
Cameron N. Munger, Ph.D.

Department of Kinesiology and Sport Sciences
University of Nebraska, Kearney
Kearney, NE 68845
Phone: (308) 865-8155
E-mail: mungerc@unk.edu

EDUCATION

PhD	New Mexico State University (NMSU), Las Cruces, NM Major: Kinesiology Emphasis: Performance Enhancement Dissertation: Short-Term Effects of Eccentric Overload Versus Traditional Back Squat Training on Strength and Power	2020
MS	California State University, Fullerton, CA Major: Kinesiology Emphasis: Performance Enhancement Thesis: Acute Effects of Eccentric Overload on Concentric Front Squat Performance	2017
BS	California State University, Fullerton, CA Major: Kinesiology	2015

EMPLOYMENT HISTORY

Assistant Professor of Kinesiology and Sport Sciences	2023-Present
➤ University of Nebraska, Kearney	
➤ Instruction and Number of Sections Taught	
○ KSS-868: Advanced Testing in Exercise and Sport Science (In-person; 1)	
○ KSS-832: Applied Biomechanics of Sport and Motion (Online; 1)	
○ KSS-475: Research Methods (In-person; 2)	
○ KSS-442: Essentials of Strength and Conditioning (In-person; 2)	
○ KSS-414: Implementation of a Strength Program (In-person; 2)	

Assistant Professor of Health and Human Performance

2020-2023

- The College of Idaho (Caldwell, ID)
- Instruction and Number of Sections Taught
 - HHP 498: Capstone II (In-Person; 1)
 - HHP-496: Collaborative Research (In-Person; 7)
 - HHP-399T: Applied Strength and Conditioning (Online; 1)
 - HHP-319: Principles in Biomechanics (Online; 2)
 - HHP-319: Principles in Biomechanics (In Person; 5)
 - HHP-314: Research Methods (In-Person; 2)
 - HHP-304: Motor Learning (Online; 1)
 - HHP-304: Motor Learning (In-Person; 2)
 - HHP-280: Medical Terminology (Online; 1)
 - HHP-280: Medical Terminology (In-Person; 2)
 - HHP-199T: Move or Die: The Consequences of Physical Inactivity (Online; 1)
 - BIO-224L: Human Anatomy and Physiology Lab (Online; 2)
 - BIO-224L: Human Anatomy and Physiology Lab (In Person; 3)
 - HHP-110: Introduction to Exercise Science (In-Person; 2)
 - HHP-110L: Introduction to Exercise Science Lab (In Person; 1)
 - HHP-110L: Introduction to Exercise Science Lab (Online; 1)

GRADUATE SCHOOL EMPLOYMENT

Graduate Assistant (PhD)

2017-2020

- New Mexico State University (Las Cruces, NM)
- Research
 - Applied Exercise Physiology Laboratory
- Instruction and Semesters Taught
 - SPM 324: Introduction to Exercise Science (1)
 - PEP 208: Fitness, Health, and Sport Laboratory (3)
 - PEP 208: Fitness, Health, and Sport Laboratory (Online) (1)
 - PE 205: Fitness Walking (1)
 - PE 203: Olympic and Powerlifting (1)
 - PE 148: Beginning Racquetball (1)
 - PE 102: Beginning Weight Training (2)
 - PE 102: Beginning Weight Training (Online) (1)

Graduate Teaching Assistant (Masters)

2015-2017

- California State University, Fullerton (Fullerton, CA)
- Research
 - Human Performance Laboratory (2.5 years)
- Instruction
 - KNES 146: Resistance Training (2)
 - KNES 103: Fitness Walking (2)
 - KNES 100: Physical Conditioning (2)

EXPERIENCE

Kearney Combat Sports Strength and Conditioning Coach—Fall 2023

Produced Strength and Conditioning for 6 MMA fighters

Graduate Assistant Teaching at NMSU—August 2015-June 2017

Fitness, Health, and Sport Lab

Fitness Walking

Weightlifting and Powerlifting

Graduate Teaching Assistant at CSUF—August 2015-June 2017

Resistance Training

Physical Conditioning

Fitness Walking

Exercise Class Leader—January 2014-July 2017

Exercise Class Leader of the Employee Wellness Program at CSUF.

California State University, Fullerton Fitness Testing—August 2015-August 2017

Conducted fitness testing for entry-level health science students. CSUF

Athos Muscle Activation Product Development Contract - Compression Short Study—

November 2016-January 2017

Conducted research on venture startup company, Athos, in developing their muscle activation compression shorts. CSUF

Anaheim Ducks Hockey Club On-Ice testing—September 2016

Conducted on-ice speed testing for Anaheim Ducks hockey team, Anaheim Ice, Anaheim, CA.

Anaheim Ducks Hockey Club Fitness Testing—August 2015, June 2016, September 2016

Conducted fitness testing for Anaheim Ducks hockey team, California State University, Fullerton, CA.

Anaheim Ducks Hockey Club Assistant Strength Coach for Rookie Development Camp—

Strength and conditioning assistant for Anaheim Ducks Development Camp. Coaching component. Anaheim Ice, Anaheim, CA. 2016, 2017

Western Hockey League Combine Fitness Testing—April 2016, 2017

Conducted fitness testing for Western Hockey League Combine. Anaheim Ice, Fullerton, CA.

Nike Sport Science Contract - Compression Study—February-May 2016

Conducted fitness testing for Nike compression products. California State University, Fullerton, CA.

California State University, Fullerton Athletics Fitness Testing—August 2015

Conducted fitness testing for CSUF softball team, California State University, Fullerton, CA.

NSCA Pilot Testing—October 2015

Pilot testing of NSCA strength certificate. Lecture and application component. Fullerton, CA.

CSUF Athletic Weight Room—December 2015-June 2016

Intern for California State University, Fullerton Athletics Weight Room. Assistance with Coaching. Fullerton, CA.

Employee Wellness Program—August 2014-January 2015

Intern for the Employee Wellness Program at California State University, Fullerton.
Coaching component. Fullerton, CA.

RESEARCH

PUBLICATIONS

1. Aiken CA, Post PG, **Munger CN**, Sampson JJ, Cochran SM, Zhuravleva TA. The effects of a PETTLEP imagery and action observation on strength performance of a leg extension and flexion task. *Journal of Imagery Research in Sport and Physical Activity*, 19(1) 1-11, 2024
2. **Munger CN**, Jones BC, Halloran IJ, Eggleston GG, Post PG, Brown LE, Berning JM. Effects of eccentric overload versus constant load back squat training on strength and power. *International Journal of Kinesiology and Sport Science*, 10(1) 1-8, 2022
3. Rivera M, Leyva WD, Archer DC, **Munger CN**, Watkins CM, Wong MA, Dobbs IJ, Galpin AJ, Coburn JW, Brown LE. No effect of assisted hip rotation on bat velocity. *International Journal of Exercise Science*, 11(4), 69-74, 2018.
4. **Munger CN**, Archer DC, Leyva WD, Coburn JW, Costa PB, Brown LE. Acute effects of eccentric overload on concentric front squat performance, *Journal of Strength and Conditioning Research*, 31(5), 1192-1197, 2017.
5. Barillas SR, Watkins CM, Wong MA, Dobbs IJ, Archer DC, **Munger CN**, Galpin AJ, Coburn JW, Brown LE. Repeated Plyometric Exercise Attenuates Blood Glucose in Healthy Adults. *International journal of exercise science*, 10(7), 1076, 2017.
6. Maulit MR, Archer DC, Leyva WD, **Munger CN**, Wong MA, Brown LE, Coburn JW, Galpin AJ. Effects of kettlebell swing vs. explosive deadlift training on strength and power. *International Journal of Kinesiology and Sports Science*, 5(1):1-7, 2017.
7. Archer DC, Brown LE, Coburn JW, Galpin AJ, Drouet PC, Leyva WD, **Munger CN**, Wong MA. Effects of short-term jump squat training with and without chains on strength and power in recreational lifters. *International Journal of Kinesiology and Sports Science*, 4(4), 2016.
8. Leyva WD, Archer DC, **Munger CN**, Galpin AJ, Coburn JW, Brown LE. Comparison of deadlift vs. back squat postactivation potentiation on vertical jump. *Gavin Journal of Orthopedic Research & Therapy*, 1, 6-10, 2016.
9. Drouet PC, Archer DC, **Munger CN**, Coburn JW, Costa PB, Bottaro M, Brown LE. Hypotensive effects following upper vs lower body resistance exercise between

normotensive and prehypertensive men. *Journal of Exercise Physiology Online*, 20(2), 2017.

MANUSCRIPTS IN PROGRESS

1. Frels C, Akehi K, **Munger C**. Comparing the Validity of Dual Force Plates and 3D Motion Capture System for Measuring Countermovement Jump and Drop Jump Variables
(*Data Collected*)
2. **Munger CN**. Effects of Eccentric Overload Versus Augmented Eccentric Loading on Muscle Excitation and Performance in the Back Squat (*Piloting*)
3. **Munger CN**, Jones BC, Halloran IJ, Eggleston GG, Berning JM. Prediction and application of three-second eccentric back squat maxes for researchers and coaches.
(*Data Collected*)

PUBLISHED ABSTRACTS & INTERNATIONAL/NATIONAL PRESENTATIONS **{Refereed}**

1. **Munger CN**, R Garner, V. Wright, K Sorenson, H Mikel. Electromyographic Comparison of Intensities Relative to Action Type Max Strength in the Back Squat. NSCA Annual Meeting, Baltimore, MD. July 10-13, 2024 **SUBMITTED**
2. **Munger CN**, Jones BC, Halloran IJ, Eggleston GG, Berning JM. Effects of Short-Term Eccentric Overload Versus Traditional Back Squat Training on Jump Height and 1RM. *NSCA Annual Meeting*, Las Vegas, NV, July 8-11, 2020
3. Cochran SM, Aiken CA, Post PG, Sampson JJ, Zhuravleva TA, **Munger CN**, Berning JM. Effects of Five Week Imagery Intervention on Strength Training. *NASPSA Annual Meeting*, Vancouver, BC, Canada, June 11-14, 2020
4. **Munger CN**, Archer DC, Harmon RA, Harmon KK, Pamukoff DN, Coburn JW, Brown LE. Relationship between relative bench press 1RM and angle specific isometric bench press. *NSCA Annual Meeting*, Las Vegas, NV, July 12-15, 2017
5. Archer DC, **Munger CN**, Rivera M, Leyva WD, Barillas SR, Watkins CM, Wong MA, Dobbs IJ, Brown LE. No effect of smelling salts on vertical jump height or sprint time. *NSCA Annual Meeting*, Las Vegas, NV, July 12-15, 2017
6. Rivera M, Archer DC, **Munger CN**, Leyva WD, Barillas SR, Watkins CM, Dobbs IJ, Wong MA, Brown LE. Effects of inhalants on force production. *NSCA Annual Meeting*, Las Vegas, NV, July 12-15, 2017

7. Leyva WD, Archer DC, **Munger CN**, Rivera M, Barillas SR, Watkins CM, Wong MA, Dobbs IJ, Brown LE. Relationship between vertical jump power and sprint speed is altered between acceleration and top speed phases. *NSCA Annual Meeting*, Las Vegas, NV, July 12-15, 2017
8. Watkins CM, Barillas SR, Wong MA, Dobbs IJ, Lin A, **Munger CN**, Archer DC, Brown LE. Leg Strength Differences Between Women's Collegiate Spirit Squad and Rugby Players. *NSCA Annual Meeting*, Las Vegas, NV, July 12-15, 2017
9. **Munger CN**, Archer DC, Harmon RA, Harmon KK, Pamukoff DN, Coburn JW, Brown LE. Low correlation between bench press one-repetition maximum and angle specific isometric bench press. ACSM Annual Meeting, Denver, CO, May 30-June 3, 2017. *Medicine and Science in Sports and Exercise* 49(5): 2017
10. Barillas SR, Watkins CM, Wong MA, Dobbs IJ, Archer DC, **Munger CN**, Galpin AJ, Coburn JW, Brown LE. Acute effects of plyometric exercise on blood glucose. ACSM Annual Meeting, Denver, CO, May 30-June 3, 2017. *Medicine and Science in Sports and Exercise* 49(5): 2017
11. **Munger CN**, Drouet PC, Archer DC, Wong MA, Costa PB, Coburn JW, Brown LE. An examination of systolic blood pressure post upper body resistance exercise in pre-hypertensive males. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
12. Archer DC, **Munger CN**, Leyva WD, Drouet PC, Wong MA, Galpin AJ, Coburn JW, Brown LE. Effects of short-term jump squat training with and without chains on back squat 1RM. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
13. Thomson EE, **Munger CN**, Brown LE, Coburn JW, Galpin AJ. No potentiating effect of weighted depth jumps on vertical jump impulse in recreational female volleyball players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
14. Drouet PC, **Munger CN**, Archer DC, Wong MA, Costa PB, Coburn JW, Brown LE. Acute effects of lower body resistance exercise on systolic blood pressure in pre-hypertensive males. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
15. Leyva WD, Archer DC, **Munger CN**, Galpin AJ, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump force, power, and velocity interpeak times. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
16. Eckel TL, Leyva WD, Archer DC, **Munger CN**, Galpin AJ, Coburn JW, Brown LE. Effect of hex bar deadlift vs. back squat postactivation potentiation on vertical jump time

to peak force. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016

17. Wong MA, Brown LE, Watkins CM, Barillas SR, Bartolini JA, **Munger CN**. No effect of stick carry on agility in collegiate lacrosse players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
18. Watkins CM, Brown LE, Wong MA, Barillas SR, Bartolini JA, **Munger CN**. Stick carry decreases sprint speed in collegiate lacrosse players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12): S 2016
19. **Munger CN**, Leyva WD, Archer DC, Galpin AJ, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical takeoff velocity. ACSM Annual Meeting, Boston, MA, May 31-June 4 2016. *Medicine and Science in Sport and Exercise* 48(5): S 2016

RESEARCH PRESENTATIONS {Regional – State}

1. **CN. Munger**, BC. Jones, JJ. Halloran, GG. Eggleston, JM. Berning FACSM. Prediction of Maximal Eccentric Back Squat Strength from Concentric 1RMs. Thematic Presentation. *NWACSM Annual Meeting (Virtual)*, February 25th, 2021
2. Cochran SM, Aiken CA, Post PG, Sampson JJ, Zhuravleva TA, **Munger CN**, Berning JM. Effects of Five Week Imagery Intervention on Strength Training. *NMSU Research and Creativity Week Competition*, Las Cruces, NM, November 10-13th, 2020
➤ 1st Place
3. **Munger CN**, Archer DC, Leyva WD, Wong MA, Coburn JW, Costa PB, Brown LE. Acute effects of eccentric overload on concentric front squat peak velocity. *SWACSM Annual Meeting*, Costa Mesa, CA, October 21-22, 2016
4. Thomson EE, **Munger CN**, Brown LE, FACSM, Coburn JW, FACSM, Galpin AJ. No Potentiating Effect of Weighted Depth Jumps on Vertical Jump Height in Recreational & Club Female Volleyball Players. *SWACSM Annual Meeting*, Costa Mesa, CA, October 21-22, 2016
5. Archer DC, **Munger CN**, Leyva WD, Wong MA, Coburn JW, Costa PB, Brown LE. Acute effects of eccentric overload on concentric front squat peak power. *SWACSM Annual Meeting*, Costa Mesa, CA, October 21-22, 2016
6. Drouet PC, **Munger CN**, Archer DC, Wong MA, Costa PB, Coburn JW, Brown LE. Acute effects of upper body resistance exercise on diastolic blood pressure in normotensive and prehypertensive males. *SWACSM Annual Meeting*, Costa Mesa, CA, October 21-22, 2016

7. Leyva WD, Maulit, MR, Archer DC, **Munger CN**, Wong MA, Coburn JW, Galpin AJ, Brown LE. Effects of kettlebell swing vs. explosive deadlift training on rate of force development. *SWACSM Annual Meeting*, Costa Mesa, CA, October 21-22, 2016.
8. Maulit MR, Archer DC, Leyva WD, **Munger CN**, Wong MA, Brown LE, Coburn JW, Galpin AJ. Effects of kettlebell swing vs. explosive deadlift training on strength and power. *SWACSM Annual Meeting*, Costa Mesa, CA, October 21-22, 2016
9. **Munger CN**, Eckel TL, Malyszczek KK, Dunnick DD, Harmon RA, Tran TT, Costa PB, Coburn JW, **Brown LE**. Differences in dynamic strength index between an isometric mid-thigh pull and isometric deadlift. *SWACSM Annual Meeting*, Costa Mesa, CA, October 16-17, 2015
10. Archer D, **Munger CN**, Leyva WD, Drouet PC, Galpin AJ, Coburn JW, Brown LE. Effect of short-term jump squat training with or without chains on vertical jump. A pilot study. *SWACSM Annual Meeting*, Costa Mesa, CA, October 16-17, 2015
11. Eckel TL, **Munger CN**, Malyszczek KK, Dunnick DD, Harmon RA, Tran TT, Costa PB, Coburn JW, Brown LE. Differences between dynamic strength index and delta dynamic strength index of a hex bar mid-thigh pull. *SWACSM Annual Meeting*, Costa Mesa, CA, October 16-17, 2015
12. Leyva WD, Archer DC, **Munger CN**, Galpin AJ, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump. *SWACSM Annual Meeting*, Costa Mesa, CA, October 16-17, 2015

RESEARCH PRESENTATIONS {University}

1. Frels C, Akehi K, **Munger C**. Comparing the Validity of Dual Force Plates and 3D Motion Capture System for Measuring Countermovement Jump and Drop Jump Variables. Student Research Conference at University of Nebraska, Kearney. April 19, 2024
2. Sorenson K, Moura D, **Munger C**. Electromyographic Comparison of Eccentric and Concentric Phases of the Back Squat. Student Research Conference at College of Idaho. Caldwell, ID. May 4, 2023

INVITED SCIENTIFIC LECTURES & GUEST PRESENTATIONS {Regional & State}

1. **Munger, CN**. Neuromotor Principles for Building Shooters. November 9th, 2022
2. **Munger, CN**. Nutrition for the Tactical Athlete. Liberty Craft Training. October 4th, 2022

3. **Munger, CN.** Spine and Load Carriage Biomechanics for the Tactical Athlete. Liberty Craft Training. September 13th, 2022
4. **Munger, CN.** Neuromuscular Adaptations to Resistance to Training. Liberty Craft Training. August 9th, 2022
5. **Munger, CN.** Eccentric Loading: The Heavier, the Better. The College of Idaho, Caldwell, ID. Division of Natural Sciences and Mathematics Colloquium Series. October 13th, 2020
6. **Munger, CN.** and Directo, DJ. Running Mechanics and Application for Air Force ROTC. New Mexico State University, Las Cruces, NM, February 13th, 2020
7. **Munger, CN.;** Shilcutt, JB.; Directo DJ. Running Mechanics and Application for Air Force ROTC. New Mexico State University, Las Cruces, NM, August 13th, 2019
8. **Munger, CN.** and S. Meyer. Preventing Re-Injury with Progressive Exercise. New Mexico Athletic Trainers Association Conference, Las Cruces, NM, June 1-3, 2018
9. **Munger, CN.** UFC Explosive Movement Seminar, UFC La Mirada, CA, Nov 2016
10. **Munger, CN.** Post Activation Potentiation for Personal Trainers at UCLA. California State University, Fullerton, July 2016
11. **Munger, CN.** Post activation potentiation practical at California State University, Los Angeles, CA, May 2016

SERVICE

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

- | | |
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| 1. Member National Strength and Conditioning Association | 2015 to Current |
| 2. Academics for Academic Freedom at UNK | 2024 to Current |

SERVICE

- | | |
|--|----------------------|
| 1. UNK Student Advising | AY2023/24 |
| a. 14 Advisees | |
| 2. Judge of UNK Graduate Student Research Online Posters (2) | Spring 2024 |
| 3. UNK KSS Prospective Student Meetings: 1 | Spring 2024 |
| 4. Member of Graduate Review Editorial Board at UNK | Fall 2023 to Current |
| 5. UNK Kids Fitness and Nutrition Day Volunteer | Fall 2023 |
| 6. UNK KSS Prospective Student Meetings: 1 | Fall 2023 |

7. Kathryn Albertson Scholarship Competition Essay Evaluations Spring 2023
 - a. 15 Essays
8. Kathryn Albertson Scholarship Competition Interviews Spring 2023
 - a. 4 Interviews
9. Peak Fair Booth Host for HHP Spring 2022
10. Chair of Search Committee for Assistant Professor Position Fall 2022
11. Udall Foundation Scholarship Representative for College of Idaho
June 2022 – May 2023
12. Search Committee Member for AY 2022-23 Visiting Assistant Professor Position
Spring 2022
13. CofI Kathryn Albertson Scholarship Competition Essay Evaluator (18 Essays)
Spring 2022
14. CofI Kathryn Albertson Scholarship Competition Interviewer (3 Interviews)
Spring 2022
15. Chair of New Hire Search Committee for Tenure Track Line in HHP at CofI
Fall 2021
16. CofI Assessment Committee Member Fall 2021-Spring 2023
17. Founder of The College of Idaho Barbell Club Fall 2021
 - Founders: Cameron Munger, Amelia Boyle, Laurel Rowe, Jessica Dorohov, Vincent Stoppello
18. Advisor of The College of Idaho Barbell Club Fall 2021-Spring 2023
19. New Hire Search Committee Member for Visiting Assistant Professor in HHP at CofI
Spring 2021
20. CofI Kathryn Albertson Scholarship Competition Essay Evaluator (10 Essays)
Spring 2021
21. CofI Kathryn Albertson Scholarship Competition Interviewer (4 Interviews)
Spring 2021
22. CofI HHP Advising (36 Advisees) Spring 2021-Spring 2023
23. CofI Prospective Student Interviews for Department of Health and Human Performance
Fall 2020
24. New Hire Search Committee Member for Associate Professor in Biomechanics (New Mexico State University).
Fall 2019

PROFESSIONAL REVIEWER

1. Topics in Exercise Science and Kinesiology 2021 to Current
2. European Journal of Applied Physiology 2021 to Current
3. Journal of Strength and Conditioning Research 2016 to Current
4. Journal of Science in Sport and Exercise 2019 to Current

STUDENT SERVICE

1. Undergraduate Research Fellow Mentor AY 2023/24
 - a. Trevor Bills

2. Faculty Recommendation for Grit Scholarship Early Assurance Program for Physician's Assistant Studies
 - a. Maella Djoube Fodop September 2022
3. Faculty Sponsor for Davison Projects for Peace Submission January 2022
 1. Maella Djoube Fodop
 - i. An application to enhance services available to women on domestic abuse and female hygiene in a small village in Cameroon
2. Collaborative Research Mentor

Electromyographic Comparison of Eccentric and Concentric Phases of the Back Squat

- | | |
|----------------------|--|
| 1. Kennedy Sorenson | Winter 2023/Spring 2023 (1 unit: 1 unit) |
| 2. Daralyn Moura | Winter 2023/Spring 2023 (1 unit: 1 unit) |
| 3. Valinda Wright | Spring 2023 (1 unit) |
| | Fall 2022 (1 unit) |
| 4. Will Kracaw | Fall 2022 (3 units) |
| 5. Keagan McCoy | Spring 2022 (3 units) |
| 6. Tanner Higgins | Spring 2022 (3 units) |
| 7. Vincent Stoppello | Fall 2021 (3 units) |
| 8. Amy Boyle | Fall 2021 (3 units) |
| 9. Alex Houston | Spring 2021 (3 units) |
4. Letters of Recommendation
 - a. Connor Gutz
 - i. Master's in Athletic Training at UNK January 2024
 - b. Masen Bazzoli
 - i. Communication Sciences and Disorders Centralized Application December 2022
 - c. Tiffany Thompson
 - i. University of Colorado for MS in Biomedical Research November 2022
 - d. Eudes Sousa
 - i. Stanford for MS in Epidemiology and Clinical Research November 2022
 - ii. McGill University for MS in Epidemiology November 2022
 - iii. Boise State University for MS in Health November 2022
 - iv. Stanford Knights-Hennesy Scholars for M.S. in Public Health September 2022
 - v. McCall McBain Scholarship for MS in Public Health September 2022
 - e. Tanner Higgins

- i. Boise State University for MS in Athletic Training
September 2022
- f. Jake Klassen
 - i. Physical Therapy Centralized Application Service
August 2022
- g. Vincent Stoppello
 - i. Association of American Medical Colleges
June 2022
- h. Alex Houston
 - i. East Tennessee State University for Ph.D. in Sports Performance and Analysis
September 2021
 - ii. Ithaca College of New York; M.S. in Kinesiology
September 2021

AWARDS, NOMINATIONS & RECOGNITION

- Selected for Faculty Appreciation at UNK by Kara Bus
Fall 2023
- UNK Experiential Learning Mini Grant
 - Awarded \$250
Fall 2023
- UNK Experiential Learning Mini Grant
 - Drafted for Pat Phillipi
 - Awarded \$250
Fall 2023
- Internal Grant Award from CofI for AMTI Force Plate for Biomechanics Lab
 - Awarded \$22,000
Fall 2023
- HHP Jolley Fund Recipient for Dual X-Ray Absorptiometry Machine (DEXA); Matt Laye, Cameron Munger, Jacqui Crissey, Blake Densley
 - Awarded \$20,000
Fall 2020
- Nominated for the Outstanding Graduate Award
 - Nominated by Dr. Joseph Berning
Fall 2020
- Recipient of the Outstanding Graduate Assistantship Award from New Mexico State University Graduate School
 - Awarded \$2,000
 - Nominated by Professor Joseph Berning, Ph.D.
AY 2019-2020
- Recipient of NSCA Challenge Scholarship –
Fall 2018
 - Awarded \$1,500

- Recipient of ASI Scholarship at California State University, Fullerton August 2016
 - Awarded \$400
- Recipient of ASI Scholarship at California State University, Fullerton May 2016
 - Awarded \$400

PROFESSIONAL DEVELOPMENT

1. NSCA Continued Education: Older People Trip, Some Fall: A Program to Decrease Seniors' Fall Risk: Quiz Spring 2024
2. NSCA Continued Education: Comparing the Use of the Countermovement Jump for Performance Profiling: Neuromuscular Fatigue Monitoring and Injury Rehabilitation Testing: Quiz Spring 2024
3. NSCA Continued Education: Making Sense of Asymmetry in Sport Performance and Strength and Conditioning Research: Quiz Spring 2024
4. University of Nebraska Research Collaboration Initiative Attendee Fall 2023
5. Continued Education: Relationship of Lower Body, Multijoint, Isometric and Dynamic Neuromuscular Assessment Variables with Snatch and Clean and Jerk Performance in Competitive Weightlifters: A Meta-Analysis: Quiz Fall 2023
6. Continued Education: High Intensity Interval Training: An Updated Application for Old School Sprints Fall 2023
7. Exercise Science Topic Graphics
 - a. Reaction Time Training for the Tactical Athlete September 30, 2022
 - b. Load Carriage and Rucking Considerations September 7, 2022
 - c. Exercises to Combat Fatigue in Carbine Shooting August 25, 2022
8. Attended 2022 Summer Research Idaho INBRE Conference August 2022
9. NSCA Continued Education: Practical Postexercise Recovery Strategies in Male Adult Professional Soccer Players: A Systematic Review August 23, 2021
10. NSCA Continued Education: Glenohumeral Extension and the Dip: Considerations for the Strength and Conditioning Professional August 23, 2021
11. How to Future-Proof Your Teaching, Teaching Anatomy & Physiology Series: Part 1, Tony Macknight, MD, PhD January 21, 2021
12. Restructuring Anatomy Education at Mayo Clinic Using a Hybrid Remote Learning Platform, by Wojciech Pawlina, MD, Professor of Anatomy and Medical Ed, Mayo Clinic. January 21, 2021
13. Where the Road Intersections: Defining Mentorship that Works for Me, You and We" by Tim Raines, Associate Director of Undergraduate Research January 7, 2021
14. Training Clients with Shoulder Injury-Modifications and Considerations. National Strength and Conditioning Association Continued Education December 9, 2020
15. Remote: The Connected Faculty Summit hosted by ASU July 13-15, 2020

