

*CURRICULUM VITA*

**Scott W Arnett, PhD, CSCS,\*D, USAW-L1SP, CFL1**

**Office Address:**

Western Kentucky University  
School of Kinesiology, Recreation, & Sport  
1906 College Heights Blvd #11089  
Bowling Green, KY, 42101-1089  
Smith Stadium 1062  
(270)745-6034 Office  
(270)745-6043 Fax  
E-mail: [scott.arnett@wku.edu](mailto:scott.arnett@wku.edu)

**Home Address:**

1848 Affirmed Circle  
Bowling Green, KY 42104  
(270) 779-3106

---

---

**EDUCATION**

**University of Georgia, Athens, Georgia**

Doctor of Philosophy, Kinesiology, August 2007  
Dissertation title: The effect of in-flight perturbations on landing biomechanics

**University of Georgia, Athens, Georgia**

Master of Education, Exercise Science, August 2002

**Georgia Southwestern State University, Americus, Georgia**

Bachelor of Science in Education, Exercise Science/Wellness, December 1999

**PROFESSIONAL POSITIONS**

***Teaching Experience***

**Western Kentucky University College of Health and Human Services, Western Kentucky University: 2013-present**

*Associate Professor:*

EXS 313: Motor Learning & Control  
EXS 436: Principles of Strength & Conditioning  
EXS 446: Biomechanics  
EXS 496: Internship in Exercise Science  
KIN 503: Advanced Motor Learning & Control  
KIN 512: Advanced Strength & Conditioning  
KIN 524: Applied Biomechanics

**Western Kentucky University College of Health and Human Services, Western Kentucky University: 2007-2013**

*Assistant Professor:* EXS 223: Intro to Exercise Science  
EXS 296: Practicum in Exercise Science  
EXS 313: Motor Learning & Control  
EXS 436: Principles of Strength & Conditioning  
EXS 446: Biomechanics  
EXS 496: Internship in Exercise Science  
PE 100: Lifetime Fitness/Wellness  
PE 310: Kinesiology  
KIN 503: Advanced Motor Learning & Control  
KIN 524: Applied Biomechanics

**University of Georgia College of Education**, University of Georgia: 2001-2006

*Course Instructor:* EXRS 3600: Introduction to Applied Biomechanics

Responsibilities: Develop course syllabi and content, conduct lectures, supervise development of research questions for term project, supervise qualitative analyses

*Course Instructor:* EXRS 4200L/6200L: Biomechanics Laboratory

Responsibilities: Develop and implement course syllabi, conduct lectures, develop instructions for using biomechanical methodologies, supervise development of research questions for term project, supervise quantitative analyses.

### ***Research Experience***

**Biomechanics/S&C Laboratory**, Western Kentucky University, Bowling Green, Kentucky: 2007-present

*Biomechanics/S&C Laboratory Director:* Responsible for overseeing all activities and projects occurring in the biomechanics laboratory. Responsible for biomechanical equipment maintenance, inventory, and supplies, and schedule coordination for ongoing research projects, as well as, course projects. Responsible for the collection and analysis of data utilizing video analysis and force dynamography. Primary research topics include the biomechanical analysis of the lower extremities during human movement, in particular, the biomechanics of landing and the effects on the knee and ACL. Previous research topics include effects of in-flight perturbations during drop landings, biomechanical strategies utilized by individuals with multiple sclerosis, effects of ankle bracing during drop landings, differences between single- and double-leg drop landings, and effect of prosthetic stiffness in amputee walking and jogging.

**Biomechanics Laboratory**, University of Georgia, Athens, Georgia: 2001-2007

*Biomechanics Laboratory Coordinator:* Responsible for maintaining biomechanical equipment, inventory, and supplies, and coordinating schedules of all

graduate biomechanics students, undergraduate research projects, biomechanics seminar and methodology courses, and biomechanics research meetings.

*Research Assistant:* Responsible for the initiation and implementation of research ideas, and the collection and analysis of data utilizing video analysis, force dynamography, and electromyography. Research topics include effects of in-flight perturbations during drop landings, effects of ankle instability during functional movements, biomechanical strategies utilized by individuals with multiple sclerosis, effects of ankle bracing during drop landings, differences between single- and double-leg drop landings, effect of prosthetic stiffness in amputee walking and jogging, and effect of femoral offset in total hip arthroplasty while transversing an obstacle.

**Aging and Physical Performance Laboratory**, University of Georgia, Athens, Georgia: 2002-2004

*Research Assistant:* Responsible for the collection of data utilizing the Continuous-Scale Physical Functional Performance (CS-PFP) test. Research topic included investigation of the effect of aerobic reserve on physical function in older adults.

**Metabolism and Body Composition Laboratory**, University of Georgia, Athens, Georgia: 2001

*Research Assistant:* Responsible for the collection of data utilizing a metabolic cart and blood analysis. Research topic included investigation of the effects of carbohydrate intake on performance after prolonged exercise.

## **SCHOLARSHIP**

### ***Refereed Journal Publications* - \* = Mentor/Co-Mentor for Project**

Stone, W.J., Schafer, M.A., **Arnett, S.W.**, & Lyons, T.S. (In Press) Post Exercise Hypotension Following Concurrent Exercise: Does Order of Exercise Modality Matter? *International Journal of Exercise Science*. August 2019.

Yom, J.P., Owens, T., **Arnett, S.W.**, Beebe, J., & Son, V. (2019) The Effects of an Unanticipated Side-cut on Lower Extremity Kinematics and Ground Reaction Forces during a Drop Landing. *Sports Biomechanics*, 18(4): 414-425, <https://doi.org/10.1080/14763141.2017.1409795>.

Falls, D.G., Shake, M., Norris, E., **Arnett, S.W.**, Taylor, J., & Crandall, K.J. (In Press). Bingocize: Utilizing a Mobile Application to Improve Gait in Community-Dwelling Older Adults. *American Journal of Recreation Therapy*.

Morris, C.E., Winchester, L.J., Hussey, A.J., Tomes, A.S., Neal, W.A., Wilcoxon, D.M., Chander, H., & **Arnett, S.W.** (2018). Effect of a Simulated Tactical Occupation Task On Physiological Strain Index, Stress, and Inflammation. *International Journal of Occupational Safety and Ergonomics*, August, <https://doi.org/10.1080/10803548.2018.1482053>.

Morris, C.E., Winchester, L.J., Hussey, A.J., Tomes, A.S., Neal, W.A., Wilcoxon, D.M., Chander, H., & **Arnett, S.W.** (2018). Effect of a Simulated Tactical Occupation Stressor and Task Complexity on Mental Focus and Related Physiological Parameters. International Journal of Industrial Ergonomics, July, 66; 200-205.  
<https://doi.org/10.1016/j.ergon.2018.03.006>.

\*Stone, W.J., **Arnett, S.W.**, & Hoover, D.H. (2017). Lower Extremity Kinematics of ACL-Repaired and Non-Injured Females When Using Knee Savers®. International Journal of Sports Physical Therapy, October, 12(5); 737-746.

Sobrero, G., **Arnett, S.W.**, Schafer, M.A., Stone, W.J., Tolbert, T.A., Salyer-Funk, A., Crandall, J., Farley, L.B., Brown, J., Lyons, S., Esslinger, F.T., Esslinger, K., & Maples, J. (2017). A Comparison of High Intensity Functional Training and Circuit Training on Health and Performance Variables in Women: A Pilot Study. Women in Sport and Physical Activity Journal, 25(1); 1-10.

Yom, J.P., Simpson, K.J., **Arnett, S.W.**, & Brown, C.N. (2014). The Effects of a Lateral In-flight Perturbation on Lower Extremity Biomechanics during Drop Landings. Journal of Applied Biomechanics, 30(5): 655-662.

Schafer, M.A., Kell, H., Navalta, J.W., Tibana, R., Lyons, T.S., & **Arnett, S.W.** (2014). Effects of a Simulated Tennis Match on Lymphocyte Subset Measurements. Research Quarterly for Exercise and Sport, 85: 90-96.

Simpson, K.J., Yom, J.P., Fu, Y., **Arnett, S.W.**, O'Rourke, S., & Brown, C.N. (2013). Does Wearing a Prophylactic Ankle Brace during Drop Landings Affect Lower Extremity Kinematics and Ground Reaction Forces? Journal of Applied Biomechanics, 29(2): 205-213.

Navalta, J.W., Lyons, T.S., Prestes, J., **Arnett, S.W.**, Schafer, M.A., & Sobrero, G. (2013) Exercise Intensity and Lymphocyte Subset Apoptosis. International Journal of Sports Medicine, 34: 268-273.

Friedman, R.A., Navalta, J.W., Fedor, E.A., Kell, H.B., Lyons, T.S., **Arnett, S.W.**, & Schafer, M.A. (2012). Repeated High-Intensity Wingate Cycle Bouts Influence Markers of Lymphocyte Migration but not Apoptosis. Applied Physiology, Nutrition, and Metabolism, 37(2): 241-246.

Navalta, J.W., Lyons, T.S., Pereira, G.B., **Arnett, S.W.**, Schafer, M.A., Esslinger, F.T. & Sobrero, G.L. (2012). Effectiveness of Blended Instruction Utilizing On-Line Lectures and Split Classes in Delivering in an Applied Exercise Physiology Course. Medical Physiology Online 2012, published Jan 14, 2012, available from <http://medicalphysiologyonline.wordpress.com>

Navalta, J.W., McFarlin, B.K., Lyons, T.S., Ramos, A.R., **Arnett, S.W.**, & Schafer, M.A. (2011). Intra- and Interrater Reliability of Morphologically Evaluated Lymphocyte Apoptosis in Trained and Untrained Observers. Biology of Sport, 28(4): 223-226.

Navalta, J.W., McFarlin, B.K., Simpson, R.J., Fedor, E.A., Kell, H.B., Lyons, T.S., **Arnett, S.W.**, & Schafer, M.A. (2011). Finger-stick Blood Sampling Methodology for

The Determination of Exercise-induced Lymphocyte Apoptosis. Journal of Visualized Experimentation, 48: e2595.

Navalta, J.W., McFarlin, B.K., Lyons, T.S., **Arnett, S.W.**, & Schafer, M.A. (2011) Cognitive Awareness of Carbohydrate Intake does not Alter Exercise-induced Lymphocyte Apoptosis. Clinics, 66(2): 197-202.

Lyons, T.S., McLester, J.R., **Arnett, S.W.**, & Thoma, M.J. (2010). Specificity of Training Modalities on Upper-body 1 RM Performance: Free Weights vs. Hammer Strength Equipment. Journal of Strength and Conditioning Research, 24(11): 2984-8.

**Arnett, S. W.**, Laity, J., Agrawal, S.K., & Cress, M.E. (2008). Aerobic Reserve and Physical Functional Performance in Older Adults. Age and Ageing, 37(4): 384-9.

### ***Manuscripts In Review***

Morris, C.E., **Arnett, S.W.**, & Winchester, L.J. Comparing Health Status and Exposure Risk in Career vs. Voluntary Firefighters. In Review (pending revisions) – Journal of Strength and Conditioning Research – Fall 2019.

### ***Manuscripts in Preparation***

**Arnett, S.W.**, Nobles, C., Vondy, R., & Hoover, D.L. Biomechanical Differences between Pulling Technique used by Firefighters. To be submitted to *TSAC Report* – Fall 2019.

Gerking, T.J., Neal, W., Schafer, M.A., Winchester, L.J., & **Arnett, S.W.** The Effects of Variable Resistance Training on Kinetic Outcomes during a Heavy Conventional Deadlift. To be submitted to *Journal of Strength and Conditioning Research* – Fall 2019.

**Arnett, S.W.**, Yom, J.P., Fu, Y., Thompson, R., Sigurdsson, P., & Simpson, K.J. The Effect of In-Flight Perturbations on Landing Biomechanics. To be submitted to *Journal of Applied Biomechanics* – Spring 2020.

Lyons, T.S., Schafer, M.A., Jackson, J., Navalta, J.W., & **Arnett, S.W.** Effects of Different Surfaces on Metabolic Cost during Repetitive Jumping. To be submitted to *International Journal of Sports Medicine*. – Spring 2020

### ***Current Investigations***

Determining the effects of firefighter gear on lower extremity biomechanics in volunteer and career firefighters. IRB 18-024. Data analysis – Fall 2019.

Effects of Maximalist Running Shoes on Gait Mechanics. IRB 18-176. Data analysis – Fall 2019.

Interactions Between Aerobic Exercise Intensity, Academic Stress, and Immune Function. IRB 18-052. Data analysis, presentation/manuscript preparation – Fall 2019.

The Effects of Intermittent Blood Flow Restriction on Circulating Muscular Growth

Factors. IRB 17-217. Data analysis – Fall 2019.

The Effects of Volume Matched High Intensity vs. Low Intensity Resistance Training on Muscular Damage and Immune Cell Activation. IRB 18-138. Data analysis – Fall 2019.

What are the Effects of Cluster Sets on Force Profile Characteristics During the Deadlift Exercise? IRB 17-175. Data analysis – Fall 2019.

Examining the effects of an ankle brace on lower extremity kinematics: single-subject vs. group statistical analyses. Data analysis – Spring 2020.

The Effects of a Posterior In-Flight Perturbation on Lower Extremity Biomechanics during Landing. HS 11-149. Data analysis – Spring 2020.

### ***Invited Presentations***

**Arnett, S.** Using Video to Conduct Qualitative and Quantitative Analyses. *NSCA Indiana State Clinic*, November 5<sup>th</sup>, 2016, Evansville, IN.

### ***Professional Presentations*** - \* = Mentor/Co-Mentor for Project

\*Gerking, T.J., Neal, W., Schafer, M.A., Winchester, L., & **Arnett, S.W.** Effects of Variable Resistance Training on Kinetic and Kinematic Outcomes During a Heavy Conventional Deadlift Exercise. *42<sup>nd</sup> Annual Conference and Exhibition of the National Strength and Conditioning Association 2019*, Washington, DC (July 2019).

Morris, C.E., **Arnett, S.W.**, Jackson, A.J., & Winchester, L.J. Comparing physical fitness in career vs. voluntary firefighters. *2019 Annual Meeting of the American College of Sports Medicine*, Orlando, FL (May 2019).

Jackson, A.J., Morris, C.E., Winchester, L.J., & **Arnett, S.W.** Comparing physical fitness in career vs. voluntary firefighters. *2019 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC (February 2019).

\*Coffell, J. & **Arnett, S.W.** The effects of cluster sets on the deadlift exercise. *41<sup>st</sup> Annual Conference and Exhibition of the National Strength and Conditioning Association 2018*, Indianapolis, IN (July 2018).

Hoover D.L., O'Brien J., **Arnett S.W.**, Schafer M.A., Judge L.W., Norris B. Field testing equations for predicting maximal anaerobic power. *41<sup>st</sup> Annual Conference and Exhibition of the National Strength and Conditioning Association 2018*, Indianapolis, IN (July 2018).

Hoover, D.L., Knott, S.K., Bidwell, C.A., Revlett, C.A., Parks, S.A., Webb, D.T., Judge, L.W., Norris, E., **Arnett, S.W.** Power but not fatigue is influenced by hot and cold immersion prior to vigorous cycling. *2018 Annual Meeting of the American College of Sports Medicine*, Minneapolis, MN (May 2018).

Hussey, A.J., Morris, C.E., Winchester, L.J., Tomes, A.S., Neal, W.A., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated

tactical occupation stressor on reaction time. *2018 Annual Meeting of the American College of Sports Medicine*, Minneapolis, MN (May 2018).

Morris, C.E., Winchester, L.J., Hussey, A.J., Tomes, A.S., Neal, W.A., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on physiological strain index and blood pressure. *2018 Annual Meeting of the American College of Sports Medicine*, Minneapolis, MN (May 2018).

Neal, W.A., Morris, C.E., Winchester, L.J., Hussey, A.J., Tomes, A.S., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on perceived exertion and blood lactate. *2018 Annual Meeting of the American College of Sports Medicine*, Minneapolis, MN (May 2018).

Tomes, A.S., Morris, C.E., Winchester, L.J., Hussey, A.J., Neal, W.A., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on immune system markers of physiological stress and inflammation. *2018 Annual Meeting of the American College of Sports Medicine*, Minneapolis, MN (May 2018).

\*Wiczynski, T., Badinger, J., Morris, C.E., VanWye, R., **Arnett, S.W.**, & Winchester, L.J. Blood Flow Restriction During Barbell Squats does not Alter Performance or Muscular Damage. *2018 Annual Meeting of the American College of Sports Medicine*, Minneapolis, MN (May 2018).

\*Coffell, J. & **Arnett, S.W.** What are the effects of cluster sets During the Deadlift Exercise? *Annual Meeting of the Kentucky Chapter of the American Physiological Society*, Louisville, KY (March 2018).

\*Coffell, J., Winchester, L.J., Badinger, J., Morris, C.E., VanWye, R., Wiczynski, T., **Arnett, S.W.** Blood flow restriction during barbell squats does not alter performance or muscular damage. *Annual Meeting of the Kentucky Chapter of the American Physiological Society*, Louisville, KY (March 2018).

\*Coffell, J. & **Arnett, S.W.** The effects of cluster sets on the deadlift exercise. *48<sup>th</sup> Annual WKU Student Research Conference 2018*, Bowling Green, KY (March 2018).

Jackson, A.J., Morris, C.E., Winchester, L.J., Tomes, A.S., Neal, W.A., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., and **Arnett, S.W.** Effect of a Simulated Tactical Occupation Stressor on Reaction Time. *48<sup>th</sup> Annual WKU Student Research Conference 2018*, Bowling Green, KY (March 2018).

Neal, W.A., Morris, C.E., Winchester, L.J., Jackson, A.J., Tomes, A.S., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., and **Arnett, S.W.** Effect of a Simulated Tactical Occupation Stressor on Reaction Time. *48<sup>th</sup> Annual WKU Student Research Conference 2018*, Bowling Green, KY (March 2018).

Tomes, A.S., Morris, C.E., Winchester, L.J., Jackson, A.J., Neal, W.A., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., and **Arnett, S.W.** Effect of a Simulated Tactical Occupation Stressor on Reaction Time. *48<sup>th</sup> Annual WKU Student Research Conference 2018*, Bowling Green, KY (March 2018).

Bidwell, C., Hoover, D., Knott, S., Parks, S., Revlett, C., Webb, D., Norris, E., **Arnett, S.**, & Judge, L. The Effects of Heat and Cold Immersion on Performance Measures during the Wingate Anaerobic Test. *Combined Sections Meeting of the American Physical Therapy Association 2018*, New Orleans, LA (February 2018).

Hussey, A.J., Morris, C.E., Winchester, L.J., Tomes, A.S., Neal, W.A., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on reaction time. *2018 meeting of the Southeast Chapter of the American College of Sports Medicine*, Chattanooga, TN (February 2018).

Neal, W.A., Morris, C.E., Winchester, L.J., Hussey, A.J., Tomes, A.S., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on perceived exertion and blood lactate. *2018 meeting of the Southeast Chapter of the American College of Sports Medicine*, Chattanooga, TN (February 2018).

Tomes, A.S., Morris, C.E., Winchester, L.J., Hussey, A.J., Neal, W.A., Wilcoxon, D.M., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on immune system markers of physiological stress and inflammation. *2018 meeting of the Southeast Chapter of the American College of Sports Medicine*, Chattanooga, TN, (February 2018).

Wilcoxon, D.M., Morris, C.E., Winchester, L.J., Hussey, A.J., Tomes, A.S., Neal, W.A., Anderson, M.N., Lucas, D.N., Chander, H., and **Arnett, S.W.** Effect of a simulated tactical occupation stressor on physiological strain index and blood pressure. *2018 meeting of the Southeast Chapter of the American College of Sports Medicine*, Chattanooga, TN (February 2018).

Morris, CE, **Arnett, SW**, & Winchester, LJ. Comparing health status and exposure risk in career vs. voluntary firefighters. University of Cincinnati Education and Research Center Pilot Research Project Grant Symposium, Cincinnati, OH (October 2017).

\*Vondy, R., Nobles, C., Hoover, D., & **Arnett, S.W.** The Effects of Two Different Techniques on Firefighter Body-Drag Performance. *40<sup>th</sup> Annual Conference And Exhibition of the National Strength and Conditioning Association 2017*, Las Vegas, NV (July 2017).

Crandall, K.J., Falls, D., Shake, M., Norris, E., **Arnett, S.W.**, Dispennette, K., & Mathews, R.P. A Mobile Application for Improving Gait Characteristics in Community Dwelling Older Adults. *2017 Annual Meeting of the American College of Sports Medicine*, Denver, CO (May 2017).

Yom, J.P., Mettler, J., **Arnett, S.W.**, & Simpson, K.J. Effect of Fatigue on Lower Extremity Biomechanics during Repeated Vertical Jumps in College-Aged Females. *2017 Annual Meeting of the American College of Sports Medicine*, Denver, CO (May 2017).

\*Moll, S., Menke, B., White, M., McDermott, W., Crandall, J., & **Arnett, S.W.** Effects of Spine-Align for Improving Flexibility in Male College Students: A Pilot Study. *47<sup>th</sup> Annual WKU Student Research Conference 2017*, Bowling Green, KY.

Falls, D., Crandall, K.J., Shake, M., Norris, B., **Arnett, S.W.**, Mathews, R.P., &



Dispennette, K. Efficacy of a Mobile Application for Improving Gait Performance in Community-Dwelling Older Adults. *2017 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

\*Steenbergen, K.I., Norris, E., **Arnett, S.W.**, & Hoover, D.L. Fall injury prevention needs assessment in rural adults. *The American Physical Therapy Association NEXT Conference & Exposition June 8<sup>th</sup>-11<sup>th</sup>, 2016*, Nashville, TN.

Yom, J.P., **Arnett, S.W.**, & Simpson, K.J. Effect of Limb Dominance on Landing Biomechanics Prior to a Cutting Movement. *2016 Annual Meeting of the American College of Sports Medicine*, Boston, MA.

**Arnett, S.W.**, Norris, B., Weatherholt, W.T., McMullen, R.S., Judge, L.W., Schafer, M.A., & Hoover, D.L. Ratings of perceived exertion lessened following bike ride across America. *38<sup>th</sup> Annual Conference and Exhibition of the National Strength and Conditioning Association 2015*, Orlando, FL.

Judge, L.W., Bellar, D.M., Norris, B., McMullen, R.S., Weatherholt, W.T., **Arnett, S.W.**, Schafer, M.A., & Hoover, D.L. Novice cyclists show improved aerobic fitness measures following ride across United States. *38<sup>th</sup> Annual Conference and Exhibition of the National Strength and Conditioning Association 2015*, Orlando, FL.

Norris, B., McMullen, R.S., Weatherholt, W.T., **Arnett, S.W.**, Judge, L.W., Schafer, M.A., & Hoover, D.L. Cross-country cycling does not significantly affect bone mineral density measures. *38<sup>th</sup> Annual Conference and Exhibition of the National Strength and Conditioning Association 2015*, Orlando, FL.

Brown, J.T., Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., **Arnett, S. W.**, Schafer, M.A., Lyons, T.S., Maples, J., Crandall, J., & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Muscular Strength And Endurance. *2015 Annual Meeting of the American College of Sports Medicine*, San Diego, CA.

Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., **Arnett, S. W.**, Schafer, M.A., Lyons, T.S., Maples, J., Crandall, J., & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Body Composition And Bone Mineral Density. *2015 Annual Meeting of the American College of Sports Medicine*, San Diego, CA.

Wessel, P., Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., **Arnett, S. W.**, Schafer, M.A., Lyons, T.S., Maples, J., Crandall, J., & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A 10-week Training Program On Power. *2015 Annual Meeting of the American College of Sports Medicine*, San Diego, CA.

Zagdsuren, B., Sobrero, G.L., Inman, C., Stone, W., **Arnett, S. W.**, Schafer, M.A., Lyons, T.S., Maples, J., Crandall, J., & Callahan, Z. Crossfit Vs. Circuit-training: Effects Of A Ten-week Training Program On Aerobic, Anaerobic And Flexibility Indicators. *2015 Annual Meeting of the American College of Sports Medicine*, San Diego, CA.

Stone, W.J., Schafer, M.A., **Arnett, S.W.**, Lyons, T.S., Sobrero, G., Hoover, D., Maples, J., & Crandall, K.J. Post-Exercise Hypotension following Concurrent Exercise. *2015*

*meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL.*

Gaiko, S.A., Volpenhein, P.K., **Arnett, S.W.**, & Hoover, D.L. The Effects of Static Stretching on Measures of Gross Motor Coordination during Vigorous Cycling. *32<sup>nd</sup> Conference of the International Society of Biomechanics in Sport 2014*, Johnson City, TN.

\*Stone, W.J., Walker, E., Moad, R., Emberton, T., Hoover, D.L., & **Arnett, S.W.** Frontal Plane Knee Motion of ACL-Injured and Non-Injured Females when using Knee Savers®. *32<sup>nd</sup> Conference of the International Society of Biomechanics in Sport 2014*, Johnson City, TN.

\*Stone, W.J., Walker, E., Moad, R., Emberton, T., Hoover, D.L., & **Arnett, S.W.** The Effects of an Ergonomic Device on Sagittal Plane Lower Extremity Motion during a Full Squat in ACL-Repaired and Non-Injured Females. *32<sup>nd</sup> Conference of the International Society of Biomechanics in Sport 2014*, Johnson City, TN.

Volpenhein, P.K., Gaiko, S.A., **Arnett, S.W.**, & Hoover, D.L. Static Stretching does not Affect Measures of Power and Fatigue during Vigorous Cycling among Women. *32<sup>nd</sup> Conference of the International Society of Biomechanics in Sport 2014*, Johnson City, TN.

Schafer, M.A., Evans, G.S., **Arnett, S.W.**, Lyons, T.S., Stone, W.J., Navalta, J.W., Bean, S.D., Crandall, K.J., Maples, J.M., & Hoover, D.L. Performance Indicators in ROTC Cadets after 12 Weeks of Training that Included CrossFit. *2014 Annual Meeting of the American College of Sports Medicine*, Orlando, FL.

Sobrero, G.L., **Arnett, S.W.**, Schafer, M.A., Stone, W.J., Lyons, T.S., Maples, J., Crandall, J., Esslinger, F.T., & Esslinger, K. CrossFit vs. Resistance-Trained Individuals: Effects of a Six-Week Training Program on Selected Performance Indicators. *2014 Annual Meeting of the American College of Sports Medicine*, Orlando, FL.

\*Bouchard, E., Hoover, D.L., & **Arnett, S.W.** Integrating Guided Motor Imagery and Cross Education into Rehabilitation: Scientific Review and Clinical Application. *44<sup>th</sup> Annual WKU Student Research Conference 2014*, Bowling Green, KY.

Deckard, L., Hoover, D.L., **Arnett, S.W.**, & Esslinger, K.A. Motor Behavior for the Youth Basketball Coach: Scientific Review and Practical Application. *44<sup>th</sup> Annual WKU Student Research Conference 2014*, Bowling Green, KY.

\*Moad, R., Stone, W.J., Walker, E., Emberton, T., Hoover, D.L., & **Arnett, S.W.** The Effects of an Ergonomic Device on Sagittal Plane Lower Extremity Motion during a Full Squat in ACL-Repaired and Non-Injured Females. *44<sup>th</sup> Annual WKU Student Research Conference 2014*, Bowling Green, KY.

Stone, W.J., Schafer, M.A., Lyons, T.S., **Arnett, S.W.**, Evans, G.L., & Hoover, D.L. 24-Hour Post-exercise Hypotension Following Concurrent Cardiovascular and Resistance Exercise. *44<sup>th</sup> Annual WKU Student Research Conference 2014*, Bowling Green, KY.

\*Walker, E., Stone, W.J., Moad, R., Emberton, T., Hoover, D.L., & **Arnett, S.W.** Frontal Plane Knee Motion of ACL-Repaired and Non-Injured Females when using Knee Savers.

*44<sup>th</sup> Annual WKU Student Research Conference 2014*, Bowling Green, KY.

Deckard, L., Hoover, D.L., **Arnett, S.W.**, & Esslinger, K.A. Motor Behavior for the Youth Basketball Coach: Scientific Review and Practical Application. *2014 Meeting of the Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance*, Lexington, KY.

Bonnel, D., Craig, P., Eiberger, E., Fletcher, B., Gregory, H., **Arnett, S.W.**, Hoover, D. Gross Motor Coordination Patterns while Cycling do not Differ with Knee Bracing. *Combined Sections Meeting of the American Physical Therapy Association 2014*, Las Vegas, NV.

Gregory, H., Fletcher, B., Eiberger, E., Craig, P., Bonnel, D., **Arnett, S.W.**, & Hoover, D.L. Measures of Power and Fatigue Index are not Influenced by Knee Bracing during Vigorous Cycling. *Combined Sections Meeting of the American Physical Therapy Association 2014*, Las Vegas, NV.

\*Steenbergen, K.I., **Arnett, S.W.**, & Hoover, D.L. Fall Injury Prevention Needs Assessment in Rural Adults: A Pilot Study. *2013 Kentucky Rural Health Association Conference*, Bowling Green, KY.

\*Steenbergen, K.I., **Arnett, S.W.**, & Hoover, D.L. Assessment of Rural Older Adults Needs for Injury Prevention Education. *Annual KPTA Fall Conference 2013*, Lexington, KY.

Singh, R., **Arnett, S.W.**, Fu, Y.C., & Simpson, K.J. Muscular Activation of Lower Limb Muscles Due to In-Flight Posterior Perturbation during Drop Landing. *37<sup>th</sup> Annual Meeting of the American Society of Biomechanics 2013*, Omaha, NE.

**Arnett, S.W.**, Sobrero, G.L., Schafer, M.A., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., Esslinger, K., & Goss, F.L., FACSM. CrossFit vs. Resistance-Trained Individuals: Evaluation of Strength and Power. *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Lyons, T.S., Sobrero, G.L., Schafer, M.A., **Arnett, S.W.**, Igaune, L. Determination of Repetitive Jumping Intensity Relative to Measured  $VO_{2max}$ . *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Schafer, M.A., **Arnett, S.W.**, Sobrero, G.L., Lyons, T.S., Navalta, J.W., Esslinger, F.T., Esslinger, K., Stone, W.J., Bean, S.D., & Goss, F.L., FACSM. Evaluation of Muscular Endurance, Agility, and Flexibility in Healthy Trained CrossFit and Weight Trained Individuals. *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Sobrero, G.L., Schafer, M.A., **Arnett, S.W.**, Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., Esslinger, K., & Goss, F.L., FACSM. Comparison of Aerobic and Anaerobic Power in CrossFit and Resistance Trained Individuals. *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

\*Steenbergen, K.I., **Arnett, S.W.**, & Hoover, D.L. Knowledge Deficits, Interest, and Behaviors Related to Hip Fracture Prevention in Senior Citizens. *43<sup>rd</sup> Annual WKU*

*Student Research Conference 2013*, Bowling Green, KY.

**Arnett, S.W.**, Sobrero, G.L., Schafer, M.A., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., & Esslinger, K. Assessment of 1RM Strength between CrossFit and Resistance Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Lyons, T.S., Gibson, F.W., Jackson, J.C., Sobrero, G.L., **Arnett, S.W.**, & Schafer, M.A. Examining Quality of Life and Health Satisfaction Factors of a Mid-South University Population. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Schafer, M.A., **Arnett, S.W.**, Sobrero, G.L., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., & Esslinger, K. Evaluation of Power in CrossFit vs. Weight Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Sobrero, G.L., Schafer, M.A., **Arnett, S.W.**, Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., & Esslinger, K. Comparison of Aerobic and Anaerobic Power in CrossFit and Resistance Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Stone, W.J., Schafer, M.A., Sobrero, G.L., **Arnett, S.W.**, Lyons, T.S., Navalta, J.W., Bean, S.D., Esslinger, F.T., & Esslinger, K. Muscular Endurance, Agility, and Flexibility in CrossFit vs. Weight Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Schafer, M.A., Navalta, J.W., **Arnett, S.W.**, Lyons, T.S., Sobrero, G., Bean, S., Sims, S., Kirkwood, D., & Goss, F.L. Participation in a 10K Running Race Significantly Decreases Post Exercise Blood Pressure. *2012 Annual Meeting of the American College of Sports Medicine*, San Francisco, CA.

Friedman, R.A., Lyons, T.S., Navalta, J.W., Schafer, M.A., & **Arnett, S.W.** Investigation of C-Reactive Protein and Leptin as Biomarkers of Obesity with Potential Clinical Utility. *2012 Annual Meeting of the American College of Sports Medicine*, San Francisco, CA.

Bush, J., Schafer, M.A., **Arnett, S.W.**, Navalta, J.W., Lyons, T.S., & Sobrero, G. Post-Exercise Hypotension in Brief Exercise. *2012 meeting of the Southeast Chapter of the American College of Sports Medicine*, Jacksonville, FL.

Navalta, J.W., Lyons, T.S., Whitlock, S., Kirkwood, D., **Arnett, S.W.**, Schafer, M.A., & Sobrero, G. The Disease Analog Model and Leptin may Identify Susceptible Pre-Obese African American Women. *2012 meeting of the Southeast Chapter of the American College of Sports Medicine*, Jacksonville, FL.

Kirkwood, D.D., Zierten, R.L., Bean, S.D., Schafer, M.A., Lyons, T.S., **Arnett, S.W.**, Esslinger, F.T., & Navalta, J.W. Exercise-induced Apoptosis of Lymphocytes does not Depend on Anaerobic Training Status. *2011 Annual Meeting of the American College of Sports Medicine*, Denver, CO.

Lyons, T.S., Navalta, J.W., Schafer, M.A., **Arnett, S.W.**, Sivley, J.C., & Livesay, K.S. Comparative Analysis of Heart Rate During Circuit Training Compared with Different Cardiovascular Training Apparatus. *2011 Annual Meeting of the American College of Sports Medicine*, Denver, CO.

Navalta, J.W., Schafer, M.A., Fedor, E.A., Friedman, R.A., Lyons, T.S., & **Arnett, S.W.** Lymphocyte Subset and Apoptotic Response to a 5K Road Race. *2011 Annual Meeting of the American College of Sports Medicine*, Denver, CO.

Navalta, J.W., Lyons, T.S., **Arnett, S.W.**, Schafer, M.A., & Esslinger, F.T. Utilizing On-line Lectures and Split Classes are Effective in Delivering Instruction to a Large Laboratory-Based Applied Exercise Physiology Course. *2011 Hawaii International Conference on Education*, Honolulu, HI.

Navalta, J.W., Whitlock, S., Kirkwood, D.D., **Arnett, S.W.**, & Schafer, M.A. C-Reactive Protein and the Disease Analog Model May Identify Predisposed Pre-Obese African-American Women. *2011 International E-Conference on Kinesiology and Integrated Physiology*.

Bean, S.D., Kirkwood, D.D., Zierten, R.L., Schafer, M.A., **Arnett, S.W.**, & Navalta, J.W. High Intensity Exercise Increases Cell Death of B-Lymphocytes (CD19) in Anaerobically Trained Individuals. *2011 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Navalta, J.W., McFarlin, B.K., Simpson, R.J., Fedor, E.A., Kell, H.B., Lee, C.G., Lyons, T.S., **Arnett, S.W.**, & Schafer, M.A. A Methodology for Determining Exercise-induced Changes of Fractalkine in Lymphocyte Subsets. *2010 International E-Conference on Kinesiology and Integrated Physiology*.

Lee, C.G., Fedor, E.A., Kell, H.B., Navalta, J.W., Lyons, T.S., Richardson, D., Schafer, M.A., & **Arnett, S.W.** No Relationship Between Lymphocyte Apoptosis and Lymphocytopenia Post-exercise Following Maximal Treadmill Running. *2010 Annual Meeting of the American College of Sports Medicine*, Baltimore, MD.

Kell, H.B., Fedor, E.A., Lee, C.G., Richardson, D., Navalta, J.W., Lyons, T.S., Schafer, M.A., **Arnett, S.W.** Maximal Exercise Significantly Affects Helper T-Cell (CD3<sup>+</sup>/CD4<sup>+</sup>) Count compared to Rest and 1-h Post Exercise. *2010 Annual Meeting of the American College of Sports Medicine*, Baltimore, MD.

Navalta, J.W., Fedor, E.A., Lee, C.G., Kell, H.B., Lyons, T.S., Schafer, M.A., **Arnett, S.W.**, McFarlin, B.K., Simpson, R.J. Exercise Induces Apoptosis of Blood Lymphocytes but not in the Helper or Cytotoxic T Cell Subsets. *2010 Annual Meeting of the American College of Sports Medicine*, Baltimore, MD.

Lyons, T.S., Navalta, J.W., Schafer, M.A., **Arnett, S.W.**, Fedor, E.A., Lee, C.G., & Kell, H.B. Excess Postexercise Oxygen Consumption Following Repeated Bouts of Anaerobic Exercise. *2010 Annual Meeting of the American College of Sports Medicine*, Baltimore, MD.

Fedor, E.A., Richardson, D.N., Kell, H.B., Lee, C.G., & **Arnett, S.W.** Effects of Increasing Exercise Intensity in Leukocyte Apoptosis Correlating to Ventilatory

Threshold. *2010 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Cress, M.E., **Arnett, S.W.**, McCarthy, J., & Kruger, J. Symposium - Strength Capacity and Functional Performance in Older Adults. *2009 meeting of the Southeast Chapter of the American College of Sports Medicine*, Birmingham, AL.

**Arnett, S.W.**, Fu, Y., Thompson, R., Sigurdsson, P., & Simpson, K.J. The effect of a linear in-flight perturbation on landing biomechanics. *2008 North American Congress on Biomechanics*, Ann Arbor, MI.

Navalta, J.W., McFarlin, B.K., Lyons, T.S., Ramos, A.R., **Arnett, S.W.**, Callahan, Z.J., & Livesay, K.S. Intra- and Interrater Reliability of Morphologically Evaluated Lymphocyte Apoptosis in Trained and Untrained Observers. *2008 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Yom, J.P., Fu, Y.-C., **Arnett, S.W.**, Bowser, B., Law, M., Embertson, R.E., O'Rourke, S., Brown, C., & Simpson, K.J. A prophylactic ankle brace alters lower extremity kinematics during drop landings. *2008 Southeastern Meeting of the American Society of Biomechanics*, Birmingham, AL.

Sigurdsson, P., **Arnett, S.W.**, Fu, Y.-C., Bowser, B., & Simpson, K.J. How does stiffness of a shock absorbing prosthetic foot influence hip and knee joint displacement and limb symmetry in transtibial amputee gait? *2008 Southeastern Meeting of the American Society of Biomechanics*, Birmingham, AL.

Navalta, J.W., McFarlin, B.K., Lyons, T.S., **Arnett, S.W.**, & Callahan, Z.J. Knowledge of carbohydrate consumption does not alter exercise-induced lymphocyte apoptosis following an acute bout of high-intensity aerobic exercise. *95th AAI Annual Meeting to be held in conjunction with Experimental Biology 2008*, San Diego, CA.

**Arnett, S.W.**, Fu, Y., Thompson, R., Sigurdsson, P., & Simpson, K.J. The effect of a rotational in-flight perturbation on landing biomechanics. *2008 Research Retreat IV – ACL Injuries: The Gender Bias*, Greensboro, NC.

Yom, J.P., Bowser, B., **Arnett, S.W.**, Fu, Y., & Simpson, K.J. The effects of a prophylactic ankle brace on lower extremity biomechanics during drop landing. *2008 Research Retreat IV – ACL Injuries: The Gender Bias*, Greensboro, NC.

Sigurdsson, P., **Arnett, S.W.**, Fu, Y., Bowser, B., Colbert, L., & Simpson, K.J. How does stiffness of a shock absorbing prosthetic foot influence the biomechanics of bilateral amputee gait? *2007 Southeastern Meeting of the American Society of Biomechanics*, Durham, NC.

**Arnett, S.W.**, Laity, J., & Cress, M.E. The influence of aerobic reserve on physical function in older adults. *2004 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

**Arnett, S.W.**, Laity, J., & Cress, M.E. Oxygen capacity ( $VO_{2PEAK}$ ) and functional costs ( $VO_{2PPF}$ ) in older adults with high and low aerobic reserve (AR). *2004 Meeting of the Southern Gerontological Society*, Atlanta, GA.

**GRANTS/SCHOLARSHIPS/PROPOSALS**

**NSCA Graduate Research Grant – Master’s, Faculty Sponsor, National Strength and Conditioning Association, 2019-2020, \$3475.00 (Not Funded)**

**CHHS QTAG, PI, Western Kentucky University, 2017-2018, \$2400 (Funded)**

**Education and Research Center Pilot Research Project Grant, Co-Investigator, University of Cincinnati, NIOSH, 2017-2018, \$6255 (Funded)**

**NSCA Graduate Research Grant – Master’s, Faculty Sponsor, National Strength and Conditioning Association, 2017-2018, \$4810.96 (Not Funded)**

**WKU FUSE Grant, Faculty Sponsor, Western Kentucky University, 2016-2017, \$3000 (Funded)**

**CHHS Faculty Research Scholarship, PI, Western Kentucky University, 2014-2015, \$1500 (Funded)**

**CHHS Faculty Research Scholarship, PI, Western Kentucky University, 2010-2011, \$3,000 (Funded)**

**Provost’s Funds Equipment Request, PI, Western Kentucky University, 2009-2010, \$11,995 (Funded)**

**Provost’s Funds Classroom Improvement Project Request, PI, Western Kentucky University, 2009-2010, \$3,900 (Funded)**

**CHHS Faculty Research Scholarship, PI, Western Kentucky University, 2009-2010, \$1,500 (Funded)**

**New Faculty Scholarship, PI, Western Kentucky University, 2008-2009, \$4,000 (Funded)**

**SERVICE**

**Thesis Committee, Committee member**, *Expression of Inflammatory Genes in the Placenta and Their Relationship to Peripheral Blood Factors in Lean, Overweight, and Obese Women*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2019

**Thesis Committee, Committee Chair**, *Effects of Variable Resistance Training on Kinetic Outcomes during a Heavy Conventional Deadlift Exercise*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2018

**Thesis Committee, Committee member**, *Interactions Between Aerobic Exercise Volume, Academic Stress, and Immune Function*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2018

**Capstone Research – Chair**, *Effects of Lower Body Position on Bench Press Mechanics*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2018

**Thesis Committee, Committee member**, *Efficacy of a Mobile Application for Improving Gait Performance in Community-Dwelling Older Adults*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2017

**Thesis Committee, Committee member**, *The Effects of Environment on Energy Cost in Heavy Metal Drummers*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2016

**Capstone Research – Chair**, *Limb Asymmetry in the Power Clean*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2016

**Capstone Research – Chair**, *Biomechanical Analysis of the Deadlift in Various Footwear Conditions*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2016

**Capstone Research – Co-Chair**, *The Effect of Footwear on Balance Among Older Adult Populations*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2015

**Capstone Research – Chair**, *Effects of changes in technique, strength, and power on discus throwing performance*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2015

**Thesis Committee, Committee member**, *Twenty Four-Hour Post-exercise Hypotension Following Concurrent Aerobic and Resistance Exercise*. Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2014



**Thesis Committee, Committee member, *The Effects of Jump Training on Bone Mineral Density in Young Adult Females.*** Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2014

**Honor's Thesis Committee, Chair, *Integrating Guided Motor Imagery and Cross Education into Rehabilitation: Scientific Review and Clinical Application.*** Western Kentucky University, Honor's College, Bowling Green, KY: 2014

**Honor's Thesis Committee, Committee member, *The Effects of Static Stretching on Measures of Gross Motor Coordination during Vigorous Physical Activity.*** Western Kentucky University, Honor's College, Bowling Green, KY: 2014

**Honor's Thesis Committee, Chair, *Pre-Program Assessment for Fall-Related Hip Fracture Prevention in a Rural Community.*** Western Kentucky University, Honor's College, Bowling Green, KY: 2013

**Thesis Committee, Committee member, *Determination of Repetitive Jumping Intensity Relative to Measured  $VO_{2max}$ .*** Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2012

**Dissertation Committee, Committee member, *The Effects of an In-flight Perturbation on Lower Extremity Biomechanics during Drop Landings.*** University of Georgia; Department of Kinesiology; Athens, GA: 2011

**Thesis Committee, Committee member, *Investigation of C-Reactive Protein and Leptin as Biomarkers of Obesity with Potential Clinical Utility.*** Western Kentucky University; Department of Kinesiology, Recreation, & Sport; Bowling Green, KY: 2011

**Thesis Committee, Committee member, *Post-Exercise Hypotension in Brief Exercise.*** Western Kentucky University; Department of Kinesiology, Recreation, & Sport; Bowling Green, KY: 2011

**Thesis Committee, Committee member, *Prevalence of Childhood Obesity: A Study on Bowling Green, KY Middle School Students.*** Western Kentucky University; Department of Kinesiology, Recreation, & Sport; Bowling Green, KY: 2009

**Thesis Committee, Committee member, *Effects of a Topical Analgesic Using Massage on Delayed Onset Muscle Soreness.*** Western Kentucky University; Department of Kinesiology, Recreation, & Sport; Bowling Green, KY: 2009

**WKU Graduate Council, Committee Member,** Western Kentucky University, Bowling Green, Kentucky: 2019-present

**CHHS Strategic Plan Outreach Subcommittee, Committee Co-chair,** Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2016-2018

**CHHS Dean's Internal Advisory Committee, Committee member,** Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2013-2018

**CHHS Honor's Committee, Committee member,** Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2014-present

**School of KRS Faculty Mentor,** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2015-2017

**School of KRS Continuance/T&P Committee, Chair,** Western Kentucky University, Bowling Green, Kentucky: 2017-2018

**School of KRS Continuance/T&P Committee, Committee member,** Western Kentucky University, Bowling Green, Kentucky: 2014-present

**WKU Student Research Council, Committee member – non-voting,** Western Kentucky University, Bowling Green, Kentucky: 2013-2014

**WKU Student Research Council, How to Write an Abstract, Presentation,** Western Kentucky University, Bowling Green, Kentucky: 2013

**Mentoring Committee, Committee member,** Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2007-2010

**Technology and Distance Learning Committee, Committee member,** Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2007-2010

**Tenure & Promotion Revisions Committee, Committee member,** Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2012-2013

**Graduate Assistantship Committee, Committee member,** Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2010-2011

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Sarah Herrick,** Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2017-2018

**Faculty Search Committee, Committee member, School of Kinesiology, Recreation, and Sport – Director, Tenure-Track, Ron Ramsing,** Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2017 (Spring)

**Faculty Search Committee, Committee member, Recreation Administration – Assistant Professor, Tenure-Track, Eric Knackmuhs**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2016-2017

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Blake Crabb**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2015-2016

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Lee Winchester**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2015-2016

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Rachel Tinius**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2014-2015

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Cody Morris**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2014-2015

**Faculty Search Committee, Committee member, Exercise Science – Visiting Assistant Professor, Lee Winchester**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2014-2015

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Jill Maples**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2012-2013

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Jason Crandall**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2012-2013

**Faculty Search Committee, Committee member, Sport Management – Assistant Professor, Tenure-Track, Evie Oregon**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2012-2013

**Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Gina Evans**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2010-2011

**Instructor Search Committee, Committee member, Physical Education – Physical Activity Instructor, Tracy Lane**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2008-2009

**Faculty Search Committee, Chair, Physical Education – Assistant Professor, Tenure-Track, Beth Pyle**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2008-2009

**Faculty Search Committee, Committee member, Physical Education – Assistant Professor, Tenure-Track, Failed Search**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2007-2008

**Faculty Search Committee, Co-chair, Exercise Science – Assistant Professor, Tenure-Track, Mark Schafer**, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2007-2008

**Center for Gerontology Faculty Affiliate**, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2008-present

**Framing Advising for Tenure & Promotion, Panel Presenter, Faculty/Staff Advisor Workshop**, Western Kentucky University, Academic Advising & Retention Center, Bowling Green, Kentucky: 2017 (Summer)

**International Journal of Exercise Science, Section Editor**, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2014-2017

**International Journal of Exercise Science, Editorial Board member**, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2007-present

**NSCA Kentucky, State Advisory Board member**, National Strength and Conditioning Association; Colorado Springs, CO: 2010-present.

**NSCA, Mentor Board, Mentor**, National Strength and Conditioning Association; Colorado Springs, CO: 2014-2017.

**Age & Ageing, Reviewer**, British Geriatrics Society: 2011-present

**Clinical Biomechanics, Reviewer**, International Society of Biomechanics, American Society of Biomechanics, European Society of Biomechanics and Taiwanese Society for Biomechanics: 2010-present

**Journal of Applied Biomechanics, Reviewer**, International Society of Biomechanics: 2014-present

**Strength and Conditioning Journal, Reviewer**, National Strength and Conditioning Association: 2008-present

**Office of Research and Creative Activity, Western Kentucky University, FUSE Grant Reviewer, Spring 2017**

**Southeast Chapter of the American College of Sports Medicine, Abstract Reviewer, 2014 Annual Meeting**

**American Society of Biomechanics, Abstract Reviewer, 2013 Annual Meeting**

**Coach, CrossFit R837, Bowling Green, KY: 2017-2018**

**Assistant Coach, SKY Soccer, Bowling Green, KY: 2014**

**Crossfittin' for Cures, Workout for St. Jude, Volunteer, CrossFit Old School, Bowling Green, KY: 2013**

### **CERTIFICATIONS**

#### **National Strength and Conditioning Association**

Certified Strength and Conditioning Specialist (February 23, 2000)  
*Certification Number: CSCS#200011866*

Recertified with Distinction, \*D (2009-2011, 2018-2020)

#### **USA Weightlifting**

Level 1 Sports Performance Coach (January 16, 2017)

#### **CrossFit**

CrossFit Level 1 (October 1, 2017)

### **HONORS AND AWARDS**

#### **Western Kentucky University**

The National Society of Leadership and Success Teaching Award

#### **University of Georgia Graduate School**

Outstanding Teaching Assistant Award: 2006

#### **Institute of Gerontology, University of Georgia**

Certificate of Gerontology, 2005

**University of Georgia Graduate School Teaching Portfolio Award**

Teaching Portfolio Certificate: 2005

**MEMBERSHIPS**

**National Strength and Conditioning Association (1999-present)**

**American College of Sports Medicine (2002-2015)**

**International Society of Biomechanics (2004-2010)**

**American Society of Biomechanics (2005-2013)**

**Kentucky Academy of Science (2010-present)**

**REFERENCES**

**Available upon request**

Updated: August/2019