

James S. Skinner

Dr. James S. Skinner was born and raised in the south but went to high school and university in Illinois. Since receiving his doctoral degree at the University of Illinois, he has worked in departments of physical education, physiology, and medicine in the United States, Germany, and Canada. He has held a number of positions in his profession, including president of the American College of Sports Medicine and vice president of the International Council on Sports Sciences and Physical Education. He has received honors from such organizations as the American College of Sports Medicine and the International Olympic Committee.

Dr. Skinner has been doing research on exercise and health for over 40 years. He has been principal investigator, co-investigator, or a member of the executive committees of research grants totaling more than \$50 million. Most notably, he is one of the five principal investigators of the multicenter HERITAGE Family Study, which is the largest such study ever funded by the National Institutes of Health where exercise was the primary experimental factor. He brought this grant to Indiana University in 1996 for the last one and a half years of data collection of the first five-year phase. This 12-year study was conducted at five universities (four data collection centers and one center for data management and analysis). It investigated the role of genetic factors in the health and fitness of more than 750 healthy, sedentary family members before and after a supervised program of exercise training. This has resulted in over 140 publications, all but one of which shows an affiliation with IU. Another 50 to 60 publications are expected in the course of the next few years as the principal investigators analyze the enormous amount of data.

Jim presently lives in the mountains of western North Carolina, where he continues writing, lecturing, and consulting. His home is at 3,000 feet and is surrounded by hills, trees, and lakes. He hikes regularly on the 300 miles of trails and near the 250 waterfalls within a one-hour drive from his home. He also works with others to develop and maintain trails in the area where he lives.

Although he has traveled extensively (he has lectured in 57 countries), he plans to travel at least once per year to places he has never been but has wanted to visit. As an example, this past year he spent three and a half weeks on a safari in Kenya, Tanzania, South Africa, and Zimbabwe. This year, he will visit Tibet and western China after lecturing in Hong Kong and Beijing.