

Mark Patterson has been active in the clinical exercise physiology field for about 20 years. He received his bachelor's degree in Physical Education / Wellness from the University of Central Missouri and his Masters Degree in Exercise Physiology from the University of Virginia. Mark has worked for Hammon's Heart Institute in Springfield Missouri, Experimental and Applied Sciences in Golden Colorado and currently provides his services for Kaiser Permanente in Denver, Colorado. In addition to his training in Exercise Physiology he furthered his education with studies in the biomechanics of human movement and massage therapy. He has conducted in excess of 12,000 exercise and pharmacological stress tests since 1990 and has created new service lines in Cardiology and Vascular Surgery departments at Kaiser Permanente. These programs are designed for one-on-one consultation, assessment and follow-up for patients to better suit their individual needs. He specializes in working with patients who have multiple chronic and acute disease states limiting their ability to perform physical activity and exercise. These programs are unique within Kaiser Permanente nationwide and the Peripheral Artery Disease Rehabilitation program is the only one of its kind in the state. These programs have proved to be a success and have been thriving for the past 4-5 years.

Mark has been very active with American College of Sports Medicine. He currently is part of the Registered Clinical Exercise Physiologist (RCEP) Practice Board. He was involved with the launch of the Clinical Exercise Physiology Association (CEPA) as the continuing education chair. He has been president of the Rocky Mountain chapter of the ACSM, on the board of directors for the Rocky Mountain Cardiopulmonary Rehabilitation Association, has been part of the review team for two clinical exercise physiology texts (ACSM's Resources for Clinical Exercise Physiology 2nd Ed., ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 2nd Edition).

He has been an active lecturer on the effects of exercise on chronic disease states and has presented at multiple regional ACSM chapter meetings, various universities and at local events in Colorado representing Kaiser Permanente.

Certifications

1997 to 2003 ACSM – Exercise Specialist

2003 – Present ACSM – Registered Clinical Exercise Physiologist

2008 – Present ACSM – ACSM / ACS Certified Cancer Exercise Trainer

Research

Contrasting Negative-Feedback Control of Endogenously Driven and Exercise-Stimulated Pulsatile Growth Hormone Secretion in Women and Men, *The Journal of Clinical Endocrinology & Metabolism* 89(2): 840-846, 2004