
Ben Zhou, Ph.D., Associate Professor and Chair, Division of Kinesiology and Recreation,
(310) 243 – 2223, fax (310) 217 – 6946, bzhou@csudh.edu

Curriculum Vita

Ben Zhou Ph.D. in Exercise Science

Current Position

Associate Professor in the Division of Kinesiology and Recreation

Address

Office Address: SAC 2140,
Division of Kinesiology & Recreation, CSUDH,
1000 E, Victoria Street, Carson, CA 90747
(310) 243-2223, bzhou@csudh.edu.

Research/Scholarship Interests

Measurement and evaluation of aerobic capacity and physical fitness

Education

1999 Brigham Young University (BYU), Ph.D. in Exercise Science.
Minor in Nutrition.
1985 Beijing Institute of Physical Education, M.S. in PE.
1979 Wuhan Institute of Physical Education, B.A. in PE.

Work Experience

2016 – Present Associate Professor in Division of Kinesiology &
Recreation (DKR), CSUDH
2011 – 2016 Associate Dean in College of Health and Human
Services, CSUDH
2009 – 2011 Chair of DKR, CSUDH
2006 – 2009 Associate Professor & Coordinator of Fitness Director
Program in DKR, CSUDH.
1999 - 2005 Assistant Professor & Coordinator of Fitness Director
Program in DKR, CSUDH
1992 - 1999 Supervisor in Human Performance Center;
Instructor in Exercise Physiology, Sports Physiology,
Exercise Physiology Lab, Badminton, Swimming,
Tennis, & Weight Training at BYU.

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- 1989 - 1991 Assistant Professor & Director in Human Performance Center, Guangdong Research Institute of Sports & Sciences, P. R. China
- 1982 - 1989 Researcher, Guangdong Research Institute of Sports & Sciences, P. R. China

Professional Association - Membership

- 1999 – Present American College of Sports Medicine (National and Regional) and American Alliance of Health, Physical Education, Recreation and Dance (National).
- 1989 - 1991 Chinese Sports Medicine Association
- 1988 - 1991 Chinese Sports Association
- 1989 - 1990 Research Committee of Chinese Rowing Association

Professional Association – Leadership

- 2005 – 2011 Associate Editor for Journal of Exercise Physiology online in American Society of Exercise Physiology
- 1989 - 1990 Chair of Research Committee, Chinese Rowing Association

Community Service

- 2011 – 2016 As College Associate Dean, Serve on Multiple University Committees
- 2009 – 2011 University Committee of Educator Preparation (UCEP)
- 2009 College Transition Team
- 2007 – 2009 CSUDH Faculty Hearing Panel
- 2008 - 2009 Preliminary Investigator for Student Grade Appeal RTP Committees in the Divisions of Human Services; Health Science; Occupational Therapy; and Kinesiology & Recreation

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Text Books Reviewed

- May 2006 *“Wellness: Concepts and Applications,”* Six Edition, by David Anspaugh et al. McGraw-Hill Higher Education.
- January 2005 *“Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness,”* Sixth Edition, by Thomas D. Fahey, Paul M. Insel, and Walton T. Roth. McGraw-Hill
- April 2004 *“Lifetime Physical Fitness and Wellness: A Personalized Program,”* 8th Edition, by Werner W.K. Hoeger & Sharon A. Hoeger. Thomson Wadsworth.
- October 2002 *“Lifetime Physical Fitness and Wellness: A Personalized Program,”* Seventh Edition, by Werner W.K. Hoeger & Sharon A. Hoeger. Thomson Wadsworth.
- January 2000 *“A Wellness Way of Life,”* 4th Edition, by Debbie Powers & Sharon Burgess. McGraw-Hill Higher Education.

Research Article Reviewed

- June 2010 *“CHRONIC TREADMILL RUNNING AFFECTS ADIPOSE TISSUE METABOLISM IN SPONTANEOUSLY HYPERTENSIVE RATS,”* JEP Online, 2010
- September 2009 *“Telemetric Monitoring of Cardiovascular Changes by Exercise Training in Normotensive Rats,”* JEP Online, 2009
- February 2009 *“EFFECT OF A 1 LITER FLUID LOAD ON BODY COMPOSITION MEASURED BY AIR DISPLACEMENT PLETHYSMOGRAPHY AND BIOELECTRICAL IMPEDANCE,”* JEP Online, 2009
- October 2008 *“The Relationship between Core Stability and Performance in Division I Female Soccer Players,”* JEP Online, 2008
- July 2008 *“A Longitudinal Study of Police Body Composition Changes Over 12 Years with Gender and Race Comparisons,”* JEP Online, 2008
- June 2008 *“Modes and Locales of Physical Activity: Older Adults,”* California Journal of Health Promotion

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- November 2007 “*Comparing Skinfold Equations for Female Athletes Using the BOD POD® as the Criterion*” JEP Online, 2007
- October 2006 “*TOTAL-BODY PRESSURE MAPPING FOR THE ASSESSMENT OF BODY COMPOSITION*” JEP online, 2006.
- February 2005 “*THE RELATIONSHIP BETWEEN 10 KM RUNNING PERFORMANCE AND PULMONARY FUNCTION*” JEP online, 2005.
- July 2004 “*A Review of the Stroke Volume Response to Upright Exercise in Healthy Individuals.*” Requested by the British Journal of Sports Medicine, 2004.

Presentations

1. March 3-4, 2009 CSU Kin Chair’s Meeting in Ontario, Convention Center
2. October 16-17, 2008 CSU Kin Chair’s Meeting in CSU Northridge
3. “*Effect of Oolong Tea on Balance Performance in Naïve Tea Users*”, presented on SWACSM Chapter Meeting, San Diego, November 9, 2007.
4. “*Effect of Oolong Tea on Balance Performance in Naïve Tea Users*”, presented on the Student Research Day at CSUDH, November 10, 2005 and 51st Annual Conference of WSKW, October 2006.
5. “*Reproducibility of acetylene rebreathing technique to estimate maximal cardiac output in a small sample*”, presented at the AAHPERD Convention on April 12-16, 2005.
6. “*Explanation of variance in VO_{2max} for trained and untrained male subjects*” presented for the annual meeting of SWACSM on Oct. 23, 2004.
7. “*Explanation of variance in VO_{2max} for trained and untrained female college students*”, presented for the WCPES Conference on Oct. 13-15, 2004.
8. “*The variables for variation of VO_{2max} in male and female collegiate distance runners*”, presented at CAHPERD Conference on March 6, 2004.
9. “*Technique Report: Acetylene Rebreathing Technique in Determining Cardiac Output*”, presented at 48th Annual Conference of WCPES, October 8-10, 2003.
10. “*The variables in response to variation of VO_{2max} in female college students and distance runners*”, presented at 2003 SWACSM Annual Meeting, November 7–8, 2003.

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11. *“The contribution of muscular oxidative capacity to VO_{2max} for college male runners”*, Presented at AAHPERD National Convention in Philadelphia, Pennsylvania, April 1–5, 2003.
12. Guest speaker at the graduates’ seminar in Kinesiology Department of USC on November 8, 2002.
13. *“The contribution of muscular oxidative capacity to VO_{2max} for college male runners”*, Presented at SWACSM conference in Las Vegas, Nov. 2002.
14. *“Limiting factors for maximal oxygen consumption within untrained male college students versus trained male collegiate distance runners”*, Presented at the 47th Annual Conference of WCPES in Reno, October 2002
15. *“Limiting factors for maximal oxygen consumption within untrained male college students versus trained male collegiate distance runners”*, Presented at the national meeting of ACSM in St Louis, May 2002.
16. *“Selected physical and neuromuscular variables between male and female international wheelchair basketball players”*, Presented at the national meeting of ACSM in St. Louis, May 2002.
17. *“Variables in Response to the Difference of Maximal Oxygen Consumption within the Groups of Untrained College Male Students and Collegiate Male Distance Runners”*, Presented at the Convention of WCPES in Reno, Nevada on October 11, 2001.
18. *“Factors Associated with Maximal Oxygen Consumption in Untrained Female College students and Collegiate Female Distance Runners”*, Presented at the South-West District Convention of AAHPERD in Park City, Utah on June 23, 2001.
19. *“Stroke Volume during Incremental Exercise in Three Groups of Male Subjects”*, Presented at the 48th Annual Meeting of ACSM in Baltimore on May 31, 2001,
20. *“Maximal Stroke Volume between Male and Female College Students”*, Presented at the CAHPERD conference, Long Beach, CA, March 2000.
21. *“Stroke Volume Does Not Plateau During Graded Exercise In World Class Male Distance Runners”*, Presented at the SWACSM Annual Meeting, San Jose, California, November, 1999.
22. *“Maximal Cardiorespiratory Capacities and Measurement in Chinese Elite Oarsmen”*, Presented at the First IOC World Congress on Sport Sciences, Colorado Springs, Colorado, Oct. 28, 1989.
23. *“Evaluation and Analysis of the Psychological Characteristics in Elite*

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Table Tennis, Badminton, and Tennis Players", Presented at National Sport Psychological Conference, Beijing, China, October 1988.

24. "Application of Weight-Lifters' Testicular Volume and Levels of the Blood Testosterone and Cortisone on Selecting Athletes", Presented at the Second National Congress of Sports & Sciences, Shijiazhuang, China, Oct., 1987.

Publication

1. B. Zhou and M. Lovegren, "Effect of Oolong Tea on Balance Performance in Naïve Tea Users." *JEP Online*, October 2007.
2. B. Zhou, "Are low-carb diets a healthy way to lose weight?" *The Faculty Column in Inside Dominguez Hills*, August/September, 2004.
3. B. Zhou, "Explanation of Variance in VO_{2max} for Trained and Untrained Female College Students" *JEP Online*, December 2004.
4. B. Zhou, "Reproducibility of acetylene rebreathing technique in estimating maximal cardiac output in a small sample" *Journal of WCPES Review*, October 2004.
5. B. Zhou, M P. Ernst, & Y T. Wang, "Explanation of Variance in VO_{2max} for Trained and Untrained Male Subjects", *JEP Online*, April 2004.
6. B. Zhou, Michael P. Ernst, and Yong T. Wang, "The Contribution of Muscle Oxidative Capacity to VO_{2max} for College Male Runners", *Journal of RQES*, Vol. 74:1 Supplement, March 2003.
7. B. Zhou, Michael P. Ernst, and Yong T. Wang, "The Limiting Factors for VO_{2max} in Untrained Male College Students Verses Male Collegiate Distance Runners", *Journal of WCPES*, October 2003.
8. B. Zhou, R.K. Conlee, R. Jensen, G.W. Fellingham, J.D. George, and A.G. Fisher, "Stroke volume does not plateau during graded exercise in world-class male distance runners", *Journal of MSSE*, 33(11): 905-910, 2001.
9. W.W. Winder, H.A. Wilson, & B. Zhou, "Phosphorylation of rat muscle acetyl-CoA carboxylase by AMP-activated protein kinase & cAMP-dependent protein kinase", *JAP*, 82(1): 219-225, 1997.
10. B. Zhou, Y. Lin, N.S. Zong, Y.F. Lin, Y.M. Ou, Z.R. Liu, & Z.H. Guan, "Comparison of maximal cardiorespiratory capacity on different ergometers in Chinese elite oarsmen", *Chinese J of Sports Medicine*, Vol. 8, 2, 1989.

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11. B. Zhou and X. Ouyang, "Effects of work load on maximal cardiorespiratory capacity in elite oarsmen", *JSS in Guangdong, Vol. 18, 1989.*
12. B. Zhou, Y. Lin, J. Chen, & W.Y. Yang, "Lactate break point on five exercises in athletes from six sports", *JSS in Guangdong, Vol. 11, 1, 1987.*
13. B. Zhou, J. Chen, Y. Lin, and W.Y. Yang, "The indexes and methods of anaerobic threshold measurement", *JSS in Guangdong, Vol.11, 1 1987.*
14. B. Zhou and Y. Lin, "The main training methods and blood lactic acid concentration in elite sprinters", *JSS in Guangdong, Vol. 19, 4, 1987.*

Grant

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|-------------|--|
| \$15,581 | Interdisciplinary RSCA Grant as a co-investigator |
| \$500.00 | Faculty Mentor for McNair Scholar Student 2005 |
| \$500.00 | Travel Grant from Dean in CHHS 2005 |
| \$20,780.00 | Technology Advancement Program, submitted on September, refused on December 2004 |
| \$5,465.00 | Technology Advancement Program Grant, March 2003. |
| \$1,000.00 | Award for Summer Institute from the CTL, July 2002. |
| \$1,000.00 | Award for Winter Institute from the CTL, Jan. 2002. |
| \$358.00 | Travel Grant from the CTL, October 2001. |
| \$500.00 | Travel Grant from the CTL May 2001. |
| \$500.00 | Travel Grant from the CTL, February 2001. |
| \$5,000.00 | The Technology Proposal Award, June 2000. |
| \$1,500.00 | Foundation Grant from Dean of SOE, 2000. |
| \$5,000.00 | Graduate Research Fellowship Grant in BYU, 1997. |

The cited publication on the textbook

“Stroke volume does not plateau during graded exercise in world-class male distance runners”, *Journal of Medicine and Science in Sports & Exercise*, 33(11): 905-910, 2001, cited on the fifth textbook of “Exercise Physiology – Theory and Application for Fitness & Performance” by Scott K. Powers & Edward T Howley.

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Doctoral Dissertation

Stroke Volume Does Not Plateau During Graded Exercise in World Class Male Distance Runners, *Brigham Young University, 1999.*

Honors and Awards

- 2015 Outstanding Performance of 15 Years Services
- 2014 Fifteen Years' Service Award;
- 2009 Ten Years' Service Award;
- 2004 Five Years' Service Award;
- 2001 Faculty Excellence Award from SOE, CSUDH, April, 2001.
- 2000 Recognition of Outstanding Contribution and Dedication to Disability Students from Student Services, CSUDH.
- 1999 Outstanding Graduate Student, Brigham Young University.
- 1996 Douglas Pierce Smith Exercise Science Scholarship, BYU.
- 1994 Douglas Pierce Smith Exercise Science Scholarship, BYU.
- 1990 The Scientific Award from Department of Science and Technology, Guangdong, China.
- 1988 The Scientific Award form Chinese Sports Committee.

References

Dr. Mike Ernst, Professor
Division of Kinesiology & Recreation
California State University Dominguez Hills
1000 East Victoria Street
Carson, California 90747
(310) 243-3659; Mernst@csudh.edu

Dr. Mary Lou Cappel, Professor
Division of Kinesiology & Recreation
California State University Dominguez Hills
1000 East Victoria Street
Carson, California 90747
(310) 243-3537; mcappel@csudh.edu

Dr. Carole Casten, Professor
Division of Kinesiology & Recreation
California State University Dominguez Hills

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