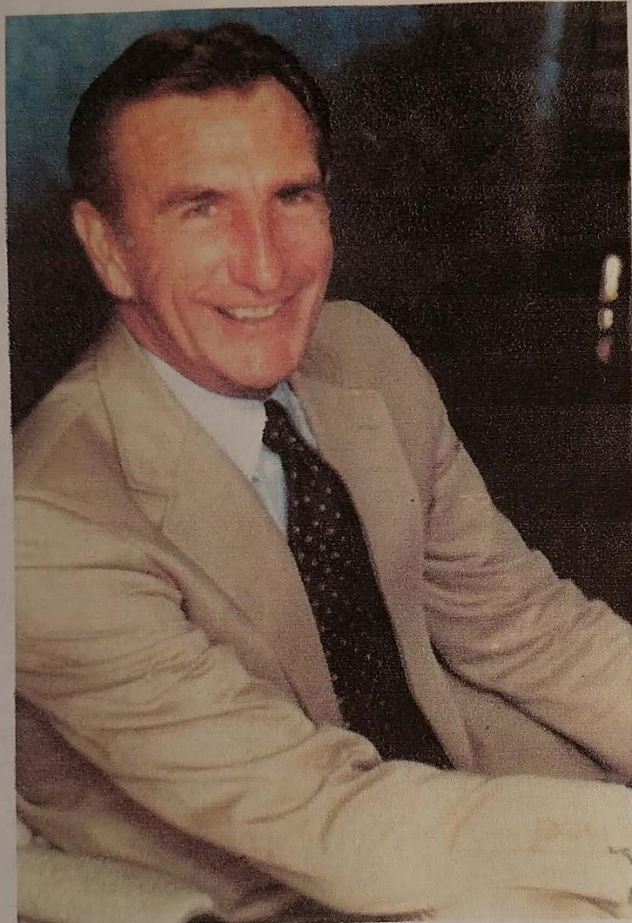


*Resume*

*Frank D. Rohter, Ph.D.*

*Professor: 1968-2005*



*Teaching and Learning Principles Department*

*College of Education*

*University of Central Florida*



# Frank D. Rohter, Ph.D. Professor

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Exceptional and Physical Education  
Teaching and Learning Principles,  
University of Central Florida

## Education

1959 - 1966 Ph.D. University of Southern Calif.  
1952 - 1957 M.Ed. De Paul University  
1947 - 1951 B.S. De Paul University

## Professional Experience

1973 - Present Professor, Teaching / Learning Principles  
Department, University of Central Florida  
1968 - 1974 Chair, Physical Education Department and  
Director of Athletics, University of Central Florida  
1966 - 1968 Assistant Professor and Director of Exercise  
Physiology Lab. Florida State University  
1963 - 1966 Supervisor, Santa Barbara Recreation Department  
1957 - 1963 Instructor, University of California, Santa Barbara  
1951 - 1957 Teacher, Chicago High School

## Research Journal Publications

"Effects of Swimming Speed by Starting From a Dry State", Frank D. Rohter. Research Quarterly, 33(1): p. 140-142 (1962).

"Blood Flow in the Arm and Finger During Muscle Contraction and Joint Position Changes", Frank D. Rohter and Chester Hyman. Journal of Applied Physiology, 17(5): p. 819-823 (1962).

"Exercise Blood Flow Changes in the Human Forearm During Physical Training", Frank D. Rohter, Rene H. Rochelle and Chester Hyman. Journal of Applied Physiology, 18(4): p. 793-798 (1963).

"Circulatory Adjustments to Training for Apneic Diving", Research Quarterly, 35(2): p. 205-212 (1964).

"Arterial Occlusion During Muscle Contraction and Joint Position Changes", Frank D. Rohter, American Association of Health, Physical Education and Recreation Proceedings, Chicago, Illinois, 1966.

"Somatic Alcohol Manifestation", Frank D. Rohter, NCPA Conference Proceedings, Orlando, Florida, 1974.

"Muscle Blood Flow During Contraction", Frank D. Rohter, National Association of Amateur Oarsman, Orlando, Florida, 1977.



"Nutrition: Current Research", Frank D. Rohter, Florida Association of Health, Physical Education and Recreation Proceedings. Clearwater, Florida, 1979.

"Forearm Muscle Blood Flow Recovery Subsequent to Slow and Fast Velocity Contraction", Frank D. Rohter, B. Wilson, M. Sherwood, V. Gladfelter and E. Rath, American College of Sports Medicine Proceedings, Hawaii, 1979.

"Venous Distensibility in the Extremities and Exercise", Frank D. Rohter, V. Gladfelter, M. Sherwood and B. Wilson, American College of Sports and Medicine Proceedings, Miami, 1981.

"Individualized Exercise Programs", Frank D. Rohter, Central Florida Dietetic Association, Orlando, Florida Proceedings, April 1982.

"The Cholesterol Story", Frank D. Rohter, Bally Press, Volume 1, p.5 (1985).

"Exercise Stress Test", Frank D. Rohter, Bally Press, Volume 2, Issue 2, p.3 (1987).

"Coronary Artery Disease Can be Prevented", Frank D. Rohter. Bally Press, Volume 2 Issue 6, p. 6 (1987).

Journal of Exercise and Nutrition Intervention, Frank D. Rohter, editor author and publisher; Vol. 1, No 1, September (1987). (An 8 page journal featuring articles a "Cholesterol, Body Fat, Exercise, Fish Oil, Nutrition, Corporate Health Care, Muscle Blood Flow, BMR, Stress Ethics and Behavior").

Journal of Exercise and Nutrition Intervention, Frank D. Rohter, editor author and publisher; Vol. 1, No 2, November (1987). (Same content as identified above).

"The Burning Issue", Frank D. Rohter, Bally Press, Volume 3, issue 1, p. 1 (1988).

"Should You Exercise After Eating?" Frank D. Rohter, Bally Press, Volume 4, Issue 1, p. 2 (1988).

"Foods That Change Your Moods", Frank D. Rohter, Bally Press, Volume 5, Issue 1, p. 6 (1988).

"The Champ Test: A Comprehensive Health Assessment and Motivation Program". John Langdon, F. D. Rohter, G. Gergley, T. Langford, J. Larson, G. Wallger and D. Ardell. UCF Publication. (1989).

"Development of a Florida School Food Service Wellness/Nutrition Education Program". Frank D. Rohter, M. Schmidt, C. Frazee, G. Gergley and S. Mullican Norris. School Food Service Research Review, Spring, 1992.

"A Three-Phase Florida School Food Service Worker's Wellness Program". Frank D. Rohter, M. Schmidt and C. Frazee. School Food Service Research Review, Spring 1993.



"Effects of an Innovative Muscle-Based, Motor Learning Exercise Program on Alzheimer's Disease" P. Heyn, F. D. Rohter, J. Whiteside, E. L. Elta and R. Tucker. ACSM, 2001.

"Effects of a Wellness Based Intervention Program on Alzheimer's Disease" Heyn, P. J. Whiteside, E. L. Elta and F. D. Rohter, Med. Sci. Sports, Vol 34, #5, abstract p 158, 2003.

"The Effects of Pilot Performance Time of Smokers at Simulated High Altitude Flying", Fletcher, J. and F. D. Rohter, J. of Human Factor Performance and Extreme Environments, Dec. 2004.

### **Book Publication**

Advanced Table Tennis, P.84-88. "Physiology of Performance: Cardiovascular Training", Frank D. Rohter. (1967).

Family Living K-12, Frank D. Rohter, editor. Brevard County School System. (1968).

Mood Modifiers K-12, Frank D. Rohter, editor. Brevard County School System.

The Effects of Marijuana on Human Performance, Frank D. Rohter. Florida State Drug Education Program (1971) (Monograph).

Actualization of Physical Potential in Contemporary Living, Frank D. Rohter. Aristotle Press (1975) (Workbook).

Select Cardiovascular Strength, Body Density and Nutritional Laboratory Experiences, Frank D. Rohter, Aristotle Press (1978) (Lab Manual).

Comprehensive Cardiac Rehabilitation and Prevention Program by Louis J. Acierno, M.D. Two sections by Frank D. Rohter: (1) "Diagnostic Intervention"; and (2) "Exercise Prescription" (1984) (Chapters).

Marine Corp High School ROTC Fitness Manual by Northrup Corp. Two Chapters by Frank D. Rohter: (1) "A Comprehensive Physiologic Testing Program"; and (2) "An Aerobic Fitness Program"; (1985) (Chapters).

The Human Machine: How It Breaks Down by Louis J. Acierno, M.D. One Chapter by Frank D. Rohter: "The Physiology of Stress" (1986) (Chapter).

Florida State Publication: Living Well in Florida. "A Test for Wellness", Frank D. Rohter (1988) (Chapter).

Living Well in Florida Schools: A Wellness/Nutrition Program, Frank D. Rohter, editor and author of two chapters: "Introduction to Wellness", p.3-31; and "Exercise", p. 92-112. NET Grant State Department of Education (1988) (Chapters).

Florida State Publication: Living Well in Florida. "Know Your Cholesterol", Frank D. Rohter. p. 13-16 (1989) (Chapter).



Florida Food School Service Workers Wellness Training Manual. Edited by Frank D. Rohter, Florida State Department of Education Publication, 1990.

Cholesterol and Your TC/HDL Ratio. Frank D. Rohter, Aristotle Press, August, 1992.

Select Cardiovascular, Strength, Body Density and Nutritional Laboratory Experiences. Frank D. Rohter Revised Edition, Aristotle Press, 1992.

Exercise Physiology and Wellness Laboratory Manual. Frank D. Rohter, Aristotle Press, 1992

Cholesterol and Your TC/HDL Ratio. Frank D. Rohter Revised Edition, August, 1993.

Your Heart, Your Life, Your Responsibility. Frank D. Rohter, Aristotle Press, 1993.

Exercise Physiology and Wellness Laboratory Manual. Frank D. Rohter, Revised Edition, Aristotle Press, 1993

Blue Collar Iron man: The Everyman Approach to Life long Triathlon Training. Cuddeback, J., F.D. Rohter, and O'Shaughnessy, M. X Caliber, Publisher Fall 2005

Present Day Virtues: A System of Postulated Virtues Founded on Aristotelian Ethics. Frank D. Rohter, Baader Publishers, Orlando FL Fall 2005

Muscle Contraction Blood Flow Theories. Frank D. Rohter, Baader Publishers Orlando, Florida Spring, 2006.

*Ageing with Happiness Frank D. Rohter (2012) Veritas Publishing House*

### **Professional Presentations**

"Iron man Training", Frank D. Rohter and G. Gergley. Florida Track Club, Gainesville, Florida. January 13, 1987.

"CAD Risk Factors", Frank D. Rohter. Florida Bar Association Meeting. Orland, Florida. February 6, 1987.

"Exercise Behavioral Intervention", Frank D. Rohter, Florida Association of Counseling and Development Regional Conference. Orlando, Florida February 1988.

"Heart Disease Prevention", Frank D. Rohter. Florida School Counselor Association, Orlando, Florida. May 6, 1988.

"Exercise and CAD Prevention", Frank D. Rohter. School Counselor Association, Orlando, Florida. May 6, 1988.

"Corporate Wellness", Frank D. Rohter, Orlando City Employee Wellness Lecture Series, Orlando, Florida. September, 1988.

"Exercise and Nutrition", Frank D. Rohter, Florida Food Services Supervisors' State Meeting. St. Petersburg, Florida. November 1988.

"Exercise Therapy", Frank D. Rohter, Florida Association for Counseling and Development State Conference, Orlando, Florida. November 1988.



"Cardiopulmonary Rehabilitation Symposium", Orlando, Florida. January, 1989.

"Community Prevention Programs", Frank D. Rohter. Seminole County Health Department Meeting, Sanford, Florida. February 18, 1989.

"Wellness for Workers", Frank D. Rohter. Pinellas County Food Service Conference. Largo, Florida. April, 1989.

"Cafeteria Wellness", Frank D. Rohter. Osceola County Food Service Conference. Kissimmee, Florida, August 15, 1989.

"Exercise and Nutrition", Frank D. Rohter, Flagler County Food Service Conference. Burnell, Florida. August 16, 1989.

"Wellness and Risk Factors", Frank D. Rohter. Brevard County Food Service Conference. Fort Lauderdale, Florida. August 4, 1989.

"Heart Disease Prevention", Frank D. Rohter. Key West School Food Service Conference. Key West, Florida. August 13, 1989.

"Wellness Lifestyles", Frank D. Rohter. Orange County Food Service. Orlando, Florida. August 24, 1989.

"Your Heart", Frank D. Rohter. Okaloosa County School Food Service Conference. August 30, 1989.

"Morbidity Prevention", Frank D. Rohter. Senior Citizens Conference. Orlando, Florida. September, 1989.

"Workplace Wellness", Frank D. Rohter. City of Orlando Employee Wellness Series. Orlando, Florida. October, 1989.

"Wellness in the Schools", Frank D. Rohter. FAHPERD State Conference. Daytona Beach, Florida October 1989.

"Health Lifestyles", Frank D. Rohter. Keynote Speaker. Seminole County School Food Service Personnel. Lake Howell High School. Goldenrod, Florida. October, 1989.

"Cost Effective Wellness Program at Walt Disney World Co.", Frank D. Rohter. Mayfair Retirement Home. Orlando, Florida. June, 1992.

"Cholesterol and Your TC/HDL Ratio", Frank D. Rohter. Mayfair Retirement Home. Orlando, Florida. June, 1992.

"Self-Management Smoking Cessation", Frank D. Rohter. Walt Disney World Co. Orlando, Florida. June, 1992.

"Wellness and Aging", Frank D. Rohter. Walt Disney World Golden Ears Club. Orlando, Florida. June, 1992.

"Physiology of Wellness", Frank D. Rohter. First Annual UCF Workshop for Fitness Professionals, UCF. Orlando, Florida. January 30, 1993.

"Leading a Wellness Lifestyle", Frank D. Rohter. St. Lucie County School



Food Service Department. Fort Pierce, Florida. August, 1993.

"Physical Education and Exercise", Frank D. Rohter. Seminole County, South District Rotary Club. Orlando, Florida. August 13, 1993.

"Every Child a Star", Frank D. Rohter. Broadway Gymnastics Award Banquet. Orlando, Florida. 1993

"Healthy Marathon Training", Frank D. Rohter. Walt Disney World Co. Marathon Club. Orlando, Florida. March 30, 1993.

"Early Evidence of Arterial Fatty Streaks in Young Adults", Frank D. Rohter. Franciscan University, Gaming, Austria. April 30, 1994.

"Your Predicted Longevity – 120 Years", Frank D. Rohter. Florida Hospital Wellness Breakfast Program. Orlando, Florida. May 15, 1994.

"Risk Factor Intervention", Frank D. Rohter. John Knox Retirement Village of Central Florida, Inc. Orange City, Florida. November 5, 1994.

"Physiology of Stress", Frank D. Rohter. Cardiology, 95, WDW Orlando Florida. January 22, 1994.

"Professional Motivation to Perpetuate the Wellness Movement", Frank D. Rohter. Greater Orlando Wellness Council. Orlando, Florida. February 26, 1995.

"Marathon Training", Frank D. Rohter. Leukemia Society of America Marathon Team. Orlando, Florida. March 8, 1995.

"Preventing the Aging Process", Frank D. Rohter. UCF Life Program UCF, Orlando, Florida. March 30, 1995.

"Assessing the Impact of Wellness Intervention on Worker's Compensation Cost at Walt Disney World Company", Blue Cross/ Blue Shield of Florida Sponsored 1995 Central Florida Health Care Forum. Orlando, Florida. May 12, 1995.

"Preparation for a Marathon", Frank D. Rohter. Leukemia Society of American Team, Orlando, Florida. August 17, 1995.

"Cost Effectiveness of Wellness Programs at Walt Disney Corporation", Frank D. Rohter. Stevens Point Wellness Conference, Stevens Point Wisconsin. August, 1997.

"A One-Year Study of Walt Disney World Co Housekeepers' Worker Comp Claims and Select Wellness Intervention Strategies", Frank D. Rohter. M. Schmidt, R. Owens, J. Willard, G. Weims, C. Dziuban, S. Von Sie, G. Clounts, S. Fiser, A. Poly and D. Ardell. Doctoral Seminar Spring 2000.

"Comparative CAD Risk Factor Changes in UCF Students", Frank D. Rohter, P. Heyn, J. Langdon, G. Gergley and D. Ardell. Doctoral Seminar. Fall 2000.

"Capillary Kinking and Arterial Occlusion During Exercise", Frank D. Rother. Winter Springs High School, Winter Spring, Florida. September, 2001.

"Positive Health-Promotion Approaches in Dementia", Heyn, P., Rohter, F.



D., Witta, L. and Whiteside. Gerontological Society, Orlando, Florida May, 2002.

"Comparison of Simulated High Altitude Performance Times Between Smokers and Non-Smokers", Fletcher, J. and Rohter, F. D.HPEE Section, Human Performance and Extreme Human Factors Ergonomics Conference, Denver, Colorado. October, 2003.

"Character Intervention Strategies" Frank D. Rohter. Consortium for Social Responsibility and Character Education Conference. Orlando, Florida. June, 2003.

"Virtuous Character Propositions", Frank D. Rohter. Consortium for Social Responsibility and Character Education Conference. Orlando, Florida. June, 2004.

"Exercise and Nutrition Components of Wellness", Frank D. Rohter. Chinese Children Charities. June 28, 2004.

"The Relation of Exercise Levels to Reacting Metabolic Rate", Frank D. Rohter. Rollins College Seminar, June, 2005.

"Virtuous Character", Frank D. Rohter, Chinese Children Charities. June, 2005.

"Athletic Character", Frank D. Rohter. Consortium for Social Responsibility and Character Education, Orlando, Florida. June, 2005.

## Research Grants

### Extramural

"Pre-Adolescent and Adolescent Post e Exercise Blood Flow", Frank D. Rohter, Primary Investigator. NIH Grant 11632-01, 1967 and 1968.

"*Marijuana: A Review of the Literature*", Frank D. Rohter, Primary Investigator. Florida State Grant 1971 and 1972.

"Nutrition Education/Wellness in Florida School Cafeteria Workers", Frank D. Rohter, Primary Investigator. Florida Department of Education, 1989 and 1990.

### Intramural

"Forearm Blood Flow During Different Types of Contraction", Frank D. Rohter, S. Walker, B. Cantrell, E. Roth and B. Wilson. College of Education Grant (1976).

"Reliability of the Wilson Cuff and Accompanying Circuitry", Frank D. Rohter, M. Sherwood, E. Roth and B. Wilson. College of Education Grant (1978).

"A Capacitance Plethysmograph Calibration System" Frank D. Rohter and B. Wilson. College of Education Grant (1978).



"High Density/Low Density Lipoprotein and Exercise", Frank D. Rohter, College of Education Grant. (1979).

"New Investigator Grant Writing Program UCF Student Recreational Services and Wellness Research Development Grant", Frank D. Rohter. (2002).

"New Investigator Grant Submittal Program", UCF Student Health Service. Frank D. Rohter. (2005).

**Professional  
Consultant**

Winter Park Police Department, Winter Park, Florida  
University Club, Orlando, Florida  
Westinghouse STGD, Orlando, Florida  
St. John Lutheran Church, Winter Park, Florida  
Mission Inn, Howey-In-The-Hills, Florida  
Orlando General Hospital, Orlando, Florida  
Southeast Academy, Kissimmee, Florida  
Maynard Electronics, Lake Mary, Florida  
US Air, Orlando, Florida  
Security Division, NASA, Titusville, Florida  
Orlando Naval Training Station, Orlando, Florida  
Consulting *Chief of Wellness Programs, Walt Disney World, Orlando, Florida*  
COE Anthony Thompson Project: "Torchy" Clark Scholarship Fund.  
Tusawilla, c.c.

**Professional  
Memberships**

American College of Sports Medicine  
American Association for Cardiac and Pulmonary Rehabilitation.  
Florida Association of Health, Physical Education and Recreation  
The Wellness Alliance  
Tri-Fed Triathlon Association  
*Central Florida Triathlon Association*

**Board of Directors/  
Advisory Boards**

Mid-Florida Tech Wellness Program Advisory Board	1988-89
Orange County School District Task Force	1988-89
American Cancer Society, Southeast/East Orange County Unit Board of Directors	1989-90
Healthy America (WHALE), Board of Directors	1989-90
Greater Orlando Wellness Council Academic Section	1995-96

**Media Article  
Citation**

Body/Mind Poster Presentation featuring "Frank D. Rohter's Lifestyle" by Karen Smart. *Aegis Publications. (National Wellness Poster Program).* November, 1992.

Corporate Fitness Program by Dan Tracey, citing consulted quotations from Frank D. Rohter. Orlando Sentinel, 1993.

"Frank D. Rohter, UCF Exercise Physiologist, Spreads Love for Exercise", by Gene Yasuda. Orlando Sentinel, 1994.

"Home Exercise Equipment" with consulted quotations from Frank D. Rohter by Harry Wessil, Orlando Sentinel, 1994.



"Exercise and Smoking", with cited quotations from Frank D. Rohter by Harry Wessil, March 17, 1995.

"Glycerol and Hot Environment Physical Performance", with cited quotations from Frank D. Rohter. Orlando Sentinel, December 20, 1994.

"Super Seniors". Featured article by G.W. Sharmian and photography by Judy Watson-Tracy. Frank D. Rohter and nine other distinguished Orlando seniors. Orlando Magazine, 1995.

**Symposium  
Director/Presenter**

Corporate Wellness Symposium -- November 10, 1983  
Canterbury Retreat and Conference Center, Oviedo, Florida  
Symposium Director -- Frank D. Rohter  
Symposium Presenter -- Frank D. Rohter  
"Coronary Vascular Disease, Weight Management and Exercise".

Corporate Wellness Symposium -- April 12, 1989  
Financial Security Corporation of America, Orlando Florida  
Symposium Director -- Frank D. Rohter  
Symposium Presenter -- Frank D. Rohter  
"Corporate Wellness Economics".

Nutrition/Wellness Florida Food Service Awareness Symposium --  
February 9<sup>th</sup> & 10<sup>th</sup>, 1989  
Symposium Director -- Frank D. Rohter  
Symposium Presenter -- Frank D. Rohter  
"Networking a Wellness Program"

Nutrition/Wellness Florida Food Service Leadership Training  
Symposium -- February 22<sup>nd</sup> & 23<sup>rd</sup>, 1990  
Symposium Director -- Frank D. Rohter  
Symposium Presenter -- Frank D. Rohter  
"Developing a Cultural Support System"

**Workshops**

**Students**  
1985- Riverside High School, Sarasota, Florida, 10 hours

**Teachers**  
1986- Orange County -- 4 Elementary Schools 40 hours  
1987- Orange County -- 5 Elementary Schools 50 hours  
1988 Orange County Schools:  
    Edgewater High School 8 hours  
    Pershing Elementary 12 hours  
    Lakemont Elementary 6 hours  
    Meadowbrook M.S. 12 hours  
1989 Orange County Schools:  
    Edgewater High School 8 hours  
    Wheatly M.S. 10 hours

**Professional  
Productions**

Produced the Global Sports Medicine and Lyceum Retreat Center  
Prospectus Four Corners, Florida. Fall 2001

Produced: The Instrumentation Hand Dynamometer Fatigue Curve Data  
Acquisition (HDFCDA), Prototype System- A computer program for measuring  
forearm flexor muscle fatigue during sustained contractions. Spring 2001.



Produced: The "Gene Torchy" Clark Testimonial Video and coordinated the Torchy Retirement Roast, July 8, 2003.

Produced: The Dr. Lex Wood Tennis Coach and Academic Achievement Retirement Award. (Framed, Porter Poster Presentation) June 2005, and coordinated his retirement dinner Fall 2005.

Produced: Submitted and Received Approval for New Course: Ethics and Professionalism for Sports Leaders, Spring 2005.

Produced: The Gerry Gergley Testimonial Video and Coordinated the Iron man Retirement Roast Fall 2005.

**Athletic  
Performance  
Achievements**

Iron man International Triathlon Championship  
5<sup>th</sup> Place Age Group Finisher, Kona, Hawaii. February 1, 1982.  
Iron man International Triathlon Championship  
6<sup>th</sup> Place Age Group Finisher, Kona, Hawaii. October 2, 1982.  
All-American Triathlon Team, "Inside Triathlon" – National Magazine.  
1994  
Fourth Place Age Group Finisher, International Ranking, Tri-Fed  
Association 1994.  
Fourth Place Age Group Finisher, International Ranking, Tri-Fed  
Championship, Columbus, Maryland. 1994.  
Fourth Place Age Group Finisher, ITW World Triathlon Championship,  
Wellington, New Zealand. 1994  
Third Place Age Group Finisher, ITW World Triathlon Championship,  
Cancun, Mexico  
Completed 12 Marathons and 320 Triathlons. 1979 – 2004.

**Professional  
honors**

Honorary Teacher Award, Seminole County Schools, May 1993.  
UCF College of Education, Teacher of the Year. 1992- 93.  
UCF College of Education Sponsored Research Award. 1992-93, 1993-  
94, 1994-95.  
Nominated for Health America Fitness Leaders Award. 1994.  
Received the Russian Commemorative Medal for Allied support during  
WWII from President Boris Yeltsin, November 5, 1996.  
Honored as a Founding, COE Faculty Member (Charter Faculty, 1968)  
at the COE Annual Appreciation Breakfast, April 7, 2004.  
Had the honor of "Hooding" Doctoral students: Nancy Williams, Jacque  
Donegan, Patricia Heyn, Wendy Shore, Mary Schmidt-Owens and Jamie  
Fletcher at the 2003 and 2004 graduation ceremonies.  
Granted Emertus, Membership Status by the American College of  
Sports Medicine 2004.  
Inducted into the University of Central Florida, Intercollegiate "Hall of  
Fame" September 23, 2005.

*Inducted into the UCF Walk of Fame (2010)*