

CURRICULUM VITAE

Silvio Polly da Costa Valladão, Ph.D., CSCS

School of Kinesiology, Recreation, and Sport
Western Kentucky University
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Education

- University of Mississippi 2020 – 2024
Ph.D. in Health and Kinesiology with Emphasis in Exercise Science
Interdisciplinary Graduate Minor in Applied Statistics
Dissertation: Effects of Fatigue on Interlimb Asymmetry in ROTC Cadets
- University of Mississippi 2018 – 2020
M.S. in Exercise Science
Thesis: Establishing a Duration Standard for the Calculation of Session Rating of Perceived Exertion During Matches in NCAA Division I Women's Soccer
- Georgia Southwestern State University 2014 – 2018
B.S. in Exercise Science and Wellness
[Honors, Summa Cum Laude]

Languages: Portuguese, native speaker; English, advanced level; Spanish, conversational level

Teaching and Research Appointments

Research Interests: Sports, Performance, Asymmetries, Monitoring Training Loads, Esports

Teaching Interests: Statistics, Research Methods, Sports Science, Exercise Physiology

- Assistant Professor, Western Kentucky University 2024 – Present
School of Kinesiology, Recreation, & Sport
Instructor of Record:
- KIN 518 – Advanced Statistics in Kinesiology – Avg. Student Eval.: --
 - EXS 324 – Measurement & Evaluation in Kinesiology – Avg. Student Eval.: --
- Mentorship:
- Thesis Committee Chair. Student: Blake Crutcher
 - Thesis Committee Member. Student: Knik Durman
 - Thesis Committee Member. Student: Manly Barksdale
- Graduate Teaching & Research Assistant, University of Mississippi 2018 – 2024
Department of Health, Exercise Science and Recreation Management
Instructor of Record:
- Lecture Courses**
- ES 457 – Exercise Testing & Prescription Laboratory – Avg. Student Eval.: 3.98
 - ES 440 – Behavioral Aspects of Exercise – Avg. Student Eval.: 5.0
 - ES 350 – Research Methods – Avg. Student Eval.: 4.23
 - ES 349 – Physiology of Exercise Laboratory – Avg. Student Eval.: 4.87

- ES 347 – Structural Kinesiology Labs – Avg. Student Eval.: 4.42
- HP 203 – First Aid and CPR – Avg. Student Eval.: 4.19
- ES 100 – Introduction to Exercise Science – Avg. Student Eval.: 4.38

Activity Courses - Avg. Student Eval.: 4.68

- EL 156 - Jogging
- EL 153 - Sports Conditioning
- EL 151 - Weight Lifting
- EL 147 - Tennis
- EL 129 - Body Contouring
- EL 124 – Racquetball

Guest Lectures

- 2023: EDRS 701 – Educational Statistics II
- 2022 & 2023: ES 611 – Exercise Physiology I
- 2022: NHM 532 – Nutrition Education and Counseling

Undergraduate Research Assistant, Georgia Southwestern State University
School of Health Sciences 2017 – 2018

Volunteer Laboratory Instructor, Georgia Southwestern State University
School of Health Sciences 2018
Course: Exercise Testing & Prescription

Supplemental Instructor & Tutor, Georgia Southwestern State University
Academic Resource Center 2017
Course: Anatomy & Physiology II and American Government

Professional Experience

Affiliated Sports Scientist, University of Mississippi
Center for Health and Sports Performance 2021 – 2024

Data Analyst, University of Mississippi
Ole Miss Women’s Soccer 2019 – 2023

Head Strength & Conditioning Coach, Nona Football Club
Nona Football Club Men’s Soccer 2022

Athletic Training and Strength & Conditioning Intern, Georgia Southwestern State University
Georgia Southwestern Athletics 2018

Peer-Reviewed Research Publications

1. Phillips, J., Dusseault, M., **Valladão, S.**, Nelson, H., & Andre, T. (2023). Test Transferability of 3D-MOT Training on Soccer Specific Parameters. *Research Directs in Strength and Performance*, 3(1).
2. **Valladão, S.**, Phillips, J., Logan, A., & Andre, T. (2023). Relationships Between Pre-Match Training Load Variables and Matchday Countermovement Jump Height in NCAA DI Women’s Soccer. *Research Directs in Strength and Performance*, 3(1).

3. **Valladão, S. P.**, Loenneke, J., Ye, X., Franks, C., & Andre, T. (2022). Minutes Played Should be Used for the Calculation of Session Rating of Perceived Exertion During Matches in NCAA Division I Women's Soccer. *Research Directs in Strength and Performance*, 2(1).
4. Nelson, H., **Valladão, S.**, Schwarz, N., Valliant, M., & Andre, T. (2021). Effect of Pre-sleep Casein and Tryptophan Supplementation on Energy Expenditure Before, During, and After Exercise in Active Females. *Journal of Exercise and Nutrition*, 4(1):1.
5. Rhoden, G., Nelson, H., **Valladão, S.**, & Andre, T. (2021). Blood Glucose Levels in Response to 1 Hour of Esports Training: A Pilot Study. *International Journal of Esports*, 1(1).
6. **Valladão, S.**, Middleton, J., & Andre, T. (2020). Esport: Fortnite Acutely Increases Heart Rate of Young Men. *International Journal of Exercise Science*, 13(6), 1217.
7. Andre, T., Walsh, S., **Valladão, S.**, & Cox, D. (2020). Physiological and Perceptual Response to a Live Collegiate Esports Tournament. *International Journal of Exercise Science*, 13(6), 1418-1429.
8. Andre, T., **Valladão, S.**, Walsh, S., & Reisbeck, D. (2019). Breathing Limited Air Situational Training Masks (BlastMask) Versus Self-Contained Breathing Apparatus (SCBA) for Firefighters: A Pilot Study. *International Journal of Exercise Science*, 12(6), 941-949.

Research Manuscripts (In Preparation/Progress)

1. Couey, C., Nelson, H., **Valladão, S.**, Phillips, J., Armstrong, K., Andre, T. (Manuscript in preparation). The Impact of a Lower Body Positive Pressure Treadmill on Exercise Regulation.
2. **Valladão, S.**, Bentley, J., & Andre, T. (Manuscript in preparation). Comparison of Match Workload Performance on Single-Match Weeks and Double-Match Weeks in NCAA Division I Women's Soccer.
3. **Valladão, S.**, Phillips, J., & Andre, T. (Manuscript in preparation). Pre-Match Countermovement Jump Height Correlates Positively with Match Mechanical Load in NCAA Division I Women's Soccer.
4. **Valladão, S.**, Mendsen, D., Casaru, C., & Meador, B. (Manuscript in preparation). Effects of Cool-Down Protocol Upon Exit from the First-Half on Second-Half Performance in NCAA D-II Soccer Players.
5. **Valladão, S.**, Kang, M., & Andre, T. (Project in progress). Measurement Considerations of Esports Performance Measures Using Aim Hero.
6. Andre, T., **Valladão, S.**, & Nelson, H. (Manuscript in preparation). Impact of Eadvantage Esport Supplement on Esport Performance and Heart Rate.
7. Andre, T., **Valladão, S.**, Hill, C., & Nelson, H. (Manuscript in preparation). Impact of Halosport on Esport Performance.
8. Nelson, H., **Valladão, S.**, & Andre, T. (Manuscript in preparation). Impact of Wearing Gunnar Optiks Gaming Glasses on Esports Performance.
9. Andre, T., **Valladão, S.**, Nelson, H., Phillips, J., Armstrong, K., & Janatova, T. (Manuscript in preparation) Validity of the Perch Fitness 3D Camera System to Measure Barbell Mean Velocity and Peak Velocity During Deadlift and Hang-Clean in Resistance-Trained Females.

10. Phillips, J., **Valladão, S.**, & Andre, T. (Project in progress). Determinants of NCAA Division I Cross-Country Running Performance.
11. Phillips, J., **Valladão, S.**, & Andre, T. (Project in progress). Determinants of NCAA Division I Softball Performance and Load Monitoring in Pitchers.
12. Phillips, J., **Valladão, S.**, & Andre, T. (Project in progress). Determinants of NCAA Division I Volleyball Shoulder Asymmetry and Fatigue Across Off-Season Training.
13. Phillips, J., **Valladão, S.**, Dineen, S., & Andre, T. (Project in progress). Effects of Unweighting and Speed on Gait Patterns During Walking and Running on a Lower Body Positive Pressure Treadmill.

Presentations & Published Abstracts

1. **Valladão, S.**, Bentley, J., & Andre, T. (February & June 2024). Effects of Playing 1 vs 2 Matches per Week on Match Workload in NCAA Division I Women's Soccer Players. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Thematic Poster Presentation. Doctoral Student Competition Finalist; & American College of Sports Medicine Conference, Boston, MA, USA, Poster Presentation.
2. Phillips, J., **Valladão, S.**, Ossenheimer, C., & Andre, T. (February 2024). Relationship Between Drop Jump Metrics and Sprint Performance In NCAA Division I Softball Athletes. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation.
3. Dineen, S., Phillips, J., **Valladão, S.**, van den Berg, K., Ossenheimer, C., Franks, R., & Andre, T (February 2024). Relationship Between Countermovement Jumps and Race Performance in Female Cross-Country Athletes: A Preliminary Study. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation.
4. **Valladão, S.**, Phillips, J., & Andre, T. (February 2023). Pre-Match Countermovement Jump Height Correlates Positively with Match Mechanical Load in NCAA Division I Women's Soccer. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation.
5. Nelson, H., Phillips, J., **Valladão, S.**, Milenkovic, A., & Andre, T. (November 2022). Investigating the Impact of Glucose Levels and a Brief Exercise Bout on Esports Performance and Fatigue. Esports Research Network Conference, Jönköping, Sweden, Oral Presentation.
6. Andre, T., Nelson, H., **Valladão, S.**, Phillips, J., & Milenkovic, A. (November 2022). Use of Blue Light Filtering Glasses During Gaming on Fatigue. Esports Research Network Conference, Jönköping, Sweden, Oral Presentation.
7. **Valladão, S.**, Phillips, J., & Andre, T. (October 2021; February & June 2022). Utilizing Countermovement Jumps as a Measure of Preparedness in NCAA Division I Women's Soccer. R&R Conference, University of North Alabama, Florence, AL, USA, Oral Presentation; Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Oral Presentation; & American College of Sports Medicine Conference, San Diego, CA, USA, Poster Presentation.
8. Phillips, J., Dusseault, M., **Valladão, S.**, Nelson, H., Faubert, J., & Andre, T. (June 2022). Investigating the Effects of 3-Demensional Motion Object Tracking (3D-MOT) training on In-Game College Soccer Performance. American College of Sports Medicine Conference, San Diego, CA, USA, Poster Presentation.

9. **Valladão, S.**, Nelson, H., Hill, C., & Andre, T. (June 2021). Impact of tDCS on Esports Performance. American College of Sports Medicine National Conference, Digital Poster & Voice [COVID-19].
10. Andre, T., **Valladão, S.**, & Nelson, H. (February 2021). Health and Wellness in Esports. Mississippi Association for Health, Physical Education, Recreation and Dance (MAPHERD), Recorded Video Presentation, Virtual Convention.
11. Rhoden, G., **Valladão, S.**, Nelson, H., & Andre, T. (October 2020). Impact of Esports on Blood Glucose Levels. University of California-Irvine Esports Conference, Digital Poster & Voice [COVID-19].
12. Nelson, H., **Valladão, S.**, Sanders, R., Harnish, R., Milenkovic, & A., Andre, T. (May 2020). Effects of Esport Specific Supplementation on Esport Performance and Physiological Measurements. American College of Sports Medicine National Conference, San Francisco, CA, USA, Digital Poster [COVID-19].
13. **Valladão, S.**, Andre, T., Sanders, R., Nelson, H., Schwarz, N., Valliant, M., & Hogg, J. (May 2020). Impact of Casein Protein Containing L-Tryptophan and Melatonin on Sleep Quality and Energy Expenditure. American College of Sports Medicine National Conference, San Francisco, CA, USA, Digital Poster [COVID-19].
14. Sanders, R., Morgan, G., **Valladão, S.**, Andre, T., & Stamatis, A. (May 2020). Mental Toughness, Self-compassion, And Mental Health in Esports: A Mediation Analysis. American College of Sports Medicine National Conference, San Francisco, CA, USA, Digital Poster [COVID-19].
15. **Valladão, S.** & Rhoden, G. (August 2019). Physiological Responses to Esports. The University of Mississippi's Tech Summit, Oxford, MS, USA, Oral Presentation.
16. **Valladão, S.**, Andre, T., & Cox, D. (May 2019). Heart Rate Response During a Collegiate Esports Tournament. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
17. Rhoden, G., **Valladão, S.**, Andre, T., & Cox, D. (May 2019). Observation of Heart Rate Variability Response to Collegiate Esports Tournament. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
18. Cox, D., Andre, T., **Valladão, S.**, & Middleton, J. (May 2019). Heart Rate Response During Esport: Fortnite. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
19. Stamatis, A., Andre, T., Padgett, R., & **Valladão, S.** (May 2019). Mental Toughness as a Moderator of the Physical Exercise – eSports Performance Relationship: A Pilot Study. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
20. **Valladão, S.**, Andre, T., Walsh, S., & Reisbeck, D. (February & March 2019). Validation of Blastmask Firefighter Training Mask during Steady State Exercise in Firefighters. Blastmask Inc. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation & The University of Mississippi's Graduate Student Council Annual Research Symposium, Oxford, MS, USA, Poster Presentation.
21. Cox, D., Andre, T., **Valladão, S.**, & Middleton, J. (February 2019). Heart Rate Response During Esport: Fortnite. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation.

22. **Valladão, S.**, Mendsen, D., Casaru, C., & Meador, B. (February 2018). Effects of cool-down protocol upon exit from the first-half on second-half performance in NCAA D-II soccer players. Southeast American College of Sports Medicine Conference, Chattanooga, TN, USA, Poster Presentation & GSW Annual Research Symposium, Americus, GA, USA, Poster Presentation.
23. **Valladão, S.** (February 2018). Health and Exercise Considerations for Future Teachers/Educators. Future Educators of America Conference, Americus, GA, USA, Oral Presentation.

Internal Grants & Funding (Total Requested: \$17,740; Total Awarded: \$17,740)

1. *CITL Teaching Development Grant (2024); Utilizing AI in EXS 324; **Funded:** \$240*
2. *Lumen Circles Faculty Learning Community (2021); The University of Mississippi's Academic Innovation Projects; Role: Instructor; **Funded:** \$2,000*
3. *The Use of Heart Rate Monitoring for Determination of Adherence to High-Intensity, Low-Volume Exercise in Sedentary Female College Students (2021); The University of Mississippi's Graduate Student Council; Role: Co-Investigator; **Funded:** \$1,000*
4. *Course Redesign for Introduction to Exercise Science (ES 100) (2021); The University of Mississippi's FACT Institute Grant; Role: Instructor; **Funded:** \$12,000*
5. *Course Redesign for Introduction to Exercise Science (ES 100) (2020); The University of Mississippi's CTR Grant; Role: Instructor; **Funded:** \$1,000*
6. *Incorporating Writing, Oral Communication, and Critical Thinking in the Classroom (2020); The University of Mississippi's Department of Writing and Rhetoric; Role: Instructor; **Funded:** \$500*
7. *Impact of Wearing the Cosmed K4b2 on 5k Running Economy and Performance (2019); The University of Mississippi's Graduate Student Council; Role: Principal Investigator; **Funded:** \$1,000*

Equipment In-Kind (Total Requested: \$16,700; Total Awarded: \$16,700)

1. *Validity of The Perch Fitness 3D Camera System to Measure Barbell Mean Velocity and Peak Velocity During Deadlift and Hang-Clean in Resistance-Trained Females (2021); Product Donation – Perch Fitness; Role: Co-Investigator; **Funded:** \$6,000*
2. *NeuroTracker: Visual Tracking Speed in College Soccer (2021); Team Software License Donation – NeuroTracker; Role: Co-Investigator; **Funded:** \$5,000*
3. *Gunnar Optiks Gaming Glasses for Esports (2020); Product Donation – Gunnar Optiks; Role: Co-Investigator; **Funded:** \$4,000*
4. *Impact of HaloSport on Esports Performance (2019); Product Donation – Halo Neuroscience; Role: Co-Investigator; **Funded:** \$1,500*
5. *Impact of Eadvantage Supplement on Esport Performance (2018); Product Donation – eAthlete Labs; Role: Co-Investigator; **Funded:** \$100*
6. *Impact of Casein Protein Containing Tryptophan on Sleep, HRV, and Energy Expenditure in Females (2018); Product Donation – SDC Nutrition; Role: Co-Investigator; **Funded:** \$100*

External Grants & Funding (Total Requested: \$94,531; Total Awarded: \$0)

1. *Comparison of Interlimb Asymmetries Measured by Unilateral and Bilateral Countermovement Jump Tests in the Evaluation of the Acute Effects of Match-Play on Interlimb Asymmetries in Collegiate NCAA DI Women's Soccer (2023); Directed Research Grant, National Strength and Conditioning Association (NSCA); Role: Principal Investigator; Requested (Not Funded): \$14,167*
2. *The Effects of Four Weeks of Unilateral Compared to Bilateral Back-Squat Velocity-Based Training on Strength, Power, and Change of Direction of Resistance-Trained Females (2023); Doctoral Student Grant, National Strength and Conditioning Association (NSCA); Role: Principal Investigator; Requested (Not Funded): \$14,739*
3. *The Effects of Four Weeks of Velocity-Based Training Compared to 1RM-Percentage-Based Training on Strength and Power of Resistance-Trained Females (2022); Directed Research Grant, National Strength and Conditioning Association (NSCA); Role: Principal Investigator; Requested (Not Funded): \$14,666*
4. *The Effects of Four Weeks of Velocity-Based Training Compared to 1RM-Percentage-Based Training on Strength and Power of Resistance-Trained Females (2022); Doctoral Student Grant, National Strength and Conditioning Association (NSCA); Role: Principal Investigator; Requested (Not Funded): \$14,666*
5. *Effects of Low-Impact Treadmills on Time-Trial Running Performance, Economy and Kinetics, Physiological and Perceptual Markers, and Perceived Enjoyment (2021); Doctoral Student Grant, National Strength and Conditioning Association (NSCA); Role: Principal Investigator; Requested (Not Funded): \$11,180*
6. *The Effect of Whole-Body Aerobic Resistance Training 'Exercise Snacks' on Health and Fitness in Sedentary Females (2021); Doctoral Student Grant, National Strength and Conditioning Association (NSCA); Role: Co-Investigator; Requested (Not Funded): \$8,563*
7. *Impact of Stryd Footpod on 5k Pacing Strategy (2019); Master's Student Grant, National Strength and Conditioning Association (NSCA); Role: Principal Investigator; Requested (Not Funded): \$5,750*
8. *Impact of Aerobic Exercise on Esports (2019); Young Investigator Grant, National Strength and Conditioning Association (NSCA); Role: Co-Investigator; Requested (Not Funded): \$10,800*

Professional Certifications

2023 – Present	Limited X-Ray Machine Operator
2023 – Present	Hologic Clinical Applications Training
2021 – Present	Certified Strength and Conditioning Specialist (CSCS)
2018 – Present	First Aid/CPR/AED Certified Instructor, American Red Cross
2018 – Present	Radioactive Devices Safety Training
2017 – Present	CITI Training "Human Subjects Research"

Professional Affiliations/Memberships

American College of Sports Medicine
Southeast American College of Sports Medicine
National Strength and Conditioning Association
American Red Cross Instructor
Esports Research Network Association

Service

Service to Academic Discipline

2024 – Present	Sports Science Section Editor – International Journal of Exercise Science (IJES)
2024 – Present	Reviewer – PLOS ONE
2023 – Present	Reviewer – PeerJ Life & Environment
2023 – Present	Reviewer – Current Psychology
2018 – Present	Reviewer – International Journal of Exercise Science (IJES)
2021	Session Moderator – Esports Research Network Conference

Departmental, School or College

2023 – 2024	Strength & Conditioning Consultant - Ole Miss ROTC Program
2019 – 2024	Exercise Science Program Representative: Graduate Fair at SEACSM Meeting
2021 – 2023	Institutional Resource Center of School of Applied Sciences
2018 – 2023	Exercise Science Program Representative: Ole Miss Junior Preview Day and Admitted Student Day
2022	Exercise Science Program Representative: Mississippi Day
2020 – 2021	Campus Residence Life: Walking League Presentations
2019	Special Project: Cardiovascular Fitness Assessment (VO2 max) for Ole Miss Women's Soccer team
2019	Search Committee Member for the Program Manager of the Office of Research and Sponsored Programs
2019	Exercise Science Program Representative: Graduate Fair at ACSM Meeting
2018	SEACSM Undergraduate Student Bowl Competitor
2017 – 2018	Senator at the GSW's Student Government Association
2017 – 2018	President of the GSW Exercise Science and Wellness Club
2016 – 2018	GSW Health Fair
2016 – 2018	GSW Office of International Programs
2016 – 2017	Vice-President of the GSW Exercise Science and Wellness Club

Community Service

2021	Oral Presentation – Nutritional Recommendations for High-School Soccer Players at Lafayette High-School
2019	Consulting Service Grant – Oxford High-School Women's Soccer
2018	Furlow Charter Middle School Soccer Team - Coaching
2017 – 2018	First Responder Hurricane Relief
2016 – 2018	Magnolia Manor Senior Living
2016 – 2018	GSW 110 Minutes of Service
2014 – 2018	Sumter County Special Olympics
2017	Senior Citizens Center of Americus, Georgia

Professional Development

2024	CITL Workshop – Advising 101: Important Policies, Forms, and Withdrawals
2024	CITL Book Club – A Pedagogy of Kindness
2024	CITL Workshop – AI Integration: Finding Your Path Forward
2024	CITL Workshop – Empowering Students to Use Campus Resources
2024	CITL Workshop – The Art of Balance Active Learning Lecture Integration
2022 – 2024	HESRM’s Graduate Assistant Development Series
2023	CETL Graduate Reading Group - Inclusive Teaching Strategies
2023	CETL Classroom Observation
2023	Workshop - Take Your Statistics to the Next Level with Chuck Huber
2022	Workshop - R for Graduate Students - 7-Week Series
2022	Workshop - Meta-Analysis with Michael Borenstein
2021 – 2022	Committee Member for the HESRM Graduate Professional Development Group
2021	Lumen Circles’ Belonging and Inclusive Teaching Fundamentals Course
2020	Workshop - Incorporate Written and Oral Communication in Class - 8-Week Series
2019 – 2024	Online Teaching Endorsement: University of Mississippi

Honors And Awards

2024	SEACSM Doctoral Student Research Award - Third Place
2021 – 2022	Mark Loftin Outstanding Doctoral Award in The School of Applied Sciences
2019 – 2020	American Kinesiology Association Master’s Student of the Year at the University of Mississippi
2018 – 2020	Ryan Malone Graduate Assistantship Recipient
2017 – 2018	Richard Litwhiler Award for Exercise Science and Wellness
2015 – 2018	GSW Honors Program
2014 – 2018	GSW President’s List
2014 – 2018	GSW Dean’s List
2014 – 2018	GSW Intercollegiate Men’s Soccer Team
	Peach Belt Conference Scholar-Athlete of the Year, 2017-18
	GSW Male Scholar-Athlete of the Year, 2017-18
	Roy Lee Smith Award, 2017-18
	GSW Men’s Soccer Scholar-Athlete of the Year, 2017-18
	Team Captain, 2017-18
	Peach Belt Conference All-Academic Honors, 2014-18
	Peach Belt Conference Presidential Honor Roll Gold Scholar, 2015-18
	GSW All-time most career points, 2014-2018
	GSW All-time most career goals, 2014-2018
	GSW All-time most career assists, 2014-2018
	Scholarship Recipient, 2014-2018
	First Team All-Conference, 2016
	Second Team All-Conference, 2017