

We ruin our health to make money. Just to waste our money to restore our health.



PETER R REHOR

Address: 7/486 Royal Bay Drive
Victoria, BC V9C 4L6
Email Rehor@camosun.bc.ca

A. ACADEMIC QUALIFICATIONS

- 1991 Ph.D. Curriculum Leadership/Behavioral Health and Wellness
The University of Georgia, Athens, United States
- 1981 Master of Physical Education (Professional Studies)
The University of British Columbia, Vancouver, Canada
- 1977 Bachelor of Physical Education (Sport Science)
The University of British Columbia, Vancouver, Canada

B. EXPERIENCE

Professional Appointments

- 2005 - present
Director of the Centre for Sport and Exercise Education
Camosun College, Victoria, Canada
- 2006 till present
Adjunct Professor with School of Human Kinetics and a member of the Graduate School
University of Victoria
- 2004 - 2005
Associate Professor in Sport Science and Physical Activity (continuing appointment) –
Leadership, teaching and research appointment with the University of Newcastle. Program
Director for Sport Science and Physical Activity Program
- 1998 – 2004
Senior Lecturer (tenured) – Honors and Graduate Program Coordinator and faculty member
in Health, Fitness and Physical Activity. Administration, teaching and research
appointment with the Centre for Human Movement, School of Secondary and Post-

compulsory Education Faculty of Education, University of Tasmania, Launceston, Australia
(Research conducted in Health/Fitness Sciences, Exercise Psychology, Sport Management).

2003 Visiting Professor with Charles University Department of Exercise Science, Prague
Six months postgraduate lectureship appointment; organizer, reviewer, editor and keynote
speaker of 3rd International Conference on Physical activity, Health and Wellness)

1991 – 1998

Associate Professor (tenured) in the Department of Health and Human Development,
Montana State University, Bozeman, Montana, US.

Health Enhancement Coordinator

Coordinator of Project H.E.A.R.T. (Health Enhancement Activities for Rural Teachers)

Fitness for Life, Lifetime Sports and Outdoor Education Coordinator

Exercise and Wellness Academic Program Director

1979 – 1988

Coordinator of Health/Physical Education and Outdoor Education, School District No. 71,
Courtenay, British Columbia. Responsibilities included staffing, curriculum development,
teacher in-service, program assessments, creation, supervision and delivery of district
programs, master teaching demonstration and curriculum evaluation/revision at the district
and provincial levels in Health and Physical Education

C. SCHOLARSHIP

Publications submitted, under review or in press (refereed)

Rehor, P. R. Bike for your Life (in press) Sport Health.

McCullagh, J. M. & Rehor, P. R. The relationship between presenteeism, absenteeism,
productivity and exercise behavior of sedentary workplace. Manuscript submitted for
publication.

Rehor, P. R. & Jones, E. L. The validity of BMI as an assessment tool in estimating a body
composition in Tasmanian adolescents. Manuscript submitted for publication.

Rehor, P. R. & Jordan C. The effect of selected exercise determinants on exercise frequency
within low, moderate and high adherence groups. Manuscript submitted for publication.

Rixon K. P., Rehor, P. R & Bembem M. G. Analysis of the assessment of caloric expenditure in four
modes of aerobic dance. Manuscript submitted for publication.

Craw, M. J., Rehor, P. R. & Williamson, J. Internet marketing impacts on Australian sporting
organisations: A Cross-Level/ Cross-Region Comparison. Manuscript submitted for
publication.

Research project in progress

- The effect of exercise rehabilitation on muscular endurance and strength in hemodialysis patients
- Cross-cultural determinants of exercise participation in overweight children
- The relationship between the health status, absenteeism and exercise behavior in employees of sedentary workplace
- *Physical activities in the life-span of human being* (No: CEZ: J14/98: 155 1000 15). Investigator and consultant for research project funded by the Health Ministry of the Czech Republic.
- *Physical activity and in-activity of inhabitants of the Czech Republic inhabitants in the context of behavioral changes* (No. 61 989 59221). Investigator and research consultant. Project is under current evaluation of Research Board of Ministry of Education, Youth and Sports, Czech Republic.

Publications in refereed journals

- Pelclová, J, Frömel, K, Filip K, & Rehor P. (2005). Physical activity and inactivity in boys and girls of different types of schools in the Czech Republic, *Journal of Coimbra Network on Exercise Sciences, Vol 4, 7, 23-27*
- Rehor, P. R. (2004) Does the present teacher preparation curriculum in Health and Physical Education meet the present needs of Australian youths? A letter to our profession. *ACHPER Healthy Lifestyle Journal. Vol 11, 8, 8 - 12*
- Rehor, P. R. (2003). The need for a change. *International Journal of Physical Education. Vol. XXXIX, 3, 15-22.*
- Rehor, P.R. (2003). Mood state profiles of age group triathletes. *Acta Universitatis Carolinae Kinanthropologica. Vol. 39, 1, 19-27.*
- Rehor, P. R. & Brownsey, E. (2002) A preliminary investigation into the prevalence and trends of overweight and obesity of northern Tasmanian primary school children. *The Australian and New Zealand Journal of Public Health. Vol. 26. 5, 479-481.*
- Rehor, P. R., Dunnagan, T., Stewart, C. & Cooley, D. (2001). Alteration of mood state due to a single bout of a non-competitive and competitive exercise programs. *Perceptual and Motor Skills, 93, 249-256.*
- Rehor, P. R., Oss, A. J. & Green, W. M. (2001). Physical activity levels and screen viewing of Canadian and Australian adolescents: A comparative perspective. *AVANTE – Journal of Canadian Association for Health, Physical Education, Recreation and Dance. Vol. 7, 3, 223-237.*
- Rehor, P. R., & Cottam, B. M. (2000). Relationship between the physical activity levels and screen watching in Australian adolescents. *The ACHPER Healthy Lifestyles Journal Vol. 47, 1,*

14–18.

- Rehor, P. R. (1999). The effect of various exercise modes on psychological profiles of college freshmen. *Acta Universitatis Carolinae Kinanthropologica*. Vol. 35, 2, 15-22.
- Stewart, C., & Rehor, P.R. (1998). Is the glass half full or half empty - status of health enhancement project in Montana. *The Physical Educator*. Vol. 63, 12-16
- Rehor, P. R., Haas, J., Stewart, C. & Haynes, G. W. (1997). Self-efficacy, decision making and the stages of exercise change. *Acta Universitatis Carolinae Kinanthropologica*. Vol. 33, 1, 37-51.
- Kluka, D. P., Janza, P. T. & Rehor, P. R. (1997). The Sokol movement: nation building in the Czech Republic, the United States and Canada. *Journal of the International Council for Health Physical Education Recreation Sport and Dance*. Vol. XXXVI, No. 1, 47-51
- Rehor, P. R. (1996). Model for fitness education: teaching towards the behavioral change. *Active and Healthy Quarterly. The ACHPER Journal for Physical Educators Health Educators and Fitness Leaders*. Vol. 3, 4 17-20
- Rehor, P. R., McNeill, A. W., Moon, R. W. & Fridinger, F. W. (1996). Use of the transtheoretical model of behavioral change to increase the exercise participation of rural senior citizens. *Acta Universitatis Carolinae Kinanthropologica* Vol. 31,1,19-29.

Publications in Books

- Rehor, P. R. (2004). Orienteering games in winter environment. In J. Kirchner and J. Hnizdil, *Orienteering Games – not just for the wilderness*, pp 50-56, Prague, Grada Publishing.
- Rehor, P. R. (1994). Curriculum design model for secondary physical education. In A. E. Jewett, L. L. Bain, C. D. Ennis, *Curriculum Process in Physical Education*, (2nd ed., pp. 288-291). Madison, WI: Brown & Benchmark.

Publications in Refereed Conference Proceedings

- Rehor, P. R. (2004) Contribution of Movement and Physical Education to Quality of Life: Philosophical Perspective. *Proceedings of 3rd International Conference on Movement and Health*, ISBN 80-244-0831-7, pp. 239-243) Olomouc, Czech Republic
- Rehor, P. R. (2003) Effect of Four Aerobic-Mode Programs on Energy Expenditure in Females. *Proceedings of VIIth IOC Olympic World Congress on Sport Sciences "Physical, Nutritional and Psychological care of the Athlete in the 21st century"*, 45 E, Athens, Greece.
- Rehor, P. R (2002) Connection to purpose. *Proceedings of the National Conference of Australian Council on Health, Physical Education and Recreation*, 64, 134 -145 Australia, Tas.
- Rehor, P. R (2002) Making children active. In Senator Guy Barnett (Ed.) *Tasmania Symposium on Childhood Obesity* (pp.17-22). Launceston, Tasmania, Australia.

- Rehor, P. R. (2002) Exercise prescription for children. In Senator Guy Barnett (Ed.) *Tasmania Symposium on Childhood Obesity* (pp. 22-25). Launceston, Tasmania, Australia.
- Rehor, P. R., & Knucky, K. (2001) Psychological profiles of elite and age-group triathletes. In A. Papaioannou, Goudas, M., & Theodorakis, Y. (Ed), *10th World Congress of Sport Psychology, Vol. I.* (pp. 101-105). Christodoulidis Publications: Greece.
- Rehor, P. R. (2000) The Exercise adoption and adherence of secondary school females. *Proceedings of the International Congress on Sport Science, Sport Medicine and Physical Education, 165-166.* Brisbane: Sports Medicine Australia Press
- Rehor, P. R. (2000) The analysis of application of selected exercise determinants by low, moderate and high adherence exercise groups. *Proceedings of the International Congress on Sport Science, Sport Medicine and Physical, 233-234* Brisbane: Sports Medicine Australia Press
- Rehor, P. R. (1999). Adolescents' achievement goals and sport participation. In A. P. Tilinger (Ed.) *Proceedings of the 10th European Congress of Sport Psychology*, (pp. 67 – 78), Prague: University Press
- Rehor, P. R. (1999). Relationship between stages of exercise participation and self-efficacy in freshman college students. In P. Parisi, F. Pigozzi & G. Prinzi (Eds.), *Annual Congress of Sport Science, 4,* (pp.212-213). Rome: University Institute of Motor Sciences
- Rehor, P. R. (1996). Interventions for changing sedentary behaviors. In R. A. Kovar (Ed.) *Proceedings of the 4th International Scientific Conference "Sport Kinetics '95"*, (pp. 107-116). Prague: University Press.
- Rehor, P. R. (1994). Changing sedentary behavior: a challenge to our profession. *Proceedings of the 10th World Congress of the International Association of Physical Education in Higher Education* (pp. 67-76). Victoria, British Columbia, Canada.
- Rehor, P. R. (1993). Physical education at tertiary level: What can we learn from captain hook? *Proceedings of the 10th World Congress of International Council on Health and Physical Education Recreation Dance and Sport*, (pp. 264-269). Tokyo, Japan.
- Rehor, P. R. (1991). Theory into practice planning program content using the PPCF framework. *Proceedings of the Eight World Congress of the International Association of Physical Education in Higher Education* (pp. 67-76). Atlanta, Georgia.
- Rehor P. R. (1991). Ecological integration: value orientation for teaching physical education. In M. R. mullan (Ed.), *Proceedings of the Curriculum Theory Conference in Physical Education, 7,* (pp. 42-47). Athens, GA.
- Stanley, L., Blitzer, L., Rehor, P. & Woods, L. (1991). Multicultural education. In M. R. Mullan (Ed.), *Proceedings of the Curriculum Theory Conference in Physical Education, 7,* (pp. 73-76) Athens, GA.

Monographs, Magazine and Newspaper Articles and Technical Reports

- Rehor, P. R. (2004, October 5). Knowing your Body. *The Examiner*, p, 24-25.
- Rehor, P. R. (2004, October 26). Food and your Body. *The Examiner*, p, 12-13.
- Rehor, P. R. (2004, November 5). Exercise and your Body. *The Examiner*, p, 14-15.
- Rehor, P. R. (2003, March 24). Definitely a doer. *The Advocate*, p. B20.
- Rehor, P. R. (2003, April 17). What can Fitness do for you? *The Advocate*, p. B26.
- Rehor, P. R. (2003, June 02). Healthy and Fit *The Advocate*, p. B26.
- Rehor, P. R. (2003, June 16). Choose the Big Rocks Wisely *The Advocate*, p. B26.
- Rehor, P. R. (2002, September 12). Physical activity -way of life. *The Examiner*, p, B12-17.
- Rehor, P. R. (2002, September 19). Healthy bodies healthy minds. *The Examiner*, p, B10-13.
- Rehor, P. R. (2002, Spring) Playing hardy tennis. *Tasmania Tennis Magazine*, 26, 10-11.
- McNeill, A. W. & Rehor, P. R. (1993). *Senior trailblazer project (Tech. Rep. No.1)*. Atlanta: Center for Disease Control.
- Rehor, P. R., Feltdkamp, M. S., O'Connor, N. M. & Smith, O. G. (1992). Self-assessment strategies for exercise behavioral change. *Monograph of the Curriculum and Instruction Research and Development Center*, 3. Athens: National Association for Sport and Physical Education.
- Rehor, P. R. (1991). Personal meaning fitness education model. *Monograph of the National Curriculum and Instruction Research and Development Center 2* Athens: National Association for Sport and Physical Education.
- Rehor, P. R. (1991). *Scope and sequence for elementary physical education*. Bozeman, MT: University Press.
- Rehor, P. R. (1991). Curriculum development for exercise behavioral change. *Microform Publications International Institute for Sport and Human Performance*. Eugene, OR: University Microfilms, PSY 1644.

Presentations

Childhood Obesity – Perspectives, Paradigms and Possibilities. The Keynote Speaker at the Childhood Obesity Forum. Hosted by Senator Guy Barnett Launceston, Tasmania, Australia (2005)

The effect of an intervention program based on the exercise adoption/adherence model on exercise behaviour of secondary school females. The 24th National/International Australian Council on Health and Physical Education and Recreation. The Wollongong, NSW, Australia (2004).

Childhood obesity: The health enhancement approach. Australian Council on Health and Physical Education and Recreation Conference, Launceston, Tasmania, Australia (2004).

The impact of Internet marketing of pooled interdependent Australian sporting organizations. Paper presented at the annual Sport Management Association of Australia and New Zealand International conference, Dunedin, New Zealand (2003).

Contribution of Movement and Physical Education to Quality of Life. 3rd International Conference on Movement and Health, Olomouc, Czech Republic, Keynote addresses (2003).

Effect of Four Aerobic-Mode Programs on Energy Expenditure in Females. VIIth IOC Olympic

World Congress on Sport Sciences "Physical, Nutritional and Psychological care of the Athlete in the 21st century", 45 E, Athens, Greece (2003).

A Comparison between Caloric Expenditure of Selected Aerobic Activities. European Congress of Sport Science, Salzburg, Austria (2003).

The Concern for Australian Children - The Keynote Speaker at the Childhood Obesity Forum. Hosted by Mrs. Trish Draper, Chairman of the Federal Government's Policy on Health and Senator Guy Barnett Launceston, Tasmania (2002)

Teaching Towards the Behavioral Change - Teaching and Learning Conference, University of Tasmania, Hobart (2002)

The Law of Human Connectedness – The Future of Health and Physical Education. 10th National Conference of Australian Council on Health, Physical Education and Recreation (Major Address). Launceston, Australia (2002)

Health Benefits of Community and Corporate Wellness Programs. Distinguished guest lecture to the Faculty and Doctorial students of the Department of Kinanthropometry and Preventive Medicine, Charles University, Prague (2001)

Psychological Profiles of Elite and Age-Group Triathletes. 10th World Congress of Sport Psychology, Skiathos, Greece. (2001)

The Efficacy of the Behaviorally based intervention program on exercise and sport participation. International Congress on Sport Science, Sport Medicine and Physical Education – Brisbane, Queensland, Australia (2000)

The Analysis of Application of Selected Exercise Determinants by Low, Moderate and High Adherence Exercise Groups. International Congress on Sport Science, Sport Medicine and Physical Education – Brisbane, Queensland, Australia (2000)

What Can We Learn from Peter Pen and Captain Hook – Law of Human Connectedness. Keynote address at the Australian Council on Health and Physical Education Annual Conference, Launceston, Tas. Australia (2000)

Increasing Activity Patterns amongst Rural Senior Citizens
5th International Olympic Committee World Congress on Sport Sciences, Sydney, Australia (1999).

Relationship between Self-Efficacy and Stages of Exercise Adoption. European Congress of Sport Science, Rome, Italy (1999).

The Effect of Various Exercise Modes on Psychological Profiles of College Freshmen. European Congress of Sport Psychology, Prague, Czech Republic (1999).

Invited Papers Presented at Ontario Association for Sport and Exercise (OASE) Seminar, Toronto, Ontario, Canada (1999).

Health Enhancement in Tasmania. Invited presentation to the Health and Physical Education Panel, Tasmania Department of Education (1999).

Rationale Behind Health Enhancement Education. Invited presentation to Teachers, Administrators, by the North Tasmania Health and Physical Education Teachers Association (1999)

Purpose, Process and Paradigm: Integration of Health and Physical Education. A keynote speaker invitation for the Australian National Conference on Healthy Schools and Tasmania Alliance for Health, Physical Education, Launceston, Tasmania (1999).

Implementing Health Enhancement Curriculum into Secondary Schools: Community-based approach. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance, Reno, Nevada (1998).

Restructuring Physical Education for the 21st Century Through a Comprehensive Wellness Program. Keynote address at the National Education Wellness Seminar, Phoenix, Arizona. (1997).

Increasing Activity Patterns among Rural Older Adults. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance, Atlanta, GA. (1996)

Exercise Adherence. Paper presented at the Northwest District American Alliance for Health Physical Education, Recreation and Dance, Spokane, WA. (1996).

Health Enhancement Model for Teacher Preparation Programs. Paper presented at the 10th World Congress of International Council on Health and Physical Education Recreation, Dance and Sport, Gainesville, FL. (1995).

A Physical Activity Intervention Project Targeting Senior Citizens and Based on the Stages of Change Model. Poster presentation at the "Prevention '94" Annual Preventive Medicine Conference, Atlanta, GA. (1994).

Evaluation of the Transtheoretical Model of Behavioral Change in Relation to Exercise Behavior of Senior Citizens. Paper presented at the Eighth National Conference on Chronic Disease Control, Kansas City, MO (1993).

Flight to Never-Never Land: Connection to Purpose. Presented at the 10th World Congress of International Council on Health and Physical Education Recreation, Dance and Sport, Tokyo, Japan. (1993).

Instructional Strategies for Exercise Behavioral Change. Paper presented at National Convention of American Alliance for Health, Physical Education, Recreation and Dance, Indianapolis, IN. (1992).

Perspectives, Paradigms and Possibilities in Physical Education. Paper presented at Sixth National Curriculum Conference, Athens, GA. (1989).

Professional Projects

The Personal Fitness Trainer – Curriculum Design and Delivery Coordinator for the first Personal Fitness Certification Course in Tasmania, 2000, 2001, 2002 and 2003

The Fitness Leader Accreditation Program Course Coordinator for Tasmanian North (Launceston) and South (Hobart) regions, 1999, 2000, 2001, 2002 and 2003

Health and Physical Education State Curriculum Revision. Panel Member. Tasmanian Assessment Board, 1999.

Olympic Science Project. Development and Implementation of Long-distance University Course Focusing on Biomechanical, Physiological and Psychological Scientific Principles as Applied to the Elite Winter Olympic Athletes in Nagano, Japan. Supported by \$1 500 000 grant from the American Broadcasting Corporation and the National Science Foundation. 1997-98.

Health Enhancement Curriculum Montana Curriculum and Resource Guide 7 -12. Office of Public Instruction, Montana. Project Director, 1994-95.

Health Enhancement Curriculum Montana Curriculum and Resource Guide K 6. Office of Public Instruction, Montana. Project Director, 1993-94.

Evaluation of the Effect of the Transtheoretical Model of Behavioral Change on the Exercise Adoption and Adherence of Senior Rural Population. Center for Disease Control and Prevention, Atlanta, GA. Project Consultant, 1992_1993.

Lifetime Fitness - Secondary Curriculum and Resource Guide, Georgia Department of Education. Project Coordinator and Co-author, 1990.

Grants

Tasmania Youth Health Risk Behaviors, SPIRT Grant Application. A competitive three year grant of \$ 500 000 aimed at providing resources to assess health risk behaviors such as sedentary lifestyles, smoking, dietary habits, and psycho-social environmental factors in Tasmanian youth (Funded in 2001, 2002 and 2003).

Comprehensive Health Education Grant Nationally competitive grant to assess, analyze the prevalence of health risk behavior In Montana, US and develop/implement a comprehensive health enhancement curriculum for teachers and health educators at the University and Community settings. US Department of Education – US \$ 300 000 (funded), Principal Investigator.

Teaching Advisory Board Grant - \$5 000. An internal grant supporting a Fitness for Life Curriculum development (1999).

Teaching Advisory Board Grant - \$5 000. An internal grant supporting a Fitness for Life Curriculum development (1999).

Research Advisory Board Grant - \$5 000. An internal grant supporting an research effort to collect the health risk behaviors data on Tasmanian youth (1998).

The Efficacy and Safety of Long -Term Intermittent I.V. Treatment of Ibandronate and Weight-Bearing Exercise in Post-Menopausal Osteoporosis. College of Education & Health and Human Development, MSU. Research and Creativity Grants, Montana State University, \$ 3 900, 1997.

The Efficacy and Safety of Long-Term Intermittent I V Treatment of Ibandronate and Weight-Bearing Exercise in Post-Menopausal Osteoporosis. US Human Health-Metabolic Bone Disease \$4 000, 1996.

Special Projects in Central and Eastern Europe. International Research and Exchange Board. \$3 000, 1995.

Comparative Analysis of the Physiological and Psychological Determinants of Exercise Participation between the Selected population in the US and Czech Republic. Research and Creativity Grant, MSU. \$4 000, 1996.

Functional Capacity of Senior Population. Research and Creativity Grant. College of EHHD, MSU. Research and Creativity Grants, Montana State University \$4 000,1992.

Validation of the Model of Behavioral Change. Research and Creativity Grant, MSU, \$2 000,1991.

D. SERVICE TO THE UNIVERSITY, ACADEMIC AREA OR THE COMMUNITY

Committees - University of Tasmania, Australia

University of Tasmania Bachelor of Human Movement Honors Program Coordinator and Supervisor
University of Tasmania Master of Human Movement Graduate Program Coordinator
University of Tasmania Research Ethics (Human Subjects) Committee member

Committees - Montana State University, USA

Undergraduate Honors Curriculum Committee 1992, 93
Teaching and Learning 1992-1998
Grievance 1992-1998
Human Subjects Committee 1993 - 98
Faculty Council
Department Head Search Committee
MSU Wellness Director Search Committee 1995
National Teacher's Examination Committee 93,

E. MEMBERSHIPS AND PROFESSIONAL LEADERSHIP

Editor for Nova Science Publishers, Inc. 400 Oser Avenue, Suite 1600 Hauppauge, NY 11788
Sport Medicine Australia - 2001-03
Scientific reviewer to the International Medical Science Monitor - 2003
American College of Sport Medicine 1994-99
Scientific Committee member and Symposium Chair for 10th European Congress of Sport

Psychology, Prague, 1999

Tasmania Secondary Schools Assessment Board - A member of a Health and Physical Education Assessment and Benchmarking Panel - 1998 till present

Reviewer for Corbin, C., and R. Lindsey. Concepts of physical fitness and wellness, 2ed. Brown and Benchmark Publishers Dubuque, IA, 1998.

Brown & Benchmark Publishers - Reviewer for Practical Applications of Sport Psychology, 1996.

IASK International Association of Sport Kinetics Scientific Committee member - Exercise Psychology Commission member, since 1994.

ICHPER International Council for Health Physical Education and Recreation - Sport Psychology Commission member, since 1992.

AAHPERD American Alliance for Health, Physical Education, Recreation and Dance, general member, since 1987.

MAHPERD Montana Alliance for Health, Physical Education, Recreation and Dance, general member, since 1991.

Leukemia Society of America. Team in Training - (pacific north - west) - marathon and fund raising coach, 1994-95.

F. AWARDS

Teaching Excellence Award – Faculty of Education, University of Tasmania 2000 Montana Health Enhancement Master Teacher Certificate, Office of Public Instruction, MT.

Certificate of Appreciation for the Best Program Presentation, "Prevention '94" National Preventive Medicine Conference, Atlanta, GA.

Inspiration Award American Alliance for Health, Physical Education, Recreation and Dance, 1991.

Excellence in Teaching Award, University of Georgia Presidential Award for Excellence in Teaching, 1990.

The Outstanding Athletic Achievement Award, Province of Ontario, Cda.

G. LIFESTYLE COMMITMENTS, OUTREACH, PERSONAL INTERESTS AND ATHLETIC ACCOMPLISHMENTS

Dr. Rehor is a recognised internationally for his work in exercise adherence and exercise prescription.

He has published and conducted over 100 articles and seminars in the US, Canada, Europe and Australia focusing on wellness, exercise and diet.

- Dr. Rehor delivers *wellness seminars* to international government including US, Czech and Australian governments, corporate organisations such as Pepsico and Nike, hospitals, schools and fitness industry
- Over the last twenty years he *competed* in excess of 100 ski marathons and 25 running marathons
- A *member* of Sports Medicine Australia, and the American College of Sports Medicine
- *Cross-country skiing/ski jumping* - (competing and coaching) at the junior national, national and master level (International meets, National and Regional Championships).
- *Volleyball* - (competing and coaching) at the junior national and national levels (National and Regional teams and International Championships).
- *Triathlon* - including placing in top 20 overall in three out of seven "Ironman International Triathlons" and in excess of 50 Olympic Distance Triathlon events. Last Ironman – Canada 2003

Dr Rehor provides leading edge sport, exercise and fitness training which will motivate, inform, empower and educate you in the field of healthy, active and productive lifestyle.

REFEREES

Professor John Williamson
Dean and formal Department Head
Faculty of Education
University of Tasmania-Launceston
Launceston, TAS 7250
03 6324 3038
John.Williamson@utas.edu.au

Associate Professor Robert Fassett FRACP, FACN
Director of Medicine and Research
Department of Medicine
Launceston General Hospital
6348 7190
rob.fassett@dchs.tas.gov.au

Dr. Craig Stewart, Professor
Department Head
Department of Health and Human Development
Montana State University
Bozeman, Montana 59715
craigs@montana.edu

Graeme Cooksey
Principal Curriculum Officer
Department of Education, TAS, Australia
Phone (03) 6233 7320
Facsimile (03) 6233 6982
graeme.cooksey@education.tas.gov.au

Alexander McNeill Ph.D.
Vice President for Academic Affairs
California State University Channel Islands
Alexander.McNeill@csuci.edu

Dr. Rod K. Dishman, Professor
Behavioral Fitness Lab Director
School of Health, Physical Education,
Recreation and Dance
The University of Georgia
104 Physical Education Building

Athens, Georgia 30602
rdishman@coe.uga.edu

Dr. Ann E. Jewett, Professor Emeritus (open letter in my possession)
566 Sandstone Place, Athens, GA, 30605-3474
Telephone: 706-353-3372_ (Also FAX)
e-mail: aejewett@arches.uga.edu