

Peter H. Walters

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Wheaton College
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Home Address
421 Parkway Drive
Wheaton, IL 60187
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EDUCATIONAL EXPERIENCES

- **Doctor of Philosophy** **1992**
Discipline: Kinesiology
Texas A&M University
College Station, Texas
Focus Areas: Health Promotion, Health Psychology
Dissertation: The Effect of Three Different Goal Setting Methods of Bench Press Strength Performance.
- **Master of Science** **1989**
Discipline: Physical Education
Texas A&M University
College Station, Texas
Focus Areas: Strength Training, Measurement and Evaluation
- **Bachelor of Science** **1981**
Discipline: Recreation/Religion
Western Kentucky University
Bowling Green, Kentucky

PROFESSIONAL CERTIFICATIONS

- **Functional Fitness Level 1 Certification**, Crossfit 2015
- **U.S.A. Olympic Weightlifting Club Coach Certification (OWCC)** by the U.S.A. Olympic Weightlifting Association. 2000
- **Certified Educational Trainer (CET)** by the National Strength and Conditioning, American Council on Exercise, and American Fitness Association Spring, 2001 Association. January, 2001
- **Certified Strength and Conditioning Specialist (CSCS)** by the National Strength and Conditioning Association. 1994

VOCATIONAL EXPERIENCES

- **Professor** **1996-Present**
Wheaton College
Wheaton, Illinois
Job Responsibilities: teaching, scholarship, service, and mentoring.
Courses Taught: Integrative Seminar, Behavioral Medicine, Principles of Body Composition, Wellness, Advanced Weight Training,
- **Director of Life Services** **1992-1995**
West Texas A&M University
Canyon, Texas
Job Responsibilities: Administrative leadership of three departments (counseling services, medical services and wellness services)
Courses Taught: Certification in Strength Training, Stress Management
- **Assistant Lecturer** **1990-1992**
Texas A&M University
College Station, Texas
Job Responsibilities: Teaching
Courses Taught: Self Defense, Weight Training, Racquetball, Aerobic Dance and Wrestling
- **Graduate Assistant Instructor** **1989-1990**
Texas A&M University
College Station, Texas
Job Responsibilities: Teaching
Courses Taught: Self Defense, Weight Training, Racquetball, and Wrestling
- **Strength and Conditioning Coach** **1988-1989**
Texas A&M University
College Station, Texas
Job Responsibilities: Performing sport-specific needs analysis, individualized physiological assessment, and prescribing strength and conditioning programs.
Specific Sports Teams: Football, Basketball, and Swimming
- **Strength and Conditioning Coach** **1985-1987**
Richfield High School
Richfield, Minnesota
Job Responsibilities: Prescribing strength and conditioning programs.
Specific Sports Teams: Football, Wrestling, and Track

PUBLICATIONS

- Walters, P.H. (2020) *Muscular Development*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 79-106
- Walters, P.H. (2020) *Mobility and Flexibility*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 107-126
- Walters, P.H. (2020) *Nutritional Health and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 127-150
- Walters, P.H., (2020) *Emotional Health and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 151-172
- Walters, P.H. (2020) *Sleep Habits and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 173-192
- Walters, P.H. (2020) *Personal Relationships and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 193-204

Walters, P., Thom, N., Libby, K., Edgen, S., Azadian, A., Tannous, D., Sorenson, E. and Hunt, B., "The Effect of Intermittent Head Cooling on Aerobic Performance in the Heat" *Journal of Sports Science and Medicine*, January 2017, Volume (16) Pages 77-83.

Refereed Publication

- Walters, P.H. (2013) *Muscular Strength Assessment and Training*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 107-136
- Walters, P.H. (2013) *Flexibility Assessment and Training*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 137-160
- Walters, P.H. (2013) *Nutritional Health and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 161-192
- Walters, P.H., Needham D., and Williams B. (2013) *Emotional Health and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 193-219
- Walters, P.H. (2013) *Sleep Habits and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 225-245
- Walters, P.H. (2013) *Personal Relationships and Wellness*. Chapter in Walters, P.H. & J. Bly. Christian Paths to Health and Wellness. Champaign, IL. Human Kinetics. Pages 251-265
- Walters, Peter. Testbank: Christian Paths to Health and Wellness. Champaign, IL: Human Kinetics, Feb, 2013.

Walters, P. H. "Body Image: Redeeming the Wreckage." in *Liberal Arts for the Christian Life*, edited by Jeff Davis and Philip Ryken. Crossway Books, Wheaton, IL. April 20, 2012 (Pages 253-264)

Walters, Peter, Joel Jezequel, and Mary Beth Grove. "Case Study: Bone Mineral Density of Two Elite Senior Powerlifters." *National Strength & Conditioning Research Journal. Journal of Strength and Conditioning Research*. March 26, 2012 (Pages 867-72)

Refereed Publication

Walters, Peter, & Hardt, D. *The Science of Overtraining and Recovery: what 30 years of research has to say*. USA Powerlifting, Nov, 2009.

Carlson, Kevin, Marshall Magnusen, and Peter Walters. *Effect of Various Training Modalities on Vertical Jump*. *Research in Sports Medicine: An International Journal* 17, no. 2 (2009): 84 - 94. **Refereed Publication**

Walters, Peter. *Testbank: Christian Paths to Health and Wellness*. Champaign, IL: Human Kinetics, Jan 20, 2009.

Walters, P.H. & Bly, J. Co-Edited (2008) *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics.

Walters, P.H. (2008) *Cardiorespiratory Assessment and Training*. Chapter in Walters, P.H. & J. Bly. *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics. Pages 75-104

Walters, P.H. (2008) *Muscular Strength Assessment and Training*. Chapter in Walters, P.H. & J. Bly. *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics. Pages 105-142

Walters, P.H. (2008) *Nutritional Health and Wellness*. Chapter in Walters, P.H. & J. Bly. *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics. Pages 157-192

Walters, P.H., Needham, D. & Williams, B. (2008) *Emotional Health and Wellness*. Chapter in Walters, P.H. & J. Bly. *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics. Pages 193-228

Walters, P.H. (2008) *Sleep Habits and Wellness*. Chapter in Walters, P.H. & J. Bly. *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics. Pages 229-254

Walters, P.H. (2008) *Personal Relationships and Wellness*. Chapter in Walters, P.H. & J. Bly. *Christian Paths to Health and Wellness*. Champaign, IL. Human Kinetics. Pages 255-280

Walters, P.H. (2005) *Is Wellness a Human Body Stewardship Issue?* Chapter in Chappell, D.F. and D.E. Cook. *Not Just Science*. Grand Rapids, MI, Zondervan. Pages 124-129

Walters, P.H., Holloman, A., Bloomquist, L., and Bollier, M. (2003) *Childhood Obesity: Causes and Treatment*. *American College of Sports Medicine Health and Fitness Journal*, January, Volume 7, Number 1 January/February 2003, Pages 17-22 **Refereed Publication**

Walters, P.H. (2002) *Warning: Lack of Sleep May Pose Risks for Athletes*. National Youth Sports Safety Foundation: *Sidelines*, Volume 10, No.4, Fall, 2002 Pages 1-4

Walters, P.H. (2002) *National Youth Sports Safety Foundation: Sleep Fact Sheet*. National Youth Sports Safety Foundation, Fall, 2002 Pages 1-2

Walters, P.H. (2002) *Sleep, the Athlete, and Performance*. Strength and Conditioning Journal, Volume 24, Number 2. April, 2001 Pages 17-24. **Refereed Publication**

Walters, P.H. (2000) *Sleep Facts*. American College of Sports Medicine Health and Fitness Journal, Volume 4, Number 6. November/December, 2000 Pages 22-23. **Refereed Publication**

Walters, P.H. (2000) *A New Erector Set: Erector Spinae Muscles Keep Things Straight*. HighWired Sports, Late Fall, 2000 Page 46 **Refereed Publication**

Walters, P.H. (2000) *Back to the Basics: Strengthening the Neglected Lower Back*. American College of Sports Medicine Health and Fitness Journal, Volume 4, Number 4. July/August, 2000 Pages 19-25 **Refereed Publication**

Walters, P.H. (2000) *A Strong Back Is An Injury Free Back*. HighWired Sports, Early Fall 2000. Page 34 **Refereed Publication**

Walters, P.H. (2000) *Fitness Assessment for Female Basketball Players*. Coaching Women's Basketball, July, 2000 Pages 30-33.

Abstracts

Walters, P.H. & Carlson, K. (2004) *A Comparison of Personality Traits Between Division III Collegiate Football Players and Non-Athletic Collegiate Males*. Abstract: Strength and Conditioning Research Journal Vol. 31, Issue 4, 2003. **Refereed Publication**

Walters, P.H. (2004) *The Effect of Participation and Performance in Division III College Football on Levels of State and Trait Anxiety*. Abstract: Journal of Sport & Exercise Psychology Vol. 26, Page 194 June, 2004. **Refereed Publication**

Wise, J., Walters, P.H. (2003) *The Relationship Between Football Performance And Anxiety In Division III Collegiate Football Players*. Abstract: Strength and Conditioning Journal Vol. 30, Issue 4 August , 2003. **Refereed Publication**

Walters, P.H., Carlson, K. (2003) *Sleep Behavior Among Collegiate Female And Male Athletes: A Descriptive Analysis*. Abstract: Strength and Conditioning Journal Vol. 30, Issue 4 August , 2003. **Refereed Publication**

Walters, P.H., Olrich, T. (1998) *The Effect Of Creatine Monohydrate Supplementation on Strength Performance*. Abstract: Strength and Conditioning Journal Vol. 20, Issue 4 July, 1998. **Refereed Publication**

Walters, P.H., Kinley, A. (1997) *The Effect of Goal Setting on Strength Performance*. Abstract: Strength and Conditioning Journal Vol. 19, Issue 4, July 1997. **Refereed Publication**

GRANTS

Submitted Walters, P. and Hunt, B., (2016) *Navel Special Warfare: Diver Thermal Human Interface Phase II Prototype-Development*. WELkins Requested Award \$300,000

Walters, P. and Hunt, B., (2016) *Navel Special Warfare: Diver Thermal Human Interface Phase I Prototype*. WELkins Awarded \$20,000 5/10/2016

Walters, P (2015) *Functional Movement Analysis: Beginners to Advanced*. Teaching Improvement and Innovation Grant \$200 Wheaton College

Walters, P. Thom, N.J., Azadian, A., Libby, K., Patty, S., Sorenson, E., Tannous, D., & Hunt, B., (2014) *The Effect of Head Cooling on Aerobic Performance*. WELkins Awarded \$40,000 1/20/14

Walters, P (2013) *Implementing Clicker Technology for the Purpose of Enhancing Student Learning*. Project Teacher Grant \$700, Wheaton College.

Walters, P (2012) *Incorporating a Feminine Perspective in the Health Sciences General Education Curriculum*. Project Teacher Grant \$700, Wheaton College.

Walters, P (2008) *Collegiate Health/Wellness Assessment*. Project Teacher Grant \$500, Wheaton College.

Walters, P (2007) *Bone Mineral Density among Elite Powerlifters*. Aldeen Grant, Wheaton College \$3,000 4/10/2007

PERFORMANCES & AWARDS (2002-PRESENT)

- 2011, Aug 28-29 1st Place, 2011 Life Time Chicago Triathlon: United States of American Triathlon Association- Men's Clydesdale Division. Chicago, IL.
- 2009, Sept 27-Oct 3 3rd Place, World Powerlifting Championship: International Powerlifting Federation- 275 Lb. Class-Master's Division. Ostrava, Czech Republic:
- 2009, June 11-14 Literary Award- Christian Society for Kinesiology and Leisure Studies. Presented at the Annual Conference at the University of Ottawa, Ottawa, Canada.
- 2009, May 12-15 1st Place National Master's Powerlifting Championship- 275 Lb. Class-Master's Division. St Louis, MO
- 2009, April 18-19 1st Place Indiana State Powerlifting Championship (National Qualifier) 275 Lb. Class-Master's Division Winchester, IN.
- 2005, May 20-21 1st Place, Heart of America Bodybuilding Championship- Masters Heavyweight Division. Peoria, IL.
- 2005, May 20-21 1st Place, Heart of America Bodybuilding Championship- Open Novice Division. Peoria, IL.
- 2005, May 20-21 2st Place, Heart of America Bodybuilding Championship- Open Heavyweight Division. Peoria, IL.
- 2005, May Senior Teaching Award, Wheaton College, Wheaton IL.
- 2002 May 11-12 4th Place National Master's Powerlifting Championship- 275 Lb. Class-Master's Division. Charlottesville, VA.
- 2002 Feb 5-7 1st Place- Illinois State Powerlifting Championship (National Qualifier) 275 Lb. Class-Master's Division, Harrisburg, IL.

PRESENTATIONS

Schoen, Rebecca and Peter Walters,

Jonathan Chung

CSKLS

Schoen, Rebecca, and Peter Walters (Faculty Advisor). 2017. "The Effect of High Intensity Resistance Training on the Bone Mineral Density of Adult Females." Student Research Symposium, Benedictine University, Lisle, IL April 8

Walters, P.H. (2017) "The Gospel and Male Sexuality, A Story of Transformation, Sheep and Shepherds, The Gospel and Famine Fire" *Montreat College*, Montreat N.C Jan 31-Feb 1, 2017.

Walters, P. (2015) The Gospel, Liberal Arts and Health Science: serving with head, heart, and hand. *Colorado Christina College* (2015)

Walters, P., Patty, S. and Edgren, D. (2014) The Gospel, Liberal Arts and Health Science: serving with head, heart, and hand. *College of the Ozarks*, Lookout, Missouri (2014)

Root, J., Walters P., Bishop R. (2014) "Roundtable: The Gospel in a Postmodern World" *Biola College*, La Mirada CA, 2014

Walters, P., Patty, S. and Edgren, D. (2014) The Gospel, Liberal Arts and Health Science: serving with head, heart, and hand. *John Brown University*, Siloam Springs AR (2014)

Walters, P., Patty, S. and Edgren, D. (2014) The Gospel, Liberal Arts and Health Science: serving with head, heart, and hand. *Evangel University*, Springfield MO (2014)

Walters, P (2014) "Collegiate Health and Wellness-Assessment and Prescription". *Taipei Medical University*, Taipei, Taiwan May 7-9, 2014

Hunt, Brain and Walters, Peter (2013) "Conducting Research with Limited Time and Resources" *Annual Christian Society for Kinesiology and Leisure Studies Conference*. Baylor University, TX, June 12-15, 2013.

Walters, P., Hill D., Gustafson, J., Madden, K., and Headley, C. (2013) "Mentoring 101: Professional Giving and Receiving" *Annual Christian Society for Kinesiology and Leisure Studies Conference*. Baylor University, TX, June 12-15, 2013.

Walters, P. "Body Image: celebrating and embracing a gift" (2011) *Annual Christian Society for Kinesiology and Leisure Studies Conference*. College of the Ozarks Lookout Point, MO, June 8-11, 2011.

Walters, C. and Walters, P, "Building Bone: The relationship between weight-bearing activity and skeletal health" (2011) *Christian Society for Kinesiology and Leisure Studies Conference*. College of the Ozarks Lookout Point, MO, June 8-11, 2011.

Walters, P.H. "Integrating Body, Mind, and Spirit" (2011) 28th Annual John A. Hamrick Lecture Series. Charleston, S.C. Jan 15-17, 2011

Walters, P. H., and Pace A. (2010) "Balancing Ministry and Life: health for those called to shepherd the flock" Moody Bible Institute, Freiburg, Germany June 14-July 4 2010.

Walters, P. "Integration of Faith into Healthcare: a deadly poison or antidote?" (2009) Annual Christian Society for Kinesiology and Leisure Studies Conference. University of Ottawa, Ottawa, June 11-14, Canada 2009.

Walters, P, Byle, J, Anderson T., Jacobs W., Marsee J., Calsbeek D., and Gustafson J. (2009) "Wellness Consortium: 4 Hour Pre-Conference Workshop." Christian Society for Kinesiology and Leisure Studies University of Ottawa, June 11-14, Canada 2009

Gustafson, J, and Walters, P. (2008) "Christian and Secular Students: Is There a Difference in Health and Wellness Behavior?" Christian Society for Kinesiology and Leisure Studies. Seattle Pacific University, 2008.

Walsh, S, and Walters, P. (2008) "Right Behavior-Wrong Motives: A Critical Examination of Motives That Drive Health Behavior." Christian Society for Kinesiology and Leisure. Seattle Pacific University, 2008.

Walters, P, and Gustafson J.. (2008) "Sleep: The Forgotten Factor Part II." Christian Society for Kinesiology and Leisure. Seattle Pacific University, 2008.

Larson, K., Huelskamp, E. & Walters, P. (2008) "Incidence of Students at Risk for an Eating Disorder Who Attend Private Colleges and Universities". Presentation at the 2008 Associated Colleges of the Chicago Area Conference, Lewis University, Romeoville, IL, April 12, 2008.

Sovocool, T. & Walters, P. (2008) "Changes in Body Composition during Caloric Restriction, Increased Protein Ingestion, and Strength Training". Presentation at the 2008 Associated Colleges of the Chicago Area Conference, Lewis University, Romeoville, IL, April 12, 2008.

Walters, P.H., (2007) *Adding Years to your Life & Life to your Years*. Kiwanis Club, Wheaton, IL 2007.

Huelskamp, E. & Walters, P. (2007) "Students Attending Private Colleges and Universities who are "At-Risk" for an Eating Disorder". Presentation at the Mid West American College of Sports Medicine Conference, Ohio State University, Columbus, OH, 2007.

Walters, P.H., (2007) *Women's Health: Quantity & Quality of Life*. Neighborhood Bibles Studies Regional Meeting. St Charles, IL 2007.

Sovocool, T, Mitchell, E. & Walters, P. (2007) "Changes in Fat Free Mass During Caloric Restriction, Increased Protein Ingestion, and Strength Training". Presentation at the *Mid West American College of Sports Medicine Conference*, Ohio State University, Columbus, OH, 2007.

- Walters, P.H. & Gustafson, J. (2007) "Wellness Behaviors among Students Attending Christian Colleges and Universities compared to College Students that attend Secular Colleges and Universities". Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Trinity International University, Deerfield, IL. 2007.
- Gustafson, J. Williams, B. & Walters, P.H. (2006) "Research Update: Wellness Behaviors among Students Attending Christian Colleges and Universities". Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Gordon College, Wenham, Massachusetts, 2006.
- Walters, P.H., (2006) Women's Health: more than just exercise, diet, and rest. Wheaton Bible Church, Wheaton, IL 2006.
- Walters, P.H., (2006) Healthy Living for the Retired LVM Capital Management, Wheaton, IL. 2000.
- Walters, P.H. (2005) Wellness Questionnaire: Assessing what our students are really thinking. Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Azusa Pacific University, Azusa, CA June, 2005.
- Walters, P.H., (2005) Women's Health: Quantity & Quality of Life. Wheaton Bible Church, Wheaton, IL 2005.
- Walters, P.H., (2005) Going down to rise up. Community Fellowship Church, West Chicago, IL 2005.
- Walters, P.H., (2005) Healthy, Wealthy, and Wise LVM Capital Management, Ft. Myers. FL 2005.
- Walters, P.H. (2005) College Wellness: Best Pedagogical Practices, *Christian Society for Kinesiology and Leisure Studies Conference*. Azusa Pacific University, Azusa, CA June, 2005.
- Walters, P.H. & Carlson, K. (2004) A Comparison of Personality Traits Between Division III Collegiate Football Players and Non-Athletic Collegiate Males. Presentation at the National Strength & Conditioning Association, Minneapolis, MN July, 2004.
- Walters, P.H. & Wise, J. (2004) The Effect of Participation and Performance in Division III College Football on Levels of State and Trait Anxiety. Presentation at the North American Society for the Psychology of Sport and Physical Activity, British Columbia, Canada, June, 2004.
- Walters, P.H., (2004) Spiritual Curve Balls. First Baptist Church of DeKalb, DeKalb, IL. 2004.
- Wise, J., Walters, P.H. (2003) The Relationship Between Football Performance And Anxiety In Division II Collegiate Football Players. Presentation at the *National Strength & Conditioning Association*, Indianapolis, IN July, 2003.
- Walters, P.H., Carlson, K. (2003) Sleep Behavior Among Collegiate Female And Male Athletes: A Descriptive Analysis. Presentation at the *National Strength & Conditioning Association*, Indianapolis, IN July, 2003.

Walters, P.H., (2003) *Spiritual Health for the Suburban Church*. Community Fellowship, Church, West Chicago, IL 2003.

Walters, P.H., (2003) *Men's Health: Quantity & Quality of Life*. Wheaton Evangelical Free Church, Wheaton, IL 2003.

Walters, P.H. (2002) *Innovations in Wellness*. Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Redeemer University, Ancaster - Ontario, Canada June, 2003.

Walters, P.H., (2002) *Transformation from the Inside Out*, Community Fellowship, DeKalb, IL 2002.

Walters, P.H., (2002) *The Training and Assent of Mt. Rainer* Lyons Club, Wheaton, IL, Wheaton, IL 2002.

Walters, P.H. (2002) *Sleep on the College Campus: A Qualitative and Quantitative Analysis*. Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Wheaton College, Wheaton, IL June, 2002.

Walters, P.H., Williams, B. and Bly J. (2002) *The Best of the Best in Wellness*. Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Wheaton College, Wheaton, IL June, 2002.

Walters, P.H., Sells, J.N. (2001) *Relational Injury: Understanding and Altering Chronic Conflict Cycles*. *National Wellness Conference*, University of Wisconsin Stevens Point, Stevens Point, WI July, 2001.

Walters, P.H., (2001) *Stewardship of a Different Kind: Our Bodies a Living Sacrifice*, *Chinese Alliance Church*, Wheaton, IL 2001.

Walters, P.H. (2001) *Communicating with Magic: Unique Approaches For Communicating Wellness Concepts*. *National Wellness Conference*, University of Wisconsin Stevens Point, Stevens Point, WI July, 2001.

Walters, P.H. (2001) *Advanced Strength Training. Fusion Fitness Concepts: Personal Trainers Summit*. St. George, Utah May, 2001.

Walters, P.H., Kelso, A., Coddington, M. (2000) *The Relationship Between Sleep and Cognitive Function: A Review of the Literature*. *Illinois Association of Health, Physical Education, Recreation, and Dance*. Saint Charles, IL December, 2000.

Walters, P.H., (2000) *Exercise and Mental Health: The Mind Body Connection*. *University of Northern Illinois: Department of Psychology*. DeKalb, IL Nov, 2000.

Walters, P.H., (2000) *Godly Living in a Physical World*. *Wheaton Christian Reformed Church*, Wheaton, IL 2000.

Walters, P.H., (2000) *Historical Amnesia: Let Us Remember*, Aggie Muster *Texas A&M University Alumni Association*, Amarillo, TX 2000.

Walters, P.H. (2000) *Sleep: The Forgotten Factor*. *National Wellness Conference*, University of Wisconsin Stevens Point, Stevens Point, WI July, 2000.

Walters, P.H. (1999) *Strength Training For Long Term Results*. *Club Industry: McCormick Place*, Chicago, IL October, 1999.

- Walters, P.H. (1999) Staff Development That Works. *Club Industry*: McCormick Place, Chicago, IL October, 1999.
- Walters, P.H. (1999) Serenity of the Soul: A New Paradigm In Stress Management *National Wellness Conference*, University of Wisconsin Stevens Point, Stevens Point, WI July, 1999.
- Walters, P.H. (1999) Slap on a Band-Aid or Drink the Antidote: Treatment Models in Stress Management. Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Calvin College, Grand Rapids, MI June, 1999.
- Walters, P.H. (1998) Strength Training and Nutritional Considerations for Optimal Health. *Health Professionals Workshop* First Baptist Church Millington, TN 1998.
- Walters, P.H. (1998) If You Only Have One Bullet, You Better Aim Well: Rethinking Outcome Objectives and Methodology. Presentation at the *Christian Society for Kinesiology and Leisure Studies Conference*, Dordt College, Sioux Center, IA June, 1998.
- Walters, P.H. (1998) Physiological Regression: what it is and how to fight against it *Kiwanis Club*, Wheaton, IL. 1998.
- Walters, P.H. (1998) What Centenarians Can Teach us about Well-Being from Birth to Death. *Lyons Club*, Wheaton, IL. 1998.
- Walters, P.H. (1998) The Effect Of Creatine Monohydrate Supplementation on Strength Performance in Beginning, Intermediate, and Advanced Weight Lifters. Presentation at the *National Strength & Conditioning Association*, Nashville, TN June, 1998.
- Walters, P.H. (1997) The Effect of Three Different Goal Setting Methods on Strength Performance. Presentation at the *1997 Association for the Advancement of Applied Sport Psychology*, San Diego, CA June, 1997.
- Walters, P.H. (1997) Corporate Health: A Cost Benefit Analysis. *Regional Business Connections Seminar*. Amarillo, TX. 1996.
- Walters, P.H. (1997) Muscular Christianity: transformational living on and off the field of play. *National Fellowship of Christian Athletes Conference*. Marshall, IN 1997.
- Walters, P.H., Kinley, A. (1997) The Effect of Goal Setting on Strength Performance. Presentation at the *National Strength and Conditioning Association Convention*, Las Vegas, NV June, 1997.
- Walters, P.H. (1996) Corporate Health: A Cost Benefit Analysis. *Regional Business Connections Seminar*. Amarillo, TX. 1996.
- Walters, P.H. (1996) Effective Health Strategies For The 21st Century. *Texas Association of Assessing Officers Convention*. San Antonio, TX., 1996.
- Walters, P.H. (1996) 360 Degrees Living: Spirit, Body and Soul. *First Baptist Church*. Lagrange, KY 1996.
- Walters, P.H. (1996) Spiritual Disciplines Applied To Sport and Competition. *National Fellowship of Christian Athletes Conference*. Marshall, IN 1996.

- Walters, P.H. (1996) Adding Years to Your Life and Life To Your Years. *Higher Education Consortium of Texas and Oklahoma*. Amarillo, TX. June, 1996.
- Walters, P.H., Skinner, D. & Evans, S.E. (1995) Seminar: Holistic Health. *West Texas A&M University* Canyon, TX August, 1995.
- Walters, P.H. (1995) To Increase Student Involvement, Improve Student Government. *National Conference on Student Services* Orlando, FL (July, 1995)
- Walters, P.H. (1995) Health Promotion for College Students- Adding Years to Your Life and Life To Your Years. *National Conference on Student Services* Orlando, FL (July, 1995)
- Walters, P.H. (1994) Fitness Assessment on a Shoe String Budget. Presented at the 4th *Annual National Wellness Association for Higher Education at Oklahoma State University*, Stillwater, OK March, 1994.
- Walters, P.H. (1994) Quality Customer Service in Health Promotion. Presented at the 4th *Annual National Wellness Association for Higher Education at Oklahoma State University*, Stillwater, OK March, 1994.
- Walters, P.H. & Cheverette, J. (1993) The Effect of Gender and Experience on Muscular Strength of College Students. Presented at the *Southwest Educational Research Association 16th Annual Meeting*, Austin, TX January, 1993.

PROFESSIONAL SERVICE

- 2016-17 Reviewer- American College of Sports Medicine, Health & Fitness Journal
- 2014-15 Member: Christian Society for Kinesiology and Leisure Studies.
- 2013-14 Member: Christian Society for Kinesiology and Leisure Studies.
- 2012-13 Mentoring President: Christian Society for Kinesiology and Leisure Studies.
- 2011-12 President: Christian Society for Kinesiology and Leisure Studies.
Departmental Review Committee Chairman: Exercise Science Department
Point Loma Nazarene University, San Diego California, February 7-11, 2012
- 2010-11 President-Elect: Christian Society for Kinesiology and Leisure Studies.
- 2009-10 Board Member: Christian Society for Kinesiology and Leisure Studies.
- 2008-09 Board Member: Christian Society for Kinesiology and Leisure Studies.

CAMPUS SERVICE (2000-PRESENT)

- 2015-2016* Faculty Athletic Representative: Wheaton College, CCIW
Intercollegiate Athletic Committee: Chair
Health Professions Committee Member
Ombudsperson: Student Development
- 2014-2015* Faculty Athletic Representative: Wheaton College, CCIW
Intercollegiate Athletic Committee: Chair
Health Professions Committee Member
Ombudsperson: Student Development
- 2013-2014* Faculty Athletic Representative: Wrestling
Wheaton Evangelism Committee
Evangelism Initiative: Faculty Representative
Military Science Advisory Committee
Health Professions Committee Member
Ombudsperson: Student Development

2012-2013 Faculty Athletic Representative: Wrestling
Wheaton Evangelism Committee
Evangelism Initiative: Faculty Representative
Military Science Advisory Committee
Health Professions Committee Member

2011-2012 Faculty Athletic Representative: Wrestling
Wheaton Evangelism Committee
Evangelism Initiative: Faculty Representative
Military Science Advisory Committee

2010-2011 Director Project Teacher
Member Faculty Development Committee
Faculty Honey Rock Passages
Spring Breakaway Trip for AHS Students, Wichita KS.

2009- 2010 Director Project Teacher
Member Faculty Development Committee
Faculty Honey Rock Passages
Spring Breakaway Trip for AHS Students, Wichita KS.

2008- 2009 Director Project Teacher
Member Faculty Development Committee
Faculty Honey Rock Passages
Spring Breakaway Trip for AHS Students, Huntsville Alabama.

2007- 2008 Director Project Teacher
Faculty Development Committee
Freshman Chapel: Life Priorities: Putting the Rocks in First.

2006- 2007 Faculty Personnel Committee
Men's Chapel: Mr. Big Stuff: strength from another source for a different purpose.

2004- 2005 Faculty Personnel Committee
Freshmen Chapel: The shaping of whole and effective Christians

2003-2004 Faculty Personnel Committee
Hunger Advisor Board
Staff Seminar-The Science of Anti-Aging, Sponsored by Human Resources Department for Senior Faculty

2002- 2003 HNGR Advisor Board
Visited HNGR intern in Cambodia

2001- 2002 Finance Committee Member
HNGR Advisor Board
Visited two HNGR interns in Kenya, Africa
Staff Seminar: Adding Years to Your Life and Life to Your Years”
Human Resource Department
Campus Seminar: Nutrition: Myths and Miracles Sponsored by HR
Department
Campus Seminar: Balancing Competing Human Needs in Increasingly
Complex Times Sponsored by HR Department
Chapel Message: Redemptive Curve Balls

2000-2001 Finance Committee
Military Science Committee.
Staff Seminar: Health and Wellness for Those Past 50-Human Resource
Department

COURSES TAUGHT

AHS 496 Internship

AHS 494 Integrative Seminar

AHS 368 Concepts of Nutrition

AHS 273 Behavioral Medicine

AHS 220 Principles of Body Composition

AHS 261 Health and Personal Safety

AHS 101 Foundations of Wellness

AHS 149 Advanced Strength Training

IDS 101 Freshman Experience