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PROFESSIONAL PREPARATION

Ph.D. (1996). Joint degree awarded by the **College of Education**, University of Alabama at Tuscaloosa, and the **School's of Public Health, and Education**, University of Alabama at Birmingham.

Emphasis: Health Education and Health Promotion

Dissertation: Development of an Instrument to Assess Intentions, Attitudes, and Beliefs of Adolescent Athletes Regarding Dietary Supplements.

Advisor: Dr. Jim Eddy

* Outstanding Graduate Student – Health Studies Department

* AAHE Doctoral Scholar Award

B.S., M.S. East Stroudsburg University, East Stroudsburg, Pennsylvania

Emphasis: Community Health Education

Current Position:

The University of North Carolina at Wilmington, 1997-present.

Position: Tenured Associate Professor

Duties: Teaching, research, and service in the Department of Health and Applied Human Sciences.

Philosophy

Looking at young athletes and their use of unregulated dietary supplement products, I take a pure health education and behavior approach. While most researchers focus on the particular dietary supplement (Creatine, Ephedra, Andro), I insist that the most important variable is the process taken towards taking these products and the internal and external influences that delay (physicians, trainers) or assist (coaches, media) their use. Outcomes of this research point towards the strongest influence being parents, physicians and athletic trainers as those most likely to influence young athletes away from use, while coaches and the media influence them towards use. I testified at Senate Hearings in 1989 for passage of the Anabolic Steroids Control Act, and have been invited numerous times to Capital Hill to advocate to congressional leaders for healthier schools and greater access for kids to become physically fit. My book, “Taking One for the Team: The New Thinking on Dietary Supplements and Young Athletes” is written for all those parents, coaches, and teachers would everyday get asked by young athletes, “Hey, does this stuff work?” It has been a very exciting time to be researching this topic and I have been fortunate to have contributed to articles and interviews in Sports Illustrated, ESPN Radio, and on ESPN’s Outside the Lines to weigh in on the national debate on Ephedra.

Research Area - Dietary Supplements and Young Athletes

My research efforts among athletes and their use of ergogenic aids began while still an undergraduate with my first paper on Anabolic Steroids, and has evolved into the development a theory-based (Theory of Reasoned Action, Fishbein and Ajzen, 1967) prediction instrument that can be used to ascertain behavioral intentions, attitudes, beliefs, and subjective norms of young athletes and their use/non-use of potentially harmful dietary supplement products. This is the only research of its kind to have a theoretical foundation. This research has progressed from:

- Development of instrument over a two-year period, with a resulting reliability rating of .9409 (1996), re-tested at .9024 (2000). The instrument, titled the Survey to Predict Adolescent Athletes Dietary Supplement Use (SPAADSU) was the result of my doctoral dissertation, "The Development of an Instrument to Assess Intentions, Attitudes, and Beliefs of Adolescent Athletes Regarding Dietary Supplements, (1996)".
- In a time period between 1998-2001 the instrument has been administered to over 6000 athletes in 5 states,
- Authored one book, and authored or co-authored 14 published peer-reviewed articles with one in press and two abstracts of research in this area,
- Two doctoral students at the University of Alabama have used this data as the basis for their doctoral dissertations,
- Basis for the book "Taking one for the Team: The New Thinking on Dietary Supplements and Young Athletes."

Recent events:

- Appeared on ESPN Radio, March 13, 2004 to discuss Steroid issue in Baseball.
- Interviewed on ESPN Radio regarding THG, the new designer steroid. Oct. 24, 2003.
- Been interviewed by Sports Illustrated on an expose regarding Ephedra and young athletes. Issue: April 7, 2003
- Appeared on ESPN show Outside the Lines to discuss dangers of Ephedra. May 20, 2003
- Worked with Sports Illustrated on an expose regarding the targeting of young girls by dietary supplement companies that encourage unhealthy eating patterns and use of potentially dangerous products (UNCW IRB approval for subject selection)
- Collaborated with the Center for Drug Free Sport (The NCAA branch responsible for drug testing athletes) in writing booklet for student-athletes to help in their decision-making process with these products. Book will be distributed to over 300,000 high schools and colleges. Future booklets will be aimed at coaches, parents, and athletic trainers regarding athlete's use of these products.
- Been awarded and conducted a UNCW Summer Research Initiative Grant titled "*A Workshop for Coaches Regarding Adolescent Athletes and Their Use/Non-Use of Dietary Supplements*" conducted May 26, 2000.

I have been contacted by researchers and students both nationally and internationally in this area, and have been cited in the popular press and scientific literature by a few of the following:

1. Washington Post – ongoing.
2. Modesto Bee (2003). [Creatine use in area widespread, but views of its impact mixed](#)

3. Kansas City Star (2003). [High School Coaches Need to Supplement Knowledge.](#)
4. Mother Jones magazine (2003). [Teen Herbicide.](#)
5. Wilmington Star (2002). [Teens and Supplements.](#)
6. Dallas Morning Star (2002). [Supplements: Playing with Fire.](#)
7. Canadian Broadcasting Company Radio One Interview, Sept, 2002: [Listen to interview](#)
8. Newswise News Service. (2001). [Athletes and Supplements: Focus on Why Instead What.](#)
9. Phipps, J. L. (2001). [College Jocks Speeding Up.](#) HealthScoutNews.
10. University of California at Davis. (2000). [Olympic Centennial Athletic Sport and Recreation Bibliography Project.](#) Department of Nutrition, University of California at Davis.
9. Bartee, R. (2000). Predictors of Dietary Supplement Use by Male and Female High School Athletes: A Logistic Regression. Unpublished doctoral dissertation, Tuscaloosa, AL.
10. University of North Brunswick Saint John Ward Chipman Library Children and Youth in Sport Database. (2000). Drugs, Dietary Supplements, and Performance Enhancement. University of N. Brunswick, Canada
<http://www.unbsj.ca/library/subject/youth.htm#coach>
11. Yates, S. C. (1999). Supplements at Center of High-School Controversy. www.Healthwellexchange.com. Feb.
12. Blue, J. G., & Lombardo, J. A. (1999). Steroids and Steroid like Compounds. Clinics in Sports Medicine. 18(3); P. 6.
13. Dunn, M.S. (1999). The Influence of Significant Others on Attitudes, Subjective Norms and Intentions among Adolescents regarding Dietary Supplement Use. Unpublished doctoral dissertation, Tuscaloosa, AL.

Selected recent presentations -

1. The Confusing World of Dietary Supplements in Sports. Invited panelist, The Joint Commission on Sports Medicine and Exercise Science Annual Conference, Austin, TX, Feb 24-26.
2. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Presentation at Mercy Children's Hospital Div. of Adol. Medicine, Kansas City, MS. Jan. 29, 2003.
3. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Keynote Presentation, Center for Drug Free Sport Conference on Dietary Supplements, Kansas City, MS. Jan. 30, 2003.
4. Invited Scholar - Influences of Young Athletes and Dietary Supplements, address given to faculty and Ph.D. students, College of Environmental Sciences, University of Alabama. Oct. 31, 2001.
5. Towards a Standardized Definition of Sport Nutritional Products: A Delphi Study Zuckerman, G. A., & Perko, M.A. Presentation at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC. Dec. 3, 2000.
6. The Influence of Significant Others on Attitudes, Subjective Norms and Intentions Regarding Dietary Supplement Use Among Adolescents. Dunn, M.S., Eddy, J. M., Wang, M. Q., Nagy, S. J., Green, B. L., Kendrick, O. & Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Orlando, FL., 2000

Books/Educational Materials-

1. Giving New Meaning to the Term "Taking One for the Team." The New Thinking on Dietary Supplements and Young Athletes. Kendall-Hunt.
2. Winning without Supplements – Center for Drug Free Sport, August 2003. 1st printing – 30,000.

Lead Author on Peer-reviewed Publications -

1. Perko, M. A. (2003). Before or After? How Best to Study Sport Supplement Use in Young Athletes. www.Sports-media.org. (Indexed in SIRC).
2. Perko, M. A. (2002). Taking One for the Team - Coaches, Athletes, and Dietary Supplements. www.Sports-media.org. (Indexed in SIRC).
3. Perko, M. A. (2000). Hey Coach, Does this Stuff Work? Strategies, 14(2), 5-7.
4. Perko, M. A., Eddy, J. M., Bartee, R.T., & Dunn, M.S. (2000). Giving New Meaning to the Term "Taking One for the Team": Influences on Use/Non-Use of Dietary Supplements among Adolescent Athletes. Journal of American Health Studies, 16(2), 99-106.
5. Perko, M. A., & Dennison, D (UNCW). (2000). "Does this Stuff Work?" When Health Educators discuss Dietary Supplements. International Electronic Journal of Health Education, 3 (1): 64-68.
6. Perko, M. A. (1999). Development of a Theory-based Instrument Regarding Adolescent Athletes and Dietary Supplements. American Journal of Health Studies 15(2), 71-80.
7. Perko, M. A., Jones, C. S., Cowdery, J. E., & Wang, M. Q. (1995). Relationship of Academic Performance and the Perceptions of Anabolic Steroids Effect among Division 1 College Athletes. Perceptual and Motor Skills, 80, 284-286.

Co-Author, Peer-Reviewed –

1. Bartee, R. T., Grandjean, B, Dunn, M. S., Perko, M. A., Eddy, J. M., & Wang, M. Q. Predictors of Dietary Supplement Use among Adolescent Athletes. (2004). Pediatric Exercise Science (accepted).
2. Dodge, J., Ford, M. A., & Perko, M. A. (2003). From Ephedra to Creatine: Using Theory to Respond to Sport Dietary Supplement Use in Young Athletes. American Journal of Health Studies, (In press).
3. Dunn, M.S., Eddy, J. M., Wang, M. Q., Perko, M. A. & Bartee, R. T. (2001). Influence of Parents, Coaches, and Trainers on Attitudes, Subjective Norms and Intentions among Male and Female Adolescents. Journal of Adolescent and Family Health,
4. Dunn, M.S., Eddy, J. M., Wang, M. Q., Nagy, S. J., & Perko, M. A. (2001). The Influence of Significant Others on Attitudes, Subjective Norms and Intentions regarding Dietary Supplement Use among Adolescent Athletes. Adolescence, 36(143), 583-591.
5. Zuckerman, G. A., & Perko, M. A. (2001). Towards a Standardized Definition of Sports Nutritional Products: A Delphi Study. The North Carolina Journal, 37(1), 20.
6. Jones, C. S., Perko, M. A., Wang, M. Q., & Nagy, S. J. (1994). AIDS Knowledge in Adolescent Anabolic Steroid Users. Journal of Health Education, 25(1), 19-23.
7. Wang, M. Q., Downey, G. S., Perko, M. A., & Yesalis, C. E. (1993). Changes in Body Size of Elite High School Football Players: 1963 - 1989. Perceptual and Motor Skills, 76, 379-383.