
BIOGRAPHICAL SKETCH

NAME Michael Earl Sandlin	POSITION TITLE Clinical Associate Professor Texas A&M University
------------------------------	--

INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
University of West Alabama, Livingston, AL	B.S.	1974 -1978	Health and Physical Education
University of Arkansas, Fayetteville, AR	M.Ed.	1979 -1980	Recreation Administration
Texas A&M University, College Station, TX	Ph.D.	1987 -1992	Kinesiology

A. Positions and Honors.

Positions and Employment

- 2007- Present Clinical Associate Professor, Department of Health and Kinesiology, Texas A&M University, College Station, Texas A&M University.
- 1999 - 2007 Professor, Department of Health Sciences and Kinesiology, Liberty University, Lynchburg, Virginia.
- 1994 – 1999 Associate Professor, Department of Kinesiology and Health Science, Stephen F. Austin State University, Nacogdoches, Texas
- 1992 – 1994 Assistant Professor, Department of Exercise and Sport Science, Howard Payne University, Brownwood, Texas
- 1987 – 1992 Assistant Lecturer, Department of Health and Kinesiology, Texas A&M University, College Station, Texas

Other Experience (Titles, Professional Memberships, and Offices Held)

Emergency Medical Technician - Paramedic

National Registry
State of Colorado
State of Texas

American Society of Health and Physical Educators

Society of Health and Physical Educators Colorado

Texas Association for Health, Physical Education, Recreation and Dance

Wilderness Medical Society

Honors

Recipient of the 2019 Texas Association for Health, Physical Education, Recreation & Dance College Health Teacher of the year.

Transforming Lives Faculty Fellow 2017

Aggie Transition Camp Namesake 2016

Fish Camp Namesake 2015

Recipient of the 2018 Teacher of the Year in Health Education in the Department of Health and Kinesiology, Texas A&M University.

Recipient of the 2014 Teacher of the Year in Health Education in the Department of Health and Kinesiology, Texas A&M University.

Recipient of the 2010 Teacher of the Year in Health Education in the Department of Health and Kinesiology, Texas A&M University.

B. Study Abroad Programs/Trips (Last 5-Years)

Germany, Austria, Liechtenstein, Switzerland (March 13 – 21, 2014)

Italy (July 22 – 30, 2014)

Germany and Austria (March 12 – 20, 2015)

Hungary, Czech Republic, Germany (July 23 – 31, 2015)

England, France, Switzerland, Germany (March 10 – 18, 2016)

Italy (July 25 – August 3, 2016)

Italy, Austria, Germany, Liechtenstein and Switzerland (March 9 – 18, 2017)

Poland and Hungary (July 24 – August 2, 2017)

Spain, France and Italy (March 8 – 18, 2018)

Germany, Austria, Liechtenstein, Switzerland (July 23 – August 2, 2018)

Germany and Austria (March 7 – 16, 2019)

C. Selected peer-reviewed publications and performances (Selected from last 5 years).

Publications

Sandlin, M. S., Sandlin, J. R., & Keathley, R. S. (2019). Alcohol consumption and risky behaviors among college students: Current trends. *Research Quarterly for Exercise and Sport*, 90(1), A42-43.

Sandlin, J.R., & Sandlin, M.S. (2019). A "blunt" discussion about youth marijuana use in Colorado. *Colorado Society for Health and Physical Education Journal*, 45(2),18-19.

Sandlin, J. R., Sandlin, M. E., & Keathley, R. S. (2019). Texting and driving among college students: What's happening after laws and bans. *Research Quarterly for Exercise and Sport*, 90(1), A93-94.

Sandlin, M.E., Sandlin, J.R., & Keathley, R.S. (2018). College student knowledge of emergency procedures for acute alcohol poisoning. *Research Quarterly for Exercise and Sport*, 89(1), A104.

Sandlin, M.E., Sandlin, J.R., & Keathley, R.S. (2018). Fear of missing out: Experiences among college students. *Research Quarterly for Exercise and Sport*, 89(1), A112

Sandlin, J.R., Sandlin, M.E., & Keathley, R.S. (2018). Texting and driving among college students: Frequency and planned behavior. *Research Quarterly for Exercise and Sport*, 89(1), A111.

Sandlin, J.R., Keathley, R.S., & Sandlin, M.E. (2017). Purposeful alcohol protective strategies planned by college students: Current trends. *Research Quarterly for Exercise and Sport*, 88(1), A102.

Sandlin, M.E., Sandlin, J.R., & Keathley, R.S. (2016). Decision making styles: are they related to college student health? *Research Quarterly for Exercise and Sport*, 87(2), A63.

Sandlin, J.R., & Keathley, R.S. & Sandlin, M.E. (2016). Consequences of alcohol consumption: gender differences among college students. *Research Quarterly for Exercise and Sport*, 87(2), A78.

Presentations

Sandlin, M.E., Sandlin, J.R. & Keathley, R.S. (2019). Alcohol consumption and risky behaviors among college students: current trends. Paper presented at the Society of Health and Physical Educators National Convention, Tampa, FL.

Sandlin, J.R., Sandlin, M.E., & Keathley, R.S. (2019). Truesport inspire future generations through sport positive participation. Paper presented at the Society of Health and Physical Educators National Convention, Tampa, FL.

Sandlin, J.R., Sandlin, M.E., & Keathley, R.S. (2019). Texting and driving among college students: what's happening after laws and bans. Paper presented at the Society of Health and Physical Educators National Convention, Tampa, FL.

Sandlin, J.R. & Sandlin, M.E. (2019). Benefits of mindfulness: practices for improving personal wellness. Paper presented at the Society of Health and Physical Educators Conference, Aurora, CO.

Sandlin, J.R. & Sandlin, M.E. (2019). It's time for truesport! Paper presented at the Society of Health and Physical Educators Conference, Aurora, CO.

Sandlin, M.E. & Sandlin, J.R. (2019). The good, bad and ugly facts about opioids. Paper presented at the Society of Health and Physical Educators Conference, Aurora, CO.

Sandlin, J.R., Keathley, R.S., & Sandlin, M.E. (2019). Practices for improving emotional and physical wellbeing. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Arlington, TX.

Sandlin, J.R. & Sandlin, M.E. (2019). It's time for change: it's time for truesport. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Arlington, TX.

Sandlin, M.E. (2019). The united states opioid crisis: what we should know. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Arlington, TX.

Sandlin, M.E. (2019). Should you get high in colorado? . Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Arlington, TX.

Sandlin, M.E. (2018). Learn to return: essentials of wilderness survival. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Galveston, TX.

Sandlin, M.E. (2018). Marijuana high, is it worth the risk? Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Galveston, TX.

Sandlin, J.R. & Sandlin, M.E. (2018). TrueSport: partnering for positive change at your school. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Galveston, TX.

Sandlin, J.R. & Sandlin, M.E. (2018). Can mindfulness transform mental health? Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Galveston, TX.

Sandlin, J.R., Sandlin, M.E & Keathley, R.S. (2018). Intentions and consequences of college student texting and driving. Poster presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Galveston, TX.

- Sandlin, M.E. (2018). A blunt discussion about marijuana use. Paper presented at the Society of Health and Physical Educators Conference, Aurora, CO.
- Sandlin, J.R. & Sandlin, M.E. (2018). Preventing the deadly and dangerous choking games. Paper presented at the Society of Health and Physical Educators Conference, Aurora, CO.
- Sandlin, J.R. & Sandlin, M.E. (2018). Partnering for a positive change using truesport. Paper presented at the Society of Health and Physical Educators Conference, Aurora, CO.
- Sandlin, J.R., Sandlin, M.E. & Keathley, R.S. (2018). Texting and driving among college students: frequency and planned behaviors. Paper presented at the Society of Health and Physical Educators National Convention, Nashville, TN.
- Keathley, R.S., Sandlin, J.R. & Sandlin, M.S. (2018). College student knowledge of emergency procedures for acute alcohol poisoning. Paper presented at the Society of Health and Physical Educators National Convention, Nashville, TN.
- Sandlin, M.S., Sandlin, J.R. & Keathley, R.S. (2018). Fear of missing out: experiences among college students. Paper presented at the Society of Health and Physical Educators National Convention, Nashville, TN.
- Sandlin, M.E. (2017). Prescription for tragedy: how teens abuse medicine. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Sandlin, M.E. (2017). Injuries, medical emergencies and zombie attack. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Keathley, R.S., Sandlin, J.R., & Sandlin, M.E. (2017). Theory of planned behavior and college student texting and driving. Poster presentation at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Sandlin, J.R., Keathley, R.S., & Sandlin, M.E. (2017). A financial plan is a life plan. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Sandlin, M.E. (2017). Surprising data on health effects of texting – OMG! Paper presented at the Society of Health and Physical Educators Conference, Colorado Springs, CO.
- Sandlin, J.R., Keathley, R.S., & Sandlin, M.E. (2017). Purposeful alcohol protective strategies planned by college students: current trends. Paper presented at the Society of Health and Physical Educators National Convention, Boston, MA.
- Keathley, R.S., Sandlin M.E., & Sandlin, R.S. (2016). Social capital in the workforce: potential implications for employee health. Paper presented at the Society of Health and Physical Educators National Convention, Minneapolis, MN.
- Sandlin, J.R., Sandlin, M.E., & Vaughan, V. (2016). Teaching physical education through adventure based learning activities. Paper presented at the Society of Health and Physical Educators Conference, Colorado Springs, CO.
- Sandlin, M.E. (2016). Health considerations for the ultra-distance athlete. Paper presented at the Society of Health and Physical Educators Conference, Colorado Springs, CO.
- Sandlin, M.E. (2016). Ride today, heal tomorrow: bumps and bruises of mountain biking. Paper presented at the Texas AHPERD Conference, Galveston, TX.
- Sandlin, M.E. (2016). A “broke” college student’s guide to becoming debt-free. Paper presented at the Texas AHPERD Conference, Galveston, TX.
- Sandlin, M.E. (2015). The master’s athlete: physiological and anatomical changes. Paper presented at the Texas AHPERD Conference, Dallas, TX.
- Keathley, R.S., Sandlin, J.R., & Sandlin, M.E. (2015). Sex, drugs, and bullies: doohickeys and thingamajigs. Paper presented at the Texas AHPERD Conference, Dallas, TX.

- Sandlin, M.E. (2015). Vapotinies, vaporitas, and vapobrewskies: danger of smoking alcohol. Paper presented at the Society of Health and Physical Educators Conference, Westminster, CO.
- Sandlin, J.R. & Sandlin, M.E. (2015). Transitioning to teacher/coach: from backpack to briefcase. Paper presented at the Society of Health and Physical Educators Conference, Westminster, CO.
- Sandlin, M.E., Sandlin, J.R., & Keathley, R.S. (2015). College student texting and driving: testing the theory of planned behavior. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Seattle, WA.
- Keathley, R.S., Sandlin, J.R., & Sandlin, M.E. (2015). Community health screening: developing a diabetes intervention and education program. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Seattle, WA.
- Sandlin, M.E. & Sandlin, J.R. (2014). A new national crisis: non-communicable diseases in the adolescent population. Paper presented at the Colorado AHPERD Conference, Westminster, CO.
- Sandlin, J.R. & Sandlin, M.E. (2014). Our students are playing what? Dangerous games 2014. Paper presented at the Colorado AHPERD Conference, Westminster, CO.
- Sandlin, J.R., Keathley, R.S., & Sandlin, M.E. (2014). Teaching character in your gym: 10-minute truesport lessons. Paper presented at the Texas AHPERD Conference, Galveston, TX.
- Sandlin, M.E. (2014). Ultra endurance events: injuries & medical issues to consider. Paper presented at the Texas AHPERD Conference, Galveston, TX.
- Sandlin, M.E. & Sandlin, J.R. (2014). Smoking alcohol: the dangers of vapotinies, vaporitas and vapobrewskies. Paper presented at the Texas AHPERD Conference, Galveston, TX.
- Sandlin, M.E. & Sandlin, J.R. (2014). Action strategies to prevent non-communicable diseases in the adolescent population. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, St. Louis, MO.
- Sandlin, J.R. & Sandlin, M.E. (2014). Thoughts about body size and fat among college students. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, St. Louis, MO.
- Sandlin, M.E. (2013). Pursue victory with honor: teaching character in your gym. Paper presented at the Texas AHPERD Conference, Dallas, TX.
- Sandlin, J.R. & Sandlin, M.E. (2013). Staycations gone wild! Paper presented at the Texas AHPERD Conference, Dallas, TX.
- Sandlin, M.E. & Sandlin, J.R. (2013). Non-communicable adolescence diseases: an opportunity for action. Paper presented at the Texas AHPERD Conference, Dallas, TX.
- Sandlin, M.E., Sandlin, J.R., & Keathley, R.S. (2013). Be a tracker: use your smartphone app to monitor your health. Texas AHPERD Conference, Dallas, TX.
- Sandlin, J.R. & Sandlin, M.E. (2013). Sport participation and character development: is there a symbiotic relationship? Paper presented at the Colorado AHPERD Conference, Loveland, CO.
- Sandlin, J.R., Keathley, R.S., & Sandlin, M.E. (2013). Sport decision making: lessons From high school athletes. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Charlotte, NC.