TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Kyle T. Patek
Title: Professor of Instruction & Undergraduate Human Performance Lab Coordinator

B. Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/Dissertation*
M.S.	2013	Texas State University	Exercise and Sports Science	The Motivational Regulations of Self-determination Theory and Objectively-assessed Exercise Participation and the Mediating Effects
B.S.	2010	Texas A&M University	Psychology	

C. University Experience

Position	*University*	*Dates*
Professor of Instruction	Texas State University	2024-present
Senior Lecturer	Texas State University	2019-2024
Undergraduate Human Performance Lab Coordinator, Health and Human Performance	Texas State University	2014-present
Lecturer, Health and Human Performance	Texas State University	2013-2019
Graduate Teaching Assistant – Exercise Physiology Lab, Health and Human Performance	Texas State University	2011-2013
Research Assistant, Developmental Psychology	Texas A&M University	2009-2010

D. Relevant Professional Experience

Position	*Entity*	*Dates*
Personal Training Coordinator	Total Wellness – San Marcos	2015-2019
Personal Trainer	Total Wellness – San Marcos	2011-2015
Personal Trainer	Student Recreation Center, Texas State University-San Marcos	2011-2013

E. Other Professional Credentials (licensure, certification, etc.)

Credential	*Entity*	*Dates*
Certified Personal Trainer	National Academy of Sports Medicine	2011-2015

II. TEACHING

A. Teaching Honors and Awards:

Nominee, Faculty of the Year to NCAA Sunbelt Conference, Texas State University Athletics, 2022

Stephany Goodbread Faculty Advisor of the Year, Honors College, 2020-2021

Namesake, Bobcat Preview, 2019

Presidential Award for Excellence in Teaching, College of Education, 2017

Favorite Professor, Alpha Chi Honor Society, 2014, 2015, 2016, 2018, & 2019

B. Courses Taught:

Texas State University: 2011-2026

ESS 1310	Foundations of Exercise and Sports Science
ESS 3117	Applied Lab in Exercise Physiology
ESS 3317	Exercise Physiology
ESS 3319	Introduction to Cardiopulmonary Exercise Physiology
ESS 3329	Introduction to Motor Learning
ESS 4317	Fitness Assessment and Exercise Prescription
ESS 4318	Fitness Assessment and Exercise Prescription Practicum
ESS 4320	Resistance Training and Conditioning
ESS 4351	Measurement and Evaluation in ESS

C. Graduate Theses/Dissertations or Exit Committees (if supervisor, please indicate):

Beck, Jessie. (2024). Evaluating the Effectiveness of Neck Strengthening Exercises on the Prevention of Concussions (unpublished Undergraduate Honors project). Texas State University, San Marcos, Texas.

Weishaar, B. (2022). Impact of Menstrual Phases on Stress Markers (Published thesis). Texas State University, San Marcos, Texas.

Renteria, L. (2020). Impact of astaxanthin supplementation on metabolic responses to exercise and postprandial oxidative stress (Published thesis). Texas State University, San Marcos, Texas.

Chase, K. (2018). Resting energy expenditure in normal weight and obese populations: A systematic review and proposed prediction equation (Published thesis). Texas State University, San Marcos, Texas.

Vaught, K. A., & Vincent, B. N. (2016). Effects of Graston technique on blood lactate and perceived muscle function using delayed onset muscle soreness (Unpublished thesis). Texas State University, San Marcos, Texas.

III. SCHOLARLY/CREATIVE

A. Works in Print (including accepted, forthcoming, in press)

a. Textbooks:

Lloyd, L. K., & Patek, K. (2017). A Laboratory Textbook of Exercise Physiology. 3rd Edition. *Stipes Publishing, LLC*: Champaign, IL. ISBN 978-1-60904-647-7

Lloyd, L. K., & Patek, K. (2017). Laboratory Textbook of Exercise Physiology. 2nd ed. Peosta, Iowa: *Eddie Bowers Publishing, Inc.* ISBN 978-1-57879-099-9

2. Articles

a. Refereed Journal Articles:

McAllister, M., Mettler, J., Patek, K., Butawan, M., & Bloomer, R. (2021) Astaxanthin supplementation increases glutathione concentrations but does not impact fat oxidation during exercise in active young men. *International Journal of Sport Nutrition & Exercise Metabolism.* Advance online publication. https://doi.org/10.1123/ijsnem.2021-0138.

Chase, K., Patek, K, Walker, J., & Mettler, J. (2021) Predicting Resting Metabolic Rate with Easily Obtained Measures: The Influence of Body Circumference. *Translational Journal of the American College of Sports Medicine.* 6(2), doi:10.1249/TJX.0000000000000162.

Patek, K. T., Lloyd, L. K., Schmidt, E. A., Meaney, K., & Vaughan, P. (2016) Predicting objectively-measured exercise participation from motivation and basic needs satisfaction: Does a mediational model exist? *Journal of Applied Biobehavioral Research,* 21(1), 3-24. doi:10.1111/jabr.12040.

B. Works not in Print

1. Invited Talks, Lectures, and Presentations:

Presentation. Southwestern Athletic Training Association Competency Workshop. 2023

Presentation. Bobcat Welcome. Student Learning Assistance Center, 2022

Presentation. Hy-flex Like a Boss, ODEL, Texas State University, 2022

Presentation. ODEL Friday Techbits: Classroom Magic!, 2021

Presentation. ODEL Summer Institute: The Importance of Active Learning and Interaction for Student Resilience, 2021

Demonstration Video, “Making Flexible Teaching Work – One Instructor’s Experience”, 2020

College Note Taking Presentation. Bobcat Preview. 2019

Presentation. Southwestern Athletic Training Association Competency Workshop. 2017

Keynote Speaker. Terry Foundation Texas State Fall Banquet. 2014

2. Poster Presentations:

Chase, K. L., Patek, K. T., Walker, J. L., & Mettler, J. A. Predicting resting metabolic rate in healthy adults using body composition and circumference measurements. Poster presented at The American College of Sports Medicine Annual Meeting; May 28, 2019; Orlando, FL

Chase, K. L., Patek, K. T., Walker, J. L., & Mettler, J. A. Predicting resting metabolic rate in healthy adults using body composition and circumference measurements. Poster presented at The Texas American College of Sports Medicine Annual Meeting; February 28, 2019; Fort Worth, TX

Patek, K. T., Lloyd, L. K., Vaughan, P., Schmidt, E. A., & Meaney, K. Predicting objectively-measured exercise participation from motivation and basic needs satisfaction: Does a mediational model exist? Poster presented at The American College of Sports Medicine 62nd Annual Meeting; May 29, 2015; San Diego, CA [15-SA-2625-ACSM].

C. Grants and Contracts

1. Funded External Grants and Contracts:

Liu, T., Li, Y., McAllister, M., Rolfe, R., & Patek, K. (2019). Impact of a 4-6-week training intervention on biomechanical and physiological markers in
Olympic rowing athletes. *Chinese Rowing Association, $2,098.*

IV. SERVICE

A. Institutional

1. University:

Host & Emcee. Employee Wellness Fair, Texas State University, Human Resources, 2025

Host & Emcee. Employee Wellness Fair, Texas State University, Human Resources, 2024

Campus Partner. Search Committee for ODS Associate Director, Office of Disability Services, 2024

College of Education Representative, Admissions Standards Committee, Texas State University, 2021-present
Member. Search Committee for Assistant Director, Instructional Programs, 2023

Member. Search Committee for SLAC Assistant Director, Student Learning Assistance Center, 2022

Campus Partner. Search Committee for ODS Associate Director, Office of Disability Services, 2022

Sponsor. Texas State Golf Club. Texas State University 2022-2023

Member, Environment and Sustainability Committee, 2020-2023

Faculty Sponsor. Texas State Weightlifting Team, Texas State University 2016-2022

Mentor, Bobcat Bond, Texas State University 2014

2. Department/School:

Mentor, Newly-Hired HHP Adjunct Faculty Members, Texas State University, 2025-present

Member, HHP Student Recruitment Committee, Texas State University, 2025-present

Member, HHP Personnel Committee, Texas State University, 2025-present

Member, ESS Curriculum Review Committee, Texas State University, 2025-present

Member, HHP Curriculum Committee, Texas State University 2024-present

Member, HHP Student Champions Committee, Texas State University 2024-2025

Faculty Sponsor, TACSM Student Quiz Bowl Team, Texas State University 2018-present

Undergraduate Human Performance Lab Coordinator, Texas State University 2014-present

Member, HHP Scholarship Committee, Texas State University, 2021-present

Member, ESS Search Committee: Assistant Professor of Instruction, Texas State University-Collin College, 2024

Member, ESS Search Committee: Assistant Professor of Instruction, Texas State University-Round Rock, 2024

Mentor, Newly-Hired HHP Adjunct Faculty Members, Texas State University, 2022-2023

Member, ESS Curriculum Committee, Texas State University, 2021-2022

Member, HHP Curriculum Committee, Texas State University 2014-2021

Member, Continuity of Education Work Group Sub-committee, 2020

Member, ESS Lecturer Mentor Committee, Texas State University 2018

Member, ESS Search Committee: Clinical Exercise Science, Texas State University 2018

Member, ESS Search Committee: Clinical Exercise Physiology, Texas State University, 2017

Member, ESS Curriculum Sub-Committee, Texas State University 2017

Member, Internship Committee, Texas State University 2015

B. Professional:

Member, American College of Sports Medicine 2014-present

Updated 04/2024