**RACHEL LARSON PHD, CSCS,\*D, TSAC-F,\*D**

Rachel.larson11@asu.edu

**EDUCATION**

**PhD Health Promotion and Wellness (Human Performance)** December 2019

*Rocky Mountain University of Health Professions, Provo, UT*

Dissertation: “The Acute Effects of Attentional Focus on Muscular Strength” Committee: Brent Alvar (chair), Brad Schoenfeld, Bret Contreras

**MS Human Movement (Sports Conditioning Track)** August 2009

*A.T. Still University, Mesa, AZ*

Project: “Strength and Conditioning for the Volleyball Athlete” Advisor: Matt Rhea

**BS Exercise Science (Biomechanics Track)** December 2003

*Pacific University, Forest Grove, OR*

Senior Research Projects: “The Effects of Stretching on Landing Kinetics and Stability” “Comparison of Three Leg Stiffness Assessment Techniques”

Advisor: Philip Schot

**HONORS AND AWARDS**

**Rockstar Women of ASU – Strength and Conditioning** 2020

*ASU Women’s Coalition*

**Recertified with distinction TSAC-F\*D** 2020-present

*National Strength and Conditioning Association*

**Recertified with distinction CSCS\*D** 2017-present *National Strength and Conditioning Association*

**Coach of the Year** 2016

*Tempe Rugby Club*

# Motivational Educator 2012

|  |  |
| --- | --- |
| *Chandler Gilbert Community College***Outstanding Student Support** | 2012 |
| *Chandler Gilbert Community College* |  |
| **Grant Funding****“The Effects of Stretching on Landing Kinetics and Stability”** |  |
| *Pacific University Undergraduate Research Grant*: $1500  |  2003 |
| **“Military Family Programming”**  |  |
| *YMCA, Arizona Cardinals*: $5000 |  2011,2012 |

**“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”**

*ASU, Arizona Coalition for Military Families*: $74,926 2019-2020

**“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”**

*ASU, Arizona Coalition for Military Families:* $122,025 2020-2021

**“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”**

*ASU, Arizona Coalition for Military Families:* $110,021 2021-2022

**“Cross-cutting Prevention Through an Upstream Focus on Social Determinants of Health Within Military Settings.”**

*ASU, MTEC-DoD: $2,392,977.00*  2021-present

**“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”**

*ASU, Arizona Coalition for Military Families: $128,893* 2022-present

**Special Recognition**

Sun Award, College of Health Solutions, November 2021

Sun Award, College of Health Solutions, May 2021

Nominee, ASU, College of Health Solutions Distinguished Faculty, 2021

Nominee, ASU, College of Health Solutions Service Award, 2021

Nominee, ASU, College of Health Solutions Mentoring Award, 2020

Sun Award, College of Health Solutions, January 2020

Nominee, ASU, College of Health Solutions Research Award, 2019

Nominee, ASU, College of Health Solutions Mentoring Award, 2019

**TEACHING EXPERIENCE**

**Arizona State University**, Phoenix, AZ August 2016 to present

**Program Director** July 2022- present

Masters Strength and Conditioning

**Assistant Teaching Professor/ Honors Faculty** August 2019-present Sports Science & Performance Programming

**Instructor/Honors Faculty** August 2016-May 2019 Exercise & Wellness

* EXW214 Flexibility Instructional Competency *(1 section Fall 2018, 1 section Spring 2019)*
	+ Assisted with the redesign of EXW214 into a lecture and recitation
	+ Content development
* EXW214L Flexibility Instructional Competency (Recitation) *(1 section Fall 2018, 1 section Spring 2019)*
	+ Content development
	+ Coordinated teaching of labs with 1 other Instructor and a teaching assistant
* EXW215 Resistance Training and Recovery Instructional Lab (*2 sections Spring 2020*)
* EXW216 Muscular Strength Instructional Competency *(4 sections Fall 2016, 4 sections*

*Spring 2017, 4 sections Fall 2017, 4 sections Spring 2018, 1 section Spring 2019, 1 section Fall 2019)*

* + Assisted with the redesign of EXW216 into a lecture and recitation
	+ Content development
* EXW216L Muscular Strength Instructional Competency (Recitation*)(1 section Spring 2019, 2 sections Fall 2019)*
	+ Content development
	+ Coordinated teaching of labs with 1 other Instructor and a teaching assistant
* EXW217 Fitness and Flexibility (*1 section Fall 2019*)
	+ Assisted in development of this new course
* EXW284 Pre-Internship (in-person, Online) *(1 section Spring 2017, 1 section Fall 2017, 1 section Spring 2018 )*
	+ Developed an online section of this course with additional content
* EXW302 Fundamentals of Wellness (*1 section Summer 2020*)
* EXW320 Management and Leadership in Exercise and Wellness *(1 section Spring 2017, 1 section Summer 2017, 1 section Spring 2018, 1 section Fall 2018)*
	+ Assisted with redevelopment of course content
* EXW325 Fitness for Life (online) *(2 sections Summer 2018, 2 sections Spring 2019)*
* EXW344 Physical Activity in Health and Disease (online) *(1 section Spring 2019)*
	+ Assisted with redevelopment of course content
	+ Developed an online CANVAS course for this class
* EXW420 Exercise Testing (*1 section Fall 2019*)
* EXW425 Exercise Prescription *(2 sections Fall 2016, 1 section Spring 2017, 1 section Fall 2017, 2 sections Fall 2018)*
	+ Assisted with the redevelopment of course content
	+ Developed this course into a ProMod course
* EXW460 Resistance Training Application and Theory *(1 section Fall 2017, 1 section Spring 2018, 1 section Fall 2018, 1 section Spring 2019, 1 section Fall 2019)*
	+ Redesigned the course
	+ Developed course content
	+ Updated syllabus to follow new guidelines of SSP program
* EXW484 Internship *(1 section Fall 2018, 1 section Spring 2019)*
	+ Developed and internship to enhance student learning and practical experience with research
* EXW494 Topic: Undergraduate Research *(1 section Fall 2017, 1 section Spring 2018)*
	+ Research Assistance
* EXW499 Individualized Instruction *(1 section Fall 2017)*
	+ Assistance with EXW216 and the redevelopment of course content
* EXW530 Theory and Application of Resistance Training *(1 section Fall 2018, 1 section Spring 2019, 1 section Fall 2019)*
	+ Redesigned the course to fit new SSP program starting 2020
	+ Developed course content
	+ Additional assignments created for Master’s fulfillment
	+ Content update to transfer in to the new SSP degree
* EXW592 Research *(2 sections Spring 2019, 3 sections Fall 2019, 1 section Spring 2020, 1 section Fall 2020)*
	+ Research practical experience
* KIN494 Pre-Internship *(1 section Spring 2017, 1 section Fall 2017)*
* SSP 242 Resistance Training Foundations for Performance (*1 section Fall 2020*)
	+ Co-Developed and designed all course materials including lectures, assignments, exams/quizzes
	+ Redesigned to fit new ASUsync model
* SSP325 Sports Biomechanics (*1 section Spring 2020, 1 section Fall 2020*)
	+ 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
	+ Redesigned to fit new ASUsync model
* SSP325 Sports Biomechanics Lab (*2 sections Spring 2020, 2 sections Fall 2020*)
	+ 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
	+ Redesigned to fit new ASUsync model
	+ Developed in 2021 to icourse and in-person labs
* SSP460 Resistance Training Application and Theory (*1 section Spring 2020, 1 section Fall 2020*)
	+ 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
	+ Redesigned to fit new ASUsync model
* SSP461 Performance Programming Components and Periodization (*1 section Spring 2022*)
* SSP530 Theory and Application of Resistance Training (*1 section Spring 2020, 1 section Fall 2020, 1 section Fall 2022*)
	+ 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
	+ Redesigned to fit new ASUsync model
	+ Redesigned to fit competencies of new MS Strength and Conditioning Degree
* CHS394 Peer Instructional Facilitator (*1 section Fall 2019, 2 sections Spring 2020, 1 section Fall 2020)*
* Proposed renaming of KIN 520, KIN 530, KIN 540 for the MS S&C Degree, created all syllabi, course competencies and learning outcomes.
* SSP501 Data collection, analysis and interpretation in strength and conditioning (*proposed course 2020, 1 section Fall 2021, 1 section Fall 2022*)
* 2020 Developed course and all content
* SSP560 Performance Sports Coaching (Proposed course 2020, 1 section *Spring 2022*)

# 2021 Developed course and all content

# Masters Students Advised

Peter Alosi, Applied project, “FV Profiling from Squat and CMJ,” Fall 2022-present.

Joel Horn, Applied project, “ACL prevention program for soccer athletes,” Fall 2020-Spring 2021.

Monay Mariscal, EXW 592 Research Credit, Spring 2021

Mackenzie Paul, EXW 592 Research Credit, Fall 2020

Lex Hollenbeck, EXW 592 Research Credit, Spring 2020

James Bockas, EXW 592 Research Credit, Fall 2019

Nicholas Shafer, EXW 592 Research Credit, Fall 2019

Mitchell Weissenhofer, EXW592 Research Credit, Spring 2019-Fall 2019

Justin James, EXW 592 Research Credit, Spring 2019

James Bockas, Applied Project, “Development of a sustainable adaptive athlete program at the Sun Devil Fitness Complex”, Fall 2019-Spring 2020.

Anthony Preda, *“Force Velocity Profiling and Swim Start Performance.”* 2018-present, Arizona State University.

Matt Blair, Scholarly Project*, “Strength and Conditioning for ASU Club Sport Athletes”*, 2018-2019.

Jessica Woods, Barrett Honors Thesis, *“The Effects of Physical Activity and Pharmaceuticals on Controlling Blood Glucose Levels in Type 2 Diabetics.”* 2018-2019, Arizona State University

Donald Pump, *“The Relationship Between the Distance of an External Focus of Attention and Lower Body Power in Rugby Athletes”* December 2018, The University of Texas Rio Grande Valley.

# Undergraduate Students Advised

Matthew Nofi, Barrett Honors Project, “Adolescent Physical Activity App” Chair, Fall, 2022-present.

Matthew Defiebre, Barrett Honors Thesis, *“Sun Devil Battalion Tactical Athlete Program”* Chair, Fall 2021-Spring 2022.

Cori Sullivan, Barrett Honors Thesis, *“Athlete survey for a games-based ACL prevention program in soccer”* Chair, Spring 2021-Fall 2021.

Eva van Deursen, Barrett Honors Thesis, *“Athlete survey for a games-based ACL prevention program in soccer”* Chair, Spring 2021-Fall 2021.

Serena Esquivel, CHS 494 Advanced Undergraduate Teaching Assistant, Spring 2021, Fall 2021

Ameya Kapur, Barrett Honors Thesis, *“The Veteran Suicide Epidemic – What do we know, what has been done, what more can we do?”* Committee member, Fall 2020-Summer 2021

Jeremiah Levitt, Barrett Honors Thesis, *A Rheumatoid Arthritis Ankle Pressure Brace While Not Sacrificing Mobility*, “ Chair, Fall 2020-Fall 2021.

Serena Esquivel, CHS 394 Undergraduate Teaching Assistant, Fall 2020

Kelcey Mosley, CHS 394 Undergraduate Teaching Assistant, Spring 2020

Lynsey Gauman, CHS 394 Undergraduate Teaching Assistant, Spring 2020

Elizabeth Fischer, CHS 394 Undergraduate Teaching Assistant, Fall 2019

Dakota Howhenwalter, EXW484 Research Internship, US Army, Spring 2019.

Jacob Ryder, EXW484 Research Internship, ASU Spring 2019.

Travis Coy, EXW484 Research Internship, ASU Fall 2018.

Jasmine Bosnino, Barrett Honors Project EXW425 *“Exercise Prescription Program for a 35-year Old Bank Clerk Looking to Lose Weight and Build Muscle,”* Committee Member,Fall 2018.

Anna Gould, Barrett Honors Project EXW320 *“Future Business Plan,”* Spring 2018.

Joshua Martin, KIN499 Individualized Instruction, Spring 2018.

Sigifredo Galicia, EXW494 Topic: Undergraduate Research, Spring 2018.

Stevie Blackburn-Lazalde, EXW494 Topic: Undergraduate Research, Fall 2017.

Ryland Townsend, EXW499 Individualized Instruction, Fall 2017.

Adam Dalton, invited as volunteer S&C assistant at USA Rugby HSAA camp to build resume, Fall 2017.

Alereese Gonzalez, Barrett Honors Project EXW320 *“Future Business Plan,”* Spring 2017.

Jessica Woods, Barrett Honors Project EXW320 *“Future Business Plan,”* Spring 2017.

# Arizona State University Alumni Mentoring

Adam Dalton, Bachelors Exercise and Wellness May 2018, volunteer S&C assistant at Eagle Impact Rugby Academy Winter Camp, Fall 2018.

-Adam desires a position as an S&C Coach; I have assisted him with building his practical experience.

# Internships developed for student experiential learning

# Arizona Army National Guard: Pending approvals, Fall 2022

# Luke AFB: Pending approvals, Fall 2022

# Tempe Police: Pending approvals, Fall 2022

# Scottsdale Fire: Spring 2022-present

# MLB: Reds, Angels, Cubs, Guardians: Spring 2022-present

# Arizona Rattlers: Spring 2022-present

# ASU Army ROTC (S&C): Spring 2022-present

# ASU Navy ROTC: Spring 2022-present

# ASU Women’s Soccer (Sports Science): Fall 2021, Spring 2022

# Barca Soccer Academy (S&C): Fall 2020-present

US Army 301st BN (S&C): Spring 2019, Fall 2019, Spring 2020 Marcos de Niza High School (S&C): Fall 2019-present

Liberty Performance Training (S&C): Fall 2019-present

**Grand Canyon University**, Phoenix, Arizona August 2014 to July 2016

**Adjunct Faculty**, Exercise Science

* BIO155L Anatomy & Physiology Lab *(1 section Summer 2015)*
* EXS200 Resistance Training: Theory and Practice *(2 sections Spring 2016)*
	+ Designed this course and all course content
* EXS200L Resistance Training: Theory and Practice Lab *(3 sections, Spring 2016)*
	+ Designed this course and all course content
* EXS335 Kinesiology *(1 section, Summer 2016)*
* EXS335L Kinesiology Lab *(1 section, Summer 2016)*
	+ Development new assignments to enhance student learning
* EXS340 Exercise Physiology *(1 section Spring 2015, Summer 2015, Summer 2016)*
* EXS458 Theory and Practice of Strength and Conditioning *(2 sections Fall 2014, 2 sections Spring 2015)*
	+ Developed content to prepare students to take the NSCA CSCS exam

**Mesa Community College**, Mesa, Arizona August 2014 to May 2016

**Adjunct Faculty**, Exercise Science

* HES100 Healthful Living *(Fall 2015, Spring 2016)*

**Chandler Gilbert Community College**, Chandler, Arizona January 2011 to May 2016 Adjunct Faculty, Exercise Science, Fire Science Strength and Conditioning

* PED115 Lifetime Fitness *(Spring 2011, Fall 2011, Spring 2012, Fall 2012, Spring 2013)*
* PED117 Weight Training *(Fall 2011, Spring 2012)*
* HES100 Healthful Living *(Spring 2011, Spring 2012)*
* EXS130 Strength Fitness-Physiological Principles and Training Techniques *(Fall 2011, Fall 2012, Fall 2013)*
	+ Developed all content for this course
* EXS132 Cardiovascular Fitness-Physiological Principles and Training Techniques *(Fall 2013)*
	+ Assisted in course content development
* EXS145 Exercise Testing and Prescription *(Spring 2014)*
	+ Redeveloped course with new assignments and exams
* EXS218 Instructional Competency: Cardiovascular Exercises *(Spring 2014)*
* FSC134 Fitness and Conditioning for Firefighters *(Spring 2015, Fall 2015, Spring 2016)*
	+ Restructured this course by adding educational lectures on program design and nutrition
	+ Developed tactical specific strength and conditioning programs
	+ Added exercise testing of recruits to this course

**RELEVANT PROFESSIONAL EXPERIENCE**

**Arizona State University**, Phoenix, Arizona

**Athletics & Tactical Affinity Network Member** 2018-present

* ASU Women’s Soccer GPS data tracking and analysis, Fall 2021-Fall 2022
* Led VO2Max testing with ASU Men’s Tennis, Fall 2021
* Partnered with BARCA soccer academy, created an internship, 2020
* Set up testing for athletes Fall 2020, Fall 2021, COVID cancelled
* Partnered with Eagle Impact Rugby Academy, created experiential learning opportunities, 2020
* Partnered with US Army Reserves 301st Battalion – 2019, 2020
	+ Familiarize and test soldiers on ACFT
	+ Assist students with tactical programming experience
* Partnered with ASU ROTC – 2019-present
	+ Familiarize and test soldiers on ACFT
	+ Assist students with tactical programming experience
	+ Put on a fitness and nutrition seminar Fall 2021, Spring 2022, Fall 2022
* Led testing with USAFL, Saguaro High School, Marcos de Niza High School, US Army – 2019, 2020
* Planned and hosted a conference with NSCA, ASU Sports Performance, and CHS Athletics Affinity Network, December, 2019

**Grand Canyon University**, Phoenix, Arizona August 2015 to July 2016

**Head Strength and Conditioning Coach**, Men’s Rugby

* Develop and oversee strength and conditioning programs for men’s rugby
* Track athlete progress through exercise testing and monitoring

**Elite Performance 101**, Phoenix, Arizona February 2005 to present

# Strength and Conditioning Specialist

* Assess and monitor athletes
* Develop personalized and team performance enhancement programs
* Teams:
	+ US Army Reserves
	+ ASU ROTC\*
	+ AZ Heat Volleyball Club
	+ Arsenal Soccer Club
	+ Sparkz Softball Club
	+ Tempe Rugby Club\*, earned 2016 DII Men’s USA Rugby National Championship
	+ AZ Olympic Development Team Rugby 7s
	+ Eagle Impact Rugby Academy\*
	+ USA Rugby High School All-Americans (\*current teams)

**Chandler Gilbert Community College**, Chandler, Arizona Jan 2011 to Dec 2016

**Strength and Conditioning Coach**, Fire Science Academy Jan 2015 to Dec 2016

* Coach on all aspects of fitness for current and prospective firefighters. To include physical and mental aspects of performance for optimal achievement on fire department agility test and firefighter tasks; individual conditioning strategies, and

nutritional guidelines. Perform exercise testing: metabolic cart, Wingate test, BodPod, muscular endurance, muscular strength, flexibility and agility.

**Fitness Center Supervisor/ Strength and Conditioning Coach** Aug 2012 to Aug 2014

* Develop and oversee strength programs for collegiate athletes and students
* Track student/athlete progression via exercise testing
* Sports:
	+ Volleyball, Soccer, Golf

**YMCA**, Mesa, AZ Aug 2011 to March 2013

# Healthy Living & Membership Program Director

* Oversee branch Healthy Living (personal training, group fitness, sports conditioning, US Army Reserves) and Membership departments.
* Educational training for fitness staff
* Implement new healthy living programs
* Develop and implement sports specific, military, and corporate wellness programs.
* Create community partnerships
* Implement member retention strategies
* Manage departmental budgets
* Promotional events, volunteer recruitment, fundraising

**Uptown Health Center**, Phoenix, AZ Sept 2004 to July 2011

**North Health Center**, Scottsdale, AZ Sept 2004 to July 2011

# Principal Co-Owner

* Oversee day-to-day operations of Uptown and North Health Centers.
* Train and manage staff
* Direct inside marketing team
* Coordinate marketing events and promotions
* Design and implement health and wellness programs

**RESEARCH EXPERIENCE**

**Arizona State University**, Phoenix, Arizona 2016-present

# Lecturer/ Honors Faculty

* “Cross-cutting Prevention Through an Upstream Focus on Social Determinants of Health Within Military Settings” IRB approved, grant funded, 2021-present.
* “Understanding statewide suicide prevention programs” IRB approved, in progress.
* “2021-2022 Arizona Veteran’s survey,” in progress.
* “A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide in Arizona” IRB approved, grant funded, 2019-present.
* “Be Connected written narrative project,” completed August 2020.
* “2019-2020 Arizona Veteran’s survey,” completed February 2020.
* “The Longitudinal Effects of Attentional Focus on Muscular Strength” IRB approved, in progress, on COVID-masking hold.
* “The Acute Effects of Attentional Focus on Muscular Strength” completed Dec 2019, manuscript in progress.
* “Differential Effects of Attentional Focus Strategies During Long-term Resistance Training” published 2018.

**The Leighton Institute**, Scottsdale, Arizona 2013-2016

# Director of Health Operations and Student Research

* Oversee Grand Canyon University, University of Arizona and Midwestern University student research development and scholarly project completion.
	+ “Survival Rates of Autologous Fat Transfer in Post Mastectomy Patients”
* Oversee Mayo Clinic Resident Rotations

**Pacific University**, Forest Grove, Oregon 2001 to 2003

# Student Research Internship

* “The Effects of Stretching on Landing Kinetics and Stability,” grant funded, 2002.
* “A Comparison of Three Leg Stiffness Assessment Techniques,” 2003.

**PUBLICATIONS**

***Journal Publications***

Saxon, M., Phillips, M., Broussard, M., Larson, R., (2022) The Social Determinants of Suicide Among Female Service Members and Veterans. *Military Behavioral Health* (in-review).

Schoenfeld, B., Vigotsky, A., Contreras, B., Golden, S., Alto, A., Larson, R., Winkleman, N., Paoli, A. (2017). Differential effects of attentional focus strategies during long-term resistance training. *European Journal of Sports Science*, 18(5), 705-712.

**PODCAST**

# Agora Podcast Honored Guest

* “The Mind-Muscle Connection and Force Velocity Training with Rachel Larson,” agoraten.com June, 2018.

# Power Athlete HQ Podcast Honored Guest

* “Preventing Veteran Suicide” powerathletehq.com March, 2021
* “The Mind-Muscle Connection” powerathletehq.com March, 2019.

**PRESENTATIONS AND INVITED LECTURES**

# Conference Presentations

“Risk Reduction and Resiliency,” American Public Health Association, Poster presentation, November, 2022.

“Veteran Resiliency Review,” Veterans in society conference, October, 2022.

“Cross-cutting prevention model to decrease negative behaviors and increase signature behaviors within the military,” Military Health Systems Research Symposium, September, 2022.

“Graduate Programs in Strength and Conditioning,” NSCA National Conference, July 2022.

“Cross-Cutting Prevention Through an Upstream Focus on Social Determinants of Health Within Military Settings,” MOMRP Sexual Assault & Violence Prevention Research IPR conference, May 2022.

“University Tactical Programs Panel,” PEC Military Human Performance Optimization and H2F Annual Training Event, April 2022.

“Ready for action: Utilizing a Scorecard and Index Tool to Advance State-Level Suicide Prevention Efforts and Identify High Risk Populations,” Arizona Health Equity Conference, October 2021.

“Ready for action: Utilizing a scorecard tool to advance state-level suicide prevention efforts,” 2021 DoD/VA Suicide Prevention Conference, May 2021.

“From Responsive to Proactive: Arizona’s CDC High Risk Project,” 11th Annual Statewide Symposium in Support of Service Members, Veterans & Their Families, April 2021.

“A “Do no harm” approach to preparing US Army soldiers for the Army Combat Fitness Test,” NSCA Hawaii State Clinic, April 2020 \*COVID Cancelled\*

“Programming considerations across the career of a rugby athlete,” NSCA Hawaii State Clinic, April 2020 \*COVID Cancelled\*

“The social determinants of veteran suicide: Understanding the social, physical, and mental health needs of Arizona’s military community” (team presenter), American Public Health Association Annual meeting, October 2020,

# International Conference Presentations

“The Community of the NSCA,” Universidad Alfonso X El Sabio fitness center dedication, Madrid, Spain, December 2019.

“The Role of a Mind-Muscle Connection in Resistance Training,” NSCA Spain National Conference, Madrid, Spain, December 2019.

“Squat Progressions and Variations to Build Muscular Strength,” NSCA Spain National Conference, Madrid, Spain, December 2019.

“The Role of a Mind-Muscle Connection in Resistance Training,” NSCA-Brazil Strength and Conditioning Conference, Brasilia, Brazil, November 2018.

“Optimal Performance Training for the Aging Rugby Athlete,” NSCA British Columbia Provincial Conference, Vancouver, BC, November 2017.

# Guest Lecture

“Tactical Strength and Conditioning for Firefighters,” Phoenix College, 2017. “Program Periodization,” Arizona State University, 2013.

“The Field of Personal Training,” Arizona State University, 2012. “The Field of Personal Training,” Glendale Community College, 2007.

# Moderator

# “CHS Health Talk: Veteran Transition,” October, 2022.

# NSCA Course Instructor

Foundations of Coaching Lifts Course, NSCA, December 2019.

* This 10-hour hands on course is centered on how to effectively coach athletes to perform using core/compound lifts as a basis for teaching all lifts. 25 attendees learn fundamental progressions/regressions, and coaching cues.

# YMCA Organizational Training

“Customer Service Training,” East Valley Regional Training, YMCA, 2012

“Creating the Most Enjoyable Results Driven Atmosphere,” YMCA Personal Trainer Symposium, 2011

# RMUoHP Symposiums

“Self-Determination Theory and the Athlete Environment” “Coaching Education Programming”

“Health & Wellness Programming for Athletes” “Resilience Training”

“Childhood Obesity”

**PROFESSIONAL CERTIFICATION**

**Tactical Strength and Conditioning Facilitator (TSAC-F,\*D)**, National Strength and Conditioning Association, 2018-present

**Certified Strength and Conditioning Specialist (CSCS,\*D)**, National Strength and Conditioning Association, 2009-present

**ViPR Golf Certified**, ViPR, 2012-present **Cybex Golf Certified**, Cybex, 2012-present **CPR/AED/First Aid**, present

**Certified Kinesio Taping Practitioner (CKTP)**, 2008-present

**Certified Chiropractic Assistant (CA)**, 2005-present

**PROFESSIONAL AFFILIATIONS**

**National Strength and Conditioning Association**

**Chair, State and Provincial Directors Program July 2021-Present**

**Vice Chair, State and Provincial Directors Program July 2020-July 2021**

**Sports Science and Technology Special Interest Group, Executive Council Jan 2020-Present**

**Rugby Special Interest Group, Founding Member, Executive Council Jan 2019-July 2022**

**International Task Force July 2018-Present**

**Women’s Committee Board Member July 2017-Present**

**Rocky Mountain Regional Coordinator Jan 2016-Present**

**Arizona State Director July 2014-Jan 2016**

**Arizona State Board Member Jan 2010-July 2014**

**USA Volleyball**

* Registered Girl’s Coach
* Registered Player

**USA Rugby**

* Registered Men’s Coach
* Registered Player

**PROFESSIONAL SERVICE**

# National Strength and Conditioning Association Committees and Positions

**Chair, State and Provincial Directors Program July 2021-Present**

* The SPD program plays a key role in helping members and potential members build connections. SPDs help make these connections through clinics, volunteerism, and as mentors. They provide goals and direction to their advisory boards and report to their Regional Coordinators.

**Vice Chair, State and Provincial Directors Program July 2020-July 2021**

* The SPD program plays a key role in helping members and potential members build connections. SPDs help make these connections through clinics, volunteerism, and as mentors. They provide goals and direction to their advisory boards and report to their Regional Coordinators.

**Executive Council, Sports Science and Technology Special Interest Group Jan 2020-Present**

* Connecting NSCA members who share a common interest in the scientific disciplines related to sport science, technology, and tactical & athletic performance. These scientific disciplines include, but are not limited to: Biomechanics, physiology, data science/analytics, measurement/research methods, and computer science. This SIG is unique in focus, emphasizing integrative approaches to utilizing data and technology while working across multiple scientific disciplines to improve human performance.

**Executive Council & Founding Member, Rugby Special Interest Group Jan 2019-Present**

* Developed a special interest group to connect NSCA members with an interest in the sport of rugby and/or who work with rugby athletes. We want to share best practices and increase the performance levels of our athletes.

# International Task Force July 2018-Present

* Grow the strength and conditioning profession throughout the world. Provide resources for global chapters to offer certification and educational opportunities.

# Women’s Committee Member July 2017-Present

* Encourage and promote the strength and conditioning profession for women.
* Coordinate, monitor, and advocate action to increase the participation of women within the organization by providing a forum for discussion of current issues and dissemination of information.

# Rocky Mountain Regional Coordinator Jan 2016-Present

* Promote the mission of the NSCA as the worldwide authority on strength and

conditioning, and fitness.

* Oversee State Directors and Regional education events in Arizona, Colorado, New Mexico, and Utah.
* Organize a quarterly newsletter for NSCA Rocky Mountain Region members.
* Annual reporting to NSCA Headquarters on relevant activities in the region.
* Plan and host an annual Regional Conference

# Arizona State Director July 2014-Jan 2016

* Promote the mission of the NSCA as the worldwide authority on strength and conditioning, and fitness.
* Increase public awareness of the NSCA and importance of certification.
* Serve as a liaison between NSCA Headquarters and NSCA members in AZ.
* Annual reporting to NSCA Headquarters on relevant activities in the state.
* Establish and develop an advisory board.
* Plan and host NSCA educational clinics and events in Arizona.

# Arizona State Board Member Jan 2010-July 2014

* Promote the mission of the NSCA as the worldwide authority on strength and conditioning, and fitness

# Conference Host

* NSCA Rocky Mountain Regional Conference: 2016(AZ), 2017(UT), 2018(CO),2019(AZ),2020(virtual, NM), 2021(CO), 2022(AZ)
* NSCA Arizona State Clinic: 2014, 2015

# Conference Co-Host

* NSCA Arizona State Clinic: 2017, 2018
* NSCA Colorado State Clinic: 2016, 2017,2019, 2020,2022
* NSCA New Mexico State Clinic: 2016, 2017, 2018, 2019, 2022
* NSCA Utah State Clinic: 2016, 2018, 2019, 2020

# Curriculum Committees

Grand Canyon University

* EXS 344 Exercise Science: Special Populations, 2015
	+ Developed this course to introduce analysis of special populations to assist students in designing health education and physical fitness programs

Arizona State University

* EXW Undergraduate Degree Committee, Member, 2018-2019
	+ Assist with the transition of the Exercise and Wellness Undergraduate degree to Healthy Lifestyles Coaching with anticipation of a new degree in Lifestyle and Fitness Science beginning Fall 2021
	+ Identified course modifications and major map updates
* EXW Master’s Degree Committee, Member, 2019-2021
	+ Assist with the re-development of our EXW Master’s Degree
	+ Assist with re-writing the degree catalog and major map
* Sports Science and Performance Programming Undergraduate Degree Committee, Member, 2019-present
	+ Assisted with degree major map to coincide with NSCA accreditation guidelines
	+ Designed new courses required for the degree, SSP 325, SSP 460, SSP 530
	+ Developed community partnerships for student experiential learning opportunities
* Strength and Conditioning Master’s Degree Committee, Chair, 2019-present
	+ Creation of a new master’s degree focused on the strength and conditioning field and teaching practitioners how to enhance the health, safety and performance of athletes.
	+ Developed a committee
	+ Approved for planning, working on degree proposal to coincide with NSCA accreditation guidelines.
	+ Designed new courses required for the degree, SSP 501, SSP 560, SSP 530
	+ Course map and alignment of program in preparation for accreditation

# ASU College of Health Solutions Committee

* Study Abroad Committee, 2019-present
* Personnel Ad Hoc Committee, Annual Review for Lecturers and Instructors, 2020-present
* Personnel Search Committee, Clinical Associate Professor, 2021-2022
* Personnel Search Committee, Lecturer (west campus), 2021-2022
* Personnel Search Committee, Director of Human Performance, 2021-2022
* Salute to Service Committee, 2021-2022

**COMMUNITY SERVICE**

# ASU Events

# CHS Open door 2017, 2018

# Homecoming event 2021, CHS fitness booth

# MS S&C Welcome Seminar, 2021, 2022

# MS S&C virtual info session & marketing, 2021, 2022

# S2S Military Leaders Presentation

# ASU Veteran’s Event

Flag holder for ASU vs USC football game, 2019

# YMCA

Military Events, Ross Farnsworth East Valley YMCA, 2011, 2012, 2013, 2014

# YMCA

Strong Kids Events, Ross Farnsworth East Valley YMCA, 2011, 2012, 2013, 2014

# YMCA

Basketball and Volleyball S&C, Ross Farnsworth East Valley YMCA, 2011, 2012, 2013, 2014

**Artificial Limb Specialist**, Phoenix, AZ 2009

**Next Level Physical Therapy and Sports Performance**, Mesa, AZ 2003

**PROFESSIONAL DEVELOPMENT**

* 2022: ASU Inclusive Communities training
* 2022: “Foster a Culture of Belonging, Campus-wide” Inside Higher Ed webinar-ACUE
* 2022: How to do longitudinal data analysis using REDcap,SAS,R,Stata &SPSS
* 2022: Pat Tillman Veteran’s Center & AZ Department of Veteran Services Proving Grounds
* 2022: Veterans in society Conference
* 2022: Military Health Systems Research Symposium
* 2022: NSCA Tactical Annual Training
* 2022: NSCA National Conference
* 2022: CDC-F Community of Practice Webinar
* 2022: Kickstarting your Department of Defense Research Webinar. ASU Research Academy
* 2022: The 3 worlds of sports science conference
* 2022: PEC Military Human Performance Optimization and H2F Annual Training Event
* 2022: NSCA Coaches Conference (virtual attendance).
* 2021: How authentic engagements and data insights can optimize Chinese student recruitment in North America, Times Higher Education.
* 2021: CDC-F Community of Practice Webinar
* 2021:CDC-F Evaluation Webinar.
* 2021: Arizona Health Equity Conference
* 2021: NSCA National Conference.
* 2021: International Sport & Tactical Fitness Conference. *Gained information on building research, student, and community relationships in the tactical environment*. *Also, course content and best practices for tactical strength and conditioning.*
* 2021: NSCA Tactical Annual Training (virtual attendance).
* 2021: 11th Annual Statewide Symposium in Support of Service Members, Veterans & Their Families
* 2021 DoD/VA Suicide Prevention Conference
* 2021 APHA Annual Conference, Abstracts submitted, research team presented
* October 2020-May 2021, ACUE, Effective Teaching Practices certification
* 2020: South East ACSM Fall 2020 Lecture, “A law enforcement agency is not a lab: Practical considerations for working with tactical athletes.” *Content used to develop tactical testing strategies as well as insights to community partnership*.
* 2020: NSCA Tactical Annual Training. *Content used to build teaching materials in SSP460/530.*
* 2020: REMOTE: The Connected Faculty Summit. *Learned best practices for hybrid learning environments to incorporate fall semester*.
* 2020: ASU Sync Training. *Training to utilize new technology and successfully engage students for fall semester.*
* 2020: EdX, HarvardX Leaders of Learning Course. *Understand leadership beliefs and styles while recognizing opportunities for innovation in different learning environments. \*certificate earned\**
* 2020: ACMF Navigator Training. *Training to connect service members, veterans, and family members to resources addressing a range of issues.*
* 2020: CHS Health Talks: Women in Leadership. *Learn of the joys and challenges that women in leadership face and strategies to overcome.*
* 2020: SportTechie Conference. *Attended virtual sessions to gain information to build sports science courses.*
* 2020: The Horizon Summit. *Attended the sports technology conference to learn new ideas and technology for presentation in our sports science undergraduate courses.*
* 2020: Seattle Sounders FC Sports Science Seminar. *Attended virtual lectures. Content to build Sports Science Undergraduate Degree and Strength and Conditioning Master’s Degree.*
* 2020: The Power Conference hosted by Hawkins Dynamics, Sorinex, Catapult, Power Lift, Momentous, Plae, Eleiko, & Matrix. *Attended virtual lectures and demonstrations to gain information to apply in sports science and strength and conditioning courses.*
* 2020: NTE Faculty Promotion Workshop. *Attended the virtual session to gain insights and discuss the promotion process at ASU.*
* 2020: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in EXW and SSP programs.*
* 2019: NSCA Spain National Conference. *Presented two lectures: the mind-muscle connection and resistance training & squat progressions for the development of muscular strength. Attended lectures relating to the strength and conditioning field. Meetings to build the strength and conditioning profession in Spain.*
* 2019: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in EXW and SSP programs.*
* 2019: NSCA Regional Coordinator Retreat. *Re-assessment of the NSCA state and provincial directors program. Develop new ways to create educational content and reach strength and conditioning professionals throughout the world.*
* 2019: NSCA Tactical Strength and Conditioning Conference. *Content used for EXW 460 coursework. Networking for opportunities to work with the tactical community.*
* 2019: NSCA National Conference. *Meetings for organizational responsibilities. Gain ideas for course content development EXW 460, EXW 215. Attended Accreditation meeting to determine new guidelines academic programs would need to follow to become accredited. Shared this information with ASU curriculum committees.*
* 2019: Cultivating Mental Agility, LinkedIn learning. *Develop thinking habits to become faster at problem solving and decision-making. To cultivate mental agility and resilience in the face of change. Create course content for EXW 320, EXW 460*
* 2019: Establishing Credibility as a Speaker, LinkedIn learning. *Improve presentation style in the classroom and during professional conferences. Learn to connect with students in the classroom. All EXW and SSP courses.*
* 2019: CHS Mentoring Program Workshop. *Paired with a mentor and learned ways to mentor.*
* 2018: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in EXW and SSP programs.*
* 2018: NSCA Brazil Strength and Conditioning Conference. *Presented: the mind-muscle connection and resistance training. Attended lectures relating to the strength and conditioning field. Meetings to build the strength and conditioning profession in Brazil.*
* 2018: CHS Faculty Leadership Series. *Leading from where you are.*
* 2018: ASU Faculty Women’s Association Clinic for NTE faculty promotion. *Gain ideas to work towards promotion in the future.*
* 2018: NSCA National Conference. *Meetings for organizational responsibilities. Gain ideas for course content development EXW 460/530, EXW 215, EXW 217, EXW 216.*
* 2018: NSCA Arizona State Clinic. *Integrated lecture content into EXW 460/530.*
* 2017: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in the EXW program.*
* 2017: NSCA National Conference. *Meetings for organizational responsibilities. Gain ideas for course content development EXW 460/530, EXW 215, EXW 217, EXW 216.*
* 2017: NSCA Arizona State Clinic. *Integrated presentations and research into course content for EXW 425, EXW 460/530, EXW 216*
* 2017: NSCA Coaches Conference. *Integrated presentations and research to redevelop EXW 460/530.*