

P. Anthony Gryffin PhD, MS

715-575-7063

gryffin@csus.edu

drgryffin@gmail.com

EDUCATION

Doctor of Philosophy Health and Human Performance
Alumni Fellow University of Florida

Master of Science in Kinesiology and Health
California State Polytechnic University Pomona

Bachelor of Science in Recreation Administration
Top Graduating Senior, College of Arts
Summa cum Laude
California State Polytechnic University, Pomona

PRIMARY RESEARCH INTERESTS

- Health coaching and mindfulness-based behavior change, including elements of positive psychology and cognitive behavioral therapy. Also benefits for addiction, trauma, and the prevention of hypokinetic and chronic disease.
- Metabolic theory as related to an evidence-based understanding of the physiological mechanisms underlying benefits of tai chi and related mindful exercises for health and chronic conditions. Also including psychosocial benefits/benefits for balance for older adults.
- Development of a Health Belief Model Equation and Tool (HBME/T) for predicting and motivating adoption of health behaviors in older adults, with applications for measurable tailored and targeted communications.
- Community-based participatory research, and promotion of evidence based interventions for the health of mind and body (including alternative forms of fitness to target novel opportunities for health).

ACADEMIC EXPERIENCE

Lecturer, California State University, Sacramento.

Classes include Epidemiology, Health and Aging, and Healthy Lifestyles.

Lecturer, Los Rios Community College District, Cosumnes River College.

Teach the online course Language of Medicine for Health Care Providers.

Assistant Professor/Academic Director, University of Wisconsin, Stevens Point.

Two-year position acting as Academic Director for the online Health and Wellness Management degree. Also taught Health Promotion and Marketing, Community Practicum, and Careers in Health Promotion and Wellness. Also acted as club advisor, led tai chi in employee wellness program, and other service.

Alumni Fellow/Graduate Assistant, University of Florida.

Four years in a fully funded doctoral program, primarily focused on research in areas of mindfulness, health behavior theory, and diffusion of innovation theory and application.

Lecturer, Fullerton College.

Ten years teaching health and wellness courses. Developed and passed the curriculum for eight new courses based on holistic health practices and experiential education, including one GE course. Also acted as club advisor for the martial arts club. Finalist and regular nominee for teacher of the year.

Lecturer, California State Polytechnic University, Pomona.

Graduate student instructor, teaching a variety of courses, including Community Relations, Organization and Management, History and Philosophy of Leisure, Leisure in Society, Wilderness Survival, Tai Chi and Archery. Also taught English Composition, and Cultural Awareness for Speech and Critical Thinking, for the Summer Bridge Program.

PUBLICATIONS

PEER REVIEWED

Gryffin PA, Implications of mindful exercise and metarobics as a new category of exercise. *Applied Physiology, Nutrition and Metabolism*. In Process.

Gryffin PA, Chen WC, Erenguc N. Survey of tai chi programs in the United States: Barriers and opportunities for older adults. *Health Education and Behavior*. Submitted June 25, 2018.

Gryffin PA, Chen WW, Chaney BH, et al. Facilitators and barriers to tai chi in the older adult population: A focus group study. *American Journal of Health Education*, 2015; 46(2): 109-118.

Gryffin PA, Erenguc N, Chen WC. Meditation for college success: barriers and opportunities. *American Journal of College Education*, 2014; 2(3): 183-192.

Gryffin PA. Qi: Implications for a new paradigm of exercise. *Integrative Medicine*, 2013; 12(1): 36-40.

Gryffin PA, Chen WW. Implications of tai chi for smoking cessation. *Journal of Alternative and Complementary Medicine*. 2012; 18(6): 1-5.

BOOKS

Gryffin PA. *Mindful Exercise: The Science of Metarobics*. YMAA Publications, August 2018.

Gryffin PA. *Metarobics Mini Book: A New Evolution in Health and Fitness*. Createspace, Seattle; 2015.

Gryffin PA. *Journey to the East: An Experiential Book* (In Review).

COMMERCIAL PUBLICATIONS

Gryffin, PA Spirit of a Dragon. *Inside Kung Fu*, 2005; November, 72-110.

Gryffin, PA The Zen of Beach Training. *Inside Kung Fu*, 2005; June, 62-71.

Gryffin, PA 10 Tips for the Tournament Blues. *Inside Kung Fu*, 2004; May, 44-48.

Gryffin, PA Fists of Zen. *Inside Kung Fu*, 2004; June, 55-68.

Gryffin, PA Queen of Judo. *Inside Kung Fu*, 2002; February, 132-133.

Gryffin, PA What's in a Xing Ming? *Inside Kung Fu*, 2002; June, 58-65.

Gryffin, PA The Tai Chi Mind. *Kung Fu/Tai Chi Magazine*, 2002; June, 94-103.

Gryffin, PA Tai Chi Spirit. *Kung Fu/Tai Chi Magazine*, 2002; October, 62-66.

Gryffin, PA The Zen of Self-Defense. *Inside Kung Fu*, 2001; June, 70-106.

Gryffin, PA Discover the Miracle of Tai Chi Chuan. *Inside Kung Fu*, 1999.

SELECTED PRESENTATIONS/WORKSHOPS

Gryffin PA. *Metarobic Effects of Mindful Exercise: Implications for Cancer and Chronic Conditions.* College of Health and Human Services Research Symposium. Sacramento, CA. March 2018.

Mattison J, Lin S, Douglas B, **Gryffin PA.** *Health Policy Recommendations - White Paper for Administration White House.* [Advisory Meeting] 17th Annual World Congress on Qigong/Tai Chi/TCM. San Francisco, CA, September 2016.

Gryffin PA. *A Metarobic Approach for Mind/Body Health.* [Workshop/Presentation] 17th Annual World Congress on Qigong/Tai Chi/TCM. San Francisco, CA, September 2016.

Gryffin PA. *Tai Chi as a Mindfulness Based Adjunct to Cancer Care* [Pre-Conference Workshop]. American Psychosocial Oncology Society (APOS) 13th Annual Conference, San Diego, CA. March 2016.

Gryffin PA. *Metarobics: New Paradigm for Qi Gong and Tai Chi Healing* [Integrative Health Academy] 40th Annual National Wellness Conference, Minneapolis, MN. June 2015.

Gryffin PA. *Using the Health Belief Model Equation (HBME) for Creating Measurable Targeted Messages.* [Workshop] 40th Annual National Wellness Conference, Minneapolis, MN. June 2015.

Gryffin PA. *Essential Tai Chi: An Evidence Based Format for Instant Group Practice.* [Workshop] 39th Annual National Wellness Conference, Minneapolis, MN. June 2014.

Gryffin PA. *Essential Tai Chi: An Evidence Based Format for Instant Group Practice.* [Workshop] WAFCS/WICFR Joint Conference, Warrens, Wisconsin, March 2014

Gryffin PA (Moderator). *Whistling Vivaldi: Reflections of a reading group.* 18th Annual UWSP Teaching Conference, Stevens Point, Wisconsin. January 2014.

Gryffin PA. *Evidence Based Tai Chi Workshop*. [Workshop]. Society for Public Health Education 64th Annual Meeting, Orlando, FL. April 2013.

Gryffin PA. *Evidence-based tai chi for health*. [Invited lecture]. On Top of the World Communities, Ocala, FL; Master the Possibilities, Ocala FL. January 2013.

Gryffin PA. *The benefits of tai chi for older adults* [Invited lecture]. Grand Edventures, Gainesville, FL. December 2012.

Gryffin PA. *Physiological foundations of tai chi health benefits* [Tutorial]. 40th Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL. February 2012.

Gryffin PA. *Tai chi, cancer, and hypoxia* [Poster Session]. National Science Foundation Research Day, Gainesville, FL. October 2011.

Gryffin PA & Chen, WC. *Tai chi, smoking cessation, and the role of awareness* [Poster presentation]. American Public Health Association 138th Annual Meeting and Exposition, Denver, CO. November 2010.

WORKSHOPS AND CERTIFICATION:

National Wellness Institute

- **NWI Health Coaching Academy Certificate**
- **NWI Integrative Health Academy Certificate**

University of Florida Teaching Center: Technology in Teaching Certificate

- **Sakai I, Sakai II**
- **Prezi, Alternative Presentation Methods**
- **Appropriate Technologies for the Classroom**
- **Optimizing Video, Audio & Graphics**
- **Online Teaching I, Online Teaching II**

University of Florida Office of Academic Technology:

- **SPSS Workshops – EDA, Plotting Charts, Transformation of variables, Power Analysis, Inferential Statistics, linear and multiple regression and correlation, ANOVA, ANCOVA, Logistic Regression.**

University of Florida I-Cubed Program:

- **Qualitative Inquiry – The Fishbone Technique**
- **Open Access, Copyright and Creative Commons**