

Christopher P. Herrera, PhD, MBA

Department of Kinesiology and Human Performance

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EDUCATION

2010, PhD – Health Sciences, University of Sydney, NSW, Australia

2018, MBA – Sul Ross State University, Alpine, Texas, USA

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

2003, BS – Psychology, The Ohio State University, Ohio, USA

CURRENT POSITIONS

2016-present – Department Chair & Assistant Professor of Kinesiology, Health and Human Performance Program Coordinator, Outdoor Education & Recreation Advisor, Sul Ross State University, Alpine, Texas, USA

Courses Taught

- SRSU 1101 – Freshman Seminar
- PE 1306 – First Aid & CPR
- KES 2303 – Nutrition
- KES 2330 – Outdoor Recreation
- KES 3316 – River Recreation & Safety
- PES 4303 / KES 4362 – Senior Capstone: McNair Research
- KES 5305 – Graduate Research
- KES 5312 – Advanced Nutrition
- KES 5313 – Advanced Human Physiology
- KES 5315 – Group Dynamics
- KES 5316 – Motor Learning & Control
- KES 5373 – Health & Human Behavior
- KES 5609/5909 – Advanced Practicum for HHP Program

Courses Developed

- KES 2311 – Recreation & Leisure
- KES 3318 – Mountain Recreation & Safety
- KES 3321 – Recreation Administration
- KES 3330 – Sustainable Tourism & Commercial Recreation (Fall 2020)
- KES 4380 – Recreation Practicum

*All course syllabi at SRSU available online: <https://srinfo.sulross.edu/hb2504/>

OTHER PROFESSIONAL EXPERIENCE

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

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

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

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

2003-2005 – Technical Director, REST Technologies, Inc., Texas, USA

SERVICE COMMITMENTS

2020-present – Education Committee Member, Tierra Grande Chapter, Texas Master Naturalist

2019-present – Secretary & Board Member, Leadership Big Bend

2019-present – Member, Online Distance Education Task Force, Sul Ross State University

2019-present – Member, Institutional Review Board (IRB), Sul Ross State University

2019-present – Member, Campus Climate Survey Committee, Sul Ross State University

2018-present – Academic Partner, City of Alpine Parks & Recreation Advisory Board

2018-present – Member, International Education Task Force

2018-present – Member, Strategic Plan Leadership Committee

2018-present – Member, Marketing Committee, Sul Ross State University

2018-present – Chair, Sul Ross Campus Wellness Workgroup

2018-present – Faculty Research Mentor, McNair Scholars Program, Sul Ross State University

2017-present – College of Education & Professional Studies Member-at-large, Faculty Assembly Executive Cabinet, Sul Ross State University

2018-2020 – Board Member & Treasurer, Alpine Chamber of Commerce
2012-2013 – Ad-hoc reviewer, Aspetar Sports Medicine Journal
2011-2014 – Advisory Board Member, Start School Later
2005-2007 – Member, Methodist Hospital Corporate Wellness Committee

TRAINING, CERTIFICATION & MEMBERSHIPS

2020 – Member, Association of Outdoor Recreation and Education
2019 – Texas Master Naturalist, Tierra Grande Chapter
2018-present – Wilderness Advanced First Aid (WAFA), NOLS
2018 – Leadership Big Bend, Voted as Class President
2018 – Online Teaching Certificate, Online Learning Consortium
2007 – Certificate in Venepuncture Practice and Theory, The Pathology Foundation, Australia
2003-present – Basic Life Support (BLS), American Heart Association

HONORS, AWARDS, AND LISTINGS

2011 – Young Investigator Research Forum Attendee, American Academy of Sleep Medicine (AASM) and National Institutes of Health (NIH)
2009-2010 – Postgraduate Teaching and Research Fellowship, Faculty of Health Sciences, University of Sydney, NSW, Australia
2009 – Young Investigator Award Finalist, Australasian Sleep Association and Australasian Sleep Technologies Association 21st Annual Scientific Meeting

GRANTS RECEIVED

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-present – “Trans-Pecos Ultra”. City of Alpine Hotel Occupancy Tax (Tourism) Grant. \$10,000 annually.

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

2016-2018 – “Course Development 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 glycemic 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 glycemic 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 glycemic 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. Chamari, K., Farooq M, **Herrera CP**. (2018). Qualitative Sleep Patterns in the Qatar Stars League (QSL). *BioMed Research International (in review)*
3. 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)*.
4. 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).
5. 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.
6. 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.
7. 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.
8. 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.
9. Roky R, **Herrera CP**, Ahmed Q (2012). Sleep in athletes and the effects of Ramadan. *J Sport Sci* 30: S75-84.
10. **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.
11. **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. **Herrera CP** (2019). Promoting outdoor education among college students at Sul Ross State University. *Annual Conference of Texas Outdoor Education Association*.
2. Cardenas S & **Herrera CP** (2019). Early prevention of running related injury in college student athletes using asymmetrical gait analysis. *SRSU Research Symposium*. 2019.
3. Baeza F & **Herrera CP** (2018). An Assessment of Region 18 Texas High School Football Athlete's Knowledge and Attitude Towards Concussions. *SRSU Research Symposium*
4. 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.
5. F Almudehki, A Farooq, **CP Herrera**, T Belfekih (2013). Ramadan Fasting in Endurance Athletes: A Pilot Study. *Med Sci Sport Sci*, 45 (5), 129.
6. 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
7. **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.
8. **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.
9. 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.
10. 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.
11. 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
12. **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.
13. 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.

14. 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.
15. 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.
16. **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.
17. **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.
18. **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.
19. **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.
20. **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.
21. 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.
22. 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

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