

CURRICULUM VITAE

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EDUCATION

University of Georgia, Athens, Georgia

Doctor of Philosophy, Kinesiology, August 2007
Dissertation title: The Effect of In-flight Perturbations on Landing Biomechanics
Certificate of Gerontology

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

<i>Associate Professor:</i>	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

SCHOLARSHIP

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

*Buoncristiani, N.A., Malone, G., Toluoso, D.V., & **Arnett, S.W.** Muscle Activation, Barbell Velocity, and One-Repetition Maximum Comparisons Between the Traditional and Swiss Barbells During the Bench Press. International Journal of Exercise Science, In Press (Accepted, 260525).

Liu, H., **Arnett, S.**, Toluoso, D., & Woodard, K. The Effects of Attentional Focus Instructions on Approach Jump Performance. International Journal of Sports Science and Coaching, 19(6): 2397-2408 (Accepted, 240625; Published, Dec 2024).

*Duchette, C., Perera, M., **Arnett, S.W.**, White, E., Belcher, E., & Tinius, R. (2024). Benefits of Resistance Training During Pregnancy for Maternal and Fetal Health: A Brief Overview. International Journal of Women's Health, 16: 1137-1147 (Accepted, 240513).

Buoncristiani, N., Malone, G., Stone, W.J., **Arnett, S.W.**, Schafer, M.A., & Toluoso, D.V. (2023). The Validity of Perceptual Recovery Status on Monitoring Recovery During a High Intensity Back Squat Session. International Journal of Sports Physiology and Performance, 19(3): 242-248. (Accepted, 231103).

Winchester, L.J., Morris, C.E., Allen, P., Wiczynski, T.L., **Arnett, S.W.**, & Lyons, T.S. (2022). Effects of Varying Load Intensity on Skeletal Muscle Damage Between Two Isovolumic Resistance Exercise Bouts. International Journal of Exercise Science, 15(4): 1212-1221.

Morris, C.E., **Arnett, S.W.**, & Winchester, L.J. (2022). Comparing Physical Fitness in Career vs. Volunteer Firefighters. Journal of Strength and Conditioning Research, 36(5): 1304-1309.

Morris, C.E., Toluoso, D.V., & **Arnett, S.W.** (2021). A Retrospective Evaluation of Physical Fitness Maintenance in Members of a Southeastern United States City Professional Firefighting Department. International Journal of Human Factors and Ergonomics, 8(3): 261-276.

- Lyons, T.S., Navalta, J.W., Stone, W.J., **Arnett, S.W.**, Schafer, M.A., & Igaune, L. (2020). Evaluation of Repetitive Jumping Intensity on the Digi-Jump Machine. International Journal of Exercise Science, 13(2): 818-825.
- Stone, W.J., Schafer, M.A., **Arnett, S.W.**, & Lyons, T.S. (2020). Post Exercise Hypotension Following Concurrent Exercise: Does Order of Exercise Modality Matter? International Journal of Exercise Science, 13(2): 36-48.
- 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. (2018). Bingocize: Utilizing a Mobile Application to Improve Gait in Community-Dwelling Older Adults. American Journal of Recreation Therapy, 17(2): 9-19, <https://doi.org/10.5055/ajrt.2018.0156>
- 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, 26(1): 204-209, <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 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/Preparation - * = Mentor/Co-Mentor for Project

Arnett, S.W., Yom, J.P., Fu, Y., Thompson, R., Sigurdsson, P., & Simpson, K.J. The Effect of a Linear In-flight Perturbation on Landing Biomechanics – Journal of Applied Biomechanics – Submitting Fall 2025.

Current Investigations

*What are the Effects of Cluster Sets on Force Profile Characteristics During the Deadlift Exercise? IRB 17-175. Data analysis – Fall 2025.

Do the Kabuki Transformer Barbell and Traditional Barbell Result in Similar Lower Extremity Biomechanics During Squatting Exercises? IRB application,

participant recruitment, and data collection/analysis – Fall 2025.

What is the math identity of Exercise Science students at a regional comprehensive university and how does it relate to standardized math test scores? IRB application, participant recruitment, and data collection/analysis – Fall 2025.

Determining the Effects of Firefighter Gear on Lower Extremity Biomechanics in Volunteer and Career Firefighters. IRB 18-024. Data analysis – Spring 2025.

Invited Presentations

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

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

*Clark, G., Stone, W., & **Arnett, S.** Do Options Change Outcomes? A Comparative Study of Air Force PT Testing Modalities. *2026 WKU Student Scholar Showcase*, Bowling Green, KY (April 2026).

*Clark, G., Stone, W., & **Arnett, S.** Do Options Change Outcomes? A Comparative Study of Air Force PT Testing Modalities. *2026 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC (February 2026).

Yom, J.P., Doehring, A., **Arnett, S.W.**, & Simpson, K.J. The Effects of Anterior In Flight Perturbation on Lower Extremity Biomechanics During Drop Landings. *2024 Annual Meeting of the American College of Sports Medicine*, Boston, MA (May 2024).

*McGee Jr., D., **Arnett, S.W.**, Toluoso, D.V., Stone, W.J., & Pacheco, G. The Effect of Mindfulness Training on Muscular Endurance Performance, Mindfulness, and Mental Toughness. *2024 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC (February 2024).

Pacheco, G., Stone, W.J., Toluoso, D.V., **Arnett, S.W.**, Barksdale, M., & McGee, D. Cannabidiol (CBD) and Resistance Training: Does CBD Attenuate Acute Pain? *2024 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC (February 2024).

Watson, B., Tinius, R., **Arnett, S.W.**, & Tolbert, M. The Relationship between Psychological, Physical Performance, and Brace Usage Post-ACL Repair: A Patient Perspective. *2024 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC (February 2024).

*Malone, G., Buoncristiani, N.A., Toluoso, D.V. MacDonald, H.V. & **Arnett, S.W.** Differences in Muscle Activation between the Traditional and Swiss Barbells during the Bench Press. *46th Annual Conference and Exhibition of the National Strength and Conditioning Association 2023*, Las Vegas, NV (July 2023).

Toluoso, D.V., Buoncristiani, N.A., Stone, W.J., Malone, G., McGee, D., & **Arnett, S.W.**

Perceptual Recovery Status as a Marker to Track Recovery of Performance Following Strength-Based Resistance Exercise. *46th Annual Conference and Exhibition of the National Strength and Conditioning Association 2023*, Las Vegas, NV (July 2023).

*Buoncristiani, N.A., Malone, G., Toluoso, D., & **Arnett, S.W.** Kinematic Differences between the Traditional and Swiss Barbell. *2023 Annual Meeting of the American College of Sports Medicine*, Denver, CO (May/June 2023).

Buoncristiani, N., Toluoso, D.V., Stone, W.J., **Arnett, S.W.**, Malone, G., & Schafer, M.A. The Validity of Perceptual Recovery Status on Monitoring Recovery During a High-Intensity Back Squat Session. *45th Annual Conference and Exhibition of the National Strength and Conditioning Association 2022*, New Orleans, LA (July 2022).

Malone, G., Stone, W.J., Toluoso, D.V., **Arnett, S.W.**, Buoncristiani, N., & Schafer, M.A. Validity of the Repetitions in Reserve Based Rating of Perceived Exertion Scale in Single Joint Exercise. *45th Annual Conference and Exhibition of the National Strength and Conditioning Association 2022*, New Orleans, LA (July 2022).

*Dolan, A., **Arnett, S.**, Baker, K., & Stone, W. A Taekwondo Intervention in Adults with Down Syndrome. *2021 meeting of the Southeast Chapter of the American College of Sports Medicine*, Online, (February 2021).

Toluoso, D.V., Dobbs, W.C., **Arnett, S.W.**, Esco, M.R. The Influence of Fatigue on the Intrasession Reliability of Performance Indices Following a High-Volume Back Squatting Protocol. *43rd Annual Conference and Exhibition of the National Strength and Conditioning Association 2020*, Las Vegas, NV (July 2020).

*Green, G., Henry, S., Otto, S., & **Arnett, S.W.** Effects of Versa-Lifts on Back Squat Kinetics and Kinematics. *50th Annual WKU Student Research Conference 2020*, Bowling Green, KY (May 2020).

Morris, C.E. & **Arnett, S.W.** Physical Fitness Maintenance in Members of a Southeastern United States City Professional Firefighting Department. *2020 Annual Meeting of the American College of Sports Medicine*, San Francisco, CA (May 2020).

*Dolan, A.M., Wiczynski, T., Dispennette, K., Jackson, J., Neelly, K., **Arnett, S.W.** Effects of Maximalist Running Shoes on Gait Mechanics. *2020 meeting of the Southeast Chapter of the American College of Sports Medicine*, Jacksonville, FL (February 2020).

Mintz, J.A., Morris, C.E., & **Arnett, S.W.** Physical Fitness Maintenance in Members of a Professional Firefighting Department in Southeastern United States City. *2020 meeting of the Southeast Chapter of the American College of Sports Medicine*, Jacksonville, FL (February 2020).

*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. *42nd 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. *41st 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. *41st 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. *48th 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. *48th 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 Perceived Exertion and Blood Lactate. *48th 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 Immune System Markers of Physiological Stress and Inflammation. *48th 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. *40th 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. *47th 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 8th-11th, 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. *38th 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. *38th 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. *38th 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. *32nd 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®. *32nd 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. *32nd 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. *32nd 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. *44th 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. *44th 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. *44th 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. *44th 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. *44th 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. *37th 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 $\text{VO}_{2\text{max}}$. *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. *43rd 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=CD4+) 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 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_{2PFP}) in Older Adults with High and Low Aerobic Reserve (AR). *2004 Meeting of the Southern Gerontological Society*, Atlanta, GA.

GRANTS/SCHOLARSHIPS/PROPOSALS

GPCAH Pilot/Feasibility Projects Program, Co-I, 2026-2027, From heat exposure to guidance: Developing work-rest and attire recommendations for beekeepers. **\$40,498 (applied, Spring/Summer 2026)**

Project Apis m., Co-I, 2026-2027, Modeling beekeeper biomechanics and physiology to optimize commercial honeybee systems. **\$126,354 (applied, Spring/Summer 2026)**

CHHS QTAG, PI, Western Kentucky University, 2025-2026, Dialing in the Difficulty: Testing the Kabuki Transformer Bar. **\$3,008.13 (funded, Fall 2025)**

CHHS QTAG, Co-I, Western Kentucky University, 2025-2026, Do Options Change Outcomes? A Comparative Study of Air Force PT Testing Modalities. Student PI: Gray Clark. **\$3,000 (funded, Fall 2025)**

NSCA Graduate Research Grant – Master’s, Faculty Sponsor, National Strength and Conditioning Association, 2018-2019, **\$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

International Journal of Exercise Science, Section Editor, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2025-present

Thesis Committee, Committee Member, *Kettlebell Swings as a Conditioning Activity on Standing Power Throw: Exploring Post-Activation Performance Enhancement in*

ROTC Cadets. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2025

Thesis Committee, Consultant, *The Effects of Cold Immersion on Motor Consolidation*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2025

International Journal of Exercise Science, Post-Production Editor, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2024-2025

Thesis Committee, Committee Chair, *The Effect of Mindfulness Training on Muscular Endurance Exercise Performance, Mindfulness, and Mental Toughness*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2024

Thesis Committee, Committee Member, *Cannabidiol (CBD) and Resistance Training: Does CBD Attenuate Acute Pain?* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2024

Thesis Committee, Committee Member, *ACL Bracing: Is It Still Being Done Clinically and Does It Influence Confidence and/or Biomechanical Performance During a Drop Vertical Jump?* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2024

Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Silvio Valladao, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2023-2024

Thesis Committee, Committee Member, *The Effects of Attentional Focus Instructions on Approach Jump Performance*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2023

CHHS Sabbatical and Faculty Awards Committee, Member, Western Kentucky University, Bowling Green, Kentucky: 2022-2024

Thesis Committee, Committee Member, *The Validity and Reliability of the Repetitions in Reserve Based Rating of Perceived Exertion Scale in Single Joint Exercise*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2022

Thesis Committee, Committee Member, *The Validity of Perceptual Recovery Status on Monitoring Recovery During a High-Intensity Back Squat Session*. Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY: 2022

WKU Graduate Council Curriculum Committee, Chair, Western Kentucky University, Bowling Green, Kentucky: 2021-2022

WKU Graduate Council Executive Committee, Committee Member, Western Kentucky University, Bowling Green, Kentucky: 2021-2022

WKU Graduate Council, Committee Member, Western Kentucky University, Bowling Green, Kentucky: 2019-2022

WKU Graduate Council Curriculum Committee, Committee Member, Western Kentucky University, Bowling Green, Kentucky: 2019-2021

Faculty Search Committee, Committee member, Exercise Science – Assistant Professor, Tenure-Track, Kaylee Woodard, Western Kentucky University, Department of Kinesiology, Recreation, and Sport, Bowling Green, Kentucky: 2019-2020

Thesis Committee, Committee Chair, *Effects of Variable Resistance Training on Kinetic and Kinematic Outcomes during a Heavy Conventional Deadlift*. 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

Office of Research and Creative Activity, Western Kentucky University, FUSE Grant Reviewer, 2017-present

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

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

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

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

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

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)

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

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

Thesis Committee, Committee Member, *The Energy Expenditure of 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

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

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

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

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

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

CHHS Honor's Committee, Committee member, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2014-2018

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

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

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

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

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

Thesis Committee, Committee Member, *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

Honors 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

Honors 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

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

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

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

American Society of Biomechanics, Abstract Reviewer, 2013 Annual Meeting

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

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

Honors 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

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

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

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

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

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

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

NSCA Kentucky, State Advisory Board member, National Strength and Conditioning Association; Colorado Springs, CO: 2010-2022

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

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

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

Center for Gerontology Faculty Affiliate, Western Kentucky University, College of Health and Human Services, Bowling Green, Kentucky: 2008-2015

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

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

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

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

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, 2021-2023)

CrossFit

CF-L2, Level 2 Trainer (2022-2027)
CF-L1, Level 1 Trainer (2017-2022)

USA Weightlifting

Level 1 Coach (2017-2023)

HONORS AND AWARDS

Western Kentucky University

The National Society of Leadership and Success Teaching Award

MEMBERSHIPS

Kentucky Academy of Science (2010-present)

American Society of Biomechanics (2005-2013)

International Society of Biomechanics (2004-2010)

American College of Sports Medicine (2002-2015)

National Strength and Conditioning Association (1999-present)

REFERENCES

Available upon request