Pueblo, January 16th, 2003.

Methodology/Biomechanics of Running. Presentation to the D3 Multisport and Wes Hobson Performance 2003 Season Kick Off Clinic, Boulder, CO, January 11th, 2003.

Nutrition Concepts for Soccer. Presentation to the USC men's and women's soccer teams, December 4th, 2002 at USC in Pueblo.

Getting Started in an Exercise Program. Community presentation on exercise program adherence sponsored by the Pueblo On The Move steering committee at the Spradley Building in Pueblo, November 21st, 2002.

Relationship between the Blackboard Virtual Teaching Environment and Class Performance in a Traditional Kinesiology Class. Online presentation for the Teaching Online in Higher Education online conference, Thursday, November 14, 2002.

<http://as2.ipfw.edu:591/postacomment/2002tohe/scheduleas2.htm>

Blackboard Tools – Assessment Management. Faculty technology class presented at the USC instructional Technology Center, Fall 2002.

Excellence in Teaching: Getting Started. USC New Faculty Orientation August 21, 2002 August 21, 2002.

Relationship between the Blackboard Virtual Teaching Environment and Class Performance in a Traditional Kinesiology Class. Technology Project Final Assessment Report and Paper, Spring 2002,

<http://www.uscolo.edu/itc/RTF%20files/bbReport.rtf>

<http://www.uscolo.edu/itc/RTF files/bbReport.rtf>

Effect of a Global Change in Running Mechanics on Economy and Vertical Oscillation. Presentation at the National Meeting of the American College of Sports Medicine in St. Louis, MS, May, 31, 2002.

Optimization of the Blackboard Virtual Teaching Environment in an Exercise Science and Health Promotion Class. Presentation to USC faculty of preliminary data from a 2001 Faculty Technology Champions project conducted in a Spring, 2002 Kinesiology class.

Running Technique and Performance. Presentation at the the Sports Fitness for the Health of It! - Sports Medicine in the New Millennia conference at the Sangre De Cristo Arts and Conference Center in Pueblo Saturday, March 2nd, 2002.

Running Economy in Triathlon. Presentation at the International Triathlon Coaching Symposium held in conjunction with the ITU World Triathlon Championships in Edmonton, Canada, July 22nd through July 25th, 2001.

Periodization in Triathlon. USAT Level One Coaching Clinic presentation at Tampa Bay, Florida, March 27th through March 28th, 2001.

The Manipulation of Altitude: Beyond Endurance Sport. Presentation at the 4th Annual International Altitude Training Symposium, March 28th through March 31st, 2001 at Northern Arizona University.

Periodization in Triathlon. USAT Level One Coaching Clinic presentation at the Olympic Training Center in Colorado Springs, March 24th, 2001.

Exercise Physiology in Triathlon USAT Level One Coaching Clinic presentation at the Olympic Training Center in Colorado Springs. March 23rd, 2001.

Exercise Physiology in Triathlon USAT Level One Coaching Clinic presentation at the Olympic Training Center in Colorado Springs, June 2nd, 2000.

Preparation of a Potential Olympian in Triathlon: Importance of Altitude and other Factors in a Complex Endurance Sport. Presentation at the 3rd Annual International Altitude Training Symposium, February 23-26th, 2000 at Northern Arizona University.

Running Economy and Training. USAT Level Two Coaching Clinic presentation at the Olympic Training Center in Colorado Springs, December 4th, 1999.

Periodization Principles. USAT Level One Coaching Clinic presentation at the Olympic Training Center in Colorado Springs, November 21st, 1999.

The Effect of the “Pose Method” of Running Technique Training on Running Economy and Vertical Oscillation in Triathletes. Scientific and coaching reports prepared for the USOC Sports Science and Technology Committee and USA Triathlon for dissemination of findings. Final reports submitted in June, 1999.

Applied Sport Science in Triathlon. Presentation at the 2nd Annual International Altitude Training Symposium, February 21st, 1999 at Northern Arizona University.

Physics in Running: Substituting Natural Forces for Muscular Ones Presentation to the Physics Department Seminar, January 26th, 1999 at the University of Southern Colorado.

Effect of the Pose Method on Running Economy in Triathletes Presentation to the USA Triathlon Coaching Committee as part of its initial Level II Coaching Clinic, November 28, 1998 at the Olympic Training Center in Colorado Springs.

ARTICLE/BOOK CONTRIBUTIONS

The surprising benefits that come from breathing entirely through your nose, USA TODAY online, September 21, 2021. Interviewed for article addressing nasal breathing. <https://www.usatoday.com/story/life/health-wellness/2021/09/21/breathing-problems-try-closing-your-mouth-breathing-only-through-nose/8416937002/>

A Discussion with Professor George Dallam On Nasal vs Mouth Breathing During Exercise, Performance through Health blog, June 19th, 2021. Ongoing discussion with Respiratory and Sleep Scientist, Martin McPhilemy.

<https://performancethroughhealth.com/oral-vs-mouth-breathing-with-george-dallam/>

Nose Breathing vs. Mouth Breathing: Which Is Better?

The Healthy.com. June 2nd, 2021. Online medically reviewed blog sponsored by Reader's Digest referencing our nasal breathing research.

<https://www.thehealthy.com/ear-nose-throat/nose-breathing-vs-mouth-breathing/>

How to Improve Exercise Performance: The Importance of Nasal Breathing

medium.com February 18th, 2021. Health blog referencing our nasal breathing research.

<https://medium.com/in-fitness-and-in-health/how-to-improve-exercise-performance-the-importance-of-nasal-breathing-3a82299cb539>

What Are the Advantages of Nose Breathing Vs. Mouth Breathing?

Healthline.com. February 2nd, 2021. Medically reviewed article highlighting our nasal breathing research.

<https://www.healthline.com/health/nose-breathing>

3 techniques to breathe properly while running and avoid injury.

Insider.com, 9/25, 2020. Article highlighting our nasal breathing research.

<https://www.insider.com/how-to-breathe-while-running>

Should You Breathe Through Your Nose or Your Mouth When You Exercise?

Dr.Mirkin.com. December 1, 2020. Article referencing our nasal breathing research and review paper.

<https://www.drmirkin.com/fitness/8829.html>

Nasal Breathing: the Secret to Optimal Fitness?

US News and World Reports online, Sept, 7, 2020. Interviewed as an "Expert Source" as a basis for this article which references our nasal breathing group study.

<https://health.usnews.com/health-news/blogs/eat-run/articles/nasal-breathing-the-secret-to-optimal-fitness#expert-sources>

What Are the Best Breathing Techniques for Exercise?

Openfit.com, July 31st, 2020. Interviewed for a web article on breathing during exercise with reference to our research.

<https://www.openfit.com/exercise-breathing>

Nasal breathing and the balance of blood gases during exercise.

Lion Heart Hot Yoga Hull blog, June 27th, 2020. Blog article addressing our nasal breathing research.

<https://hotyogahull.co.uk/nasal-breathing-and-the-balance-of-blood-gases-during-exercise/>

Does Nose Breathing While Exercising Burn More Fat?

MyFitnessPal.com, February 16,2020. Blog article which references our nasal breathing study as primary source.

<https://blog.myfitnesspal.com/does-nose-breathing-while-exercising-burn-more-fat/>

Should You Breathe Through Your Mouth or Nose During Exercise?

Triathlete Magazine online, February, 2020. Article focused entirely on the nasal breathing study and subsequent review paper from an interview.

<https://www.triathlete.com/training/should-you-breathe-through-your-mouth-or-nose-during-exercise/>

I Used Nasal Breathing to Become a Better Athlete.

Medium.com/better humans., July 2020. Blog article describing our research and results of its

application in the author. <https://medium.com/better-humans/i-used-nasal-breathing-to-become-a-better-athlete-b1693d53fc3d>

How to Use Breathing to reduce stress and boost recovery. Polar Blog, July 2020, Article based on interview. <https://www.polar.com/blog/how-to-use-breathing-to-reduce-stress-and-boost-recovery/>

Nasal Breathing during Running. Oxygen Advantage Website, 2020, Article which focused on the nasal breathing group study in a section on Using Nasal Breathing to Improve Performance, <https://oxygenadvantage.com/nasal-breathing-running/>

Your Guide to Athlete Safety. USA Triathlon Magazine, Fall 2019. Interviewed and quoted for an article on triathlon safety. Later Published on theTeamUSA.org website as: **Multisport Safety Guide:: How to Keep Yourself Safe during Swim, Bike, Run.**, Nov. 07, 2019. <https://www.teamusa.org/USA-Triathlon/News/Articles-and-Releases/2019/November/07/How-to-Keep-Yourself-Safe-During-a-Race>

How Nose Breathing Can Make You a Faster Runner. Mapmyrun blog, September 18, 2019. Article using our nasal breathing research as a primary source of information. <https://blog.mapmyrun.com/how-nose-breathing-can-make-you-a-faster-runner/>

When it comes to breathing during exercise, you're probably doing it wrong. Chicago Tribune Online, May 24, 2019. Article using our nasal breathing research as a primary source of information. <http://www.chicagotribune.com/lifestyles/health/sc-hlth-breathing-during-exercise-0206-story.html>

Could nasal breathing improve athletic performance? Washington Post Online, January 29th, 2019. Article using our nasal breathing research as a primary source of information. https://www.washingtonpost.com/lifestyle/wellness/when-it-comes-to-breathing-during-exercise-youre-probably-doing-it-wrong/2019/01/23/b4d3c338-1e59-11e9-8b59-0a28f2191131_story.html?utm_term=.2a97019be650

River Cities Triathlon part of sports' boon nationally. ShreveportTimes.com. August 2nd, 2014. Contributed an interview addressing the growth occurring in triathlon. <http://www.shreveporttimes.com/article/20140803/SPORTS/308030007/River-Cities-Triathlon-part-sports-boon-nationally>

Yoga for Cyclists. Book published June 2014 by Bloomsbury Publishing. Interviewed by the author, Lexie Williamson, in regards to nasal breathing and exercise with comments reprinted on page 36 and 49.

Cardio Bulletin, Men's Health, October 2010. Contributed information about triathlon cycling safety and was quoted regarding appropriate tire pressures for races in the rain.

How the Triathlon became the New Status Symbol. Details.com, March 2010. Contributed an interview regarding this topic. <http://www.details.com/culture-trends/critical-eye/201003/triathlon-the-new-status-symbol>

Still no Answer on What Caused Runner's Death, The New York Times, November 5th, 2007. Contributed information as well as being quoted regarding the death of Ryan Shay during the 2008 U.S. Olympic Trials in the Marathon.

Training Phases, Runner's World, November 26, 2007. Contributed an outline of the major article content as well as being quoted regarding the use of periodization in endurance running training.
<http://www.runnersworld.com/article/printer/1,7124,s6-238-244--12330-0,00.html>

Review of the 2006 USOC Endurance Coaches Think Tank, USOC Olympic Coach, Spring 2007, Vol 19, (1), 9-13. Contributed information in the course of the think tank towards this article. <http://www.teamusa.org/About-the-USOC/Sport-Performance/Coaching-Education/Coach-E-Magazine.aspx>

Peak Experience. The Colorado Springs, Gazette, Friday, March 21, Contributed information and quoted for an article on preparing to run the Pikes Peak Ascent and Marathon.

VIDEO/PODCASTS

fitterradio.libsyn.com Interviewed for Fitter Radio Episode 340 about the nasal breathing research, 11/1/2020. <https://fitterradio.libsyn.com/fitter-radio-episode-340-dr-george-dallam>

Triathlontraining.com. Audio interview for Podcast#70 addressing the Alexander Technique, Functional Movement Screening and updates on the nasal breathing study. Posted on March 15th, 2016.
<http://triathlontraining.com/tt070-mobility-for-faster-performance-alexander-technique-nasal-breathing-wgeorge-dallam/>

Triathlontraining.com. Responded to email questions from an Ironman competitor regarding heat acclimation for Podcast # 62. Posted on September 15th, 2015. <http://triathlontraining.com/tt062-hydration-heat-prep-from-a-hot-ironman-lake-placid-and-mont-tremblant/>

Triathlontraining.com. Audio interview for Podcast #25 on this site addressing heat acclimation for triathlon. Posted 3/19/2014.
<http://triathlontraining.com/tt025-heat-acclimation/>

Triathlontraining.com. Audio interview for Podcasts #3 and #4 on this site addressing the use of strength training in triathlon, nasal breathing during exercise and the use of the Pose Method/natural running in triathlon. Posted 2/25/2013. <http://triathlontraining.com/>

United States Olympic Committee Coaching Tips Video Series. Participated as an invited Olympic athlete coach in the production of a series of three short videos highlighting elite coaching tips for triathlon presented on the YouTube Channel. <http://www.teamusa.org/News/2012/June/13/USOC-YouTube-Channel-announces-Four-New-Original-Content-Series-June-13-2012.aspx>

USOC Coaching Tips - George Dallam - Triathlon Streamline
<http://www.youtube.com/watch?v=LpIIB0OPGTI>

USOC Coaching Tips - George Dallam - Triathlon Recovery
<http://www.youtube.com/watch?v=TzYvr6kV7lo>

USOC Coaching Tips - George Dallam - Triathlon Balance
http://www.youtube.com/watch?v=tsNKim_d5MY

**SERVICE
ACTIVITIES**

Institutional Review Board. Requested by the provost to serve as chair in the beginning of Fall, 2016 and continuing till SP 2021, with ongoing service as an IRB member to present.. Along with reviewing an average of 60 projects yearly, developed and implemented a complete set of policies and procedures, a new application form and contributed to the Quali IRB module development process.

CEEPS Personnel and Review Committee. Appointed to this committee Fall 2019 and continue to serve to the present..

Faculty Compensation Committee – Served as a member of the committee representing CEEPS during 2005-2006 and continuing as committee chair during 2006 to 2012. Continued as member of the committee until 2015 at which time I reassumed duties as the Chair until the present. During this time the committee formulated an extensive procedure to establish ongoing individual faculty salary targets based on peer market data which has been used as the basis for both individual and grouped faculty equity adjustments since it implementation in 2016.

Faculty Salary Study Implementation Committee. Served on this committee during Fall 2014 until Fall 2016 as a member and then chair of the Faculty Compensation Committee.

Journal Reviewer. Provide scholarly peer review for journals related to exercise science including Internal Journal of Exercise Science and Human Movement Science.

Faculty Disciplinary Action Board. Served on this board from SP14 to SP16.

Dining Services Advisory Committee. Volunteered to serve on this committee during Fall of 2012.

Various Hiring Committees. Volunteered and served and/or chaired numerous hiring committees including those for faculty, athletic coaches and deans.

Critical Thinking Skills Assessment (CAT) scoring sessions. Served as a scorer for our first and subsequent CAT assessments, most recently in SP14.

Pueblo Health Expo. Served on a committee overseeing development of a citywide health expo during 2006. The first annual expo was conducted on Saturday, January 28th, 2007 at the Pueblo convention center with more than 20 CSU-Pueblo students participating. Continued to serve as an organizer for the EXHPR departments yearly student involvement through to the final expo in January, 2011.

Interim Head Coach CSU-Pueblo Women's Cross Country Team. Asked by the Athletic Director just a few weeks into the Fall 06 semester to take over the coaching of the fledgling CSU-Pueblo Women's Cross Country team, upon the abrupt resignation of their initial coach. I consented to do so and we

accomplished the following. All members of the team improved throughout the season. Those who ran at the regional meet all ran personal bests. Team academic performance was exceptional excepting one individual. We achieved one of the highest team grade point averages among all athletic programs at CSU-Pueblo (and would have had the highest if the average had not included one individual who essentially failed to complete all classes). Two athletes were selected for the RAMC All-Academic team and another was honored for academics by the athletic director. We conducted the RMAC Championship in Pueblo for the first time and created a race that received significant kudos from the conference office and other members of the conference. Finally we placed ahead of four other well established teams at the regional meet as a first year team in spite of only being able to take the minimum five athletes to compete.

HLC Accreditation Self Study Task Force. Asked to serve as part of the Teaching and Learning subcommittee during Spring of 2005. We completed the task of examining and reporting on the teaching and learning process at CSU-Pueblo.

CSU-Pueblo Retention Task Force. Asked by the president to serve on this task force during academic year 06/07.

Student Recreation Field Project Committee – Served as a faculty representative on this ad hoc committee formed to oversee development of a new student recreation field in 2006. The field was designed and installed in 2007.

Faculty Excellence Award Committee. Served as a part of the committee tasked to select the 2005, 2006, 2007, 2015 and 2016 University awards recipients in Teaching, Scholarship, Service and Advising.

University Faculty Policy and Procedure Committee - selected as the CEEPS representative and committee chair in Fall 2008.

Editorial Advisory Board - American Medical Athletics Association Journal. Asked and accepted the responsibility to serve as a member beginning January 2003 to present.

Planning Committee – SECAHEC For the Health of It! Conference. Served as a member of the planning committee for the 2002, 2003, 2004 events conducted by the Southeastern Colorado Area Health Education Center, as well as making numerous presentations. The conference was sponsored by USC in 2003 and moved to the campus in Spring 2003 and 2004.
<http://www.secahec.org/Programs/SportsMedicine2003/index.html>

Pueblo Community Health Careers day. Provided presentations on Exercise Science , Health Promotion and Recreation Careers at PCC, Friday, March 8th, 2002 and Friday, March 14th, 2003.

USC Athletics Control Board. Served as a member of the reconstituted athletic control board that acts to provide oversight of the USC athletics program from 2002-2004.

21st Century Grant Program for Youth. Participated in a 2001 summer youth enrichment program that visited the USC Campus by providing a learning experience using the Key Punch movement game.

Engineering, Science and Technology Design Contest Committee. Acted as committee chair in 2001-2003 and competition chair through until the event terminated in 2019; initially under the direction of CEEPS Dean Dr. Hector Carrasco and currently under CEEPS Dean Dr. Sylvester Kalavla, to assist in the organization and implementation of this long standing CSU-Pueblo service activity. The contest's basic mission was to encourage southern Colorado middle and high school students to participate in activities that develop logical thought processes, problem solving, teamwork and varied uses of technology.

USC Substance Abuse Prevention Committee. Asked to serve on the committee during Fall of 2000. The committee is envisioned to evaluate the nature of the substance abuse problem at USC, and to secure resources to help in creating programs geared towards prevention of substance abuse.

USAT National Coaching Commission (NCC). Founded the NCC as a volunteer committee in 1996. Served as a member of the commission as part of its Education Sub-Committee and chair of the Re-certification Sub-Committee between 2000 and 2004. Acted as co-chair of the commissions first annual International Triathlon Coaches Conference in 2004. The NCC's primary mission is to provide oversight, curriculum development, writing, editing and presentation services for the USAT Coaching Certification Program.

Recreation Trail Project. Awarded USC Student Recreation Fee Grants for \$5,000 in 1998 and \$10,000 in 1999 and \$5,000 in 2002 to implement a university wide planning process to oversee the construction of a recreation trail within the university proper. Developed this student/faculty/staff USC Recreation Trail Committee to oversee this process. Grants developed by the committee have since been used as matching funds in a collaborative grant between USC and the City of Pueblo to build an extension of the Pueblo River Trail to and partially around the USC campus.

CSU-Pueblo X Challenge. Provided oversight to a student directed alternative outdoor sports competition developed through the Managing of EXHPR class (EXHP 461) class in Spring 2000 through 2010 in conjunction with the Experiential Learning Center. The competition was held for 10 consecutive years (SP 2000- SP 2010). Students developed a complete mission, strategic plan, event organization, job descriptions, oversight board, online registration, an event website, grant funding, cash and VIK sponsorships and considerable community interest. Students and instructor co-authored and were funded by **Recreation Fee Grant** in numerous years to support the X Challenge.

Kids R.A.T.E. (Required Physical Activity to Excel). Contributed data analysis and oversight to a service project, completed at the University of Southern Colorado during academic year 1998-1999, designed to measure student aerobic activity levels in local elementary school physical education programs. Funded for \$2,000 by a Ronald McDonald House Charities grant. Grant funds were used to obtain heart rate monitors that are presently used within the EXHP program.

Elite triathletes coaching services. Provided both advisory and onsite (OTC) coaching services to elite USAT athletes from 1997 to 2010, both in preparation for the 2000, 2004 and 2008 U.S. Olympic Trials and upon becoming members of the 2000, 2004 and 2008 Olympic Team. Personally attended triathlon's debut at the Sydney Olympic Games as the coach of Hunter Kemper, the top U.S. finisher, funded in part by a USOC Venture Grant. Continued to coach Kemper to a Pan American Games silver medal (1999), Gold medal (2003), the

first World Cup victory by a U.S. male since 1994 in 2003, and the top finishing spot by a U.S. male in Sydney (19th), Athens (9th) and Beijing (7th), as well as winning six U.S. Elite Championships.

Corporate Cup. Acted as part of the organizing committee and the cycling event team leader for the USC team in Fall 1999-present; as well a participating individually in numerous events. Continued to participate annually for the CSU-Pueblo every year annually until 2011.

External Reviewer. Provided an external review in the comprehensive review process for a faculty member in the UCCS department of biology in exercise science, October, 2008. Provided a second external review for the same faculty member in October of 2010.

RESEARCH PROJECTS

Co Investigator - Heart Rate Variability, Chronic Stress Levels, Sleep and Physical Activity in Exercisers and non-exercisers during Covid-19. A research project with Principal Investigator Dr. Tina Twillegger and approved by the CSUP IRB in Spring 2021 to be conducted beginning in Fall 2021. The project is supported by a CSUP faculty seed grant.

Principal Investigator – Case Study: Adaptation of a Sub-Elite Runner to Nasally Restricted Breathing. A research project approved by the CSUP IRB and initiated in Fall 2019. The project is being supported by two CSUP undergraduate student investigators and examines the time course and effect on VO₂max and peak running velocity of an adaptive process to a nasally restricted breathing approach in training and competition in a sub-elite competitive runner.

Principal Investigator - The Effect of Nasal versus Oral Breathing on cardiorespiratory measures, effort sense and economy during submaximal steady state moderate cycling exercise in EXHP students. A research project approved by the CSUP IRB and initiated in the Fall of 2018 which is ongoing. The project is being conducted by EXHPR students enrolled in EXHP 344L. The project is intended to examine the concept that nasal breathing is more economical than oral breathing during exercise, with emphasis on the complete oxygen transport system from ambient air to muscle myoglobin saturation.

Principal Investigator – The Functional Movement Screening (FMS) Project. A research project examining the effect of a series of prescribed exercises on FMS scores and athletic performance in recreational runners and triathletes in comparison to control. The study was funded by a Faculty Seed Grant for \$3650.55 and utilizes students enrolled in EXHP 492/592 Research as the research staff, along with collaboration from other EXHPR and Athletic Training faculty members. The project began in Fall 2014 with data collection completed Fall 2015. A final paper was produced and submitted for publication in January, 2019.

Principal Investigator - Nasal Breathing Project. A research project examining the ability of trained runner's, who had previously adapted to nasal only breathing during exercise, to complete maximal work breathing nasally versus breathing orally. The study was funded by a Faculty Seed Grant for \$1,000.00 and utilizes students enrolled in EXHP 492, Research as the research staff. The project began in Fall 2012 with data collection completed in FA 2015. A case study based on the pilot work is published, a conference

presentation is published and a paper based on the primary study results is published..

Principal Investigator/Project Manager - Diabetes Risk Factor Reduction Research Project. Service and research project conducted from January 2003 to August 2005 at the Pueblo Chieftain, Parkview Medical Center, Pueblo City-County Health Department and Pueblo Police Department. The project was funded by a Colorado Trust Grant for \$149,195 and employed two halftime health educators and several part time health educators and interns as well as utilizing a large group of CSU-Pueblo EXHPR students as volunteers. Presentation and paper publications have been completed.

Co Investigator - Effect of $F_{I}O_2$ on Hemoglobin- and Myoglobin-oxygen Saturation in Trained Cyclists at Moderate Altitude. Project conducted during October and November, 2002 at the Sports Science and Technology Laboratory in the Olympic Training Center complex in Colorado Springs, Colorado in conjunction with the USOC Sports Science and Coaching Division and the University of Pennsylvania. The project utilized three USC undergraduate students in data collection team.

Co Investigator - Effects of Utilizing Two Different Supplemental oxygen Concentrations ($F_{I}O_2$) 26.5% vs. $F_{I}O_2$ 60.0%) in Conjunction with the “Live high train low” Altitude Training Model. Project conducted during October and November, 2001 at the Sports Science and Technology Laboratory in the Olympic Training Center complex in Colorado Springs. The project utilized three USC undergraduate students in data collection team.

Principal Investigator - The Effect of the “Pose Method” of Running Technique Training on Running Economy and Vertical Oscillation in Triathletes. Doctoral dissertation research conducted at the Sports Science and Technology Laboratory in the Olympic Training Center complex in Colorado Springs during Winter 1998 and early Spring 1999.

GRANTS

Twilleger, Tina and Dallam, George. .Co-author with Dr. Tina Twilleger of a **Faculty Seed Grant Award** from the University’s Scholarly Activities Board in the amount of \$6,518.75. to fund the proposed research project entitled Daily Heart Rate Variability, Chronic Stress Levels, Sleep and Physical Activity in Exercisers and non-exercisers during Covid-19, Spring 2021.

Dallam, George; McFadden, Michael; Hostetter, Karen, McClaran, Steve; Loeper, Shaun. Authored with faculty and students a **Faculty Seed Grant Award** for \$3650.55 to fund the Functional Movement Screening Project. The proposal was funded in Fall 2014.

Dallam, George; McClaran, Steve, DeFratus, Chris; Hernandez, Eric, Jacobson, William, Cox, Daniel; Richmond, Sutton; Trevathon, Lacie; and LaComb, Chase. Authored with faculty and students a **Faculty Seed Grant Award** for \$1000.00 to fund completion incentives for subjects in the Nasal Breathing Project. The proposal was funded in Fall 2012.

Foust, Carol; McClaran, Steve, Hostetter, Karen and Dallam, George. Submitted a **Student Technology Fee (STF) proposal for \$3,881.72** and entitled Exercise Physiology Multi-media Classroom/Lab which was funded in Fall, 2012.

Finger, Kara and Dallam, George. Internal Pepsi Grant - CSU-Pueblo. Co-authored a **Pepsi fund grant** to support the CSU-Pueblo X-Challenge in Spring 2009. The grant was not funded.

Smith, Darrin; Dallam, George; Rochester, Christine and McClaren, Steve. Co-authored a **Student Technology Fee (STF) Proposal funded for \$ 3, 126.00** and entitled Video Equipment for the Utilization of Dartfish Motion Analysis Software.

Dallam, George, Fae, Emily and Williams, Andrew, Spring 2008. Co-authored with listed students a **CSU-Pueblo Recreation Fee Grant for \$1000.00** to fund the CSU-Pueblo-X-Challenge, a class (EXHP 461) experiential learning activity described elsewhere.

Dallam, George; Williams Shae and Cain-Davis, Jessica. Spring 2007. Co-authored with listed students a **CSU-Pueblo Recreation Fee Grant for \$1000.00** to fund the CSU-Pueblo-X-Challenge, a class (EXHP 461) experiential learning activity described elsewhere. The grant was funded for \$870.00 in 2008.

Dallam, George; Foust, Carol, Christine, Rochester. **CSU-Pueblo faculty ITC Champions project funded for \$2,500.** Co-authored a project entitled Effect of Heart Rate Monitoring on Improvement in Physical Fitness during a University Physical Activity Class. The grant was funded in 2006.

Dallam, George; Hellickson, Lynn, Murphy, Whitney; Harbert, Hannah; Magestrelli, Eve; April, 2004. Co-authored with listed students a **CSU-Pueblo Recreation Fee Grant for \$1000.00** to fund marketing for the USC-X-Challenge, a class (EXHP 461) experiential learning activity described elsewhere. The grant was funded in 2005.

Dallam, George and Foust, Carol. August, 2002. Co-authored and obtained a **Colorado Trust Fund grant for \$149,195.00** to fund a 3-year diabetes prevention program in the Pueblo Community. The grant was obtained in collaboration with the USC Nursing department, the Parkview Medical Center, the USC Extension Office and the Pueblo Chieftain. Currently acting as the grant project manager.

Dallam, George; Macadangdang, Lise; Torres, Andrea; Smith, Hannah; Cannon, Kristina; Grutt, Nicole; Cordo, Sam; George, Michelle and Lening, Jenny. April, 2003. Co-authored with listed students a **CSU-Pueblo Recreation Fee Grant for \$750.00** to fund marketing for the USC-X-Challenge, a class (EXHP 461) experiential learning activity described elsewhere.

Foust, Carol; Sims, Christine; Boulware, James; Keenan, Colleen; Stuyt, Jeff and Dallam, George. Fall 2002. Co-authored and obtained a **Student Technology Fee Grant for \$11,500.00** to fund the EXHPR Computer Lab.

Dallam, George; Stuyt, Jeff; Bassett, Sayra; Saxton, Beth; Hirsh, Sara; Velie, Alex; and Humburg, Wendy. Spring, 2002. Co-authored with Dr. Stuyt and listed students and obtained a **USC Student Recreation Fee grant for \$5,000.00** to provide matching funds in a City of Pueblo/USC collaborative T-21 Alternative Transportation grant funded to build an extension of the existing river trail to the USC campus*.

Dallam, George; Jeff Stuyt, Foust, Carol; Sims, Christine, Keenan, Colleen. Boulware, James. Spring 2002. Co-authored with listed faculty a **Student Technology Fee Grant for \$9,940.00** to fund a permanent technology cart installation in the EXHPR classroom. The grant was not funded.

Dallam, George; Stuyt, Jeff; Hooper, Jacqueline; Shaffer, Angela; Johnson, Ingrid; Allison, Kevin and Carlock, Jon. Spring 2001. Co-authored with listed faculty and students a **Student Technology Fee Grant for \$9,940.00** to fund a permanent technology cart installation in the EXHPR classroom. The grant was not funded.

Dallam, George. **CSU-Pueblo faculty ITC Champions project funded for \$1,500.** The project was entitled: Relationship between the Blackboard Virtual Teaching Environment and Class Performance in a traditional Kinesiology Class.

Dallam, George; Stahl, Narissa and Dugas, Sandra. Spring, 1999. Co-authored with listed students and obtained a **USC Student Recreation Fee grant for \$10,000.00** to further develop the recreation trail project*

Dallam, George; Esquibel, Victoria; Turner, Chris; Carlock, Jon. Fall, 1998. Co-authored with listed students and obtained a **USC Student Recreation Fee grant for \$5,000.00** to develop a USC recreation trail plan*.

Dallam, George. Fall 1998. Authored and obtained a **USOC Sports Science and Technology grant for approximately \$25,000.00 in VIK laboratory support and \$2000.00 direct support** for participant stipends to fund and support a doctoral dissertation project.

HONORS AND AWARDS

Received the **CSU-Pueblo university wide Award for Scholarship and Creative Activity** for academic year 2020-2021.

Received the **School of Health Science and Human Movement Scholarship Award** for academic year 2020-2021.

Nominated and selected as a finalist for the **Distinguished University Professor** award at CSU Pueblo, Fall 2020.

Nominated and selected as a finalist for the **Distinguished University Professor** award at CSU, Pueblo, Fall 2019.

Invited speaker and guest at the **2014 National Strength and Conditioning Endurance Clinic**, November 7-8th at the NSCA headquarters in Colorado Springs, Colorado.

Received the **College of Engineering, Education and Professional Studies' Outstanding Faculty Award** for academic year 2012/2013.

Invited as a guest to attend the **2011 USOC International Altitude Training Symposium** held October 7-11, 2011 in Colorado Springs, CO.

Invited as a guest to attend the **USA Triathlon Art and Science of Triathlon International Coaching Symposium** held February 12-14, 2010 in Colorado Springs, CO.

Invited to attend the **USAT High Performance Meeting** November 2nd, 2009 in Colorado Springs to assist in creating a high performance plan to prepare Team USA for medal winning performances at the upcoming World Championships and London 2012 Olympic games.

Invited as a guest to attend the **2009 USOC International Altitude Training Symposium** held October 21 -23, 2009 in Colorado Springs, CO.

Asked to serve as an **honorary coach** for both the men's and women's **CSU-Pueblo Basketball Teams** January 10th 2009 against the Colorado Mines University basketball teams.

Nominated for the **CSU-Pueblo University wide advising award** in Spring 2008.

Invited to attend a **symposium for elite coaches on training program design** at the Olympic Training Center April 4th – 6th, 2007.

Invited to provide a presentation **at the USOC/NAU High Altitude Symposia** on the use of altitude training in the preparation of 2000/2004 Olympian Hunter Kemper. September 28th and 29th, 2006 at the Olympic Training Center in Colorado Springs. <http://www.hastc.nau.edu/events-symposia.asp>

Invited to attend a USOC Endurance Sports Think Tank in Park City, Utah, May 11th – 14th, 2006. The meeting was a gathering of sports scientists and coaches associated with internationally successful athletes in various endurance based Olympic Sports.

Received the University of Southern Colorado (formerly Provost's) **Award for Excellence in Service** during Spring 2005.

Received the **United States Olympic Committee's National Coach of the Year Award for Triathlon** in January 2006. The award recognizes the coach of an elite athlete or program with nominees from each Olympic sport.

Received the **College of Engineering, Education and Professional Studies' Outstanding Faculty Award** for academic year 2004/2005.

Received the **United States Olympic Committee's "Doc" Counsilmen Science Award** for coaching in triathlon as well as being a finalist among all Olympic sport nominees in 2004. The "Doc" Counsilman Award is for a coach that utilizes scientific techniques/equipment as an integral part of his/her coaching methods, or has created innovative ways to use sport science.

Invited to speak as a **member of a panel of expert coaches and sports scientists at the USOC/NAU High Altitude Symposia** held February 11th – February 13th, 2005 at the Olympic Training Center in Colorado Springs. <http://coaching.usolympicteam.com/coaching/kpub.nsf/v/4jun05>

Invited to attend the **inaugural USA Triathlon Level III Coaching Certification** clinic along with all **coaches of a 2004 Athens Olympians in triathlon**. The clinic was held November 28th – December 3rd, 2004 at the Olympic Training Center in Colorado Springs.

Selected for a **CSU-Pueblo Award for Distinction** in Spring 2004 as a result of coaching accomplishments with the USAT National Coaching Commission and elite athlete Hunter Kemper in 2003. Kemper won the first ITU World Cup event by an American male in the previous eight year period.

Invited to and attended a **USOC Heat Humidity and Air Pollution: Preparation for Athens 2004 Summit** for key national governing body personnel and coaches at the USOC Olympic Training Center in Colorado Springs, September 17-19, 2003.

Received the University of Southern Colorado (formerly Provost's) **Award for Excellence in Scholarship** during Spring 2003.

Nominated for the 2004 **Robert Foster Cherry Award for Great Teaching** presented by Baylor University.

Received the University of Southern Colorado **Provost's Award for Excellence in Teaching** during Spring 2001.

Selected by the College of Engineering, Education and Professional Studies as **Faculty Technology Champion**, as a part of the universities U.S. Department of Education Title III Grant that funds the development of teaching and learning technology at USC.

Nominated as one of two finalists for the **United States Olympic Committee Elite Triathlon Coach of the Year** in 2000.

Funded by a United States Olympic Committee Peak Performance Grant to attend the 2000 Sydney Olympics as the personal coach of top U.S. finisher, Hunter Kemper.