

## CURRICULUM VITAE

**Mark DeBeliso**

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## EDUCATION

**Ph.D.** Oregon State University 1998

Major: Biomechanics

Minor: Statistics/Human Factors Engineering

Thesis: The Effects of a Lumbar Support Belt on Radiographic Characteristics of the Lumbar Spine

**B.S.** Utah State University 1985

Major: Mechanical Engineering-Mechanics  
Passed EIT-1985

## ACADEMIC EXPERIENCE

**Graduate Program Director & Professor:** August 2010-present  
Southern Utah University,  
Department of Physical Education and Human  
Performance. (*Tenured*)

**Department Chair & Associate Professor:** August 2007-June 2010  
California State University Monterey Bay,  
Kinesiology Department.

**Associate Professor & Graduate Faculty:** July 2005-July 2007  
Boise State University,  
Department of Kinesiology. (*Tenured*)

**Assistant Professor & Graduate Faculty:** July 2000-May 2005  
Boise State University,  
Department of Kinesiology.

**Graduate Teaching Assistant:** Oregon State University, 1990-1996  
College of Health and Human Performance.

## AWARDS

- International Journal of Science and Engineering Investigations, *Best Paper Award*, May 2013.
- Finalist: *Outstanding Professor of the Year*: Southern Utah University, 2013.
- Nominated: Christopher Columbus Foundation-*US Chamber of Commerce Life Sciences Award*, 2013.
- United States Patent (7,935,067). *Anchored Ankle Support*, 2011.
- United States Patent (7,631,557). *Grip Force Transducer and Grip Force Assessment System*, 2009.
- *Outstanding Professor of the Year*: Boise State University Department of Kinesiology, 2003.
- Nominated: *Outstanding Professor of the Year*: Boise State University Department of Kinesiology, 2002.
- *Outstanding Research Award*: Northwest American College of Sports Medicine Annual Meeting, 1994.

## TEACHING

### Southern Utah University

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|----------------|---|
| <b>PE 6933</b> | Thesis  |
| <b>PE 6080</b> | Introduction to Sport Science Research and Statistics |
| <b>PE 6060</b> | Evaluation in Sport Fitness                           |
| <b>PE 6000</b> | Foundations of Sport Conditioning                     |
| <b>PE 4710</b> | Evaluation in Physical Education                      |
| <b>PE 4030</b> | Clinical Applications of Exercise Science             |

### California State University Monterey Bay

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|------------------|----------------------|
| <b>KINES 499</b> | Senior Capstone II   |
| <b>KINES 497</b> | Senior Capstone I    |
| <b>KINES 300</b> | Professional Seminar |

### Boise State University

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|------------------|---|
| <b>KINES 552</b> | Statistical Methods in Exercise and Sport |
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- KINES 551** Research Design in Kinesiology
- KINES 525** Mechanical Analysis of Motor Activities
- KINES 496** Independent Study
- KINES 493** Practicum in Kinesiology
- KINES 435** Applied Resistance Training
- KINES 301** Measurement and Evaluation in Exercise Science
- KINES 112** Fitness Foundations

**Oregon State University**

- HHP 231** Lifetime Wellness and Fitness for Health (Lab)
- EXSS 471** Tests and Measurement in Exercise Science (Lab)
- EXSS 322** Anatomical Kinesiology (Lab)
- EXSS 323** Biomechanics of Sport Science (Lab)
- EXSS 324** Physiology of Exercise (Lab)
- EXSS 333** Exercise Science Practicum
- EXSS 525** Biomechanics of the Skeletal System (guest lecturer)
- EXSS 526** Biomechanical Analysis Techniques (guest lecturer)
- EXSS 533** Advanced Exercise Physiology (guest lecturer)
- EXSS 534** Physiological Basis for Strength Development (guest lecturer)
- PAC 251** Advanced Weight Training
- PAC 249** Intermediate Weight Training
- PAC 248** Introduction to Weight Training
- IEE 541** Human Factors Engineering II (guest lecturer)

## RESEARCH ACTIVITIES

### Manuscripts

#### *In Review*

DeBeliso, M., Walsh, J., Climstein, M., Heazlewood, I.T., Kettunen, J., Sevene, T.G., & Adams, K.J. World Masters Games: North American Participant Medical and Health History Survey. *The Sport Journal*.

#### *In Press*

Berning, J.M., Adams, K.J., DeBeliso, M., Salmon, P., Sevene, P.G., & Stamford, B.A. Accuracy of Physical Self-Description in Chronic Exercisers and Non-exercisers. *Psychology Health & Medicine*.

Nelson, J.O., & DeBeliso, M. The Impact of Strengthening Hip Rotator Muscles on Agility in Male High School Soccer Players. *The Sport Journal*.

Wadas, G., & DeBeliso, M. Disordered Eating, Eating Attitudes, and Reasons for Exercise Among Male High School Cross Country Runners. *The Sport Journal*.

#### *In Print*

DeBeliso, M., McChesney, J.W., Fichtner, D.D., & Murdock, L.E. (2013). Grip Norms and Reliability of the Hand Grip ForceMap System. *Journal of Hand Surgery (European Volume)*, published online 27 May, DOI: 10.1177/1753193413491360

DeBeliso, M., Sevene, T.G., Adams, K.J., Harris, C., Climstein, M., & Berning, J.M. (2013). The Effects of a Back-Belt on Lumbar Disc Deformation during Stoop Type Lifting. *International Journal of Science and Engineering Investigations*, 2(16), 1-10. **\*(Best Paper Award)\***

Sevene, T.G., DeBeliso, M., Harris, C., Berning, J.M., Climstein, M., & Adams, K.J. (2013). Metabolic Response to Repetitive Lifting Tasks: Predetermined vs. Self-Selected Pace. *International Journal of Science and Engineering Investigations*, 2(16), 68-71.

Walsh, J., Climstein, M., Heazlewood, I.T., DeBeliso, M., Kettunen, J., Adams, K.J. & Sevene, T.G. (2013). Masters Athletes: No Evidence of Increased Incidence of Injury in Football Code Athletes. *Advances in Physical Education*, 3(1), 36-42.

Walsh, J., Climstein, M., Heazlewood, I.T., Kettunen, J., DeBeliso, M., & Adams, K.J. (2013). Body Mass Index for Athletes Participating in Swimming at

the World Masters Games. *Journal of Sports Medicine and Physical Fitness*, 53, 162-168.

DeBeliso, M., McChesney, J.W., Sevene, T.G., Adams, K.J. & Harris, C. (2012). Polyurethane Replacement Insoles and Tibial Impact Acceleration Characteristics. *International Journal of Science and Engineering Investigations*, 1(9), 73-77.

Jones, K., DeBeliso, M., Sevene, T.G., Berning, J.M., Harris, C., & Adams, K.J. (2012). Body Mass Index and Army Physical Fitness Test Standards in ROTC Cadets. *International Journal of Science and Engineering Investigations*, 1(10), 54-58.

McChesney, J.W., DeBeliso, M., & Murdock, L.E. (2012). The Hand Grip ForceMap™ System. *International Journal of Science and Engineering Investigations*, 1(8), 76-78.

McChesney, J.W., DeBeliso, M., & Murdock, L.E. (2012). Clinical Orthopedic Device Innovation: The Anchored Ankle Brace™ & Full Leg Support System™. *International Journal of Science and Engineering Investigations*, 1(11), 30-32.

Sevene, T.G., DeBeliso, M., Berning J.M., Harris, C., & Adams, K.J. (2012). Physiological and Psychophysical Comparison between a One and Two-Handed Identical Lifting Task. *International Journal of Science and Engineering Investigations*, 1(9), 86-89.

Walsh, J., Climstein, M., Burke, S., Kettunen, J., Heazlewood, I.T., DeBeliso, M., & Adams, K. J. (2012). Obesity Prevalence for Athletes Participating in Soccer at the World Masters Games. *International SportMed Journal*, 13(2), 76-84.

Harris, C., Wattles, A.P., DeBeliso, M., Sevene-Adams, P.G., Berning, J.M., & Adams, K.J. (2011). The Seated Medicine Ball Throw as a Test of Upper Body Power in Older Adults. *Journal of Strength and Conditioning Research*, 25(8), 2344.

McChesney, J.W., Murdock, L.E. & DeBeliso, M. (2011). Anchored Ankle Support. *United States Patent* (7,935,067).

Walsh, J., Climstein, M., Heazlewood, I.T., Burke, S., Kuttunen, J., Adams, K.J., & DeBeliso, M. (2011). Improved Body Mass Index Classification for Football Code Masters Athletes: A Comparison to the Australian National Population. *International Journal of Biological and Medical Sciences*, 1(1), 37-40.

- Walsh, J., Climstein, M., Heazlewood, I.T., Burke, S., Kuttunen, J., Adams, K.J., & DeBeliso, M. (2011). The Loess Regression Relationship between Age and BMI for both Sydney World Masters Games Athletes and the Australian National Population. *International Journal of Biological and Medical Sciences*, 1(1), 33-36.
- Climstein, M., Walsh, J., Best, J., Heazlewood, I.T., Burke, S., Kuttunen, J., Adams, K.J., & DeBeliso, M. (2011). Incidence of Chronic Disease and Lipid Profile in Veteran Rugby Athletes. *International Journal of Biological and Medical Sciences*, 1(1), 41-45.
- Walsh, J., Climstein, M., Heazlewood, I.T., DeBeliso, M., Adams, K.J., Burke, S., & Juttunen, J (2011). Obesity Prevalence in World Masters Games Basketball Players. *Medicina Sportiva*, VII(4), 1700-1705.
- Climstein, M., Walsh, J., Best, J.P., Heazlewood, I.T., Burke, S., Kettunen, J., Adams, K.J., & DeBeliso, M. (2011). Physiological and Pathology Demographics of Veteran Rugby Athletes: Golden Oldies Rugby Festival. *Journal of the World Academy of Science, Engineering and Technology*, 7(77), 1123-1128.
- Heazlewood, I.T., Walsh, J., Climstein, M., Burke, S., Kettunen, J., Adams, K.J., & DeBeliso, M. (2011). Sport Psychological Constructs Related to Participation in the 2009 World Masters Games. *Journal of the World Academy of Science, Engineering and Technology*, 7(77), 970-973.
- Walsh, J., Heazlewood, I.T., Climstein, M., Burke, S., Adams, K.J., DeBeliso, M., & Kettunen, J. (2011). Body Mass Index for Australian Athletes Participating in Rugby Union, Soccer and Touch Football at the World Masters Games. *Journal of the World Academy of Science, Engineering and Technology*, 7(77), 1119-1123.
- Walsh, J., Climstein, M., Heazlewood, I.T., Burke, S., Kuttunen, J., Adams, K.J., & DeBeliso, M. (2011). Variations in Body Mass Index with Age in Masters Athletes (World Masters Games). *Journal of the World Academy of Science, Engineering and Technology*, 7(77), 1115-1119.
- Adams, K., DeBeliso, M., Sevene-Adams, P., Berning, J., Miller, T., & Tollerud, D. (2010). Physiological and Psychophysical Comparison Between a Lifting Task with Identical Weight but Different Coupling Factors. *Journal of Strength and Conditioning Research*, 24(2): 307.
- Berning, J.M., Adams, K J., DeBeliso, M., Sevene-Adams, P.G., Harris, C., & Stamford, B.A. (2010). Effect of Functional Isometric Squats on Vertical Jump in Trained and Untrained Men. *Journal of Strength and Conditioning Research*, 24(9): 2258.

- DeBeliso, M., McChesney, J.W., & Murdock, L.E. (2009). *Grip Force Transducer and Grip Force Assessment System and Method. United States Patent* (7,631,557).
- Nilsson, K.J., Womack, M.S., Pfeiffer, R., Harris, C., & DeBeliso, M. (2009). Does Cardiac Morphology Predict Plasma Brain Natriuretic Peptide Levels in Adolescent Athletes? *Clinical Journal of Sport Medicine*, 19(2): 130-133.
- Berning, J., Adams, K., Stamford, B., DeBeliso, M., & Newman, I. (2008). Anabolic Androgenic Steroids: Use and Perceived Use in Non-Athlete College Students. *Journal of College Health*, 56(5)/March-April: 499-504.
- Harris, C., DeBeliso, M., Adams, K., Irmischer, B. & Gibson, T.A. (2007). Detraining in the Older Adult: Effects of Prior Training Intensity on Strength Retention. *Journal of Strength and Conditioning Research*, 21(3): 813-818.
- Grandstrand, S., Pfeiffer, R., Sabick, M., DeBeliso, M., & Shea, K. (2006). The Effects of a Commercially Available Warm-up Program on Landing Mechanics in Female Youth Soccer Players. *Journal of Strength and Conditioning Research*, 20(2): 331-335.
- Climstein, M., Currie, J., Otter, L., DeBeliso, M., & Adams, K. (2005). Vietnam Veterans: Effects of the "Heartmoves" Exercise Program. *Journal of Sport Health*, 22(4): 25-28.
- DeBeliso, M., Harris, C., Spitzer-Gibson, T., & Adams, K. (2005). A Comparison of Periodized and Fixed Repetition Training Protocols on Strength Measures in Older Adults. *Journal of Science & Medicine in Sport*, 8(2): 190-199.
- DeBeliso, M., O'Shea, P., Harris, C., Adams, K., & Climstein, M. (2004). The Relation between Trunk Strength Measures and Lumbar Disc Deformation during Stoop Type Lifting. *Journal of Exercise Physiology*, 7(6): 16-26.
- Goodwin, E., Adams, K., DeBeliso, M., & Shelburne J. (2004). A Strength and Conditioning Model for a Collegiate Cheerleader. *Strength and Conditioning Journal*, 26(6): 16-21.
- Halseth, T., McChesney, J., DeBeliso, M., Vaughn, R., & Lien, J. (2004). The Effects of Kinesio<sup>TM</sup> Taping on Proprioception at the Ankle. *Journal of Sport Science and Medicine*, 3: 1-7.
- Harris, C., Adams, K., DeBeliso, M., & Curtin, M. (2004). Steer Wrestling – Event Analysis and Conditioning Model. *Strength and Conditioning Journal*, 26(1): 8-13.

- Harris, C., DeBeliso, M., Spitzer-Gibson, T., & Adams, K. (2004). The Effect of Resistance Training Intensity on Strength Gain Response in the Older Adult. *Journal of Strength and Conditioning Research*, 18(4): 833-838.
- Irmischer, B., Harris, C., Pfeiffer, R., DeBeliso, M., Adams, K., Shea, K. (2004). Effects of a Knee Ligament Injury Prevention (KLIP) Exercise Program on Impact Forces in Females. *Journal of Strength and Conditioning Research*, 18(4): 703-707.
- Pfeiffer, R., DeBeliso, M., Shea, K., Kelley, L., Irmischer, B., & Harris, C. (2004). Kinematic MRI Assessment of McConnell Taping After Exercise. *The American Journal of Sports Medicine*, 32: 621-628.
- Climstein, M., O'Shea, P., Adams, K., & DeBeliso, M. (2003). The Effects of Anabolic-androgenic Steroids upon Resting and Peak Exercise Left Ventricular Heart Wall Motion Kinetics in Male Strength and Power Athletes. *Journal of Science & Medicine in Sport*, 6(4): 387-397.
- Harris, C., DeBeliso, M., & Adams, K. (2003). The Effects of Running Speed on the Metabolic Costs to Cover a Given Distance. *Journal of Exercise Physiology*, 6(3), 28-37.

#### **Published Abstracts/Presentations: Peer-reviewed**

- Dove, B.C., Sevene, T.G., Harris, C., DeBeliso, M., Adams, K.J., Carson, C.A., & Berning, J.M. (2013). 5RM Bench Press Increases Medicine Ball Put Distance in Untrained Males but not Untrained Females. American College of Sports Medicine 60<sup>th</sup> Annual Meeting and 4<sup>th</sup> World Congress on Exercise is Medicine. Indianapolis, IN. *Medicine & Science in Sports & Exercise*, 45(5), S597.
- Adams, K.J., Walsh, J., Burke, S., Heazlewood, I.T., Kettunen, J., DeBeliso, M., & Climstein, M. (2012). Motivations to Participate in Sport at the 2010 Pan Pacific Masters Games. American College of Sports Medicine 59<sup>th</sup> Annual Meeting and 3<sup>rd</sup> World Congress on Exercise is Medicine. San Francisco, CA. *Medicine & Science in Sports & Exercise*, 44(5), S309.
- Climstein, M., Walsh, J., Heazlewood, I.T., DeBeliso, M., Adams, K.J., Burke, S., & Kettunen, J. (2012). Obesity Prevalence in Master's Basketball Players. 5<sup>th</sup> Exercise & Sports Science Australia Conference and 7<sup>th</sup> Sports Dietitians Australia Update Research to Practice. Gold Coast, Queensland, Australia. *Proceedings: EIM 044*, 114.
- Climstein, M., Walsh, J., Heazlewood, I.T., DeBeliso, M., Adams, K.J., Sevene, T.G. & Kettunen, J. (2012). Rowing, Soccer and Swimming: Injury differences in preparation for the World Masters Games. 4<sup>th</sup> International



Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S307.

DeBeliso, M., Walsh, J., Adams, K.J., Climstein, M., Heazlewood, I.T., Burke, S., & Kettunen, J. (2012). Body Mass Index of North American Participants at the World Masters Games. American College of Sports Medicine 59<sup>th</sup> Annual Meeting and 3rd World Congress on Exercise is Medicine. San Francisco, CA. *Medicine & Science in Sports & Exercise*, 44(5), S143.

DeBeliso, M., Walsh, J., Adams, K.J., Climstein, M., Heazlewood, I.T., Sevene, T.G. & Kettunen, J. (2012). World Masters Games North American Body Mass Index profile. 4<sup>th</sup> International Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S320.

Heazlewood, I.T., Climstein, M., Walsh, J., DeBeliso, M., Adams, K.J., Kettunen, J. & Munro, K. (2012). Age Based Differences in Factors Motivating Masters Athletes. 4<sup>th</sup> International Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S344.

Heazlewood, I.T., Walsh, J., Climstein, M., DeBeliso, M., Adams, K.J., Kettunen, J. & Munro, K. (2012). The Motivations of Marathoners Scales Instrument for Evaluating Motivational Factors in a Variety of Mainstream Sports. 4<sup>th</sup> International Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S328.

Heazlewood, I.T., Walsh, J., DeBeliso, M., Climstein, M., Adams, K.J., Kettunen, J. & Munro, K. (2012). Health and Blood Profiles for Masters Athletes at the Pan Pacific Masters Games. 4<sup>th</sup> International Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S432.

Heazlewood, I.T., Walsh, J., Burke, S., Kettunen, J., Climstein, M., Adams, K.J., & DeBeliso, M. (2012). A Comparison of Classification Accuracy for Gender Using Neural Networks Multilayer Perception and Radial Basis Function and Procedures and Discriminant Function Analysis Based on Nine Sports Psychology Constructs to Measure Motivations to Participate in Masters Sport. International Association of Computer Science in Sport Pre-Olympic Conference. Liverpool, United Kingdom. *Proceedings of the*

*2012 Pre-Olympic Conference on Sport Science and Computer Science in Sport. Pgs. 88-94.*

- McChesney, J.W., & DeBeliso, M. (2012). Strength Testing Normative Values Using Tactile Array Technology. Western Society for Kinesiology and Wellness 57th Annual Conference. Reno, Nevada. Conference Proceeding.
- Sevene, T.G., Adams, K.J., Climstein, M., Walsh, J., Heazlewood, I.T., DeBeliso, M., & Kettunen, J. (2012). Are Masters Athletes Primarily Motivated by Intrinsic or Extrinsic Factors? 4<sup>th</sup> International Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S866.
- Walsh, J., Climstein, M., Heazlewood, I.T., DeBeliso, M., Kettunen, J., Sevene, T.G., & Adams, K.J. (2012). Reduced Prevalence of Smoking in Masters Football Codes. 4<sup>th</sup> International Congress on Physical Activity and Public Health Australian Conference of Science and Medicine in Sport National Sports Injury Prevention Conference. Sydney, New South Wales, Australia. *Journal of Science and Medicine in Sport*, 15(6), S321.
- Walsh, J., Climstein, M., Heazlewood, I.T., Burke, S., Adams, K.J., DeBeliso, M., & Juttunen, J. (2011). Body Mass Index of Athletes Participating in Rugby Union, Soccer and Touch Football at the World Masters Games Athletes. 7<sup>th</sup> International Conference on Sport Medicine and Sport Science, Paris, France. Proceedings: 335, 1938-1945.
- Walsh, J., Climstein, M., Heazlewood, I.T., Burke, S., Juttunen, J., Adams, K.J., & DeBeliso, M. (2011). Variations in Body Mass Index with Age in Masters Athletes (World Masters Games). 7<sup>th</sup> International Conference on Sport Medicine and Sport Science, Paris, France. Proceedings: 334, 1929-1937.
- Climstein, M., Walsh, J., Best, J.P., Heazlewood, I.T., Burke, S., Juttunen, J., Adams, K.J., & DeBeliso, M. (2011). Physiological and Pathology Demographics of Veteran Rugby Athletes: Golden Oldies Rugby Festival. 7<sup>th</sup> International Conference on Sport Medicine and Sport Science, Paris, France. Proceedings: 333, 1919-1928.
- Heazlewood, I.T., Walsh, J., Climstein, M., Burke, S., Juttunen, J., Adams, K.J., & DeBeliso, M. (2011). Sport Psychological Constructs Related to Participation in the 2009 World Masters Games. 7<sup>th</sup> International Conference on Sport Medicine and Sport Science, Paris, France. Proceedings: 342, 2027-2032.
- DeBeliso, M., Climstein, M., Adams, K.J., Walsh, J., Burke, S., Heazlewood, I.T., & Kettunen, J. (2011). North American Medical and Health History Survey of 2009 Sydney World Masters Games participants. ASICS Conference of

Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S162.

Walsh, J., Climstein, M., Heazlewood, I.T., Adams, K.J., DeBeliso, M., Burke, S., & Kettunen, J. (2011). World Master Games Swimmers: BMI a Help or Hindrance? ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S154.

Walsh, J., Climstein, M., Heazlewood, I.T., Adams, K.J., & DeBeliso, M., Burke, S., & Kettunen, J. (2011). Rugby Union, Soccer, Touch Football: Injury Classification (masters athletes). ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S155.

Walsh, J., Climstein, M., Heazlewood, I.T., Adams, K.J., DeBeliso, M., Burke, S., & Kettunen, J. (2011). Masters Athletes: are They Hurt More Often? ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S156.

Climstein, M., Walsh, J., Burke, S., Adams, K., DeBeliso, M., Kettunen, J., & Heazlewood, I.T. (2011). Physiologic Demographics of the Sydney World Masters Games Competitors. ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S163.

Climstein, M., Walsh, J., Best, J., Adams, K.J., DeBeliso, M., Burke, S., Kettunen, J., & Heazlewood, I.T. (2011). Demographics of Veteran Rugby Union Competitors. ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S164.

Walsh, J., Climstein, M., Heazlewood, I.T., Burke, S., Adams, K., DeBeliso, M., & Kettunen, J. (2011). Implications of Physical Activity across the Lifespan in Australia: Incidence of Obesity in Football Codes at the World Masters Games (WMG). ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S165.

Adams, K., DeBeliso, M., Walsh, J., Burke, S., Heazlewood, I.T., Kettunen, J. & Climstein, M., (2011). Why do People Participate in the World Masters Games? ASICS Conference of Science and Medicine in Sport. Perth, Australia. *Journal of Science and Medicine in Sport*, 14(7), S166.

Walsh, J., Climstein, M., Burke, S., Heazlewood, I.T., Adams, K.J., DeBeliso, M., & Kettunen, J. (2011). Injury Incidence in Football Code Athletes during Preparation for the World Masters Games. 7<sup>th</sup> World Congress on Science and Football. Nagoya, Japan. *Proceedings of the 7th World Congress on Science and Football*, 8, Supp. 1, 231.

- Walsh, J., Best, J., Burke, S., Heazlewood, I.T., Adams, K.J., DeBeliso, M., Kettunen, J. & Climstein, M. (2011). Medical and Health Histories of Golden Oldies World Rugby Festival Participants. 7<sup>th</sup> World Congress on Science and Football. Nagoya, Japan. *Proceedings of the 7th World Congress on Science and Football*, 8, Supp. 1, 230.
- Adams, K.J., DeBeliso, M., Climstein, M., Walsh, J., Burke, S., Heazlewood, I.T., & Kettunen, J. (2011). Motivations to Participate in Sport at the Sydney 2009 World Masters Games. American College of Sports Medicine 58<sup>th</sup> Annual Meeting and 2<sup>nd</sup> World Congress on Exercise is Medicine. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 43(5), S655.
- DeBeliso, M., Adams, K.J., Climstein, M., Walsh, J., Burke, S., Heazlewood, I.T., & Kettunen, J. (2011). World Masters Games: North American Participant Medical and Health History Survey. American College of Sports Medicine 58<sup>th</sup> Annual Meeting and 2<sup>nd</sup> World Congress on Exercise is Medicine. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 43(5), S374.
- Harris, C., Kipp, K., Adams, K.J., DeBeliso, M., & Berning J.M. (2011). The Effects of High Intensity Warm-Up on Shot Put Performance. American College of Sports Medicine 58<sup>th</sup> Annual Meeting and 2<sup>nd</sup> World Congress on Exercise is Medicine. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 43(5), S600.
- Climstein, M., Burke, S., Walsh, J., Adams, K.J., & DeBeliso, M. et al. (2010). Sydney 2009 World Masters Games: Participants Medical and Health History Survey. ASICS Conference of Science and Medicine in Sport. Port Douglas, Australia. *Journal of Science and Medicine in Sport*, 13(6), S150.
- Lawrence, M., Sevene-Adams, P. G., Berning, J. M., DeBeliso, M., & Adams, K. J. (2009). Effect of Overload Sprint Cycling on Subsequent Power Output. National Strength and Conditioning Association Annual Meeting. Las Vegas, Nevada. *Journal of Strength and Conditioning Research*, (August Supp.), 2009.
- DeBeliso, M., Fichter, D., Murdock, L., & Adams, K. (2009). Grip Norms and Reliability of the Hand Grip ForceMap System. American College of Sports Medicine 56<sup>th</sup> Annual Meeting. Seattle, Washington. *Medicine & Science in Sports & Exercise*, 41(5), S430.
- Harris, C., Wattles, A., DeBeliso, M., Adams, K.J., & Berning, J. (2009). The Seated Medicine Ball Throw as a Test of Upper Body Power in Older Adults. American College of Sports Medicine 56<sup>th</sup> Annual Meeting, Seattle, Washington. *Medicine & Science in Sports & Exercise*, 41(5), S473.

- Adams, K., Sevene-Adams, P., DeBeliso, M., Berning, J., Harris, C., & Stamford, B. (2008). Metabolic Comparison of a One-Handed Lifting Task with Identical Weight but Different Coupling Factors. American College of Sports Medicine 55<sup>th</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 40(5), S356.
- DeBeliso, M., Adams, K., Sevene-Adams, P., Harris, C., Berning, J. & Climstein, M. (2008). The Metabolic Stress Experienced by Agricultural Workers during a Typical Day of Labor. American College of Sports Medicine 55<sup>th</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 40(5), S354.
- Berning, J., Mallander, S., Pederson, S., Adams, K., Stamford, B., DeBeliso, M., & Maud, P. (2008). Thirty Seconds of Continuous Weighted Jumping Increases Power Output: A Post-activation Potentiation Response. American College of Sports Medicine 55<sup>th</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 40(5), S259.
- Boham, M., Harris, C., Pfeiffer, R., DeBeliso, M., & Kuhlman, S. (2008). Effects of Fatigue on Ground Reaction Forces during Land and Cut Tasks in Female Athletes. American College of Sports Medicine 55<sup>th</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 40(5), S221.
- Carson, C., Berning, J., Mallander, S., DeBeliso, M., Adams, K., Stamford, B., & Maud, P. (2008). Physical Self Description is More Accurate in Exercisers. American College of Sports Medicine 55<sup>th</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 40(5), S272.
- Mallander, S., Berning, J., Pederson, S., Adams, K., DeBeliso, M., Stamford, B., & Maud, P. (2008). 5RM Bench Increases Medicine Ball Put Distance in Trained Males and Females. American College of Sports Medicine 55<sup>th</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 40(5), S262.
- Adams, K.J., Miller, T. DeBeliso, M., Harris, C., Berning, J., & Sevene-Adams, P.G. (2006). Metabolic Comparison between a Lifting Task with Identical Weight but Different Coupling Factors. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S453.
- Bennett, M., Berg, K., Harris, C., Kipp, K., DeBeliso, M., & Adams, K.J. (2006). The Effects of Sprinting Induced Fatigue on Ground Reaction Force Symmetry in Jump Landing Kinetics. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S400.

- Berg, K., Harris, C., Kipp, K., DeBeliso, M., & Bennett, M. (2006). The Effects of Fatigue from Rapid Acceleration and Decelerations on Jump Landing Kinetics. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S398-S399.
- Berning, J., Goodwin, J.J., DeBeliso, M., Harris, C., & Adams, K.J. (2006). The Effects of Functional Isometric Squatting on Vertical Jump in Males: A Post-Activation Potentiation Study. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S288-S289.
- Climstein, M., Naughton, G., Adams, K.J., & DeBeliso, M. (2006). Effectiveness of a Prescribed, Un-supervised Community Diabetes Rehabilitation Program on Glycaemic Control in Mature Age Type 2 Diabetics. Australian Diabetes Society & Australian Diabetes Educators Association Annual Scientific Meeting. Queensland, Australia. *Meeting Proceedings and Abstract Book*, 057, 62-63.
- Climstein, M., Naughton, G., Buhagiar, B., Harvey, B., DeBeliso, M., Adams, K.J. (2006). Exercise Interventions to Improve Cardiovascular Risk Factors and Fitness in Australian Vietnam Veterans: HeartMoves versus HeartHealth. ASICS Conference of Science and Medicine in Sport. Yanuca, Fiji Islands. *Journal of Science and Medicine in Sport*, 9(6), S104.
- Goodwin, J.J., Berning, J., DeBeliso, M., Harris, C., & Adams, K.J. (2006). Vertical Jump Performance Following a Functional Isometric Squat in Untrained Participants: A Post-Activation Potentiation Response. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S288.
- Harris, C., Moore, J., DeBeliso, M., Adams, K.J., Berning, J., & Hansen, C. (2006). The Effects of Heavy Squats on Potentiating 30 Second Wingate Test Performance. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S292.
- Pfeiffer, R.P., Sabick, M., Kipp, K., Kipp, K., DeBeliso, M., & Shea, K.G. (2006). Effects of Gender on Landing Mechanics in an Unanticipated Landing Task in Children. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S397.
- Sabick, M., Goetz, R., Pfeiffer, R., DeBeliso, M., & Shea, K.G. (2006). Symmetry in Ground Reaction Forces during Landing in Gymnasts and Non-gymnasts. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting. Denver, Colorado. *Medicine & Science in Sports & Exercise*, 38(5), S23.

- Adams, K. J., DeBeliso, M., Harris, C., Moreillon, J. J., Sevene, P.G., Miller, T., & Brown, K. (2005). Metabolic Comparison between a One- and Two-handed Identical Lifting Tasks. American College of Sports Medicine 52<sup>nd</sup> Annual Meeting. Nashville, Tennessee. *Medicine & Science in Sports & Exercise*, 37(5), S405.
- DeBeliso, M., O'Shea, P., Harris, C., & Adams, K. (2004). The effects of a back-belt on Lumbar Disc Deformation during Stoop Type Lifting. American College of Sports Medicine 51<sup>st</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 36(5), S2367.
- Harris, C., Dolny, D., Browder, K., Adams, K., & DeBeliso, M. (2004). The Effect of Prior Contractile Activity on Power Output. American College of Sports Medicine 51<sup>st</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 36(5), S2379.
- Adams, K. J., Fabian, N., Sevene-Adams, P. G., DeBeliso M., Harris, C., Berning, J. M., & Tollerud, D. J. (2004). Metabolic Responses to Repetitive Lifting Tasks in Females. American College of Sports Medicine 51<sup>st</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 36(5), S1504.
- Fabian, N., Adams, K. J., Felker, J. M., Hare, J. L., Welgosh, J., DeBeliso, M., & Tollerud, D. J. (2004). Metabolic Cost of Repetitive Lifting Tasks: Pre-determined vs. Self-selected Pace. American College of Sports Medicine 51<sup>st</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 36(5), S1507.
- DeBeliso, M., O'Shea, P., Harris, C., & Adams, K. (2003). The Relation between Trunk Strength Measures and Lumbar Disc Deformation during Stoop Type Lifting. American College of Sports Medicine 50<sup>th</sup> Annual Meeting. San Francisco, California. *Medicine & Science in Sports & Exercise*, 35(5), S737.
- Harris, C., DeBeliso, M., Adams, K.J., & Irmischer, B.S. (2003). Accuracy of ACSM Metabolic Prediction Equations in Trained Runners. American College of Sports Medicine 50<sup>th</sup> Annual Meeting. San Francisco, California. *Medicine & Science in Sports & Exercise*, 35(5), S193.
- Irmischer, B.S., Harris, C., Pfeiffer, R.P., DeBeliso, M., Adams, K., & Roberts, D. (2003). Effects of a Knee Ligament Injury Prevention (KLIP) Exercise Program on Impact Forces in Females. American College of Sports Medicine 50<sup>th</sup> Annual Meeting. San Francisco, California. *Medicine & Science in Sports & Exercise*, 34(5), S306.
- Ross, B., Harris, C., DeBeliso, M., Spitzer-Gibson, T., & Fitzgerald, K. (2002). Detraining Responses of the Older Adult Following 18 weeks of Resistance

Training. American College of Sports Medicine 49<sup>th</sup> Annual Meeting. St. Louis, Missouri. *Medicine & Science in Sports & Exercise*, 34(5), S56.

Harris, C., DeBeliso, M., Ross, B., Adams, K., Fitzgerald, K., & Gibson T. (2002). A Comparison of the Number of Repetitions Completed for One Set of Selected Exercises at Various Intensities in the Older Adult. American College of Sports Medicine 49<sup>th</sup> Annual Meeting. St. Louis, Missouri. *Medicine & Science in Sports & Exercise*, 34(5), S55.

Adams, K., Berning, J., Fabian, N., Durham, M., Harris, C., & DeBeliso, M. (2002). Linear Strength and Power Mesocycles – Effects on Agility and Power in Strength Trained Women. American College of Sports Medicine 49<sup>th</sup> Annual Meeting. St. Louis, Missouri. *Medicine & Science in Sports & Exercise*, 34(5), S287.

Walters, E., Brandt, J., Kipp, R., Fabian, N., DeBeliso, M., & Adams, K. (2002). Effects of a Pre-season Conditioning Program on Performance Measures in Female Adolescent Soccer Players. *Journal of Strength and Conditioning Research*, 16(4). **\*Nominated Outstanding Research Award\***

DeBeliso, M., Harris, C., & Spitzer-Gibson, T. (2001). A Comparison of Periodized and Static Repetition Training Protocols on Strength Measures in Older Adults. American College of Sports Medicine 48<sup>th</sup> Annual Meeting. Baltimore, Maryland. *Medicine & Science in Sports & Exercise*, 33(5), S12.

Harris, C., DeBeliso, M., Spitzer-Gibson, T., & Fitzgerald, K. (2001). The Effects of Training Intensity on Strength Gain Response in the Older Adults. American College of Sports Medicine 48<sup>th</sup> Annual Meeting. Baltimore, Maryland. *Medicine & Science in Sports & Exercise*, 33(5), S344.

Moss, C., Kunz, M., Adams, K., Berning, P., Sevene-Adams, P., & DeBeliso, M. (2001). A Comparison of Male and Female Teenage Sport Rock Climbers from a High School Climbing League. American College of Sports Medicine 48<sup>th</sup> Annual Meeting. Baltimore, Maryland. *Medicine & Science in Sports & Exercise*, 33(5), S247.

Rodrigue, A., Harris, C., DeBeliso, M., & Adams, K. (2001). Number of Repetitions Completed for One Set at Intensities Associated with the Three Phases of the Preparation Period of a Periodized Strength Training Program. National Strength and Conditioning Association 24<sup>th</sup> Annual Meeting. Spokane, Washington. *Journal of Strength and Conditioning Research*. 15(3), 398. **\*Runner-up Outstanding Research Award \***

Spitzer-Gibson, T., Harris, C., DeBeliso, M., Hoeger, W., & Fitzgerald, K. (2001). The Relationship between Lower Extremity Strength and Selected



Functional Assessments in Older Adults. American College of Sports Medicine 48<sup>th</sup> Annual Meeting. Baltimore, Maryland. *Medicine & Science in Sports & Exercise*, 33(5), S13.

Adams, K., Snow-Harter, C., O'Shea, P., Sevene, T., & DeBeliso, M. (1996). Weightlifters Exhibit Greater Strength and Flexibility than Non-weightlifters. American College of Sports Medicine 43<sup>rd</sup> Annual Meeting. Cincinnati, Ohio. *Medicine & Science in Sports & Exercise*, 28(5), S192.

DeBeliso, M., Smith, G.A., Fujimoto, K., & Adams, K. (1994). The Effect of Replacement Insoles on Tibial Impact Acceleration Characteristics. American College of Sports Medicine 41<sup>st</sup> Annual Meeting. Indianapolis, Indiana. *Medicine & Science in Sports & Exercise*, 26(5), S171.

Adams, K., Snow-Harter, C., Shelly, A., O'Shea, P., & DeBeliso, M. (1993). Weightlifters Exhibit Greater Bone Density and Muscle Strength than Non-weightlifters. American College of Sports Medicine 40<sup>th</sup> Annual Meeting. Seattle, Washington. *Medicine & Science in Sports & Exercise*, 25(5), S188.

#### Other Presentations

Nelson, J., DeBeliso, M., & Lyons, B. (2011). Improved Speed and Agility by Strengthening Hip Rotator Muscles in Male High School Soccer Players. Western Society for Kinesiology and Wellness 56th Annual Conference. Reno, Nevada. Conference Proceeding. Attached

Rykert, D., DeBeliso, M., & Lyons, B. (2011). Effect of 1 or 3 Spotters on State Anxiety and Self Confidence during Maximal Squatting. Western Society for Kinesiology and Wellness 56th Annual Conference. Reno, Nevada. Conference Proceeding. Attached

Berning, J., Mallander, S., DeBeliso, M., & Adams, K. (2006). Effect of 5RM Bench Press on Medicine Ball Chest Pass in College-Aged Males and Females: A Post-Activation Potentiation Study. NMSU University Research Council Sixth Annual Research and Creative Activities Fair in conjunction with the Sixth annual New Mexico Alliance for Minority participation (New Mexico AMP) Undergraduate Student Research Conference. Las Cruces, New Mexico.

DeBeliso, M. (2006). Research in Kinesiology: How Do We Know What We Know? California State University Monterey Bay.

DeBeliso, M. (2006). The Relationship between Stride Rate and Stride Length at Different Running Speeds. California State University Monterey Bay.

- Rosado, L., Bennett, M., Kuhlman, S., Clark, D., Harris, C., & DeBeliso, M. (2006). Impact and Push-off Force Symmetry in Dominant Versus Non-dominant Legs During a Jump Landing-cutting Task. Northwest American College of Medicine Annual Meeting. Corvallis, Oregon.
- Kipp, K., Harris, C., Pfeiffer, R., Sabick, M., & DeBeliso, M. (2005). Effects of a Dynamic Resistive Exercise Warm-Up on Subsequent Shot Put Performance. Northwest American College of Medicine Annual Meeting. Moscow, Idaho.
- Shea, K., Grandstrand, S., Pfeiffer, R., Sabick, M., & DeBeliso, M. (2005). The Effects of the Sportsmetrics (WIPP) Training Protocol on Landing Mechanics in Female Youth Soccer Players. Pediatric Orthopaedic Society of North America. Ottawa, Canada.
- Kipp, K., Sabick, M., & DeBeliso, M. (2004). Reliability of a Kinematic Model of the Upper Extremity. The American Society of Biomechanics 28<sup>th</sup> Annual Meeting. Portland, Oregon.
- Spitzer-Gibson, T., Harris, C., DeBeliso, M., Irmischer, B., & Adams, K. (2004). Effect of Machine Based versus Free Weight Training on Strength and Functional Performance in the Older Adult. Annual Meeting of the AAHPERD. New Orleans, Louisiana.
- DeBeliso, M., & Harris, C. (2003). Strength Training for High School Athletes I. IAPHERD Annual Meeting, Boise, ID.
- DeBeliso, M., & Harris, C. (2003). Strength Training for High School Athletes II. IAPHERD Annual Meeting, Boise, ID.
- Harris, C., Adams, K., & DeBeliso, M. (2000). Round Table Discussion, Strength and Conditioning for the Health and Well Being of the General Populous. Northwest American College of Sports Medicine Annual Meeting. Boise, Idaho.
- DeBeliso, M. (1998). The Role of Peripheral Bone Densitometry in the Diagnosis of Osteoporosis. Merck Pharmaceuticals Regional Meeting. Portland, Oregon.
- DeBeliso, M. (1997). The Role of Lumbar Support Belts in Reducing the Risk of Low Back Injuries in the Work Place. Teledyne Wah Chang Industrial Safety Consortium. Albany, Oregon.
- DeBeliso, M., Smith, G.A., Fujimoto, K., & Adams, K. (1994). The Effect of Replacement Insoles on Tibial Impact Acceleration Characteristics. Northwest Regional American College of Sports Medicine Annual Meeting. Boise, Idaho. ***\*Recipient of Outstanding Research Award\****

O'Shea, P. & DeBeliso, M. (1993). Strength and Power Techniques for Elite Athletes. Korean Junior Olympic Track and Field Team. Corvallis, Oregon.

Adams, K. & DeBeliso, M. (1990). Functional Isometrics Practical Applications. State of Oregon National Strength and Conditioning Association Clinic. Lane Community College, Springfield, Oregon.

#### **GRANTS AWARDED/IN REVIEW**

Principal Investigator- Research and Creative Activity Award, California State University Monterey Bay 2008. Awarded \$7483.

Principal Investigator- Teaching Learning and Assessment Travel Award, California State University Monterey Bay 2008. Awarded \$500.

Co-Investigator- Research and Creative Activity Award, California State University Monterey Bay 2006. Metabolics of Lifting and Carrying Tasks. (PI: K. Adams) Awarded \$6000.

Co-Investigator- Wireless Education & Technology Center's Teaching and Learning with Mobile Technology Award, California State University Monterey Bay 2006. Body Monitoring: Physiological Data – Real World to the Classroom. (PI: K. Adams) Awarded \$5000.

Principal Investigator- Boise State University Research Associateship 2004-05: The Effects of a Non-Linear Periodized Resistance Training Protocol on Strength Gains in Older Adults. Awarded \$4500.

Co-Investigator- NSF-Idaho EPSCoR Program 2003: Upgrade of Vicon Motion Capture System for High Speed 3-D Motion Analysis in Biomechanics. (PI: M. Sabick) Awarded \$100,000.

Principal Investigator- Boise State University Research Associateship 2003-04: The Effects of Resistance Training Volume on Strength Gains In Older. Awarded \$4500.

Principal Investigator- Boise State University Faculty Grant Research Program 2002: The Effects of a Ballistic Training System and Selected Resistance Exercises on Strength and Power Capacity of Older Adults. Awarded \$4964.

Principal Investigator- Boise State University, College of Education Infrastructure fund, 2000. Ballistic Training System. (C. Harris, co-Investigator) Awarded \$6,600.

Principal Investigator- Teledyne Wah Chang 1996: Lumbar Support Belts in the Workplace. Awarded \$3500.

### **SERVICE**

SUU Master's Thesis advisor (18 students). September 2010-present.

SUU Faculty Senate. September 2012-present.

SUU Graduate Council and Curriculum Committee. Fall 2011-present.

SUU COEHD Dean Search Committee. October 2012-January 2013.

SUU College of Education, Leave, Rank & Tenure Policy/Criteria Committee.  
Spring 2011-Spring 2012.

SUU Freshmen Orientation. June-July 2013 and July 2012

Guest Presenter Cedar City Rotary. October 2011.

External tenure/promotion reviewer for a faculty member in the College of  
Education at Idaho State University. Fall 2010.

Academic Senate Undergraduate Studies Committee, CSUMB. Sept. 2009- June  
2010.

Academic Senate Kinesiology Representative, CSUMB. Sept. 2009- June 2010.

Faculty Search Committee Chair-Kinesiology, CSUMB. Spring 2010

Faculty Search Committee-Business Hospitality, CSUMB. Spring 2009

Kinesiology Department Curriculum Committee, CSUMB. August 2007- June  
2010.

Committee for the Protection of Human Subjects, CSUMB. August 2007- June  
2010.

College of Professional Studies Dean's Council, CSUMB. August 2007- June  
2010.

Internal Review Board for the use of Human Subjects in Research, Boise State  
University. June 2003-August 2006.

Center for Orthopaedic & Biomechanics Research, Boise State  
University. August 2003-July 2007.

Scholarship Committee, Department of Kinesiology, Boise State University.  
August 2000-July 2007.

Facility Planning Committee, Department of Kinesiology, Boise State University.  
August 2000-May 2003.

Thesis Committee Member, Department of Kinesiology, Boise State University.  
August 2000-July 2007. (21 thesis committees)

Graduate Faculty (Associate & Full), Department of Kinesiology, Boise State  
University. August 2001-July 2007.

Older Adult Strength Training Program, Department of Kinesiology, Boise State  
University. August 2000-July 2007.

Department Chair Search Committee. January-May 2004.

Faculty Search Committee- Motor learning, November-January 2005.

Faculty Search Committee- CIFS Research/Statistics, November-March 2006.

Department Library Liaison- Jan. 2005-July 2007.

### PROFESSIONAL AFFILIATIONS

American College of Sports Medicine-2000-present.

International Journal of Exercise Science: Manuscript Reviewer-current.

North West Association for Biomedical Research-2003-present.

Research Quarterly for Exercise and Sport: Manuscript Reviewer-2003

Journal of Science and Medicine in Sport: Manuscript Reviewer- 2003

### NON-ACADEMIC PROFESSIONAL EXPERIENCE

**U.S. Medical Incorporated**, Denver, CO. November 1998-June 2000.

Responsibilities included:

- \* Physician consultation and in-servicing of various medical equipment including: lasers, radiography equipment, bone densitometry, blood chemistry, autoclaves, exam/adjustment tables, exam/surgical lights, patient monitors, diagnostic ultrasound, and therapeutic ultrasound/interferential.

- \* Evaluating scientific peer reviewed journal articles, comparing/contrasting competitor technologies.
- \* Assisting physicians with the financial aspects of purchase/lease options, return on investments, and Medicare/Private carrier reimbursement issues.

**Ergonomics Consultant**, Teledyne Wah Chang, Albany, OR. January 1996-1998.  
Responsibilities included:

- \* Development of an exploratory research effort towards determining the efficacy of a back support belt program for the reduction of low back injuries in the work place.
- \* Recruitment and training of employee subjects for participation in a support belt study.
- \* Coordinating Oregon State University, Corvallis Clinic Physicians Clinic, and Teledyne personnel and facilities throughout study development and implementation.

**Community Nursing Service, Medical Supply**, Salt Lake City, UT. June-September 1993.

- \* Assistant manager for a durable medical supply company during facility acquisition and restructuring

**Community Nursing Service, Home Health Plus**, Salt Lake City, UT. June-September 1992.

- \* Performed marketing tasks and organized an influenza vaccine program for the greater Utah area.

**Hercules Aerospace**, Missiles, Ordinance and Space Group, Magna, Utah. June 1990 to September 1990. Responsibilities Included:

- \* Defining, planning, and implementing inspection procedures and test requirements.
- \* Process proofing, assuring sequential integration of inspection points and manufacturing processes.
- \* Review and establishment of QA provisions on material lists for procurement.
- \* Monitoring process parameters and evaluating out-of-control/tolerance conditions for preventative measures.

- \* Reviewing design configurations, definitions and alterations for parametric accuracy and inspection credibility.

**Cubic Defense Systems**, San Diego, CA. February 1987 to August 1989.  
Responsibilities Included:

- \* Assuring hardware environmental testing per MIL-STDs-781 and 810.
- \* Performing computer aided reliability predictions per MIL-HDBK-217.
- \* Failure reporting, failure analysis, and corrective actions FRACAS.
- \* PPSL preparation and submittals of NSPARs (DD 2052) and PPSL worksheets (DD2053) to DESC.
- \* Generating monthly manufacturing screen testing and failure reports.
- \* Customer interface during hardware acceptance tests and sell-off.
- \* Monitoring GIDEP Alerts applicability to particular programs.

**Hughes Aircraft Radar Systems Group**, F-14 Program Office, Quality Department, Los Angeles, CA. August 1985 to January 1987.  
Responsibilities Included:

- \* Coordinating with systems engineers assuring development hardware complies with established reliability requirements.
- \* Reviewing and approving development stage reliability predictions per MIL-HDBK-217.
- \* Assuring compliance of quality and reliability requirements for hardware and related documentation throughout production, test, and inspection.
- \* Corrective actions liaison, coordinating engineering, vendors, and manufacturing.
- \* Performing failure analysis, identifying reliability trends for engineering change proposals, and retrofit programs.
- \* **PREVIOUSLY OBTAINED SECRET CLEARANCE \***