

Matthew T. Mahar

Class of 1977

Columbia High School

Dr. Matthew T. Mahar is currently an Assistant Professor of Exercise and Sports Science at East Carolina University in North Carolina. He has been in this position since 1993. From 1982 to 1993 he performed the duties of assistant professor/instructor at the University of Houston, Pittsburg State University and Springfield College where he distinguished himself as a teacher extraordinaire.

After graduation from Columbia High School, Dr. Mahar attended the State University of New York at Cortland, where he earned his B.S.E. in Physical Education in 1981. He went on to earn his M. Ed. and Ed. D. in Physical Education at the University of Houston in 1987 and 1989 respectively.

Dr. Mahar has specialized in the area of research and measurement in Exercise Science. His contributions to this unique field of endeavor are impressive not only for their quality but quantity as well. The list of scholarly contributions to professional journals is exhaustive. With over fifty-five articles written and printed regarding research and measurement in Physical Education, the impact of his influence on this field cannot be minimized. The spectrum of his research and analysis ranges from: 'Gait Adaptations before and after anterior cruciate ligament reconstruction surgery' to 'Plasma renin and hemodynamic responses in Caucasian and African-American borderline hypertension females,' to 'Lower and upper body anaerobic performance in male and female adolescent athletes.'

Dr. Mahar has frequently been in demand for and has served as a presenter at numerous conferences, conventions and symposiums where his talent for research, analysis and evaluation have served as a powerful motivational force to his fellow colleagues. He has presented his research in nineteen states as well as Canada.

Dr. Mahar has been the recipient of a host of grants, honors and awards. Serving as both primary and co-investigator in a number of research projects funded by both the public and private sector he has unveiled an impressive volume of scientific knowledge. In recognition of his considerable research, writing and teaching faculties, Dr. Mahar has received numerous awards. Among a few of them are: selection for Who's Who in American Education (1996-97); inclusion in International Directory of Distinguished Leadership (1995); and nominations for Outstanding Teacher/Researcher (1997-98).

Dr. Mahar has also found the time to serve his community, university and profession as editor/reviewer of scholarly journals; member/chair of professional committees and coaching and mentoring young people in sports activities.