

Christopher P. Herrera, PhD, MBA

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CURRENT POSITION

Associate Dean of Online Learning & Distance Education, College of Graduate Studies

Associate Professor, Department of Kinesiology & Human Performance

***All course syllabi at SRSU available online: [SRSU-HB2504 Website: Dr CP Herrera](#)**

Sul Ross State University, Alpine, Texas, USA

Public, 4yr University, Approx. 2k+ enrollment, Masters-Granting, HSI designation, 4 Regional Campuses across Texas-Mexico border regions, all rural environments

- Tenure (September 2022)
- Associate Dean (August 2022-present)
- Associate Professor (Aug 2021-present)
- Department Chair (June 2019 – August 2022)
- Graduate Program Coordinator (Aug 2016-December 2021)
- Assistant Professor (Jan 2016-Aug 2021)

Selected Key Accomplishments

- Grew and diversified tenure-track kinesiology faculty: 3 new FTE (2 female)
- Reconfigured career-focused concentrations for BS in Kinesiology
- Established new fully online MS in Sports Administration
- Co-authored \$30k grant; leadership for the creation of Human Performance Laboratory
- Faculty leader for Study Abroad to Ireland (Fall 22); first University-wide trip since 2019; first in Department of Kinesiology
- Created Division of Online Programs & Distance Education
- Increased monthly web traffic to redeveloped online programs landing page by 4500%
- Production of six TV commercials for \$100k digital advertising campaign
- Increased number of certified Quality Matters online teaching faculty

EDUCATION

PhD, Health Sciences, 2010

University of Sydney, NSW, Australia

Master of Business Administration, 2018

Sul Ross State University, Alpine, Texas, USA

Master of Arts, Behavioral Science – Psychology, 2006
University of Houston-Clear Lake, Texas, USA

Bachelor of Science, Psychology, 2003
The Ohio State University, Columbus, OH, USA

HONORS, AWARDS, AND LISTINGS

Deltu Mu Theta (Business Honors Society), Zeta Epsilon Chapter, Member, *2018-present*

Young Investigator Research Forum Attendee, American Academy of Sleep Medicine (AASM) and National Institutes of Health (NIH), *2011*

Postgraduate Teaching and Research Fellowship, Faculty of Health Sciences, University of Sydney, NSW, Australia, *2009-2010*

Young Investigator Award Finalist, Australasian Sleep Association and Australasian Sleep Technologies Association 21st Annual Scientific Meeting, *2009*

CERTIFICATIONS AND TRAINING

Texas Academic Leadership Academy – Cohort 5, *2022-2023*

Leading and Influencing as a Department Chair, Academic Impressions, *2021*

Online Teaching Certificate, Sam Houston State University, *2020*

Texas Master Naturalist, Tierra Grande Chapter, Volunteer Training, *2019*

Leadership Big Bend, Elected as Class President, *2018*

Online Teaching Certificate, Online Learning Consortium, *2018*

Basic Life Support (BLS), American Heart Association, *2013-present*

Wilderness Advanced First Aid (WAFA), NOLS, *2018-present*

PROFESSIONAL MEMBERSHIPS

Association of Outdoor Recreation and Education, *2020-2020*

Texas Association for Health, Physical Education, Recreation & Dance, *2019-2020*

SERVICE COMMITMENTS

Sul Ross State University

Chair of:

Online Distance Education Committee (2022-present)

Department Chairs Council, 2020-2022

University Curriculum Committee, 2021-2022

Strategic Plan Leadership Committee, 2020-2021

Campus Wellness Initiative, 2018-2021

Member of:

Campus Climate Survey Committee, 2019-2023

Sustainability Council, 2019-2023

Teaching Council, 2020-2023

Online Distance Education Committee, 2019-2022

Graduate Council, 2020-2022

Institutional Review Board, member, 2019-2021

International Studies Task Force, member, 2018-2021

Faculty Assembly Executive Cabinet, Member-at-large (College of Education & Professional Studies), 2017-2021

Community Engagement

Leadership Big Bend, Class President, Secretary & Board Member, 2019-present

Marathon ISD, District Advisory Council, Member, 2020-2021

City of Alpine, Parks & Recreation Advisors Board, Academic Partner, 2018-2021

Education Committee, Tierra Grande Chapter, Texas Master Naturalist, 2019-2021

Alpine Chamber of Commerce, Webmaster, Co-Treasurer, Board Member, 2018-2020

Methodist Hospital Corporate Wellness Committee Member, 2005-2007

STUDENT MENTORSHIP

McNair Scholars Program (undergraduate students)

E Jillson, Effects of pre-workout supplementation on muscular strength and muscular endurance in females during menstruation, 2021-2022

B Mayers, Knee and Ankle Range of motion in college rodeo athletes, 2022 (Co-Mentor)

J Parades, Demographics and Prevalence of Ankle Injury in D3 Athletes, 2020-21

S Cardenas, Early prevention of running related injury in college student athletes using asymmetrical gait analysis, 2018-2019

F Baeza, An Assessment of Region 18 Texas High School Football Athlete's Knowledge and Attitude Towards Concussions, 2017-2018

MS Health and Human Performance Capstone Projects (graduate students)

N=50+ student projects mentored in various aspects of health and human performance

SCHOLARLY REVIEWS

Applied Psychology: Health & Well-Being

Aspetar Sports Medicine Journal, Reviewer

Experimental Brain Research

Frontiers in Nutrition: Nutrition & Metabolism (3)

Frontiers in Physiology: Exercise Physiology

Frontiers in Psychiatry: Public Mental Health

OTHER PROFESSIONAL EXPERIENCE

Creator & Race Director, [Trans-Pecos Ultra](#), Alpine, Texas, USA, *2015-present*

2013-2015 – Consultant, Sleepio (Digital Cognitive Behavioral Sleep Therapy)

2010-2013 – Research Scientist, Aspetar-Qatar Orthopaedic & Sports Medicine Hospital, Qatar

2009-2013 – Founder & President, Sleeptechs LLC, Sydney, Australia

2011-2014 – Scientific Advisory Board member, Start School Later, USA

2009-2010 – Lab Manager, Centurion Sleep & Heart Clinic, Sydney, Australia

2009-2010 – Postgraduate Teaching & Research Fellow, University of Sydney, Australia

2008-2009 – Casual Academic / Tutor, University of Sydney, Australia

2007-2009 – Chief Night Technician, Sleep & Chest Disorders Centre, Sydney, Australia

2007-2008 – Graduate Research Assistant, University of Sydney, Australia

2005-2007 – Sleep Lab Coordinator, Methodist Hospital, Houston, Texas, USA

2004-2006 – Graduate Research Assistant, University of Houston-Clear Lake, Texas, USA

GRANTS AND FINANCIAL SUPPORT RECEIVED

2022 – Human Performance Laboratory Development Grant. A part of the Title V PPOHA Grant. Department of Education. \$30K, FFE, software.

2021 – Faculty Course Development Stipends. A part of Title V Promoting Postbaccalaureate Opportunities for Hispanic Americans (PPOHA) from Department of Education. Recommended faculty for MS Sports Admin program; approximately \$17k in course developments and pilots.

2021 – “Leading and Influencing as a Department Chair Bootcamp”. Academic Impressions. Sul Ross State University Faculty stipend. \$3395

2020 – Kinesiology Classroom Improvement Grant through Higher Education Assistance Fund (State of Texas). \$33,000

2019 - “Big Bend Epic MTB Weekend”. Brewster County Tourism Council grant. \$12,500

2019 - “Site Visit – Institute of Study Abroad Ireland”. International Studies Office & Teaching Council travel grants, Sul Ross State University. \$2000.

2018-2020 - “Trans-Pecos Ultra”. City of Alpine HOT (Tourism) Grant. \$10,000 pa; 3 years

2018 – “Online Teaching Certificate Training Grant”. Graduate Student Center, Sul Ross State University. \$1500.

2016-2018 – Course Development Stipends – PPOHA Grants. Graduate Student Center, Sul Ross State University. \$12,780.

2012-2013 – “Effects of Ramadan on performance, injury, and sleep: A prospective study of football players during London 2012 Summer Olympics.” Aspetar, FIFA Medical and Research Centre, & Clinique Chahrazed, Algeria. Research Grant, \$25,000.

2012-2012 – “Sleep and physical activity measurement in athletes”. Aspetar. Research Grant, \$52,000.

2011 – “Ramadan, Sleep and Performance: A multi-national study of football players”. Aspetar and Universite Hassan II, Casablanca, Morocco. Research Grant, \$15,500.

2011 – “Postprandial glycemc and insulin response to a mixed macronutrient meal increases the availability of tryptophan”. Young Investigator Research Forum, American Academy of Sleep Medicine (AASM) and National Institutes of Health (NIH). Travel Grant, \$2,500.

2009-2010 – Postgraduate Teaching and Research Fellowship, Faculty of Health Sciences, University of Sydney, Australia. Stipend, \$27,317AUD per annum.

2009 - “Postprandial amino acid response to a high glycemc index evening meal and the effects on sleep in adults with insomnia”. University of Sydney Postgraduate Research Support Scheme. Research Grant, \$1,788AUD.

2009 - "Postprandial glyceimic and insulin response to a mixed macronutrient meal increases the availability of tryptophan." Australasian Sleep Technologist Association. Travel Grant, \$1,250AUD.

2007-2008 – "A meta-analysis of the first night effect during polysomnography". University of Sydney Postgraduate Research Support Scheme. Research Grant, \$2,312AUD.

PUBLICATIONS

Books and Book Chapters

1. Chamari K, Haddad M, Chtourou M, **Herrera CP**, Eirale C (2013). "Injury Rate During Ramadan." *In Effects of Ramadan Fasting on Health and Athletic Performance*. OMICS Group Incorporation.
2. CM Chow & **CP Herrera** (2011). "Feeding and Sleep Behavior". *In Handbook of Behavior, Food and Nutrition. Part 5*, 783-796. Springer Publishers, USA.

Refereed Journal Articles

1. Khalladi K, Farooq A, Souissi S, **Herrera CP**, Chamari K, Taylor L, and Massioui F. Inter-relationship between sleep quality, insomnia and sleep disorders in professional soccer players. *BMJ Open Sport & Exercise Medicine*. 2019. doi: [10.1136/bmjsem-2018-000498](https://doi.org/10.1136/bmjsem-2018-000498)
2. Gaoua N, **Herrera CP**, Periard JD, El Massioui F, Racinais, S. (2017). Effect of hyperthermia on brain activity during simple and complex cognitive tasks. *Frontiers in Psychology* (doi: [10.3389/fpsyg.2017.02290](https://doi.org/10.3389/fpsyg.2017.02290)).
3. Farooq M, **Herrera CP**, Zerguini Y, Almudhaka F, Chamari K (2016). Knowledge, beliefs and attitudes of Muslim football players towards Ramadan fasting during London 2012 Olympics: a cross-sectional study. *BMJ Open* 6(9).
4. Chamari K, Briki W, Farooq M, Patrick T, Belfekih T, **Herrera CP** (2016). Impact of Ramadan intermittent fasting on cognitive function in trained cyclists: a pilot study. *Biol Sport* 33(1): 49-56.
5. Farooq A, **Herrera CP**, Almudehki F, Mansour R (2015). A prospective study of the physiological and neurobehavioral effects of Ramadan fasting in preteen and teenage boys. *J Acad Nutr Diet* 115: 889-897.
6. Periard JD, Racinais S, Knez WL, **Herrera CP**, Christian RJ, Girard O (2014). Coping with heat stress during match-play tennis: Does an individualized hydration regime enhance performance and recovery? *Br J Sports Med* 48: 64-70.
7. Periard JD, Racinais S, Knez WL, **Herrera CP**, Christian RJ, Girard O (2014). Thermal, physiological and perceptual strain mediates alterations in match-play tennis under heat stress. *Br J Sports Med* 48: 32-38.
8. Roky R, **Herrera CP**, Ahmed Q (2012). Sleep in athletes and the effects of Ramadan. *J Sport Sci* 30: S75-84.
9. **Herrera CP** (2012). Total sleep time in Muslim football players is reduced during Ramadan: a pilot study on the standardized assessment of subjective sleep-wake pattern in athletes. *J Sport Sci* 30: S85-91.
10. **Herrera CP**, Smith K, Chow CM, Atkinson F, Brand-Miller J, O'Connor H (2011). High-glycemic index and -glycaemic load meals increase the availability of tryptophan in healthy volunteers. *Br J Nutr* 105: 1601-1606.

RESEARCH AND ACADEMIC PRESENTATIONS

1. Mayers B, Laxton BR, **Herrera CP**, Moody S (2022, June 2-4). Assessment of Lower Extremity Range of Motion in Collegiate Rodeo Athletes. *Sul Ross Athletic Training and Davis Mountains Sports Medicine Clinic*.
2. Jillson E & **Herrera CP** (2022, April). Effects of Pre-Workout Supplementation on Muscular Strength, Muscular endurance and Self-Rated Performance in College Age Women during Menstruation. *SRSU Research Symposium*.
3. Parades J, Laxton BR, **Herrera CP** (2021). Demographic and Prevalence of Ankle Injury in D3 Athletes. *SRSU Research Symposium*.
4. **Herrera CP** (2019). Promoting outdoor education among college students at Sul Ross State University. *Annual Conference of Texas Outdoor Education Association*.
5. Cardenas S & **Herrera CP** (2019). Early prevention of running related injury in college student athletes using asymmetrical gait analysis. *SRSU Research Symposium*.
6. Baeza F & **Herrera CP** (2018). An Assessment of Region 18 Texas High School Football Athlete's Knowledge and Attitude Towards Concussions. *SRSU Research Symposium*
7. T Parsons & **CP Herrera** (2018). "Developing for HIS: A Team Approach". Promoting Postbaccalaureate Opportunities for Hispanic Americans (PPOHA) –Project Directors' Conference. *US Department of Education. June 25-26*.
8. F Almudehki, A Farooq, **CP Herrera**, T Belfekih (2013). Ramadan Fasting in Endurance Athletes: A Pilot Study. *Med Sci Sport Sci, 45 (5), 129*.
9. A Farooq and **CP Herrera** (2012). "Habitual sleep quantity helps maintain sustained attention levels in Muslims during Ramadan". *Qatar Foundation Annual Research Forum. Doha, Qatar*
10. **CP Herrera**, A Farooq, AJ Coutts, JC Bilsborough, J Hocking, J Cordy, S Racinais, M Buchheit (2012). Effects of normobaric hypoxic conditions on sleep duration and quality in professional Australian Football League players. *17th Annual Congress of the European College of Sports Sciences. Bruges, Belgium*.
11. **CP Herrera**, A Farooq (2012). Regular exercise as a protective factor against obesity risk among extreme sleep phenotypes in athletes. *59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the ACSM. San Francisco, CA. Med Sci Sports Exerc 44(5), A3218*.
12. N Gaoua, **CP Herrera**, S Racinais, F El Massiouri (2012). Heat induces an overload during complex cognitive performance. *59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the ACSM. San Francisco, CA. Med Sci Sports Exerc 44(5), A1574*.
13. A Farooq, R Mansour, **CP Herrera**, R Whiteley, B Hamilton (2012). Association of poor food choices with sleep and performance among Qatar STARS league football players. *59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the ACSM. San Francisco, CA. Med Sci Sports Exerc 44(5), A2706*.
14. R Roky, **CP Herrera**, A Farooq, N Gaoua (2011). Sleep and chronobiology in football players during Ramadan. *1st Consensus Meeting on Ramadan and Football. Nov. 25-26, Aspetar Hospital. Doha, Qatar*
15. **CP Herrera**, A Farooq (2011). Influence of Ramadan on sleep quality and chronotype in Qatari football players. *Qatar Annual Research Forum. Nov. 20-22, National Convention*

Center, Doha, Qatar.

16. A Farooq, R Mansour, **CP Herrera**, S Racinais, F Almudehki, O Girard, I Matic, W Knez, J Grantham (2001). Negative influence of Intermittent Fasting and Unhealthy Lifestyle on Body Composition, Sleep, Physical Fitness, and Iron Indices on School Boys. *Qatar Annual Research Forum. Doha, Qatar.*
17. A Farooq, I Matic, **CP Herrera**, J Grantham, F Almudehki (2011). Effects of Ramadan Fasting on Body Composition, Energy Expenditure and Hematology in Young Boys. *Med Sci Sport Sci 43(5). 270.*
18. N Gaoua, **CP Herrera**, S Racinais, J Grantham, F Massioui (2011). Passive hyperthermia imposes a load on cognitive capacity. *16th Annual Congress of the European College of Sports Sciences. Liverpool, UK.*
19. **CP Herrera**, C Lippert, B Sas (2011). Influence of Ramadan on subjective sleep quality and daytime sleepiness in post-operative athletes in Qatar. *APSS Sleep, Minneapolis, MN, USA. Sleep 34, A0757.*
20. **CP Herrera**, S Racinais (2011). EEG correlates of approach behavior: Does the anticipated exercise intensity influence pre-exercise frontal alpha asymmetry? *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the ACSM. Denver, CO. Med Sci Sports Exerc 43(5), Supplement. A2804.*
21. **CP Herrera**, P Ruell, CM Chow, H O'Connor (2010). Influence of the glycemic load (GL) on subjective and objective measures of sleep quality in sleep initiation insomnia. *15th World Congress of Psychophysiology. Budapest, Hungary. Int J Psychophys 77, A292.*
22. **CP Herrera**¹, H O'Connor, CM Chow (2009). Postprandial glycemic and insulin response to a mixed macronutrient meal increases the availability of tryptophan. *21st Annual Meeting ASA and ASTA. Melbourne, VIC, Australia. Sleep and Biological Rhythms 7, A15.*
23. **CP Herrera**, CM Chow (2008). A Meta-analysis of the First Night Effect (FNE) in Polysomnography – its implications for baseline measurements. *APSS Sleep, Baltimore, MD, Sleep 31, A1067.*
24. J Gnananandh, S Subramanian, **C Herrera**, R Aguilar, T Petrocelli, and S Surani (2007). Influence of gender and anthropometric variables on severity of obstructive sleep apnea and CPAP pressure requirements. *Chest Meeting Abstracts 132(4), p 650.*

25. DH Malin, **CP Herrera**, P Goyarzu, CL Howard, A Newton, S Serice, NK Torok, S Ennifar, PR Pentel, A Fattom (2005). Passive immunization against nicotine attenuates nicotine-conditioned place preference in the rat. *Program No. 1027.1. Neuroscience Abstracts. Washington, DC: Society for Neuroscience. Online*

¹ Selected for Young Investigator Award, Oral Presentation

CONSULTING AND OTHER INVITED PROFESSIONAL PRESENTATIONS

2020-present – Lecturer. Health Seminar. SRSU Law Enforcement Academy

2015-Present – Public Speaker, Topics: Ultra running, multi-stage ultras, sports event production, outdoor adventure, recreation tourism, health and wellness. Various sites in USA.

2014-Present – “Career Talk”. Marfa High School (2019), Clear Lake High School (2013)

2013 - “Sleep and Recovery in Sport: Influence of an Islamic Society”. Post-Exercise Recovery: Best Evidence – Future Strategies Conference. Aspetar, Doha, Qatar.

2012² - “Ramadan & Sport”. Qatar House, London 2012 Summer Olympics. London, UK.

2012³ - “Sleep disturbances in athletes during Ramadan”. 17th Annual Congress of the European College of Sports Sciences, ECSS. Bruges, Belgium.

2012 - Sleep & Health Consultations. Six Senses Spa at Soneva Fushi, Maldives. 25 Oct–9 Nov.

2012 - Sleep, Relaxation, & Meditation’ workshop. Msheireb Properties, Doha, Qatar. 19 June.

2012 - ‘Sleep Improvement Workshop & Consultations’. Six Senses Spa at Hotel Missoni, Kuwait City, Kuwait, 23-30th March.

2011 - “How to Search and Find ‘Evidence’: Evidenced Based Medicine Series.” Sports Medicine Course for Nurses. Aspetar, Doha, Qatar

2011 - ‘Sleep & Health Workshops – part of ‘Wellness Mondays’. *Six Senses Spa at Sharq Village, Doha, Qatar*, 28 Nov, 11 July, 27 June, 2 May, 21 March, 31 January.

2011 - “Sleep & Performance” Workshop. *CrossFit Calgary, Canada, 29 July*

2010 - “Neuroscience in Sports Medicine.” Tuesday Scientific Lecture. Aspetar, Doha, Qatar

2008 - “Shiftwork, Macronutrient Intake, and Sleeping Patterns: Staying Alert and Eating Healthy.”¹ American Association of Sleep Technologists Meeting, Baltimore, MD, USA.

2007 - “Sleep and Sleep Disorders”. Guest Lecturer, University of Houston-Clear Lake, Psych 4136: Brain and Behavior. Clear Lake, TX, USA.

² Keyote Presentation at Qatar House during London 2012 Summer Olympics

³ Session chair and presenter