VITA

Konstantinos "Dino" Vrongistinos

Rank: Professor Hire Date: 2000

Educational Background

Ph.D.	(2001) Auburn University, Alabama	Biomechanics
M.S.	(1995) Auburn University, Alabama	Biomechanics
B.S.	(1991) University of Athens, Greece	Physical Education & Sport Science.

Professional Experience

2014-present	Professor and Chair, California State University, Northridge (CSUN)
2011-2013	Professor and Acting Chair for Spring and Fall 2012
2006-2011	Associate Professor, tenured, Biomechanics,
2000-2006	Assistant Professor, Biomechanics and Measurement & Evaluation, CSUN
1999-2000	Assistant Professor, Southeastern Louisiana University, Biomechanics and Motor Control
1993-1999	Teaching Associate, Auburn University, Alabama

Teaching

Undergraduate: KIN476 Musculoskeletal Biomechanics and Injury, KIN445 Advanced Biomechanics, KIN345 Biomechanics, KIN345L Biomechanics Lab, KIN302 Measurement & Evaluation, KIN300 Movement Analysis, KIN 201 Movement Forms Dance, Sport, & Exercise, KIN479 Perception and Movement.
Graduate: KIN645 Biomechanics, KIN610 Biomechanics, KIN605 Research Design, KIN 575 Biomechanical Analysis Lab Techniques.

Selected Scholarship/Creative Activity

Jung, T., Kim, Y., Lim, H., & **Vrongistinos, K.** (2018). The influence of water depth on kinematic and spatiotemporal gait parameters during aquatic treadmill walking. Journal of Sport Biomechanics https://doi.org/10.1080/14763141.2017.1409255

Kim, Y.*, Todd, T., Fujii, T.*, Lim, J.*, **Vrongistinos, K.** & Jung, T. (2016). "Effects of Taekowndo intervention on balance in children with autism spectrum disorder." *Journal of Exercise Rehabilitation* 12 (4): 314-319

Lai, B.*, Jeng, B.*, **Vrongistinos, K.**, & Jung, T. (2015). Post-exercise hypotensive responses following an acute bout of aquatic and overground treadmill walking in people post-stroke: A pilot study. *Topics in Stroke Rehabilitation*, DOI: 10.1179/1074935714Z.0000000016

Jung, T., Ozaki, Y., Lai, & **Vrongistinos, K**. (2014). Comparison of energy expenditure between aquatic and overground treadmill walking in people post-stroke. *Physiotherapy Research International* 19(1) 55-64.

Nishiyori, R.*, Lai, B.*, Lee, D.*, **Vrongistinos, K.,** & Jung, T. (2014). The use of cuff weights for aquatic gait training in people post-stroke with hemiparesis." *Physiotherapy Research International*. DOI: 10.1002/pri.1617

Jung, T., Ozaki, Y.*, Lai, B.*, & **Vrongistinos**, K. (2013) "Comparison of Energy Expenditure between Aquatic and Overground Treadmill Walking in People Post-Stroke" *Physiotherapy Research International* v 18 (3), 159-169.

Zaika*, V., Jennifer Romack, J., Stecyk, S., & **Vrongistinos, K.** (2013). Leg muscle activation patterns during sit-to-stand under variable compliance surfaces. Conference Proceedings, P04-6 210-215, https://ojs.ub.uni-konstanz.de/cpa/article/view/5725/5215

Hwang, Y.S., & **Vrongistinos, K.** (2012). Using Blackboard and Skype for Mentoring Beginning Teachers. *American Journal of Distance Education*, 26(3), 172-179.

Nishiyori, R.*, Charalambous, C.*, Lee, D.*, Stecyk, S., **Vrongistinos**, K. & Jung, T. (2012) Underwater 3D Gait Analysis of Pool Floor Walking with Cuff Weight on Affected Limb of People with Stroke. Proceeding for International Society of Posture and Gait Research Conference p 111-112.

Lai, B. *, Jara, M., **Vrongistinos**, K., & Jung, T. (2012) Blood Pressure Change during Aquatic Cardiovascular Exercise in People with Stroke Conference Proceeding for the North American Federation of Adapted Physical Activity Conference.

O'Connor, J. *, **Vrongistinos**, K., & Jung, T. (2012) Adapted Aquatic Exercise for Children with Cerebral Palsy. Conference Proceeding for the North American Federation of Adapted Physical Activity.

O'Connor, J. ***, Vrongistinos**, K., Jara, M. & Jung, T. (2012) The Effects of Aquatic Exercise on Balance Outcomes of Children with Cerebral Palsy. Conference Proceeding for the North American Society for Psychology of Physical Activity Annual Meeting.

Vrongistinos, K. (2011). Korean American Martial Arts, in Jonathan H. X. Lee and Kathleen M. Nadeau, editors, Encyclopedia of Asian American Folklore & Folk-life. Santa Barbara: ABC-CLIO: 689-690. ISBN: 978-0-313-35066-5.

Matheson E., Romack J., Whiting W., & **Vrongistinos**, **K.** (2011). A kinematic analysis of the breaststroke kick, *Biomechanics in Sports 29*, (Portuguese Journal of Sport Sciences 11), 331-334.

Hwang, Y.S. & **Vrongistinos, K.** (2011). Using Blackboard and Skype for Mentoring Beginning Teachers. International Conference on Information Communication Technologies in Education.

Jara, M.; Kawasaki, M.*, Stecyk, S., **Vrongistinos**, K. & Jung, T. (2011) Adapted Aquatics Program for Balance Improvement for People with Parkinson's Disease. Proceeding for *International Symposium on Adapted Physical Activity*, Paris, France.

Jung T., Lee D.*, Charalambous C.*, **Vrongistinos K.** (2010). The influence of applying additional weight to the affected leg on gait patterns during aquatic treadmill walking in people poststroke**.** *Archives Physical Medical Rehabilitation*, *91*(1), 129-36.

Hwang, Y.S., & **Vrongistinos, K**. (2010). Hispanic Parents' Perceptions on Children's Education. *Education,* 130(4), 595-602.

Ozaki, Y.*, **Vrongistinos, K.,** & Jung, T. (2010) Comparison of Gait Energy Cost between Aquatic and Overground Treadmill Walking in People Post-Stroke, *Gait and Clinical Movement Analysis Society Annual Meeting, Conference Proceedings*, 206-207.

Nishiyori, R.*, Charalambous, C.*, Lee, D.*, **Vrongistinos, K.** & Jung, T. (2010) Gait Analysis of Aquatic Walking with Additional Weight in People Post-Stroke, *Gait and Clinical Movement Analysis Society Annual Meeting, Conference Proceedings*, 65-66.

Hwang, Y.S., Fisher, W., & **Vrongistinos, K.** (2009). Calibrating a measure of gender differences in motivation for learning technology. *Journal of Instructional Psychology, 36*(3), 259-72.

Vrongistinos, K. (2008) Aquatic and Land based Therapeutic Exercise Programs: Business Models. Industrialization of Sport for all: Theory and Practice. *Korean Society of Sport and Leisure Studies*. 8, 54-81 (82-97 in Korean)

Wang Y.T.**, Vrongistinos, K.**, & Xu D. (2008). The relationship between consistency of propulsive cycles and maximum angular velocity during wheelchair racing. *Journal of Applied Biomechanics 24*(3), 280-7.

Vrongistinos K., Jung T.Y, Kim C.K., Hwang, Y.S., & Wang Y.T. (2008). Three dimensional smoothing techniques using quaternions applied to gait. *Proceedings of the International Society of Biomechanics of Sports, 26(1), 98-9.*

Hwang, Y.S., & **Vrongistinos, K**. (2006). Complexity of Asian American Students' Academic Motivation: A Qualitative Investigation. *Research in Schools. 13*(2), 62-71.

Hwang, Y.S., Hernandez, J., & **Vrongistinos**, K. (2005). Elementary teacher education students' perception of team teaching. *Education*, 123(2), 246-253.

Vrongistinos, K, & Bronco, K.M (2003). The effect of a food or fluid load on body composition as measured by three different methods. *Journal of the American Dietetic Association* 103:47-48

Hwang, Y.S. & **Vrongistinos, K.** (2002). Elementary in-service teachers' self-regulated learning strategies related to their academic achievements. *Journal of Instructional Psychology, **29***(3), 147-154.

Vrongistinos, K., Wang Y.T., Hwang, Y.S., & Stylianides G. (2002). Angular velocities and three- dimensional analysis using quaternions. *Proceedings of the Three-Dimensional Group of the International Society of Biomechanics*.

Hwang, Y.S**.,** Echols, C., & **Vrongistinos, K.** (2002). Multidimensional academic motivation of high achieving African-American students. *College Student Journal,* **36**(4)*,*544-555.

Wobrock*, J., Fugger, T., Randles*, B., & **Vrongistinos**, K. (2002) Vibrations experienced by wheelchair users while transferring decorative crosswalks. *World Congress in Biomechanics*.

Vrongistinos, K., Wang Y.T. , Marghitu D.B.,Hwang, Y.S., Pascoe D.D., (2001). Wheelchair propulsion analysis using quaternions. American Society of Biomechanics, 25th ASB, 257-258.

Vrongistinos, K., Wang Y.T., Hwang, Y.S**.**, Wilson, G.D., Pascoe D.D., Marghitu D.B. (2001). Evaluating movement consistency in wheelchair propulsion using floquet multipliers and quaternions. *Proceedings of International Society of Biomechanics in Sports, XIX* ISBS, 170-174.

Vrongistinos, K., Wang Y.T., Pascoe D.D., Hwang, Y.S., Marghitu D.B. (2000). Stability analysis of manual wheelchair propulsion. American Society of Biomechanics, 213-214.

Weimer, W., Williams, C., Clark, T., **Vrongistinos**, K., Zhong, Y., & Wang, Y.T. (1998) Balance in older individuals. Proceedings of the North American Society of Biomechanics, NACOB 98, 29-30.

Vrongistinos, K., & Wang, Y.T. (1997). Cut-off frequency estimation of kinematical data with discrete Fourier transformation and regression analysis. In the Conference *Proceedings of International Society of Biomechanics in Sports* XVth ISBS, 15, 41-44.

Selected Published Abstracts and Presentations

Lim, H.*, Jeng B.*, **Vrongistinos**, K. & Jung, T. (May, 2017) "Water Depth Affects Energy Expenditure of Aquatic Walking in People Post-Stroke" The American College of Sports Medicine Annual Meeting, Denver, CO.

Lim, H.*, Todd, T., **Vrongistinos**, K. & Jung, T. (Oct., 2016) "Influence of Water Depth on Energy Expenditure during Aquatic Walking in People Post-Stroke" The North American Federation of Adapted Physical Activity Conference, Edmonton, Canada

Lange, A., Smith, K., Todd, T., **Vrongistinos**, K. & Jung, T. (June, 2016) "The Effects of 10-week Aquatic Exercise on Gait and Balance Outcomes of People with Multiple Sclerosis." Presented at the North American Society for Psychology of Physical Activity Annual Meeting, Montreal, Canada

Knutson A., Todd, T., **Vrongistinos**, K. & Jung, T. (May, 2016) "Comparison of Balance Performance between Young Adults with and Without Hearing Impairment" The American College of Sports Medicine Annual Meeting, Boston, MA

Jeng, B*. Narasaki-Jara, M., Todd, T., **Vrongistinos, K.**, & Jung, T. (2015) "Comparison of energy expenditure between pool and overground walking in people post-stroke" *Medicine and Science in Sports and Exercise*, Supplement to V. 47, n. 4, p.S311

Smith, K.*, Lange, A.*, Narasaki-Jara, M., Todd, T., Vrongistinos, K. & Jung, T. (2015) "Effects of aquatic exercise on balance of people with multiple sclerosis." *Medicine and Science in Sports and Exercise*, Supplement to V. 47, n. 4, p.S613

McCamish, J. *, Samson, A., **Vrongistinos, K**., & Jung, T. (2013) The Effects of Aerobic Exercise on Cognitive Functions of People with Parkinson's Disease. Medicine and Science in Sports and Exercise, 45(S) , n.5, 477

Lai, B. *, Kim, Y.*, Jeng, B.*, Jara, M., **Vrongistinos, K**., & Jung, T. (2013) Post-exercise Hypotensive Responses Following a Single-bout of Aquatic Treadmill Walking in People Post-Stroke. Medicine and Science in Sports and Exercise, 45(S) , n.5, 331

Chaparro, G. *, Stecyk, S., **Vrongistinos, K**., & Jung, T. (2013) Comparison of Balance Outcomes between Aquatic and Land-based Exercises in Older Adults with Knee Osteoarthritis Medicine and Science in Sports and Exercise, 45(S), n.5, 672.

Hwang, Y. S., & **Vrongistinos K.** & Jung, Y.O., (2013). Advantages and disadvantages of using Skype as a mentoring tool for beginning teachers. 25th Annual Convention, APS.

Wee, S. *, Jara, M., **Vrongistinos**, K., & Jung, T. (2012) Cardiopulmonary Responses to Continuous Passive Motion Exercise in People with Spinal Cord Injury" Medicine and Science in Sports and Exercise, V. 44, n.5(S) , 662

Vrongistinos, K., Jung, T., Wee, S.O.*, Costello, T.* Hwang, Y., & Stylianides, G. (2010) Unique Representations to Analyze Three Dimensional Movements. Abstracts of the American Society of Biomechanics, last retrieved January 10, 2011 http://www.asbweb.org/conferences/2010/abstracts/395.pdf

Hsu, S., **Vrongistinos, K**., Tseng, Y., &, Hsu, M.C (2010). Health Promotion Program on Reduction of Cardiovascular Disease Risk Factors for Adults with Intellectual Disabilities. *Medicine & Science in Sports & Exercise*, 42(5), 654.

Nishyori, R.*, **Vrongistinos, K.,** & Jung, T., (2010) Gait Analysis of Pool-Floor Walking with Additional Weight on Affected Limb for People with Stroke, *Medicine & Science in Sports & Exercise, 42*(5), 272.

Ozake, Y.*, **Vrongistinos, K.**, Jaque, V. & Jung, T. (2010) "Cardiorespiratory Responses to Aquatic Treadmill Walking" Medicine and Science in Sports and Exercise, 42(S) , n.5, 623

Lim, H.*, Todd, T., **Vrongistinos, K. ,** & Jung, T. (Oct., 2016) Influence of Water depth on Energy Expenditure during Aquatic Walking in People Post-Stroke. The North American Federation of Adapted Physical Activity Conference, Edmonton, Canada

Lange, A., Smith, K., Todd, T., **Vrongistinos, K.,** & Jung, T. (2016) "The Effects of 10-week Aquatic Exercise on Gait and Balance Outcomes of People with Multiple Sclerosis." NASPSA Annual Meeting,.

Knutson A., Todd, T., **Vrongistinos, K.,** & Jung, T. (2016) Comparison of Balance Performance between Young Adults with and Without Hearing Impairment. The American College of Sports Medicine Annual Meeting, Boston, MA

Jeng, B. Narasaki-Jara, M., Todd, T., **Vrongistinos, K.**, & Jung, T. (2015). Comparison of Energy Expenditure Between Pool and Overground Walking in People Post-stroke The American College of Sports Medicine Annual Meeting, San Diego, CA

Smith, K., Lange, A., Narasaki-Jara, M., Todd, T., **Vrongistinos, K.,** & Jung, T. (2015) "Effects of Aquatic Exercise on Balance of People with Multiple Sclerosis." The American College of Sports Medicine Annual Meeting, San Diego, CA

Hurtado, I., Narasaki-Jara, M., Todd, T., **Vrongistinos, K.**, & Jung, T. (2015) "The Effects of Simultaneous Visual Feedback Treadmill Walking on Gait outcomes of People Post-Stroke" The American College of Sports Medicine Annual Meeting, San Diego, CA

Zaika, V., Stecyk, S., Romack, J., K. **Vrongistinos, K.** (2014) Leg Muscle Activation Symmetry During Sit-to-Stand under Different Surface Stiffness. World Congress in Biomechanics, Boston.

Grants awarded

Vrongistinos, K. & Mathiyakom, W. (2013). Real time motion analysis systems: Professional and graduate student training implementations. Funded by NSF for **$301,000** for two years.

Hwang, Y.S. **& Vrongistinos, K**. (2007-2012). Evaluation and Assessment, Quality Teachers for Quality Students Project: National Professional Development Program. Funded by U.S. Department of Education (T195N070098) project funded $1.5 million for five years**.**

Service

Ad-Hoc Reviewer for the

- Archives of Physical Medicine and Rehabilitation (APMR)
- Research in Sports Medicine: International Journal (RSMIJ)
- Journal of Applied Biomechanics (JAB)
- The American Society of Biomechanics Conference 2009-2011
- Egyptian Conference pertaining to Sport and Coaching, 2010.
- Reviewer for the American Educational Research Association (AERA for Division D - Measurement and Research Methodology, SIG in Research and Evaluation and the SIG on Research on Learning and Instruction in Physical Education
- Scientific Committee Advisory Board for the ISB3D group

College & University.

2019-2020 Educational Resource Committee.

2019-2022 Academic Senate for HHD.

2008-2014 Academic Council of International Programs (ACIP).

Representing CSUN at the CSU system-wide International Programs (IP).

Overseeing and coordinating recruitment efforts at CSUN for Study Abroad and National Exchange programs. Making contact with several hundred students each year and interviewing about 60-100 CSUN student applicants each year during February and subsequently making recommendations with the assistance of the International Program Coordinators (Ms. Juliet Almyer at CSUN). Organizing the interviews and coordinating faculty from the language departments to participate as reviewers. Coordinating, and writing recommendations for each student that apply for available Federal scholarships for study abroad (e.g. Gilman, Boren).

Monitoring incoming foreign students through the CSU IEP program and following up especially on the academic accomplishments of the returning CSUN students that studied abroad.

Making a final written report to the Academic Senate, and presenting it to the Senate if schedule allows it. Reporting new developments and programs to CSUN International Educational Council (IEC). Delegating questions of CSUN IEC to system-wide ACIP.

ACIP-subcommittee – five member standing committee: CSU statewide Faculty affairs (a.k.a. FAC). **Chair** Interviewing potential resident directors (RD) for the CSU International Program screening approximate 30-40 applications for six positions each year. Chair for two years 2012-2014.

ACIP-FAC also is charged with the award of four Wang scholarships each year screening 50-60 applications per year.

Participating at two CSU-ACIP meetings each year. Two FAC eight hours conference meetings each semester, and a two day meeting in Long Beach every February during the hiring of the RD.

*CSUN is one of the campuses that is not giving release time for the position; whereas several CSU campuses the do give release time, a course per semester or per quarter.

2008-2014 CSUN International Educational Council (IEC**).**
Giving perspective of ACIP on individual programs that CSUN has initiated and work

autonomous relative to the system- wide IEP programs (e.g. CSUN MOUs with foreign universities).

2009-2014 Educational Policies Committee (EPC). Senate appointee.

2008-2009 Educational Policies Committee (EPC). Presidential appointee. One year term.

2008-2009 Distinguished Teaching, Counseling, or Librarianship award selection committee.

2007-2008 College curriculum committee, replaced by Dr. Stecyk during the 2008 Spring Sabbatical.

2004-2005 University Library Committee.

2003-2004 University Assessment Committee and Program Reviews.

2003-2006 Gerontology committee member. Charged for curriculum changes undergraduate, graduate students and professional certification.

2001-2003 Gerontology committee member. Involved in reorganizing the curriculum to be compliant with the Association for Gerontology in Higher Education (AGHE).

Department

2013 Kinesiology Department Personnel Committee.
Biomechanics Position search committee.

2009-2011 Undergraduate Coordinator. Advising 1,500+ students, and monitoring graduation requirements and applications, substitutions, as well as exceptions and petitions. Organizing and conducting, transfer and freshman workshops, scheduling and group advisement monitoring, and correspondence with potential student in direct contact, phone or via email. Scheduling undergraduate courses and coordinating with chair on hiring part-time instructors. Synchronize schedule with the graduate and activities coordinators.

2010-2012 Equity and Diversity, Representative for the Kinesiology Department.

2008-2010 Emergency repair web-master, in lieu of a department web master.

2008-2009 Activities Coordinator. Scheduling activity courses, hiring part-time instructors for the activity courses in consultation with the department chair. Scheduling of life-guards, for the activity classes using the swimming-pools. Synchronize schedule with the undergraduate and graduate Coordinators.

2009-2011 Department Curriculum Committee member, as undergraduate coordinator and General Studies advisor.

2008-2009 Department Curriculum Committee member, as activities coordinator. Responsible for six proposals to convert from experimental to regular classes (e.g. RAD, Adapted Self-Defense).

2006-2010 Department Personnel Committee member.

2004-2006 Movement Proficiency Exams (MPEs) coordinator. Organizing Instructors and dates of exams. Keeping database of exams in MS Access, communicating results to admissions and records.

2004-2006 Department of Kinesiology Student Needs subcommittee to evaluate student needs.

2004-2007 Kinesiology Majors Club (KMC). Co-advisor. Supervising KMC activities.

2000-2004 Kinesiology Majors Club (KMC). Co-advisor with Dr. Breit. Supervised bi-weekly meetings, and help organizing fund raises (e.g. Mother's Day Run), and other social activities (e.g. Welcome Back reception for Kinesiology Majors).

2003-04 Search Committee Member for, Adapted Physical Activity & Athletic Training. 2002 Search Committee Member for, Adapted Aquatics & Athletic Training.

2003 Departmental five-year performance review: Responsible for Undergraduate Data analysis and proposal for Assessment & Evaluation, participated in Graduate Data analysis.

2002-200 Statistical Analysis and consulting for The Center of Achievement CAPD-grant with PI Dr. Britten.

2000-2006 Administered several Basketball movement proficiency exams (MPE) sessions.

Community service and consulting

2012-present Southern California liaison between CSU Kinesiology chairs and Community Colleges.

2004-2008 California Subject Examination for Teachers (CSET) content advisor and instructor for the San Bernardino and Riverside Counties and CSU, San Bernardino.

2002-2004 California Subject Examinations for Teachers CSET and Multiple Subject Assessment for Teachers (MSAT) content advisor and instructor for the San Bernardino County and CSU, San Bernardino.

2002 Evaluated and advised athletes for 17th Annual Junior Wheelchair Sports Camp.

Honors and Awards

2010 Phi Beta Delta - Honor Society for International scholars

Professional Associations & Memberships

International Society of Biomechanics, Three-Dimensions (3D) Group (ISB3DG)

International Society of Biomechanics in Sports, ISBS. (ISBS)

American Society of Biomechanics (ASB)

American College and Sport Medicine (ACSM)

Society of Health and Physical Educators (Shape)

California Association for Health, Physical Education, Recreation and Dance (CAHPERD)

American Educational Research Association (AERA)

American Psychological Science (APS)