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**Associate Professor and Coordinator of Health Education**  
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## **PROFESSIONAL PREPARATION**

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**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

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

**Emphasis:** Community Health Education

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

**Emphasis:** Health and Physical Education, K-12 Teacher Cert.

**A. A.** Keystone Junior College, La Plume, Pennsylvania

**Emphasis:** Liberal Arts

## **PROFESSIONAL EXPERIENCE**

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The Center for Innovative Health Solutions, LLC.

1994-97

**Position:** Executive Director, Owner & Partner

CIHS is a small business initiative whose mission is to use media technology to produce tailored health education/communication materials.

Good Health Makes \$ense Show with Dr. Mike Perko

1994-97

**Position:** Producer/Host - Quarterly live health promotion and disease prevention broadcast and live monthly broadcast titled "GHM\$ Monthly: It's Your Health!" to 120 downlink sites in a two state area. Duties included managing full and part-time staff in all pre, production, and post production including conceptual design, hiring talent, writing scripts, arranging location shoots, and editing. 35 live broadcasts.

Associate Director, Good Health Makes \$ense Program 1992-97  
The University of Alabama, Tuscaloosa, AL.

*Duties:* Design, implementation, and evaluation of worksite health promotion programs for Alabama and Gulf Power Companies, both multi-site public utilities.

Received Governor's Award for Health Promotion Programs 1994-95

Received Wellness Council's of America Gold Award 1994

Received National Health and Human Secretary's Award 1995

**Producer/Host** 1996-97

Masters Degree in Health Education and Health Promotion on video.

Distance education initiative developed with the faculty of the University of Alabama's Health Studies Department, Department of Communications and the University of Alabama's Integrated Interactive Television System.

**Producer** 1992-96

Introductory videos for both Alabama Power Company, (8200 employees, 160 sites) and Baptist Health System, a 7 hospital (3500 employees) system in Alabama. Both organizations used video as a way to disseminate health education and promotion opportunities available to employees and spouses.

#### **Video Productions:**

Various linear videos were produced based on demand from Alabama and Gulf Power employees. These videos were professionally developed for home use with families in mind. They included:

- ☐ "An Oz. of Prevention: Prevention/Early Detection of Cancer"
- ☐ "Eating Well for Kids"
- ☐ "Heart Health"
- ☐ "Coping with Shift work"
- ☐ "To Be Tobacco Free"
- ☐ "Take Care of Yourself"

## **ACADEMIA**

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The University of North Carolina at Wilmington 1997-Present

*Position:* Associate Professor (Reappointed, 2001, Tenure and Promotion, 2002)

*Duties:* Teaching, research, and service in the Department of Health and Applied Human Science, in accordance with the mission of UNCW.

*Position:* Coordinator of Health Education 1998

*Duties:* Supervision and coordination of departmental health activities including development of program plan, scheduling of courses, and hiring and observation of all full and part-time health lecturers

Graduate Faculty Status 1999-04

Gerontology Faculty Status 1998

Graduate Faculty, University of Alabama 1999-present

**University Service:**

|                                                                           |             |
|---------------------------------------------------------------------------|-------------|
| Faculty Senate                                                            | 2002-2004   |
| Panel Member - Virtual University Distance Learning Initiative with Japan | 2000        |
| Fulbright Scholar Campus Interview Committee (Chair)                      | 1999        |
| Grade Appeal Committee                                                    | 1999        |
| Chancellor's Council on Health and Wellness                               | 1998-99, 03 |
| Chancellor's Advisory Board for Alcohol, Tobacco & Other Drugs            | 1997-99     |
| 2 Masters and 2 Honors Thesis                                             | 1997-03     |
| University Wide Health Needs Assessment (Chair)                           | 1998-99     |

**HAHS Committees:**

|                                                |         |
|------------------------------------------------|---------|
| Athletic Training Lecturer Search              | 2003-04 |
| Exercise Science Search (successful)           | 2002-03 |
| Scholarship Peer-Review (Chair)                | 2001-02 |
| Peer Observation Review                        | 2001-02 |
| Curriculum                                     | 2000-01 |
| Teaching Peer-Review (Chair)                   | 2000-01 |
| Athletic Training Ad Hoc Planning              | 2000-01 |
| Health Faculty Search (Chair, successful)      | 1999-00 |
| Athletic Training Faculty Search (successful)  | 1999-00 |
| Athletic Training Lecturer Search (successful) | 1999-00 |
| Peer Review (Scholarship)                      | 1999-00 |
| Department Chair Search (successful)           | 1998-99 |
| Health Faculty Search (Chair, successful)      | 1998-99 |
| Computer (Chair, 1998-99)                      | 1997-99 |
| Honors (Chair, 1998-99)                        | 1997-99 |
| Display (Chair, 1998-99)                       | 1997-99 |
| Office Secretary Search                        | 1998-99 |
| Health Faculty Search                          | 1997-98 |

**Classes Taught:** (D=developed, R=revised)

HEA 105 Individual Well-being  
HON120 Health and Wellness (D)  
HON120 Health and Success (D)  
HEA 234 Principles of Health Education (R)  
HEA 325 Health and Aging (R)  
HEA 240 Current Topics in Health Education (D)  
HEA 245 Consumer Health (D)  
HEA 351 Health Communications (D)  
HEA 440 Advanced Topics in Health Education (D)

**Teaching Evaluations**

Office of Institutional Research generated report over previous 3 years, SPOT #16 – 4.88 out of 5.0 (top 5th in University)

**Advising:**

HAHS – Typical load of 30 advisees in Health Education Concentration and Physical Education, Generalist Track.

Student Athlete Advising Team (SAAT), designed to advise student-athletes from freshman year to declaration of major. Typical load, 25-30. 1997-99

The University of Alabama, Tuscaloosa, AL 1999 - present  
*Position:* Graduate Faculty - Department of Health Studies  
*Duties:* Instructor for distance education masters degree program

The University of Alabama, Tuscaloosa, AL 1996-97  
*Position:* Adjunct Assistant Professor - Department of Health Studies  
*Duties:* Research and programmatic development relating to health communications

The University of Alabama, Tuscaloosa, AL 1991-95  
*Position:* Graduate Assistant - Department of Health Studies  
*Duties:* Sections taught of Personal Health and Drug Awareness

The New Jersey Institute of Technology, Newark, New Jersey 1988-91  
*Position:* Health Education Coordinator  
*Duties:* Responsibilities included planning campus-wide health education efforts, and teaching various section of Freshman Seminar.

## TEACHING RECOGNITION

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- ✦ Nominated - Board of Governors Excellence in Teaching Award 2003-04
- ✦ Awarded - UNCW Chancellors Excellence in Teaching Award 2002-03
- ✦ Twice recognized as "Favorite Professor" by students in classes 1997-98
- ✦ Recognized by Office of Student Affairs as having made "significant impact" on graduating senior(s) each semester 1997-03
- ✦ Selected by Dean to be presented to Chancellor as "Outstanding Faculty" in College of Arts and Sciences 1997-98

## GENERATED FUNDING

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(2003) Worksite Wellness Program for PPD. (\$25,000). **Funded.**

(2003) Co-project Director, American Cancer Society. Nutritional Intervention with Middle School Students in NC Rural Counties. (\$1.1million). **Funded.**

(2003) Efforts to Develop a Competency Matrix for a Health Education Undergraduate Degree Program at UNCW.UNCW Summer Initiative Award, (\$3000). **Funded.**

(2002) Project ASSIST Grant to fund "Girls on the Run" program. (\$2800). **Funded**

(2000) Faculty Sponsor, university-wide UNCW Undergraduate Student Research and Travel Award for HPER student Geoffrey Zuckerman, (\$250). **Funded.**

(2000) Co-project Director, MediaSeek. Development of Knowledge Database in Ten Health Content Areas. (\$11,5000). **Funded.**

(1999) Workshop for area coaches regarding influences of adolescent athletes on use/non-use of dietary supplements. UNCW Summer Research Award, (\$3000). **Funded.**

(1999) Efforts to Further Develop the Authorization for Request to Plan a Community Health Education Undergraduate Degree Program at UNCW.UNCW Summer Initiative Award, (\$3000). **Funded.**

(1998) American Public Health Association Mini-Grant titled "Building a Virtual Village Begins with the First Brick." (\$1500). **Funded.**

(1998) American Public Health Association Mini-Grant titled "Building a Virtual Village Begins With the First Brick." New Hanover Regional Medical Center, (\$250). **Funded.**

(1998) Investigative trip to England to lay groundwork for summer 2000 course titled "Health Promotion Initiatives in the UK." UNCW Office of International Programs (\$400). **Funded.**

(1998) Investigative trip to England to lay groundwork for Summer 2000 course titled "Health Promotion Initiatives in the UK." UNCW Department of Health, Physical Education and Recreation (\$500). **Funded**

(1998) Investigative trip to England to lay groundwork for Summer 2000 course titled "Health Promotion Initiatives in the UK." UNCW Office of the Dean of Arts and Sciences (\$900). **Funded.**

(1997, 1998, 1999) UNCW Office of the Dean of Arts and Sciences Grant to support the Healthy People Lecture Series (\$1500 each year). **Funded**

(1997-1998) American Cancer Society Grant to support the Healthy People Lecture Series (\$2000). **Funded**

(1997-1998) New Hanover Regional Medical Center Grant to support the Healthy People Lecture Series, UNCW (\$2000). **Funded**

(1996-1997) Producer of "Masters Degree Program in Health Education and Health Promotion on Video" developed by the Faculty of the University of Alabama's Health Studies Department, the Department of Communication, and the Universities Integrated Interactive Television System (IITS) (\$50,000). **Funded**

(1994) Centers for Disease Control and Prevention & U.S. Department of Health and Human Services SBIR contract (200-93-0665) to revise the Office on Smoking and Health's 1985 document entitled "A Decision Makers Guide to Reducing Smoking at the Workplace." (\$23,730). **Funded**

(1994 to 1997) Producer of the "Good Health Makes \$ense" show, a quarterly live broadcast to 120 downlink sites covering a two-state area (\$80, 000 per annum)

(1993 to 1997) Associate Director for a multi-site worksite health promotion grant for a state public utility (Gulf Power, Florida) entitled "Good Health Makes \$ense" (\$264,000 over 3 years)

(1992 to 1997) Associate Director for a multi-site worksite health promotion grant for a state public utility (Alabama Power) entitled "Good Health Makes \$ense" (2.75 million over 5 years)

## BOOKS

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1. [You Can Win Without Supplements](#) – Center for Drug Free Sport. 2003
2. ["Taking One for the Team." The New Thinking on Dietary Supplements and Young Athletes.](#) Kendall-Hunt, Sept., 2002. ISBN #0-7872-9830-1

## PUBLICATIONS (REFEREED)

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1. [Perko, M. A.](#), Stockton, C. A., Dennison, D. & Kyzer, M. (2003). Sowing the Seeds: Involving Local Health Educators in the Planning of a University Health Education Degree. [The North Carolina Journal](#) 39(1)
2. Dodge, J., Ford, M. A., & [Perko, M. A.](#) From Ephedra to Creatine: Using Theory to Respond to Sport Dietary Supplement Use in Young Athletes. [American Journal of Health Studies](#), 17(3)98-104.
3. Dunn, M. S., Bartee, R. T., & [Perko, M. A.](#) (2003). Self-reported alcohol use and sexual behaviors of adolescents. [Psychological Reports](#), 92, 339-348.
4. 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](#), 16(3), 41-46.
5. 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.
6. 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.
7. [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.
8. [Perko, M. A.](#) (2000). Hey Coach, Does this Stuff Work? [Strategies](#), 14(2), 5-7.

9. Perko, M. A. & Leeds, B. M. (2000). You Got to Have the Right Tool for the Right Job: Using Incentive versus Non-Incentive Strategies during a Weight-loss Program. The North Carolina Journal, 36(1), 18-20.
10. Bennett, J., Perko, M. A. & Herstine, J. (2000). K-12 Health Education and Physical Education Certification Practices in the United States: 1988-1992-1998. Journal of Health Education 31(3), 143-148.
11. Perko, M. A. & Dennison, D. (2000). "Does this stuff work?" When Health Educators discuss Dietary Supplements. International Electronic Journal of Health Education, 3 (1): 64-68.
12. 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.
13. Ragon, B. M., Perko, M. A. & Peel, J. (1997). A Retrospective Study of Secondary School HIV/AIDS Education by North Carolina College Students. The North Carolina Journal, 34(1), 27-30.
14. Perko, M. A., Woodhouse, L., Jones, C. S., & Green, B. L. (1996). Examining International Students Perceptions about Substance Use and Related Services available to them at an American University. Journal of Health Education, 27(2), 130-131.
15. Wang, M. Q., Fitzhugh, E. C., Trucks, J., Cowdery, J. E., & Perko, M. A. (1995). Physiological Sensations of Initial Smoking towards the Development of Regular Smoking Behavior. Perceptual and Motor Skills, 80, 1131-1134.
16. 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.
17. Perko, M. A. & Cowdery, J. E. (1995). Integration of an 800 Number Health Information Line into a Comprehensive Health Promotion Program Driven by the Stages of Change Theory. Wellness Perspectives: Theory, Research, and Practice, 11(1), 62-67.
18. Green, B. L., Wang, M. Q., Perko, M. A., King, M. J., & Britt, M. F. (1995). Effects of Skipping Meals on the Dietary Adequacy of the Elderly: 1987-1988 Nationwide Food Consumption Survey. Wellness Perspectives: Theory, Research, and Practice, 11(4), 62-67.
19. 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.
20. Green, B. L., Fitzhugh, E. C., Wang, M. Q., Perko, M. A., & Eddy, J. M. (1993). Influence of Living Arrangements on Dietary Adequacy for U.S. Elderly: 1987-1988 Nationwide Food Consumption Survey. Wellness Perspectives: Theory, Research, and Practice, 10(1), 32-40.

21. Wang, M. Q., Nicholson, M. E., Mahoney, B. S., Li, Y. H., & Perko, M. A. (1993). Proprioceptive Responses under Rising and Falling BAC's: A Test of the Mallanby Effect. Perceptual and Motor Skills, 77, 83-88.
22. 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.

## **SUBMITTED**

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1. Murphey, P. A., Eddy, J. M., Leeper, J., Nagy, S., Perko, M. A., & Macrina, D. (2002) Effects of Alcohol and Marijuana Use: Results from the National College Health Assessment. Submitted to Journal of Drug Education, Fall 02.
2. Murphey, P. A., Eddy, J. M., Leeper, J., Nagy, S., Perko, M. A., & Macrina, D. (2002). Binge Drinking and Marijuana Use among College Students: Results from the National College Health Assessment. Submitted to American Journal of Health Studies, Fall 02.
3. Bartee, R. T., Grandjean, B., Perko M. A., Dunn, M. S., Eddy, J. M., & Wang, M. Q. (2002). Predictors of Dietary Supplement Use among Adolescent Athletes: A Theory-Guided Logistic Regression Model with Practical Implications. Submitted to American Journal of Health Behavior, Fall 02.
4. Bartee, R. T., Grandjean, B., Perko M. A., Dunn, M. S., Eddy, J. M., & Wang, M. Q. (2002). Confirming the Reliability of a Theory Driven Survey Instrument. Submitted to American Journal of Health Studies, Fall 02.

## **IN-PROGRESS**

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1. DiGiacchino, R. F., & Perko, M. A. (2002). Physical, Psychological, and Behavioral Characteristics of Triathletes: Differences Among Gender, Level, and Distance. Journal of Sport Behavior, (In review).
2. Perko, M. A. & Trone, G. A. Changes in Body Size of Elite High School Football Players Before and After Anabolic Steroid Legislation. Journal of Conditioning Research (In progress).
3. Perko, M. A. Influences of Adolescent Athletes on Dietary Supplement Use: Implications for Athletic Trainers and Coaches. Journal of Athletic Training (In progress).
4. Perko, M. A. & Zuckerman, G. M. Changes in Body Size of Elite High School Football Players: A Ten-Year Follow-Up. Perceptual and Motor Skills (In progress).

## INVITED MANUSCRIPTS

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1. Perko, M. A. (2002). Taking One for the Team - Coaches, Athletes, and Dietary Supplements. <http://www.sports-media.org/Sportapolisnewsletter10.htm>
2. Perko, M. A., & Kyzer, M. (2001). Swamp land in Florida: What you really need to know about dietary supplements. [www.Tricoaching.com](http://www.Tricoaching.com)
3. Perko, M. A. (2001). Power to the People: The Alabama Power Health Promotion Program. Business and Health; Publisher - Washington Group on Business and Health, Wash, D.C.
4. Perko, M. A. (2001). Reaching Remote Employees. Well Informed Series, Wellness Councils of America.
5. Perko, M. A. (2001). Identifying Health Communication Avenues at the Worksite. Wellness Councils of America Publications.

## NON-REFEREED

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Eddy, J. M., Perko, M. A. & McClure, L. L. (1992). Developing an Incentive Based Worksite Health Promotion Program. (Information booklet)

Perko, M. A. (1990). "Quick Fix Kids" The Life of a Teenage Anabolic Steroid User. The Garnet and White, 74-76. (National Magazine of Fraternities and Sororities)

## CITATIONS

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1. Modesto Bee (2003). Creatine use in area widespread, but views of its impact mixed <http://www.modbee.com/sports/story/7648382p-8554152c.html>
2. Kansas City Star (2003). High School Coaches Need to Supplement Knowledge. <http://www.kansascity.com/mld/kansascity/sports/5070374.htm>
3. Sports Illustrated, April 7, 2003. Jolt of Reality.
4. Wilmington Star (2002). Teens and Supplements. <http://www.wilmingtonstar.com/apps/pbcs.dll/frontpage>
5. Dallas Morning Star (2002). Supplements: Playing with Fire. <http://www.dallasnews.com/dmn/sports/stories/0217supplements.2d5f5.html>
6. Newswise News Service. (2001). Athletes and Supplements: Focus on Why Instead of What. <http://www.newswise.com/articles/2001/8/PERKO.NCW.html>

7. Phipps, J. L. (2001). College Jocks Speeding Up. Yahoo! Health News. [http://health.yahoo.com/health/healthscout/20010824/college\\_jocks\\_speeding\\_up.html](http://health.yahoo.com/health/healthscout/20010824/college_jocks_speeding_up.html)
8. University of California at Davis. (2000). Olympic Centennial Athletic Sport and Recreation Bibliography Project. Department of Nutrition, University of California at Davis. <http://nutrition.ucdavis.edu/olympics/Sports/foot.htm>
9. 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.
10. Fetro, J.V. (2000). Commentary on K-12 Health Education and Physical Education Certification Practices in the United States: 1988-1992-1998. Journal of Health Education 31(3), 150-155.
11. University of North Brunswick Saint John Ward Chipman Library Children and Youth in Sport Database. (2001). Drugs, Dietary Supplements, and Performance Enhancement. University of North Brunswick, Canada. <http://www.unbsj.ca/library/subject/youth.htm#coach>
12. 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, (Accepted).
13. Trockel, M. T., Barnes, M. D., & Egget, D. L. (2000). Health-Related Variables and Academic Performance Among First-Year College Students: Implications for Sleep and Other Behaviors. Journal of American College Health, 49 (3). P.125
14. Yates, S. C. (1999). Supplements at Center of High-School Controversy. Healthwell Exchange. Online magazine. [http://www.newhope.com/nfm-online/nfm\\_backs/Feb\\_99/highschool.cfm](http://www.newhope.com/nfm-online/nfm_backs/Feb_99/highschool.cfm) Feb.
15. Blue, J. G., & Lombardo, J. A. (1999). Steroids and Steroid like Compounds. Clinics in Sports Medicine. 18(3); P. 6.
16. 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.
17. Bartee, R. (2000). Predictors of Dietary Supplement Use by Male and Female High School Athletes: A logistic Regression. Unpublished doctoral dissertation, Tuscaloosa, AL.
18. 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.
19. Boston University Community Outreach Health Information System. (1998). HIV Transmission and Steroid Use. <http://www.bu.edu/COHIS/aids/new/sports.htm#steroids>

20. Centers for Disease Control and Prevention. (1996). HIV/AIDS and Sports. Developing and Evaluating Prevention Programs. CDC National AIDS Clearinghouse. <http://www.caps.ucsf.edu/toolbox/HIV&sports.html>

## REVIEWS/CONSULTATIONS

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NCAA Expert Speaker – Athletes and Dietary Supplements. 2003-present

ESPN, May 20, 2003. Guest on national show “Outside the Lines” discussing Ephedra.

ESPN Radio, November 12, 2003. Interviewed about designer steroids.

Sports Illustrated contact. 2002, 2003.

External Expert Reviewer – Regents Accreditation of Teacher Education in Health, New York State Education Dept. 2003 - present

Senior Copy Editor – Absolute Advantage, Monthly publication from the Wellness Councils of America. 4500 corporate subscribers representing 2.8 million employees, 2002 – present.

Invited Columnist – The Well Workplace, Monthly newsletter from the Wellness Councils of America. Received by over 3 million readers, 2002 – present.

External reviewer – SABPAC Doctoral Program in Health Education, Summer, 2002

External reviewer – NYS Board of Education Health Education Program Proposal. Spring, 2001

Reviewer - numerous textbook chapters for Allyn and Bacon Publishers, 1999-present, including:

-  Alternative Medicine
-  Healthy Aging
-  Exercising for Fitness
-  Stress
-  Weight Management

Reviewer – Revised edition of “Educating for Health: The Selected Papers of Mayhew Derryberry.” Jossey-Bass Publishers – 2003.

## NATIONAL PRESENTATIONS

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1. Nominal Group Process: A Health Planner's Best Friend  
Donahue, R., Strasser, S. M., Perko, M. A., Boling, W., & Corliss T. L. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, New Orleans, 2004.
2. Overselling the Health Care Cost Containment Argument in Worksite Health Promotion.  
Eddy, J. M., Fitzhugh, E. C., & Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, San Diego, 2002.
3. Using the Internet to Facilitate Social Connections and Friendships  
Ashton-Shaffer, C., Johnson, D.E., & Perko, M. A. Presentation at the American Therapeutic Recreation Association Annual Conference. Tampa FL., 2001 July.
4. 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
5. The Future is Now: Innovative Approaches to Professional Development.  
Perko, M. A., Videto, D., & Barnes, M. Oral Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Boston, Mass., 1999.
6. What Teachers Need Most: Findings from a Summer Institute.  
Ragon, B. M. & Perko, M. A. Poster Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Reno, Nevada., 1998.
7. A Vision for the Future: Innovative Approaches to Professional Development.  
Perko, M. A., Videto, D., & Barnes, M. Oral Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Reno, Nevada., 1998.
8. Using Theory In Health Education.  
Eddy, J. M., & Perko, M. A. Oral Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, St. Louis, MO., 1997.
9. The Impact of Belief in Fate or Destiny on Health Behaviors of African-Americans.  
Green, B. L., Britt, M. F., Ebling, N., Maisiak, R., Perko, M. A., & Wang, M. Q. Poster Presentation at the American Public Health Association National Conference, New York City, NY, 1996.
10. An Overview of a Health Promotion Program: Success From the Ground Up.  
Morton, P. H., Bartee, R. T., Perko, M. A., Green, B. L. Oral Presentation at the American Public Health Association National Conference, New York City, NY, 1996.

11. Integration of Satellite Broadcasts into a Comprehensive Health Promotion Program Driven by the Stages of Change Theory.  
Perko, M. A., Green, B. L., Britt, M. F., & Grant, H. L. Presentation at the Tenth National Conference on Chronic Disease Prevention and Control, Atlanta Ga., 1995.
12. Social Environmental influences on the Smoking Prevalence of Hispanic Adolescents in a National Sample.  
Cowdery, J. E., Fitzhugh, E. C., Wang, M. Q., & Perko, M. A. Presented, American Public Health Association Conference, San Diego, CA., 1995.
13. Use Of Anabolic Steroids to Increase Aggressive Behavior Among African-American Males: A Primary Reason for Use?  
Perko, M. A., Green, B. L., Ebeling, N., Nagy, S., & Adcock, A. Poster Presentation at the American Public Health Association National Conference, San Diego, CA., 1995.
14. Up All Night: Health Promotion for Shift Workers and Their Families.  
Perko, M. A., Cowdery, J. E., Green, B. L., & Eddy, J. M. Oral Presentation at the American Public Health Association National Conference, San Diego, CA., 1995.
15. Development of an Instrument Based on the Theory of Reasoned Action to Assess Behavioral Intentions, Attitudes, and Beliefs Regarding Dietary Supplement Use Among Adolescent Athletes.  
Perko, M. A. Poster presented at the American Public Health Association National Conference, San Diego, CA., 1995.
16. Violence Prevention at the Workplace: Implications For Health Promotion.  
Jones, C. S., & Perko, M. A.  
Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Portland, Oregon., 1995.
17. Worksite Health Promotion Programs Based on The Stages of Change Theory.  
Perko, M. A., & Cowdery, J. E. Roundtable presented at the Society of Public Health Educators National Conference, Washington, DC., 1994.
18. First Year Results Of An 800 Number Health Information Line Provided To Employees Of A Multi-Site Company. Jones, C. S., Perko, M. A., & Eddy, J. M. Oral presentation at the American Public Health Association National Conference, Washington, DC., 1994.
19. Smoking Policies and Programs: Guidelines for Corporate Decision-Makers.  
Eddy, J. M., Perko, M. A., & Kahler, H. Oral presentation at the Wellness in the Workplace National Convention, Baltimore, Maryland., 1994.
20. Examining Substance Use Among International Students at an American University.  
Perko, M. A., Green, B. L., McClure, L. L., & Jones, C. S.  
Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Denver, CO., 1994.

21. Smoking Related Emotional Problems of Teenagers in the United States.  
Westerfield, R. C., Wang, M. Q., Eddy, J. M., Perko, M. A., Green, B. L., & Fitzhugh, E. C. Poster presented at the American Public Health Association National Conference, San Francisco, CA, 1993.
22. Smoking Related Attitudes and Beliefs of Teenagers in the United States.  
Wang, M. Q., Eddy, J. M., Westerfield, R. C., Fitzhugh, E. C., Perko, M. A., & Green, B.L. Poster presented at the American Public Health Association National Conference, San Francisco, CA., 1993.
23. Prevalence of Suicide and Violent Behaviors Among Adolescent Anabolic Steroid Users.  
Jones, C. S., Perko, M. A., Wang, M. Q., & Nagy, S. J. Poster presented at the American Public Health Association National Conference, San Francisco, CA., 1993.
24. The Effect of Skipping Meals on the Dietary Adequacy of the Elderly: 1987-88 National Food Consumption Survey.  
Green, B. L., Fitzhugh, E. C., Wang, M. Q., Eddy, J. M., Westerfield, R. C., & Perko, M. A. Poster presented at the American Public Health Association National Conference, San Francisco, CA., 1993.
25. Perceived Body Image, Gender Differences, and Use of Dietary Supplements Among NCAA Division 1 Athletes.  
Perko, M. A., Jones, C. S., McClure L. L., & Wang, M. Q. Oral presentation at the American Public Health Association National Conference, San Francisco, CA., 1993.
26. The Use of an 800 Number Phone Service to Provide Health Information to a Multi Site Company  
Perko, M. A., McClure, L. L., & Allison, S. A. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Washington, DC., 1993.
27. Attitudes and Behaviors Between African-American Adolescent Anabolic Steroid Users and Non-Users  
Perko, M. A., McClure, L. L., Green, B. L., & Wang, M. Q. Poster presented at the CDC National Conference of Health Education and Health Promotion Among Underserved Populations, Atlanta, GA. 1993.
28. Evaluation of a Safety Belt Incentive Program on Utilization Rates at Baptist Medical Centers. Hilyer, J., McClure, L. L., & Perko, M. A. Poster presented at the American Journal of Health Promotion Conference National Convention, Hilton Head, SC., 1993.
29. Evaluation of the Cost Benefit of the Medical Self Care Program at Baptist Medical Centers. Hilyer, J., McClure, L. L., & Perko, M. A. Poster presented at the American Journal of Health Promotion National Convention, Hilton Head, SC. 1993.
30. Evaluation of the Healthy Lifestyles Incentives Program at Baptist Medical Centers. Hilyer, J., McClure, L. L., & Perko, M. A. Poster presented at the American Journal of Health Promotion Conference National Convention, Hilton Head, SC., 1993.

31. Knowledge and Attitudes of Division 1 College Athletes Regarding Anabolic Steroids and the Relationship to Their Athletic Goals.  
Perko, M. A., Jones, C. S., Wang, M. Q., & Yesalis, C. A. Poster presented at the American Public Health National Meeting,, Wash, DC., 1992.
32. Reduced Smoking Prevalence Rates Among Women of Reproductive Age: An Association with State Tobacco Prevention and Control Activities.  
Fitzhugh, E., Eddy, J. M., Wang, M. Q., Green, B. L., & Perko, M. A.  
Poster presented at the American Public Health Association National Meeting, Wash, DC., 1992.
33. Project Health Link: Statewide Teacher In-Service and Student Instruction Conducted via Satellite Distance Education.  
Fitzhugh, E. C., Eddy, J. M., & Perko, M. A. Oral presentation presented at the American School Health Association National Meeting, Orlando, FL., 1992.
34. Aids Knowledge of Adolescent Anabolic Steroid Users  
Jones, C. S., Perko, M. A., & Nagy, S. J. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Indianapolis, IN., 1992.
35. VCR Ownership: Implications for Home-Based Health Education  
Nagy, S. J., Jones, C. S., & Perko, M. A. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Indianapolis, IN., 1992.

## **REGIONAL/STATE PRESENTATIONS**

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1. Culture Change in Health Promotion. Eddy, J. M., Chaney, J. D., Donahue, R, Perko, M. A. & Fitzhugh, E. C., Presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance National Convention, Savannah, Ga., 2003.
2. Approaching the Benefits of Worksite Health Promotion from a Qualitative Perspective.  
Donahue, R. A., Fitzhugh, E. F., & Perko, M. A.. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Savannah, Ga., Feb. 6, 2003.
3. From Plowshares to Power Ties: The Changing Nature of Work and Health  
Presentation at the Southern College Health Association Annual Conference  
Charlotte, NC, March 13, 2003.
4. Town and Gown: Giving Local Health Educators Ownership in Planning a University Health Education Degree Program. Perko, M. A., Stockton, C. A., Dennison, D., & Kyzer, M. Presentation at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC, Dec. 6, 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. Giving New Meaning to the Term, "Taking One For The Team": Influences on the Use/Non-Use of Dietary Supplements.  
Perko, M. A. Presentation at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC., Nov. 28, 1999.
7. Teaching with Technology.  
Ragon, B. M., & Perko, M. A. Oral presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC., 1999.
8. Influences of Adolescent Athletes Regarding Dietary Supplement Use: Implications for Coaches and Athletic Trainers.  
Perko, M. A., & Ragon, B. M. Oral presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC., 1999.
9. A Comprehensive Non-Facility Based Health Promotion and Disease Prevention Program for a Multi-Site Company.  
Eddy, J. M., & Perko, M. A. Oral presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Regional Convention, New Orleans, 1996.
10. Development of an Instrument Based on the Theory of Reasoned Action to Assess Attitudes and Beliefs Regarding Dietary Supplement Use Among Adolescent Athletes: Preliminary Findings  
Perko, M. A. Oral presentation at the Alabama State American Alliance for Health, Physical Education, Recreation and Dance Convention, Gulf Shores, AL., 1995.
11. Alabama Power Company's "Good Health Makes Sense Program"  
Eddy, J. M., Green, B. L., Perko, M. A., & Fitzhugh, E. C. Oral presentation at the SDAHPERD Regional Convention, Nashville, TN., 1994.
12. Alabama Power's "Good Health Makes Sense" Health Promotion Program  
Perko, M. A., Eddy, J. M., & Green, B. L. Oral presentation at the Alabama State Nurses' Association Annual Convention, Tuscaloosa, AL., 1993.
13. Utilization of Health Education Students to run a 800# Health Information Service for Two Multi-Site Companies  
Perko, M. A., & Green, B. L. Poster presented at the New Jersey Collegiate Summer Institute for Health in Education New Brunswick, NJ., 1993.

14. Quick Fix Kids: Anabolic Steroid Use Among Adolescents  
Perko, M. A. Oral presentation at the American School Health Association Regional Meeting, Philadelphia, PA., 1990.

## **INVITED PRESENTATIONS**

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1. Who's on First?: The Realities of Dietary Supplements for Athletes and Consumers. Presentation at Hiram College, OH, Jan. 13, 2004. (NCAA speaker)
2. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Presentation at High Point University, March, 2004. (NCAA speaker)
3. Players, Pills and Politics: Athletes and Dietary Supplements. Presentation to St. Louis University athletes, Oct. 6, 2003. (NCAA speaker)
4. Towards a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
Intermediate workshop sponsored by the Wellness Councils of America  
Las Vegas, NV, July 18, 2003
5. Towards a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
Beginner workshop sponsored by the Wellness Councils of America  
Arlington, Va., Aug. 10, 2003
6. Towards a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
Intermediate workshop sponsored by the Wellness Councils of America  
San Antonio, Tx, .Aug. 18, 2003
7. 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.
8. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Presentation at the Center for Drug Free Sport Conference on Dietary Supplements, Kansas City, MS. Jan. 30, 2003.
9. From Plowshares to Power Ties: A Century of Culture Change and Health  
Presentation to Wilmington Community sponsored by UNCW College Day  
Wilmington, NC, Nov. 23, 2002.
10. From Plowshares to Power Ties: A Century of Culture Change and Health  
Presentation to American Society of Civil Engineers Association Annual Conference  
Wilmington, NC, Oct 3, 2002.

11. From Plowshares to Power Ties: A Century of Culture Change and Health  
Presentation to American Dental Association Annual Conference  
Wilmington, NC, June 25, 2002.
12. Towards a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
Intermediate workshop sponsored by the Wellness Councils of America  
St. Louis, MO, June 24, 2002
13. From Plowshares to Power Ties: A Century of Culture Change and Health  
Presentation to Local Order of Kiwanis Organization  
Wilmington, NC, February 13, 2002.
14. Hey Coach - Does This Stuff Work? Invited Scholar presentation to faculty and Ph.D.  
students, College of Environmental Sciences, University of Alabama. Oct. 31, 2001
15. Towards a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
Minneapolis, MN, July 31, 2001.
16. Navigating the Seven C's to a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
San Antonio, TX July 17, 2001.
17. Professional Development for Worksite Health Professionals  
Presentation at the National Wellness Councils of America, Omaha, NE., April 17, 2000.
18. Giving Health Education Presentations: Legal and Ethical Considerations, presented to  
UNCW Peer Educators, October 21, 2000.
19. Aging Healthfully professional development presented to staff of Cornelia Nixon Davis  
Health Care Center, Ogden, NC., July 7, 2000.
20. History of a Model Worksite Health Promotion Program: Good Health Makes Sense,  
1991-2000. Presentation at the National Wellness Councils of America, Omaha, NE.,  
April 17, 2000.
21. Navigating the Seven C's to a Results-Oriented Worksite Health Promotion Program  
Presentation to the National Commission of Rural Electric Cooperatives Association  
Jackson, MS., Sept 14, 1998.
22. Maintaining Peak Performance: Strategies for Success  
Presentation to Institute for Organizational Management, U.S. National Chamber of  
Commerce Executive Training Seminar, Colorado Springs, Co., July 22, 1998.
23. Applying Theoretical Models to Real World Situations in Worksite Health Promotion  
Presentation to Johns Hopkins School of Public Health Graduate Students,  
Baltimore, Md., March 11, 1998.

24. Integration of Satellite, Digital, and Internet Communications to Deliver Health Education Initiatives James M. Eddy & Michael A. Perko  
New Mexico State University, January 7, 1997.
25. Signs and Symptoms of Anabolic Steroid Use Among Adolescents  
Featured speaker at Rutgers University Medical School, Newark, New Jersey, 1991.

## **PROFESSIONAL MEMBERSHIPS (CURRENT)**

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- ✱ American Association for Health Education (AAHE)
- ✱ American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- ✱ Southern District of the American Alliance for Health, Physical Education, Recreation and Dance (SDAAHPERD)
- ✱ North Carolina American Alliance for Health, Physical Education, Recreation and Dance (NCAHPERD)

American Public Health Association (APHA)  
National Council Against Health Fraud (NCAHF)  
American School Health Association (ASHA)  
Health Education Association of Alabama (HEAA)  
New Jersey Society of Public Health Educators (NJSOPHE)  
Pennsylvania School Health Association (PSHA)  
American College Health Association (ACHA)  
New Jersey College Health Association (NJCHA)

## **PROFESSIONAL ACTIVITIES**

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Member - AAHE Advocacy Committee, 2004-2007  
AAHE Rep, Advocacy Summit, Wash. DC, March 8-10, 2003.  
Member - AAHE Membership Committee, 2002-2005  
AAHE Rep, Advocacy Summit, Wash. DC, March 2-4, 2002.  
Medical Advisory Board, Wellness Councils of America Well 1999-Present.  
Board of Directors, American Association for Health Education, 1999-2002.  
Member - NCAHPERD Exhibit Committee, 2001-2203  
Member - AAHE Membership Committee, 1999-2001  
Chair - National AAHE/ASTDHPPE Conference CHES Continuing Education Committee, Washington, D.C., 1999.  
International Editorial Board, Wellness Councils of America Well Workplace Newsletter, 1999-2002.  
Ex-Officio Member - NCAHPERD Executive Board (Student Major Advisor), 1999-2000.  
Member – Governors Council; Business and Industry Committee, 1999-2000.  
President and Founding Member - American Cancer Society of Wilmington's Lighthouse Guild, 1998-2000.  
Governing Council (Elected) - American Public Health Association Public Health Education & Health Promotion Section, 1998-00.

Reviewer - Health Objectives for Healthy People 2010 related to the worksite, invited by Society of Public Health Educators, 1998.

National Review Panel - The Well Workplace Awards Initiative, Wellness Councils of American, 1997-1999.

Chair - Worksite Health Promotion Committee, American Public Health Association, 1996-1998.

Chair - Abstract Review Committee, Worksite Health Promotion Committee, American Public Health Association, 1996-98.

Chair - American Association for Health Education Professional Development Committee, 1998-2000.

Reviewer - American Journal of Health Studies, 1991-present.

Reviewer - International Electronic Journal of Health Education, 1997-present.

Invited Guest Reviewer - Minority Health special issue, Journal of Wellness Perspectives, Summer 1996.

Delegate - American Association for Health Education General Assembly, AAHPERD, Portland, Oregon, 1995.

Chair - Student Committee, Health Educators Association of Alabama (Executive Board, HEAA), 1994 –1996.

## HONORS AND AWARDS

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|----------------------------------------------------------------------------------------------------------------|---------|
| 1. Awarded, UNCW Chancellors Teaching Award.                                                                   | 2003    |
| 2. NCAHE University Health Educator of the Year                                                                | 2002    |
| 3. Nominated, UNCW Faculty Scholarship Award.                                                                  | 2002    |
| 4. Jack W. Davis Alumni Award, University of Alabama.                                                          | 2001    |
| 5. Invited Scholar, College of Human Environmental Science, UA                                                 | 2001    |
| 6. Keystone of the Year, Highest Alumni Award, Keystone College, Pa.                                           | 2000    |
| 7. Keynote Speaker, AAHE/AAHPERD Undergraduate Health Education Major of the Year Award Ceremony, Orlando, FL. | 2000    |
| 8. Inclusion American Registry of Outstanding Professionals                                                    | 2001-02 |
| 9. Inclusion 28th Edition Dictionary of International Biography                                                | 2000    |
| 10. 1st recipient, Horizon Award, AAHE                                                                         | 2000    |
| 11. Nominated 17th Edition Marquis Who's Who in the World                                                      | 2000    |
| 12. Inclusion 54-58th Editions Marquis Who's Who in America                                                    | 2000-03 |
| 13. Inclusion, 2nd Edition Marquis Who's Who in Medicine and Healthcare                                        | 1999-00 |
| 14. Inclusion, 26th Edition Marquis Who's Who in the South and Southwest                                       | 1999-00 |
| 15. Young Alumni Achievement Award, East Stroudsburg University                                                | 1998    |
| 16. Nathan Taylor Dodson Award (SDAAHPERD)                                                                     | 1998    |
| 17. Certificate of Outstanding Service to the PHEHP Section, APHA                                              | 1997    |
| 18. Early Career Award - American Public Health Association                                                    | 1997    |
| 19. Nominated "Top 40 under 40" Business News Journal, Birmingham, AL.                                         | 1996    |
| 20. Certificate of Outstanding Service to ALAPHERD                                                             | 1995    |
| 21. AAHE Doctoral Scholar Award                                                                                | 1994    |
| 22. Outstanding Graduate Student, Health Studies Department, UA                                                | 1993-94 |
| 23. Certified Health Education Specialist 1990 (CHES #2025, Recertified 1995, 2000)                            |         |
| 25. Inducted, Kappa Delta Pi, International Education Honorary Society                                         | 1992    |