



Helping People **REACH** their Potential

**GREGORY S. ANDERSON, PhD**  
president

Abbreviated Curriculum Vitae

p. 604.850.4748

w. [www.gsareach.com](http://www.gsareach.com)

e. [greg@gsareach.com](mailto:greg@gsareach.com)

7965 Tuckwell Tr.  
Mission BC, CANADA  
V2V 7B4

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## EDUCATION

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- 1993**     **DOCTORATE OF PHILOSOPHY** (Kinesiology)  
Simon Fraser University, Burnaby, B.C.  
**Title:** Passive temperature lability: the effect of age and gender
- 1988**     **MASTERS OF PHYSICAL EDUCATION** (Exercise Science)  
University of British Columbia, Vancouver, B.C.  
**Title:** The relationship between excess CO<sub>2</sub> and blood lactate in elite cyclists
- 1985**     **BACHELOR OF PHYSICAL EDUCATION** (Exercise Science)  
University of British Columbia, Vancouver, B.C.
- 2008**     **Developing Effective Leadership Skills**  
Canadian Professional Management Services, Inc
- 2005**     **BANFF MANAGEMENT COURSE**  
P.A. Douglas & Associates
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## AWARDS

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- 2008**     CSEP Health & Fitness Program of BC Service Award (British Columbia)
- 2005**     Outstanding Initiatives Award (UCFV)
- 2004**     Teaching Excellence Award (UCFV)
- 2003**     Canadian Society for Exercise Physiology, Health & Fitness Recognition Award (Canada)
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## PROFESSIONAL MEMBERSHIPS

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- 1995-09     American College of Sports Medicine
- 1988-09     Canadian Society for Exercise Physiology
- 2005-09     National Strength and Conditioning Association
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## PUBLICATIONS

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### LAW ENFORCEMENT

Anderson, G.S., M.W. Trump and D. Plecas. Challenging change on the range. **Blue Line**. 17(10): 14-15, 2006.

Anderson, G.S., A. Courtney, D.B. Plecas and C. Chamberlin. Multitasking behaviours of general duty police officers. **Police Practice & Research**. 6(1): 41-50, 2005.

Tinsley, P.N., D.B. Plecas and G.S. Anderson. Studying public perceptions of police officer grooming standards. **The Police Chief**. 70(11): 42-45, 2003.

Anderson, G.S., D.B. Plecas, and R. Litzenberger. Physical evidence of police officer stress. **Policing: An International Journal of Police Strategies & Management**. 25: 399-420, 2002.

Anderson, G.S., D.B. Plecas and T. Segger. Police officer physical abilities testing: Re-validating a selection criterion. **Policing: An International Journal of Police Strategies & Management**. 24(1): 8-31, 2001.

Anderson, G.S. and D.B. Plecas. Predicting shooting scores from physical performance data. **Policing: An International Journal of Police Strategies & Management**. 23(4): 525-537, 2000.

#### **Reports:**

Anderson, G.S., and D. Plecas. Physical Abilities Requirement Evaluation: Phase II Discrete Item Analysis. For: RCMP Learning and Development, Ottawa, ON, 2008.

Anderson, G.S., and D. Plecas. Physical Abilities Requirement Evaluation: Phase I Task Analysis. For: RCMP Learning and Development, Ottawa, ON, 2007.

Anderson, G.S., D. Plecas and S. Charlton. Emergency Warning Lights: A Review for B.C. Conservation Officers. For: B.C. Conservation Officer Services, Ministry of Water, Land and Air Pollution, Victoria, BC, 2004.

Anderson, G.S., D. Plecas and S. Charlton. Communication Equipment: A Review for B.C. Conservation Officers. For: B.C. Conservation Officer Services, Ministry of Water, Land and Air Pollution, Victoria, BC, 2004.

Plecas, D. and G.S. Anderson. A Review of Safety Equipment and Training Needs of B.C. Conservation Officers. For: B.C. Conservation Officer Services, Ministry of Water, Land and Air Pollution, Victoria, BC, 2003.

- Anderson, G.S., D. Plecas, and M. LaLonde.* Study for the Occupational Health and Safety Committee to Determine Safe Operating Procedures for Traffic Officer Duties. For: Saskatchewan Highways & Transportation, Regina, SK., 2003.
- Plecas, D., A. Huelsmann, and G.S. Anderson.* Public Perceptions of Police Officer Grooming Standards: Further Results. For: Abbotsford Police Department, Abbotsford B.C., 2003.
- G.S. Anderson, C. Chamberlin, A. Courtney, D.B. Plecas, M. Smith and S. Voth.* Multitasking Behaviours of General Duty Police Officers. For: Police Academy; Justice Institute of British Columbia, New Westminster B.C., 2002.
- Plecas, D., A. Huelsmann, K. DeJong and G.S. Anderson.* Public Perceptions of Police Officer Grooming Standards. For: Abbotsford Police, Abbotsford B.C., 2002.
- Segger, T., G.S. Anderson, and D.B. Plecas.* The Police Officers' Physical Abilities Test: Re-validating a Recruit Selection Criterion. For: Police Academy; Justice Institute of British Columbia, New Westminster B.C., 2000.
- Anderson, G.S. and D.B. Plecas.* The Physical Requirements of General Duty Police Work: Determining Pre-selection Criteria. For: Police Academy; Justice Institute of British Columbia, New Westminster B.C., 1999.

## ATHLETE DEVELOPMENT

- Norwood, J., G.S. Anderson, M. Gaetz, and P. Twist.* Electromyographic activity of trunk stabilizers during stable and unstable bench press. ***Journal of Strength and Conditioning Research.*** 21(2): 343-347, 2007.
- Anderson, G.S. and R. Ward.* An anthropometric method for the classification of youth for competition and sport. ***European Journal of Sport Science.*** 2(3): 1-13, 2002.
- Anderson, G.S.* Validation of the 1600m run and Multistage 20m shuttle run as predictive tests of aerobic capacity in children. ***Pediatric Exercise Science.*** 4(4): 312-318, 1992.
- Anderson, G.S.* A comparison of predictive tests of aerobic capacity. ***Canadian Journal of Sport Science.*** 17(4): 304-308, 1992.
- Anderson, G.S. and E.C. Rhodes.* The relationship between blood lactate and excess CO<sub>2</sub> in elite cyclist. ***Journal of Sport Science.*** 9: 173 - 181, 1991.
- Anderson, G.S.* Iliotibial band friction syndrome. ***Australian Journal of Science and Medicine in Sport.*** 23(3): 81 - 83, 1991.
- Anderson, G.S., and E.C. Rhodes.* A review of blood lactate and ventilatory methods of detecting transition thresholds. ***Sports Medicine.*** 8(1): 43 - 55, 1989.

## **Practitioner:**

- Hutton, J., G. Anderson and A. Clark. Competency in Sport Conditioning. **CanFitPro**. March/April: 36-38, 2007.
- Twist, P. and G.S. Anderson. Give kids the right start. **Fitness Business Canada**. 7(2): 44-45, 2006.
- Anderson, G.S. Certification confusion: Future considerations. **Fitness Business Canada**. 7(1): 68-70, 2006.
- Anderson, G.S., P. Twist and A. Clark. Understanding the basics behind training on unstable surfaces. **CanFitPro**. September/October: 36-38, 2005.
- Twist, P and G.S. Anderson. Youth trainability: Part 2. **IDEA Fitness Journal**, 2(10): 52-60, 2005.
- Anderson, G.S. Certification confusion: Present practice. **Fitness Business Canada**. 6(5): 89-90, 2005.
- Anderson, G.S. and P. Twist. Youth trainability. **IDEA Fitness Journal**, 2(3): 56-65, 2005
- Anderson, G.S. Youth Hockey: Sports injuries. **Journal of Hockey Conditioning and Player Development**. 4(2): 2-4, 1999.
- Anderson, G.S. Coaching children: Youth strength training. **BC Coach's Perspective**. 3(2): 8 - 10, 1999.
- Anderson, G.S. Youth Hockey: Growth and maturation considerations. **Journal of Hockey Conditioning and Player Development**. 4(1): 5-7, 1999.
- Anderson, G.S. and T. Bernhardt. Coaching children: Youth sport injuries. **BC Coach's Perspective**. 3(1): 15 - 16, 1999.
- Anderson, G.S. and T. Bernhardt. Coaching children: Growth and maturation considerations. **BC Coach's Perspective**. 2(4): 14 - 15, 1998.

## **Abstracts:**

- Anderson, G.S. (2006). The use of unstable surfaces for training and rehabilitation. **The Rehabilitation of Winter and Mountain Sports Injuries**, G.S. Rosi and F. Tencone (Eds). Calzetti & Mariucci Editori, Torgiano, Italy. P 272 (Abstract).
- Geldrich, D., M. Gaetz, and G.S. Anderson (2004). Effects of varying stability and visual input during squat performance. **Canadian Journal of Applied Physiology**. 29(Suppl):S50. (Abstract)
- Elliott, B., M. Gaetz, and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable and unstable exercise. **Canadian Journal of Applied Physiology**. 29(Suppl):S43. (Abstract)
- Holtzmann, M., M. Gaetz, and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable and unstable push-ups. **Canadian Journal of Applied Physiology**.

29(Suppl):S55. (Abstract)

Gaetz, M., J. Norwood and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable/unstable bench press. **Canadian Journal of Applied Physiology**. 29(Suppl):S48. (Abstract)

Anderson, G.S., S. Officer, and C. Simpson (1991). Daily physical activity, cardio-respiratory fitness, and ponderosity in children. **International Conference on Physical Activity, Fitness & Health**. Abstract.

## COMMUNITY HEALTH / HEALTH

Anderson G.S., Snodgrass J., Elliott B. Determining physical activity patterns of suburban British Columbia residents. **Canadian Journal of Public Health**. 98(1):70-73, 2007.

Ward, R., J. Schlenker and G.S. Anderson. A simple method for developing percentile growth curves for height and weight. **American Journal of Physical Anthropology**. 116(3): 246-250, 2001.

Anderson, G.S. Human morphology and temperature regulation. **International Journal of Biometeorology**. 43(3): 99-109, 1999.

Ward, R., R. Rempel and G.S. Anderson. Modeling dynamic skinfold compression. **American Journal of Human Biology**. 11(4):531-537, 1999.

Ward, R. and G.S. Anderson. Resilience of anthropometric data assembly strategies to imposed error. **Sports Science**. 16(8): 755 - 759, 1998.

Anderson, G.S. and I.B. Mekjavic. Passive temperature lability in circum pubertal children. **European Journal of Applied Physiology**. 74:404-410, 1996.

Anderson, G.S., G.S. Menielly and I.B. Mekjavic. Passive temperature lability in the elderly. **European Journal of Applied Physiology**. 73:278-286, 1996.

Anderson, G.S., R. Ward and I.B. Mekjavic. Gender differences in physiological reactions to thermal stress. **European Journal of Applied Physiology**. 71:95-101, 1995.

Anderson, G.S. and A.D. Martin. Calculated thermal conductivities and heat flux in man. **Underwater and Hyperbaric Medicine**. 21(4): 431-441, 1994.

Anderson, G.S., S. Officer, and C. Simpson. Daily physical activity, cardio-respiratory fitness, and ponderosity in children. **Journal of Physical Education & Sport Sciences**. 5(3): 7-14, 1993.

Ward, R. and G.S. Anderson. An examination of the skinfold compressibility and skinfold thickness relationship. **American Journal of Human Biology**. 5(4): 541-548, 1993.

## **Practitioner:**

Anderson, G.S. and A. Vogel. How to Know When Research Findings Are Worth Sharing with Your Clients. **American Council Exercise**, March, 2008.

Anderson, G.S. and A. Vogel. How to Find Credible Research on the Web. **American Council Exercise**, May 2008.

Anderson, G.S. Body fat testing: Weighing the options. **Fitness Trainer Canada**. 3(4):20-23, 2003.

Anderson, G.S. and G. Wheeler. The fitness message: Changing the behaviour of unfit Canadians. **Fitness Business Canada**. 3(3): 10-13, 2002.

Anderson, G.S. The unfit Canadians. **Fitness Business Canada**. 3(2): 12-14, 2002.

## **Abstracts:**

Gaetz, M., J.P. Brandenburg and G.S. Anderson (2008). Changes in electroencephalographic (EEG) activity during submaximal exercise. **Applied Physiology, Nutrition and Metabolism**. 33(S1): SW34 (abstract).

Anderson, G.S. and A. Zutz (2002) Police officer back health: A pilot study. **Canadian Journal of Applied Physiology**. 27(Suppl):S2. (Abstract)

Jamnik, V., N. Gledhill, P. Keir, P. McFadyen, R. Neil and G. Anderson (2002). Revised assessment and interpretation of musculoskeletal fitness for the Canadian Physical Activity, Fitness and Lifestyle Appraisal (CPAFLA). **Canadian Journal of Applied Physiology**. 27(Suppl):S23. (Abstract)

Anderson, G.S. and D.B. Plecas (2001). Physical evidence of police officer stress. **Canadian Journal of Applied Physiology**. 26(5): 458. (Abstract)

Martin, A.D., T. Warren, E.C. Rhodes and G. Anderson (2000). Estimation of visceral adipose tissue and body fat in middle aged men. **Medicine Science Sports & Exercise**. 32(5): S86. (Abstract)

Anderson, G.S. (1999). Body composition: Weighing the options. **Perspectives: Exercise Testing and Prescription**. Paper.

Anderson, G.S. and I.B. Mekjavic (1992). The effect of aging on the core temperature thresholds for sweating and shivering. **International Union of the Physiological Societies: Thermoregulation**. Abstract.

Anderson, G.S., B. Elliott and J. Snodgrass. Abbotsford in motion Active Living Strategy: Baseline Review. Fraser Health Authority, Abbotsford, BC, 2004.

## **PRODUCT DEVELOPMENT**

Bernhardt, T. B. and *G.S. Anderson*. Influence of moderate prophylactic compression on sport performance. ***Journal of Strength and Conditioning Research***. 19(2): 292-297, 2005.

### **Reports:**

Bernhardt, T. and *G.S. Anderson*. The Efficacy of Compression Shorts for Rehabilitation and Proprioceptive Enhancement. For: Sport & Spine Physiotherapy, Abbotsford, B.C., 2002.

Lowndes, D. and *G.S. Anderson*. The Effects of Mild Hyperbaric Oxygen on General Fatigue. For: Apollo Oxygen Therapy, Abbotsford, B.C., 2002.

## **BOOKS, CHAPTERS AND NEWSLETTERS**

*Anderson, G.S.* and M Bates, Editors (2007). **Personal Trainer Specialist**. Human Kinetics Publishing, Champaign, IL.

*Anderson, G.S.* (2007). Pre-Exercise Screening. **Personal Trainer Specialist**. Human Kinetics Publishing, Champaign, IL.

*Anderson, G.S.* and B. Justin (2007). Fitness Assessment. **Personal Trainer Specialist**. Human Kinetics Publishing, Champaign, IL.

*Anderson, G.S.* and B. Justin (2007). Cardiorespiratory Concepts. **Personal Trainer Specialist**. Human Kinetics Publishing, Champaign, IL.

*Anderson, G.S.* and B. Justin (2007). Bioenergetics and Nutrition. **Personal Trainer Specialist**. Human Kinetics Publishing, Champaign, IL.

*Anderson, G.S.* **My Lifestyle Logbook: A Tool for Behavioural Change**. Anderson Press, Mission B.C., 2004. (ISBN 0-9736796-0-3)

Twist, P., *G. Anderson*, J. Roux and A. Clark (2007). **Sport Strength: Level 2**. Twist Conditioning Inc. North Vancouver, BC.

Twist, P., J. Roux, *G. Anderson* and A. Clark (2004). **Sport Balance: Level 1**. Twist Conditioning Inc. North Vancouver, BC.

Twist, P., *G. Anderson*, J. Roux and A. Clark (2004). **Sport Movement: Level 2**. Twist Conditioning Inc. North Vancouver, BC.

Twist, P., *G. Anderson*, J. Roux and A. Clark (2004). **Sport Strength: Level 1**. Twist Conditioning Inc. North Vancouver, BC.

Twist, P., *G. Anderson*, J. Roux and A. Clark (2003). **Sport Movement: Level 1**. Twist Conditioning Inc. North Vancouver, BC.

*Anderson, G.S.* (editor). **CC News**. National Fitness Appraisal Certification and

Accreditation Course Conductor Bi-Annual Newsletter, 2000-2001.

Anderson, G.S. and C. McBeath (editors). **BC Fitness Appraisal Certification and Accreditation News**. Bi-Annual Newsletter, 1998-2001.

Anderson, G.S. and Fernstrom, K. (editors) **Fitness Theory for Healthy Living**. UCFV Press, Abbotsford B.C., 2000. (ISBN 1-895802-20-2)

Anderson, G.S. *Principles of Physical Training*. IN: Anderson, G.S. and K Fernstrom (eds.) **Fitness Theory**. UCFV Press, Abbotsford B.C., 1999.

Anderson, G.S. and B. Luke. *Skeletal System*. IN: Anderson, G.S. and K Fernstrom (eds.) **Fitness Theory**. UCFV Press, Abbotsford B.C., 1999.

Anderson, G.S., and A. Gitto. *Training the Energy Systems*. IN: Anderson, G.S. and K Fernstrom (eds.) **Fitness Theory**. UCFV Press, Abbotsford B.C., 1999.

Anderson, G.S., and A. Gitto. *Resistance Training*. IN: Anderson, G.S. and K Fernstrom (eds.) **Fitness Theory**. UCFV Press, Abbotsford B.C., 1999.

Anderson, G.S., and G. Bay. *Sports Injuries and Risk Management*. IN: Anderson, G.S. and K Fernstrom (eds.) **Fitness Theory**. UCFV Press, Abbotsford B.C., 1999.

Anderson, G.S. and K. Kissock. **Healthy Living Logbook: Recipes for Food and Fitness**. UCFV Press, Abbotsford B.C., 1996. (ISBN 1-895802-18-0)

Anderson, G.S. *Off-Ice Conditioning Program, and Physical Training for Hockey All Year Round* IN: Hockey B.C. **Athlete Training Diary**. BCAHA Hockey Development, 1996.

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## SCHOLARLY PRESENTATIONS

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### KEYNOTE ADDRESS

Anderson, G.S. (2007). Developing the physical abilities of children and adolescents: Science to practice. *Kootenay Coaching and Sport Summit*. Cranbrook, BC.

### INVITED SCIENTIFIC PRESENTATIONS

Anderson, G.S. (2008). Exercise is Medicine. Physicians and Surgeons, Grand Prairie, AB.

Anderson, G.S. (2008). You and Your Wellness. Grand Prairie Community College, Grand Prairie, AB.

Anderson, G.S. (2008). Physical Activity: For the health of it! Grand Prairie Business Association, Grand Prairie, AB.

Anderson, G.S. (2008). Physical Activity for Health: An Integrated Approach. Grand Prairie Community Centre, Grand Prairie, AB.

Anderson, G.S. (2008). Saving Obese Children: An Integrated Approach. *American College of Sports Medicine Health & Fitness Summit*, Long Beach, California.

Anderson, G.S. (2008). Theory of functional training for children and adolescents. *Shared Learning Conference*, Abbotsford, BC.

Anderson, G.S. (2008). Training children and adolescents. *Shared Learning Conference*, Abbotsford, BC.

Anderson, G.S. (2007). Childhood physical activity: A School's Perspective. *Provincial Professional Development Day*, Abbotsford, BC.

Anderson, G.S. (2007). The use of unstable surfaces in training and rehabilitation. *American College of Sports Medicine, Health & Fitness Conference*. Dallas, Texas.

Anderson, G.S. (2006). Body composition analysis: Best practices. *American College of Sports Medicine, Health & Fitness Conference*. Orlando, Florida.

Anderson, G.S. (2006). The use of unstable surfaces in training and rehabilitation. *Isokinetic Congress*, Torino, Italy.

Anderson, G.S. (2005). Childhood physical activity: A global responsibility. *Best Start Saskatchewan Conference*, Saskatoon, SK.

- Twist, P., A. Clark and G. Anderson (2005). Extreme balance training for all populations. *NSCA Pre-Conference Symposia*, Las Vegas, Nevada.
- Anderson, G.S. (2004). Predicting police officer shooting performance from physical data. *Fit For Life, Fit for Duty, National Conference*. Ottawa, Ont.
- Anderson, G.S. (2004). Panel: Occupational task specific tests. *Fit For Life, Fit for Duty, National Conference*. Ottawa, Ont.
- Anderson, G.S. (2003). Classifying children for competition and sport. *Canadian Society for Exercise Physiology*. Niagara On-the-Lake, Ont.
- Anderson, G.S. and D. Plecas (2003). Police officer stress. *RCMP Pacific Region Leadership Conference*. Chilliwack, B.C.
- Anderson, G.S. (2002) The dose response relationship: How much exercise is enough? *Canadian Society of Exercise Physiology*, St John's, NF.
- Anderson, G.S. (2002) Exercise and your health: How much exercise is enough? *Canadian Society of Exercise Physiology (B.C.-F.A.C.A.)*, Professional Development Day. Vancouver, B.C.
- Anderson, G.S. (2001). Physical activity, your health and wellness. *American Welding Association: BC Chapter*. New Westminster, BC.
- Anderson, G.S. and D. Plecas (2001). Physical evidence of police officer stress. *Canadian Association of Police Educators*. Vancouver, BC.
- Anderson, G.S., J. Bonneau, D. Plecas (1999). POPAT – PARE: Police officer physical abilities tests. *State and Provincial Police Academy Directors International Conference*. Regina, SK.
- Anderson, G.S. and D.B. Plecas (1999). The physical requirements of general duty police work. *Justice Institute of British Columbia*. New Westminster, B.C.
- Anderson, G.S. (1999). Body Composition Analysis: Weighing the Options. *Perspectives in Exercise Testing and Prescription*. Banff, AB
- Anderson, G.S. (1995). New directions in fitness appraisal. *Sports Medicine and Sport Science: The Leading Edge. SMCBC Annual Conference*. Vancouver, B.C.
- Anderson, G.S. (1990). Controversies in anaerobic threshold. *Dalhousie University Undergraduate Research Symposium*. Halifax, Nova Scotia.
- Anderson, G.S. (1989). Anaerobic metabolism, lactic acid, and fatigue. *World Powerlifting Sports Medicine Symposium*. Sydney, Nova Scotia.

## SCIENTIFIC PRESENTATIONS

- Gaetz, M., J.P. Brandenburg and G.S. Anderson (2008). Changes in electroencephalographic (EEG) activity during submaximal exercise. Canadian Society for Exercise Physiology, Banff, AB.
- Francisco, M., G. Anderson, J. Brandenburg and N. Ickert (2008). Muscular force production, teeth clenching and use of a mandibular orthopedic repositioning appliance (MORA). National Strength and Conditioning Association Conference, Las Vegas, NV.
- Francisco, M., G. Anderson, J. Brandenburg and N. Ickert (2008). Muscular force production, teeth clenching and use of a mandibular orthopedic repositioning appliance (MORA). UCFV Student Research Day, Abbotsford, BC.
- Hrka-Nikolic, B. and G.S. Anderson (2007). Comparison of muscle activation patterns between trained and untrained subjects in response to balance challenge. *International Physical Therapy Conference, Vancouver, BC*
- Elliott, B., G. Anderson and J. Snodgrass (2005). Analyzing physical activity patterns of suburban B.C. residents. *Canadian Federation of Biological Sciences, Guelph, Ontario.*
- Geldrich, D., M. Gaetz, and G.S. Anderson (2004). Effects of varying stability and visual input during squat performance. *Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.*
- Elliott, B., M. Gaetz, and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable and unstable exercise. *Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.*
- Holtzmann, M., M. Gaetz, and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable and unstable push-ups. *Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.*
- Gaetz, M., J. Norwood and G.S. Anderson (2004). EMG activity of trunk stabilizers during stable/unstable bench press. *Canadian Society of Exercise Physiology. Saskatoon, Saskatchewan.*
- Pemble, A. and G.S. Anderson (2004). Health related fitness norms for adolescents. Research at BC's Small Universities. Kamloops, BC.
- Elliott, B., M. Gaetz and G.S. Anderson (2004). EMG activity of the trunk stabilizers during stable and unstable environments. Research at BC's Small Universities. Kamloops, BC.
- Norwood, J., M. Gaetz and G.S. Anderson (2004). Muscle activation during stable and unstable bench press. Research at BC's Small Universities. Kamloops, BC.
- Anderson, G.S. and A. Zutz (2002) Police officer back health: A pilot study *Canadian*

*Society of Exercise Physiology, St John's, NF.*

Bernhardt, T. and G.S. Anderson (2003). Compression shorts: Help or hindrance. *5<sup>th</sup> Annual Conference on Research in University Colleges*. Vancouver, B.C.

Watters, A., K. Hamilton, J.P. Neary and G. Anderson (2003). Symptoms of post-traumatic stress in professional fire fighters. *5<sup>th</sup> Annual Conference on Research in University Colleges*. Vancouver, B.C.

Courtney, A., D. Plecas and G.S. Anderson (2003). Multi-tasking behaviours of general duty police officers. *5<sup>th</sup> Annual Conference on Research in University Colleges*. Vancouver, B.C.

Zutz, A. and G.S. Anderson (2003). Police officer back health. *Pacific Northwest Exercise Group, Annual Conference*. Abbotsford, B.C.

Bernhardt, T. and G.S. Anderson (2003). Compression shorts: Help or hindrance. *Pacific Northwest Exercise Group, Annual Conference*. Abbotsford, B.C.

Lowndes, D. and G.S. Anderson (2003). The effects of mild hyperbaric oxygen on general fatigue. *Pacific Northwest Exercise Group, Annual Conference*. Abbotsford, B.C.

Doyle, D. and G.S. Anderson (2003). Police officer stress. *Pacific Northwest Exercise Group, Annual Conference*. Abbotsford, B.C.

Plecas, D., A. Huelsmann, and G.S. Anderson (2003). Public perceptions of police officer grooming standards. *Academy of Criminal Justice Sciences*. Boston, MA.

Anderson, G.S. and A. Zutz (2002) Police officer back health: A pilot study. *Canadian Society of Exercise Physiology*. St. John's, Newfoundland.

Jamnik, V., N. Gledhill, P. Keir, P. McFadyen, R. Neil and G. Anderson (2002). Revised assessment and interpretation of musculoskeletal fitness for the Canadian Physical Activity, Fitness and Lifestyle Appraisal (CPAFLA). *Canadian Society of Exercise Physiology*. St. John's, Newfoundland.

Thameling, C. and G.S. Anderson (2002). Using a fitness appraisal situation to test the constructivist's hierarchical coding system for comforting messages. *Fifth Annual Louisiana Communication Association Conference*. Monroe, LA.

Doyle, D., G.S. Anderson, and D. Plecas (2001). Police officer repression. *University College Research Conference*. Harrison Hot Springs, BC.

Litzenberger, R., G.S. Anderson, and D. Plecas (2001). Physical evidence of police officer stress. *University College Research Conference*. Harrison Hot Springs, BC.

D. Plecas and G.S. Anderson (2001). Police officer grooming standards. *University College Research Conference*. Harrison Hot Springs, BC.

Anderson, G.S. and D. Plecas (2001). Physical evidence of police officer stress. *Canadian Society of Applied Physiology*. Montreal, PQ.

- Anderson, G.S. and D. Plecas (2000). Responding to the demands of police work: Male vs. Female officers. *American Criminal Justice Society*. New Orleans, LA.
- Plecas, D and Anderson, G.S. (2000). An analysis of the demands of controlling critical incidents. *American Criminal Justice Society*. New Orleans, LA.
- Segger, T., D. Plecas and Anderson, G.S. (2000). Validating physical fitness tests for police officer selection. *American Criminal Justice Society*. New Orleans, LA.
- Litzenberger, R., Anderson, G.S. and D. Plecas (2000). The heartbeat of a police officer. *American Criminal Justice Society*. New Orleans, LA.
- Martin, A.D., T. Warren, E.C. Rhodes and G. Anderson (2000). Estimation of visceral adipose tissue and body fat in middle aged men. *American College of Sports Medicine*. Indianapolis, Indiana.

## **PRACTITIONER PRESENTATIONS**

- Anderson, G.S. (2008). The Use of Unstable Surfaces in Physical Training Programs. *B.C. Association of Kinesiologists*, Vancouver, BC.
- Anderson, G.S. (2008). Saving Obese Kids. *CANFITPRO Group Fitness and Personal Training Conference*. Richmond, BC.
- Anderson, G.S. (2008). Dynamic Warm Ups. *CANFITPRO Group Fitness and Personal Training Conference*. Richmond, BC.
- Anderson, G.S. (2008). Physical Activity: For the Health of It! *CANFITPRO Group Fitness and Personal Training Conference*. Richmond, BC.
- Anderson, G.S. (2006). Saving Obese Kids. *IDEA Personal Trainers Conference*, New York, NY.
- Anderson, G.S. (2006). The Use of Unstable Surfaces for Training and Rehabilitation. *IDEA Personal Trainers Conference*, New York, NY.
- Anderson, G.S. (2006). Developing Strength in Children. *CANFITPRO Group Fitness and Personal Training Conference*. Whistler, BC.
- Anderson, G.S. (2006). 50+ Physical Activity. *CANFITPRO Group Fitness and Personal Training Conference*. Whistler, BC.
- Anderson, G.S. (2005). Body Composition — Weighing the Options. *CANFITPRO International Group Fitness and Personal Training Conference*. Toronto, ON.
- Anderson, G.S. (2005). Training Children: Getting Bang for your Buck. *CANFITPRO International Group Fitness and Personal Training Conference*. Toronto, ON.
- Anderson, G.S. (2005). Training on Unstable Surfaces. *CANFITPRO International Group Fitness and Personal Training Conference*. Toronto, ON.

- Anderson, G.S. (2005). Training Children: Getting Bang for your Buck. *CANFITPRO Group Fitness and Personal Training Conference*. Vancouver, BC.
- Anderson, G.S. (2004). Strength Training for Children and Youth. *CANFITPRO International Conference*. Toronto, ON.
- Anderson, G.S. (2004). Physical Activity – For the Health of It! *CANFITPRO International Conference*. Toronto, ON.
- Anderson, G.S. (2004). Saving Obese Kids. *CANFITPRO Conference*. Toronto, ON.
- Anderson, G.S. (2004). The What and Why's of Pre-Screening Tools. *CANFITPRO International Conference*. Toronto, ON.
- Anderson, G.S., A. Clarke, G. Recio, and D. Shiels (2004). Sport Balance Training. *CANFITPRO International Conference*. Toronto, ON.
- Anderson, G.S. (2003). Balance: The Science. *CANFITPRO Fitness Summit*. Vancouver, BC.
- Anderson, G.S. (2002). Be All You Can Be: A Lifetime of Physical Activity. *Health & Wellness Conference*. Chilliwack, BC.
- Anderson, G.S. (2001). Physical activity, your health and wellness. *American Welding Association: BC Chapter*. New Westminster, BC.
- Anderson, G.S. (2000). Youth sport programs: Who is responsible? *Toolkit Tuesday Speakers Series*: PacificSport. Abbotsford, BC.
- Anderson, G.S. (1999). A Healthier Workplace. *UCFV Materials Management Professional Development Day*. Abbotsford, B.C.
- Anderson, G.S. (1999). Rotator Cuff Exercises for Baseball Players. *Baseball Coaches of British Columbia, Baseball Conference*. New Westminster, B.C.
- Anderson, G.S. (1999). Strength Training for Baseball. *Baseball Coaches of British Columbia, Baseball Conference*. New Westminster, B.C.
- Anderson, G.S. (1999). Kids and Sport: Training versus Learning. *Baseball Coaches of British Columbia, Baseball Conference*. New Westminster, B.C.
- Anderson, G.S. (1999). Growth and Maturation Consideration in Baseball. *Baseball Coaches of British Columbia, Baseball Conference*. New Westminster, B.C.
- Anderson, G.S. (1998). The Surgeon General's Report on physical activity and health; Practical applications. *The Valley Fitness and Wellness Conference*. Abbotsford, B.C.
- Anderson, G.S. (1998). Training children: What are we doing? *Interior Regional Sport Conference*. Kamloops, B.C.
- Anderson, G.S. (1998). Trainability of young athletes. *B.C. Coaching Seminar*. New Westminster, B.C.
- Anderson, G.S. (1998). Kids and sport: Training vs. learning. *Investors Community Coaches*

Conference. New Westminster, B.C.

Anderson, G.S. (1998). Trainability of children: Coaching implications. *Baseball Coaches of British Columbia, Baseball Conference*. New Westminster, B.C.

Anderson, G.S. (1998). Strength training for baseball: An overview. *Baseball Coaches of British Columbia, Annual Conference*. New Westminster, B.C.

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## REVIEWER

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1997-98	ANESTHESIOLOGY.
2006-09	APPLIED PHYSIOLOGY, NUTRITION, AND METABOLISM
2002-09	BRITISH JOURNAL OF SPORTS MEDICINE
1996-06	CANADIAN JOURNAL OF APPLIED PHYSIOLOGY
2003-09	CANADIAN JOURNAL OF PUBLIC HEALTH
2008-09	ERGONOMICS
2007-09	EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY
2006-08	INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE
2001-05	POLICING: AN INTERNATIONAL JOURNAL OF POLICE STRATEGIES & MANAGEMENT

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## SYMPOSIA, CONFERENCE INVOLVEMENT

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- 2007-09 Co-CHAIR, ORGANIZING COMMITTEE. Canadian Society for Exercise Physiology Annual Conference. Vancouver, BC (2009).
- 2002-09 CHAIR, SCIENTIFIC COMMITTEE. International Conference on Information Communication Technologies in Education, Samos Island, Greece.
- 2001-09 ORGANIZING COMMITTEE. Annual International Conference on Information Communication Technologies in Education, Samos Island, Greece.
- 2002 ORGANIZER. Pacific Northwest Exercise Group (PNWEG) Annual Conference. Abbotsford, B.C.
- 2002 CHAIR. Dose Response Relationships for Health and Fitness. Canadian Society of Exercise Physiology, St. John's Newfoundland.
- 2001-02 STEERING COMMITTEE. Annual International Conference on Information Communication Technologies in Education, Samos Island, Greece.
- 2001 FACILITATOR. Certified Fitness Consultant Course Conductor Workshop. Canadian Society of Exercise Physiology Annual Conference, Montreal, PQ.
- 2001 CHAIR, SITE COMMITTEE. Communicating Physical Activity and Health Messages: Science into Practice. Health Canada and Centers for Disease Control: Whistler, BC.
- 2001 ORGANIZING COMMITTEE. Communicating Physical Activity and Health Messages: Science into Practice. Health Canada and Centers for Disease Control: Whistler, BC.
- 2000 FACILITATOR. Bona Fide Occupational Requirements: Consensus Forum. Toronto, ON.
- 2000 FACILITATOR. Certified Fitness Consultant Course Conductor Workshop. Canadian Society of Exercise Physiology Annual Conference, Canmore, AB.

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## PROFESSIONAL CONTRIBUTIONS

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- 2006-07 SCHOOL PLANNING COMMITTEE. *Heritage Park Secondary School*. SD#75.
- 2005-06 ACTIVE COMMUNITIES EVALUATION TASK GROUP. *British Columbia Parks and Recreation Association*. Richmond, BC.
- 2001-04 CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY. **BOARD OF GOVERNORS**. *Canadian Society for Exercise Physiology*.
- 2003-04 PERSONAL FITNESS TRAINER SUB-COMMITTEE. CSEP — HEALTH AND FITNESS PROGRAM. *Canadian Society for Exercise Physiology*.
- 2001-03 CSEP — HEALTH AND FITNESS PROGRAM (*formerly NATIONAL CANADIAN FITNESS APPRAISAL CERTIFICATION AND ACCREDITATION COMMITTEE*). **CHAIR**. *Canadian Society for Exercise Physiology*.
- 2001-03 PERSONAL FITNESS TRAINER SUB-COMMITTEE. CSEP — HEALTH AND FITNESS PROGRAM. **CHAIR**. *Canadian Society for Exercise Physiology*.
- 2000-01 NATIONAL EXECUTIVE COMMITTEE. National Fitness and Lifestyle Advisory Committee (CSEP Representative).
- 1999-01 CERTIFIED FITNESS CONSULTANT TECHNICAL COMMITTEE. **CHAIR**. *National Canadian Fitness Appraisal Certification and Accreditation*.
- 1998-01 BRITISH COLUMBIA FITNESS APPRAISAL CERTIFICATION AND ACCREDITATION PROVINCIAL ADVISORY BOARD. **CHAIR**.
- 1999-03 CPAFLA ADVISORY COMMITTEE. *National Canadian Fitness Appraisal Certification and Accreditation*.
- 1998-00 CANADIAN NATIONAL FITNESS APPRAISAL CERTIFICATION AND ACCREDITATION. Western Provincial Representative.
- 1995-99 SPORTS MEDICINE COUNCIL OF BRITISH COLUMBIA: Board of Directors.
- 1994-97 BRITISH COLUMBIA FITNESS APPRAISAL CERTIFICATION AND ACCREDITATION: Provincial Advisory Board.
- 1996-97 SPORTS MEDICINE ADVISORY COMMITTEE: Fraser Valley Multi-Sport Centre.
- 1995-97 PERSONAL TRAINER CURRICULUM COMMITTEE. **CHAIR**. Douglas College, New Westminster, B.C.
- 1996-99 PERSONAL TRAINING COMMITTEE. B.C. Parks and Recreation, Richmond, B.C.
- 1990-91 BOARD OF DIRECTORS. Cape Breton Family YMCA.

## COMMUNITY EDUCATION

- 2008-09 NATIONAL COACHING INSTITUTE – Fraser Valley. Level IV Task Instructor
- 2007-09 CSEP HEALTH AND FITNESS PROGRAM. CFC Course Conductor / Master Course Conductor/ CEP Supervisor/Instructor.
- 1989-08 COACHING ASSOCIATION OF CANADA, National Coaching Certification Program. Level I, II, III Course Conductor.
- 1989-06 FITNESS APPRAISAL CERTIFICATION AND ACCREDITATION (FACA) program. CFC Course Conductor / Master Course Conductor/ PFLC Supervisor/Instructor.
- 1993-98 B.C. HOCKEY ASSOCIATION. Technical and Theory Coach, Intermediate and Advanced Course Conductor.