
CURRICULUM VITAE

NAME AND CONTACT Mark D. Faries, Ph.D. Fariesmd@sfasu.edu 936-468-1817	POSITION TITLE Associate Professor Graduate Co-Coordinator, Advisor Kinesiology and Health Science Stephen F. Austin State University	POSITION TITLE Adjunct Assistant Professor College of Medicine Health and Kinesiology Texas A&M University
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EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR	FIELD OF STUDY
Texas A&M University	B.S.	2002	Kinesiology
Baylor University	M.S.	2006	Exercise Physiology
University of Texas at Austin	Ph.D.	2011	Behavioral Health/ Health Education

A. Personal Statement

I have an integrated background in behavioral medicine, health education, exercise/dietary psychology, and exercise physiology. My primary research interests are in the self-regulatory aspects of healthy lifestyle behaviors, with focus on triggers, coping, and identity. The long-term aim of my research and extension efforts is to provide novel and transformative perspectives to understand and effect successful behavior change and maintenance; to understand medication adherence, when lifestyle is the medicine.

B. Positions and Honors

Academic and Professional Appointments

2004–2006	Graduate Assistant, Department of Health, Human Performance and Recreation Baylor University, Waco, TX
2006–2007	Instructor, Department of Kinesiology and Health Studies University of Central Oklahoma, Edmond, OK
2007–2011	Graduate Assistant, Department of Kinesiology and Health Education University of Texas, Austin, TX
2011	Post-Doctoral Positions (Offers) <ul style="list-style-type: none"> ▪ Yale-Griffin Prevention Research Center, David L. Katz, M.D. ▪ Yale Stress Center, Yale School of Medicine, Rajita Sinha, Ph.D. ▪ Cardiovascular Behavioral Medicine, University of Pittsburgh School of Medicine, John Jakicic, PhD. and Michael Scheier, Ph.D.
2011–2015	Assistant Professor, Department of Kinesiology and Health Science Stephen F. Austin State University, Nacogdoches, TX
2014–	Adjunct Assistant Professor (Research), Department of Health and Kinesiology Texas A&M University, College Station, TX
2015–	Visiting Professor, Integrative Medicine St. George's Medical School, Grenada, West Indies
2015–	Adjunct Assistant Professor, College of Medicine Texas A&M University, College Station, TX
2015–	Associate Professor, Department of Kinesiology and Health Science Stephen F. Austin State University, Nacogdoches, TX
2015–	Graduate Co-Coordinator and Advisor, Department of Kinesiology and Health Science Stephen F. Austin State University, Nacogdoches, TX

Professional Experience

2007–2014	Member, American College of Sports Medicine
2010–	Member, American College of Sports Medicine (Texas Chapter)
2010	Contributor, Continuing Education, Texas Medical Association
2011–	Member, Healthy Nacogdoches Coalition (Memorial Hospital)
2012–	Member, American College of Lifestyle Medicine
2013–	Chair, Research Committee, American College of Lifestyle Medicine
2013–	Chair, Conference and Education Committee, American College of Lifestyle Medicine
2013–	Board of Directors, American College of Lifestyle Medicine
2013–	Peer Reviewer: <i>American Journal of Preventive Medicine</i> , <i>BMC Public Health</i> , <i>Health Education and Behavior</i> , <i>Journal of the International Society of Sports Nutrition</i> , <i>Personality and Individual Differences</i> , <i>American Journal of Lifestyle Medicine</i>
2014–	Board of Directors, American College of Sports Medicine (Texas Chapter)
2014–2015	Invited Guest Editor, Special Issue of the American Journal of Lifestyle Medicine
2015	Board of Directors Nominations Committee, American College of Lifestyle Medicine
2015–	Chair, Publications and Communications Committee, American College of Lifestyle Medicine
2015–	Editorial Board, American Journal of Lifestyle Medicine
2015–	Council of Directors, True Health Initiative (http://www.truehealthinitiative.org)
2016–	Mentor, Professionals in Training, American College of Lifestyle Medicine

C. Selected Peer-reviewed Publications

Original Research

1. **Faries, M. D.**, & Greenwood, M. (2007). Core training: Stabilizing the confusion. *Strength and Conditioning Journal*, 29(2), 10-25.
2. **Faries, M. D.**, Boroff, C. S., Stults-Kolehmainen, M., Bartholomew, J. B. (2011). Does a visual representation impact the affective response to body composition testing? *Personality and Individual Differences*, 50(4), 502-505.
3. **Faries, M. D.**, & Bartholomew, J. B. (2012). The role of body fat in female attractiveness. *Evolution and Human Behavior*, 33(6), 672-681.
4. **Faries, M. D.**, Kephart, W., & Jones, E. J. (2014). Approach, avoidance, and weight-related testing: An investigation of frontal EEG asymmetry. *Psychology, Health and Medicine*. doi: 10.1080/13548506.2014.959530
5. **Faries, M. D.**, & Bartholomew, J. B. (2015). Coping with weight-related discrepancy and self-regulation of weight-control behavior: Initial development of the WEIGHTCOPE. *Women's Health Issues*, 25(3), 267-275.
6. Wang, G., Djafarian, K., Egedigwe, C. A., ... **Faries, M. D.**, & Speakman, J. R. (2015). The relationship of female physical attractiveness to body fatness. *PeerJ*. doi: 10.7717/peerj.1155
7. **Faries, M. D.**, Espie, E., Gnagy, E., & McMorries, K. (2015). Experiences with weight loss triggers in women prescribed to lose weight by their physician. *Women's Health Bulletin*, 3(1), e30166.
8. **Faries, M. D.**, & Espie, E. (2016). Objectified body consciousness, physical activity, and dietary intake in women wanting to lose or maintain body weight. *Journal of Applied Biobehavioral Research*, 21(1), 25-45.

9. **Faries, M. D.**, & Lutz, R. (2016). Self-selected intensity and adherence in a campus recreation center with novice, female weight lifters. *Recreational Sports Journal*, 40(1), 56-68.
10. **Faries, M. D.**, Lassek, W. D., Thompson, E. F., & Stanforth, P. R. (under review). Body fat, and self-perceived attractiveness and mate-value in women. *Evolutionary Psychology*.
11. **Faries, M. D.**, McClendon, M., & Jones, E. J. (2016). Destroying God's temple? Physical inactivity, poor diet, obesity, and other "sin" behaviors. *Journal of Religion and Health*. IN PRESS.

Original Research (In Preparation/Submission)

1. **Faries, M. D.**, Nanez, R., & Abreu, A. Emotional, motivational, and coping responses to 3D body imaging triggers in college-aged women.
2. **Faries, M. D.**, Rhodes, J., Abreu, A., & Schroll, S. Women's responses to a body composition trigger: A qualitative analysis.
3. **Faries, M. D.**, Schroll, S., & Jones, E. J. Fear of fat, drive for thinness, and camouflaging behavior in women.
4. **Faries, M. D.**, Cofield, D., Thompson, J., & Jones, E. J. Affective responses to common fitness testing in college-aged women.

Invited Editorials

5. **Faries, M. D.** (2015). Lifestyle medicine is science-based, not science-fiction. *American Journal of Lifestyle Medicine*, 9(5), 326-327.
6. **Faries, M. D.** (2016). Why we don't "just do it": Medication adherence, when lifestyle is the medicine. *American Journal of Lifestyle Medicine*. doi: 10.1177/1559827616638017

Book Contributions

1. **Faries, M. D.** (2013). *Resistance training and orthopedic concerns, disease and disability*. In Resistance Training for the Prevention and Treatment of Chronic Disease. Eds. Ciccolo & Kraemer. Taylor & Francis.
2. **Faries, M. D.** & Kilpatrick, M. (2015). *Facilitating behavior change*. In ACSM's Resources for the Health Fitness Specialist. *American College of Sports Medicine*. IN PRESS.

D. Research Support

Ongoing Research Support

Research Development Program (Faries, PI) 08/01/2013-
Texas Higher Education Coordinating Board

Development of a Body Composition and Health-Related Variable Database in Rural East Texas

The major objective of this research and purchase is to develop a database of body composition and other health-related descriptive variables in rural east Texas, using dual-energy x-ray absorptiometry.

Research Development Program (Faries, PI) 09/01/2015-
Texas Higher Education Coordinating Board

The Role of 3D Body Anthropometrics in Female Attractiveness and Weight Control Behavior

The purpose of this study is to introduce the novel use of 3D imaging to the study of female attractiveness, motivation, and weight control behavior to guide our understanding of future measurement and intervention.

FITLIGHT Sports Corp. (Faries, PI) 09/01/2015-

Applied Assessment of Cognitive Function for Athletic Performance

The purpose of this study is to develop a novel, more applied assessment for cognitive function during athletic performance, beyond the current computer-based assessments while seated.

Under-Review Research Support

Sir John Templeton Foundation (Faries, PI)

The Theology of Health: A Randomized Trial to Test the Efficacy of Connecting Spiritual Identity to Health Behavior on Physical Activity, Diet, and Weight Loss

To implement a 6-month randomized trial to test the efficacy of connecting unhealthy lifestyles with one's spiritual identity on behavior change and associated outcomes above and beyond a common, internet-based behavior change program

Completed Research Support

Faculty Mini-Grant (Faries, PI)

01/01/2011-08/01/2012

Stephen F. Austin State University

Impact of Approach and Avoidance Motivations on the Golf Performance

The main goal of this study is to determine executive function effects of approach- and avoidance-based golf shots (i.e. motivational orientation) on various aspects of performance.

Faculty Research Grant (Faries, PI)

08/01/2012-08/01/2014

Stephen F. Austin State University

The Experience and Meaning of Weight Loss, Exercise and Healthy Eating: A Qualitative Analysis of Medically-Trigged Patients

The overall goal of this research is build upon research that highlights the importance of 'triggers' in weight loss and maintenance. Specifically, qualitative interviews informed by existential and phenomenological practices are being conducted with patients referred by local physicians.

Faculty Mini-Grant (Faries, PI)

02/01/2014-02/01/2015

Stephen F. Austin State University

Executive Function, Self-Regulatory Abilities, and Physical Activity in Rural Women

The major objective of this research is to better understand the effects of executive function on physical activity, as well as establish the mediating role of self-regulatory abilities.

Role: PI

Unfunded Research Support

R03, National Institutes of Health (Faries, PI)

2016

National Cancer Institute

Approach, Avoidance, and Weight-Control Behavior: An Investigation of Frontal EEG Asymmetry

This project provides a foundation to elucidate individual differences in motivational and behavioral responses (approach vs. avoidance) to common weight-related screenings and triggers.

NIH Loan Repayment Program (Faries, PI)

2013

National Institutes of Health

Self-Regulation of Physical Activity in Rural Women: The Role of Executive Function

To examine executive function and self-regulatory abilities to predict physical activity levels in rural, adults.

E. Abstracts and Presentations

Selected Abstracts

- Abreu, A., Nanez, R., **Faries, M. D.**, & Jones, E. J. (2016). Affective and motivational responses to 3D body imaging. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, Boston, MA.
- Nanez, R., Abreu, A., **Faries, M. D.**, & Jones, E. J. (2016). Effects of a 3D body imaging trigger on appearance-related self-conscious emotions and coping. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, Boston, MA.
- Bagwell, L., **Faries, M. D.**, Jarzabkowski, T., & Stanforth, P. R. (2016). Body composition and body satisfaction in adult men and women. *International Journal of Exercise Science: Conference Proceedings*. TACSM Annual Conference, College Station, TX.
- Papanos, L., & **Faries, M. D.** (2016). Differential relationships of fear of fat and drive for thinness with body dissatisfaction, dietary intake, and supplement behaviors in athletes. *International Journal of Exercise Science: Conference Proceedings*. TACSM Annual Conference, College Station, TX.
- Schroll, S. A., & **Faries, M. D.** (2016). Differential relationships of fear of fat and drive for thinness with physical activity, dietary behavior, and camouflaging tactics. *International Journal of Exercise Science: Conference Proceedings*. TACSM Annual Conference, College Station, TX.
- McClendon, M. E., **Faries, M. D.**, & Jones, E. J. (2016). Destroying God's temple? Physical inactivity, poor diet, obesity, and other "sin" behaviors. *International Journal of Exercise Science: Conference Proceedings*. TACSM Annual Conference, College Station, TX.
- Faries, M. D.**, Lassek, W. D., & Thompson, E. F. (2015). Body fat, and self-perceived attractiveness and mate-value in women. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, San Diego, CA.
- McClendon, M., **Faries, M. D.**, Thompson, J. R., & Cofield, D. (2015). Executive function relationships to sitting time and physical activity: A pilot study. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, San Diego, CA.
- Thompson, J. R., **Faries, M. D.**, Cofield, D., & Jones, E. J. (2015). Affective responses to common fitness testing. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, San Diego, CA.
- Secret, J. R., Jones, E. J., **Faries, M. D.**, & Hearon, C. M. (2015). The Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, San Diego, CA.
- Kephart, W., **Faries, M. D.**, Jones, E. J., & Whitehead, M. T. (2014). Sprints to smarts: The effect of high intensity interval training on various executive functions. *International Journal of Exercise Science: Conference Proceedings*. TACSM Annual Conference, Fort Worth, TX.
- Faries, M. D.**, Kephart, W., & Jones, E. J. (2014). Approach, avoidance and weight-related testing: An investigation of frontal EEG asymmetry. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, Orlando, FL.
- Jupe, N., **Faries, M. D.**, Jones, E. J., & Whitehead, M. T. (2014). Evaluation of the Nike+ FuelBand in energy expenditure and steps taken during exercise. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, Orlando, FL.
- Jones, E. J., Frischmann, N., **Faries, M. D.**, & Kephart, W. (2012). Effects of different types of clothing on thermoregulation and microenvironments during simulated American football. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference, Indianapolis, ID.
- Faries, M. D.**, & Bartholomew, J.B. (2012). Coping with weight-related discrepancy and impact on self-regulation: Development of the WEIGHT-COPE. *Medicine and Science in Sports and Exercise*. ACSM Annual Conference. San Francisco, CA.

- Faries, M. D.** & Bartholomew, J.B. & McCallister, T. (2011). Acute effects of stability ball sitting on energy expenditure in the workplace. *Medicine and Science in Sports and Exercise*, 43(1), S602.
- Faries, M. D.** et al., (2009). Affective responses to DEXA images and body composition analysis. *Medicine and Science in Sports and Exercise*, 41(5), S325.
- House, P., **Faries, M. D.** (2009). The comparison of elite disabled athletes, former athletes and non-athletes on annual income, and highest level of formal education attained. *Medicine and Science in Sports and Exercise*, 41(5), S450.
- Faries, M. D.**, & Lutz, R.S. (2007). Self-selected intensities, repetitions, RPE and adherence during 6-weeks of resistance training. *Medicine and Science in Sports and Exercise*, 39(5), S336-S337.

Selected Presentations and Seminars

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| 2016 | <i>Understanding and Creating Motivation for Physical Activity</i> |
| San Antonio, TX | Expanded Food and Nutrition Education Program – Texas A&M AgriLife Extension |
| 2016 | <i>Why We Don't "Just Do It"</i> |
| Webinar | Functional Medicine Coaching Academy |
| 2016 | <i>Understanding Patient Behavior in Lifestyle Medicine</i> |
| Webinar | Loma Linda University Medical Center Preventive Medicine Residency |
| 2016 | <i>Don't Be Fooled: Detangling Science, Fiction, and Patient Behavior</i> |
| Tyler, TX | East Texas Academy of Nutrition and Dietetics Conference |
| 2015 | <i>Why We Don't "Just Do It": Medication Adherence, When Lifestyle is the Medicine</i> |
| Nashville, TN | American College of Lifestyle Medicine Annual Conference |
| 2015 | <i>Self-Regulation of Physical Activity</i> |
| San Marcos, TX | Growing Healthy Texas Regional Workshop: THHSC, It's Time Texas |
| 2015 | <i>EAT-MOVE-REACT Training for Medical Students in Integrative Medicine</i> |
| College Station, TX | Texas A&M College of Medicine, Integrative Medicine |
| 2015 | <i>Lifestyle Medicine: Take as Directed</i> |
| Grenada, W. Indies | St. George's Medical School, Integrative Medicine Selective |
| 2015 | <i>Why We Don't "Just Do It": Understanding the Intention-Behavior Gap</i> |
| Austin, TX | International Society of Sports Nutrition Annual Conference |
| 2015 | <i>Lifestyle Medicine and Medical Fitness</i> |
| Webinar | Medical Fitness Association |
| 2015 | <i>Decoding Patient Behavior</i> |
| Tyler, TX | East Texas Academy of Nutrition and Dietetics Conference |
| 2014 | <i>Applying Research to Evidence-Based Lifestyle Medicine Practice</i> |
| San Diego, CA | American College of Lifestyle Medicine Annual Conference |
| 2014 | <i>Lifestyle Medicine and Medical Fitness</i> |
| Orlando, FL | Medical Fitness Association Annual Conference |
| 2014 | <i>Places for Physical Activity: Perceptions, Access, and Collaboration</i> |
| Texas Tour | Growing Healthy Texas Regional Workshop: THHSC, It's Time Texas |
| 2014 | <i>Why We Don't "Just Do It"</i> |
| Nacogdoches, TX | Nacogdoches County AgrLife Extension Service |
| 2013 | <i>Applying Psychological Theories to Maintain Healthy Lifestyles</i> |
| Washington, DC | American College of Lifestyle Medicine Annual Conference |
| 2013 | <i>Initiating and Maintaining Behavior Changes</i> |
| Washington, DC | American College of Lifestyle Medicine Annual Conference |

2013	<i>Understanding Our Own Behavior</i>
Auburn, AL	School of Kinesiology Seminar Series, Auburn University
2012	<i>Exercise Prescription in Cancer Survivors</i>
Corpus Christi, TX	Texas Association of Physician Assistants Annual Conference
2012	<i>Physical Activity in Cancer Survivors: Considerations for Prescription & Behavior</i>
San Marcos, TX	Texas Medical Association Physician Oncology Education Program
2011	<i>Understanding Physical Activity Behavior</i>
Lakeway, TX	Prairie View Cooperative Extension Program Annual Conference
2011	<i>Resistance Training in Special Populations: Diabetes & Older Adults</i>
Austin, TX	Texas Diabetes Council: Dept. of State Health Services
2011	<i>Understanding Our Own Weight Loss Behavior</i>
Austin, TX	Austin Diagnostic Clinic: Clinical weight loss program
2010	<i>Physical Activity & Health: What You Need to Know</i>
Austin, TX	Austin Diagnostic Clinic: Clinical weight loss program
2010	<i>Physical Activity Throughout the Day</i>
Austin, TX	Department of Texas State Health Services
2009	<i>Self-Regulation of Exercise Behaviors</i>
Austin, TX	University of Texas-Austin Health Services
2009	<i>Motivating Others for Positive Behavior Change</i>
Austin, TX	American Diabetes Association: 6 th Annual Diabetes Summit

Selected Media Contributions

2016	ChangeMaintain.com (Internet) Continuing education in health behavior for health and medical providers.
2015	KTRE, East Texas News (TV Interview) The science behind and use of 'waist training' in women.
2015–	LifestyleFacts.org (Internet Educational Videos, Contributor) Expertise on lifestyle medicine and behavior topics.
2014–	Vidoyen.com (Internet, Video Blog, Contributor) Expert health blog.
2014	Longview News Journal (Newspaper Interview) Story on the fitness industry and hiring fitness professionals.
2013	HopeTV.org (TV Interview) Behavior change for the "Go Healthy for Good" video series.
2012	KTRE, East Texas News (TV Interview) "Lighten Up East Texas" weight loss initiative and program
2011–	FitnessPudding.com (Internet Blog, Founder) Dispels common myths and fallacies in the health and fitness field.

F. Student Directed Learning

Thesis Directed

- 2016 Rachel Nanez: Comparison of two body weight screenings on self-conscious emotions and coping.
Stephen F. Austin State University.
- 2016 Rebecca McMorries: Validation of the BSXInsight lactate analyzer during exercise.
Stephen F. Austin State University.
- 2015 Anthony Martin: The effects of prayer following ego-depletion on executive functions.
Stephen F. Austin State University
- 2015 Erin Thompson: Relationship of women's hip anthropometrics with aerobic fitness and attractiveness.
Stephen F. Austin State University
- 2015 Jessica Thompson: The effects of executive function on goal-directed physical activity.
Stephen F. Austin State University
- 2015 Megan McClendon: Flesh versus spirit: Spirituality and healthy lifestyle motivation.
Stephen F. Austin State University
- 2014 Elizabeth Espie: Physician perceptions of exercise as medicine, the fitness industry, and referral efforts.
Stephen F. Austin State University
- 2013 Wesley Kephart: Sprints to smarts: The acute effects of high intensity interval training on various executive functions.
Stephen F. Austin State University
- 2013 Nikki Jupe: Validation of Nike+ FuelBand in estimating energy expenditure.
Stephen F. Austin State University
- 2013 Steve Dooling: Affective response to discrepancy in fitness testing: Awareness versus saliency.
Stephen F. Austin State University

Comprehensive Exam Committees, Stephen F. Austin State University

- 2013 Justin Hebert, M.S., Dietetic Internship Program
- 2013 Amanda Johnson, M.S., Dietetic Internship Program
- 2013 Bethany Nash, M.S., Dietetic Internship Program
- 2013 Cory Morris, M.I.S., Interdisciplinary Studies
- 2014 Stephanie White, M.S., Dietetic Internship Program
- 2014 Elizabeth Hernandez, M.S., Dietetic Internship Program
- 2014 Ellen Francis, M.S., Dietetic Internship Program
- 2014 Jessica Lilley, M.S., Dietetic Internship Program
- 2014 Lisa Ronning, M.S., Dietetic Internship Program
- 2014 Rachel Bedford, M.S., Dietetic Internship Program
- 2014 Rachel Trammell, M.S., Dietetic Internship Program
- 2014 Samantha Fuller, M.S., Dietetic Internship Program
- 2014 Shelby Young, M.S., Dietetic Internship Program

Student Awards and Accomplishments

- 2016 **Rachel Nanez**: Outstanding Master's Research Poster Selection
American College of Sports Medicine – Texas Chapter
- 2015 **Joseph Secrest**: Outstanding Master's Research Poster (2nd place)
American College of Sports Medicine – Texas Chapter
- 2015 **Megan McClendon**: Doctoral Graduate Research Assistantship
Baylor University
- 2014 **Joseph Secrest**: William R. Johnson Outstanding Thesis Award
Stephen F. Austin State University
- 2014 **Stephen Decker, Heidi Bachrich, & La Tori Flowers**: Top Scholar Award
Undergraduate Research Conference, Stephen F. Austin State University
- 2014 **Wesley Kephart**: Doctoral Graduate Research Assistantship
Auburn University
- 2013 **Wesley Kephart**: Marilyn Odom Outstanding Graduate Student Award
Stephen F. Austin State University
- 2012 **Nathan Frischmann**: Marilyn Odom Outstanding Graduate Student Award
Stephen F. Austin State University

G. Teaching

Graduate

Exercise and Dietary Psychology
Behavioral Medicine
Health Behavior Theories
Strategies for Health Promotion and Wellness
Psychophysiology of Exercise and Sport
Sports Psychology
Research Methods
Statistical Analysis

Undergraduate

Exercise and Dietary Psychology
Facts and Fallacies of Exercise and Diet

Texas A&M College of Medicine

Foundations of Lifestyle Medicine (under review)
Understanding Patient Behavior (under review)

H. Committees

Departmental

Core Curriculum Committee
SACS Assessment Committee
American College of Sports Medicine, Texas Chapter Student Trip (Co-coordinator, supervisor)

College

Recruitment and Retention Committee
Dean's Advisory Committee, College Council

University

Undergraduate Research Committee
Research Planning Committee (SFA Strategic Plan)
University Research Council (Office of Research and Sponsored Programs)
Interdisciplinary Studies Committee (Graduate School Dean)