**Larissa True, PhD**

Associate Professor | Department of Kinesiology & Dance | New Mexico State University
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# Education

 **Doctor of Philosophy in Kinesiology (Developmental Motor Control)** *Michigan State University, 2014*

Advisors: Dr. Karin Pfeiffer and Dr. Crystal Branta

Dissertation: *Motor Skill Performance and Physical Activity in Pediatric Carriers and Non-Carriers of the BDNF val66met Polymorphism*

**Master of Science in Health, Exercise, and Sport Sciences (Motor Behavior)** *Texas Tech University, 2010*

 Graduated *Summa Cum Laude*

 Advisor: Dr. David Stodden

**Bachelor of Arts in English (Technical Communication)** *Texas Tech University, 2007*

Graduated *Summa Cum Laude*

## **Employment**

**Associate Professor (Department of Kinesiology & Dance)** *New Mexico State University
August 2020 – Present*

**Associate Professor (Kinesiology Department)** *State University of New York College at Cortland
September 2018 – August 2020*

**Assistant Professor (Kinesiology Department)** *State University of New York College at Cortland
August 2014 – August 2018*

## **Publications**

**True, L.,** Martin, E.M., Pfeiffer, K.A., Siegel, S.R., Branta, C.F., Haubenstricker, J., & Seefeldt, V. (2020). Tracking of physical fitness components from childhood to adolescence: A longitudinal study. *Measurement in Physical Education and Exercise Science.* https://doi.org/10.1080/1091367X.2020.1729767

Martin, E.M., **True, L.**, Pfeiffer, K.A., Siegel, S.R., Branta, C.F., Wisner, D., Haubenstricker, J., & Seefeldt, V. (2020). Youth sport participation and adult physical activity: The influence of fundamental movement skill instruction during childhood. *Measurement in Physical Education and Exercise Science.* https://doi.org/10.1080/1091367X.2020.1720690

Pfeiffer, K.A., **True, L.,** Martin, E.M., Siegel, S.R., Branta, C.B., Haubenstricker, J., & Seefeldt, V. (2020). Methods of the Michigan State University Motor Performance Study. *Measurement in Physical Education and Exercise Science.* https://doi.org/10.1080/1091367X.2020.1774888

Siegel, S.R., **True, L.,** Pfeiffer, K.A., Wilson, J.D., Martin, E.M., Branta, C.B., Pacewicz, C., & Battista, R.A. (2020). Recalled age at menarche: A follow-up to the Michigan State University Motor Performance Study. *Measurement in Physical Education and Exercise Science.* https://doi.org/10.1080/1091367X.2020.1769633

Hulteen, R., **True, L.**, & Pfeiffer, K. (2020). Differences in associations of product- and process-oriented motor competence assessments with physical activity in children. *Journal of Sports Sciences, 38*(4), 375-382. https://doi.org/10.1080/02640414.2019.1702279

Hulteen, R., Barnett, L.M., **True, L.,** Lander, N.J., del Pozo Cruz, B., & Lonsdale, C. (2020). Validity and reliability evidence for motor competence assessments in children and adolescents: A systematic review. *Journal of Sports Sciences, 38*(15), 1717-1798*.* https://doi.org/10.1080/02640414.2020.1756674

Brian, A., Getchell, N., **True, L.**,De Meester, A., & Stodden, D. Reconceptualizing and operationalizing Seefeldt’s Proficiency Barrier: Applications and future directions. (2020). *Sports Medicine.* https://doi.org/10.1007/s40279-020-01332-6

\*Larson, W., Dearie, A., **True, L.**, Richardson, B., & Lind, E. (in press). NCAA head coach satisfaction with athletic training services across all divisions. *The Sport Journal.*\*Denotes graduate student publication.

Sacko, R., Utesch, T., Cordovil, R., De Meester, A., Ferkel, R., **True, L.**, Goa, Z., Goodway, J., Bott, T., & Stodden, D. (in press). Developmental Sequences for Observing and Assessing Forceful Kicking. *European Physical Education Review.*

Ferkel, R.C., Hutchinson, Z.T., Razon, S., **True, L.**, Zupin, D., Jones, L.M., & Judge, L.W. (2019). The benefits of health-related fitness education in secondary PE. *The Physical Educator, 76*(4), 883-906.

Boerner, P., Polasek, K., **True, L.**, Lind, E., & Hendrick, J.L. (2019). Is what you see what you get? Perceptions of personal trainers’ competence, knowledge, and preferred sex of personal trainer relative to physique. *Journal of Strength and Conditioning Research;* online ahead of print*.* https://doi.org/10.1519/JSC.0000000000003027

Luz, C., Cordovil, R., Paulo Rodrigues, L., Gao, Z., Goodway, J., Sacko, R., Nesbitt, D., Ferkel, R., **True, L.**, & Stodden, D. (2019). Motor competence and health-related fitness in children: A cross-cultural comparison between Portugal and the United States. *Journal of Sport and Health Science, 8,* 130-136*.* https://doi.org/10.1016/j.jshs.2019.01.005

Ferkel, R., Allen, H.R., **True, L.**, & Hulteen, R.(2018). Split-week programming for secondary physical education: Inducing behavioral change for lifetime fitness. *Journal of Physical Education, Recreation & Dance, 89*(8), 11-22. https://doi.org/10.1080/07303084.2018.1503118

De Meester, A., Stodden, D., Goodway, J., **True, L.**, Brian, A., Ferkel, R., & Haerens, L. (2018). Identifying a motor proficiency barrier for meeting physical activity guidelines in children. *Journal of Science and Medicine in Sport, 21*(1), 58-62. https://doi.org/10.1016/j.jsams.2017.05.007

Funch, L.I., Lind, E., **True, L.**, Van Langen, D., Foley, J., & Hokanson, J.F. (2017). Non-traditional season workout in female hockey players: Effects of whole-body high-intensity interval training on V02 max. *Sports, 5*(4)*,* 89.https://doi.org/10.3390/sports5040089

Taunton, S.A., Brian, A.S., & **True, L.** (2017). Universally designed motor skill intervention for children with and without disabilities. *Journal of Developmental and Physical Disabilities, 29*(6), 941-954*.* https://doi.org/10.1007/s10882-017-9565-x

**True, L.**, Brian, A., Goodway, J., & Stodden, D. (2017). Relationships among product- and process-oriented measures of motor skill competence and perceived competence. *Journal of Motor Learning and Development, 5*(2), 319-335. http://dx.doi.org/10.1123/jmld.2016-0042

Temple, C., Lind, E., Van Langen, D., **True, L.**, Hupman, S., & Hokanson, J.F. (2017). Run economy on a normal and lower body positive pressure treadmill. *International Journal of Exercise Science, 10*(5), 774-781*.* http://digitalcommons.wku.edu/ijes/vol10/iss5/13

**True, L.**, Pfeiffer, K.A., Dowda, M., Williams, H.G., O’Neill, J.R., Brown, W.H., & Pate, R.R. (2017). The relationship between motor skill performance and preschool characteristics. *Journal of Science and Medicine in Sport, 20*(8), 751-755*.* http://dx.doi.org/10.1016/j.jsams.2016.11.019

Ferkel, R.C., Razon, S., Judge, L.W., & **True, L**. (2017). Beyond fun: The real need in physical education. *The Physical Educator, 74*(2), 255-268.https://doi.org/10.18666/TPE-2017-V74-I2-7426

De Meester, A., Stodden, D., Brian, A., **True, L.**, Cardon, G., Tallir, I., & Haerens, L. (2016). Associations among elementary school children’s actual motor competence, perceived motor competence, physical activity, and BMI: A cross-sectional study. *PLoSOne, 11*(10). https://doi.org/10.1371/journal.pone.0164600

Stodden, D., **True, L.**, Langendorfer, S., & Gao, Z. (2013). Associations among selected motor skills and health-related fitness: Indirect evidence for Seefeldt’s proficiency barrier in young adults? *Research Quarterly for Exercise & Sport, 84,* 397-403.http://dx.doi.org/10.1080/02701367.2013.814910

***Under Review***

Battista., R.A., Bouldin, E.D., Pfeiffer, K.A., Siegel, S.R., **True., L.**, Martin, E.M., Pacewicz, C.E., Branta, C.F., Haubenstricker, J., & Seefeldt., V. Childhood Physical Fitness and Performance as Predictors of High School Sport Participation. *Measurement in Physical Education and Exercise Science.*

Mediema, S., Brian, A., Pennell, A., Lieberman, L., **True, L.,** Webster, C., & Stodden, D. The effects of an integrative, universally-designed motor skill intervention for young children with and without disabilities. *Research in Developmental Disabilities*

\*Moss, S., Lind, E., McGinnis, P., Ferkel, R., & **True, L**. Relationships among actual motor competence, perceived motor competence, and health-related fitness in a college-aged population. *International Journal of Exercise Science.*\*Denotes graduate student publication.

\*Naylon, J., Sutherlin, M., **True, L.**, & Dames, K. Novice users of antigravity treadmills require an accommodation period. *Journal of Applied Biomechanics.*\*Denotes graduate student publication.

## **Published Research Presentation Abstracts**

**True, L.**, Martin, E., Pfeiffer, K., Siegel, S., Branta, C., Haubenstricker, J., & Seefeldt, V. (2018, June). Tracking of physical fitness components from childhood to adolescence: A longitudinal study. *Journal of Sport and Exercise Psychology, 40*(suppl), S9.

Martin, E., **True, L.**, Pfeiffer, K., Siegel, S., Branta, C., Wisner, D., Haubenstricker, J., & Seefeldt, V. (2018, June). Youth sport participation and adult physical activity: The influence of fundamental movement skill instruction during childhood. *Journal of Sport and Exercise Psychology, 40*(suppl), S9.

Branta, C., Haubenstricker, J., Pfeiffer, K., **True, L.**, Martin, E., Siegel, S., & Seefeldt, V. (2018, June). On overview of the Michigan State University Motor Performance Study: Then and now. *Journal of Sport and Exercise Psychology, 40*(suppl), S8.

Luz, C., Cordovil, R., Rodrigues, L., Gao, Z., Goodway, J., Sacko, R., Nesbitt, D., Ferkel, R., **True, L.**, & Stodden, D. (2018, June). A cross-cultural comparison of motor competence and health-related fitness variables between Portuguese and American children. *Journal of Sport and Exercise Psychology, 40*(suppl), S20.

De Meester, A., Stodden, D., Goodway, J., **True, L.**, Brian, A., Ferkel, R., & Haerens, L. (2017). Identification of a motor competence proficiency barrier among children for meeting physical activity guidelines. *Journal of Sport and Exercise Psychology, 39*(suppl), S24.

Nesbitt, D., **True, L.**, & Stodden, D. (2017). The effect of motor competence “proficiency barriers” on health-related fitness. *Journal of Sport and Exercise Psychology, 39*(suppl), S24-25.

**True, L.,** Pfeiffer, K.A., Smith, A., Gerlach, J., Kagerer, F., & Branta, C. (2015). Motor skill performance and physical activity in pediatric carriers and non-carriers of the BDNF val66met polymorphism. *Journal of Sport and Exercise Psychology, 37*(suppl), S64.

**True, L.**, Pfeiffer, K., Branta, C., Eisenmann, J., & Lamb, E. (2013). Relationships between product- and process-oriented measures of motor skills. *Journal of Sport and Exercise Psychology, 35*(suppl), S73.

**True, L.**, Stodden, D., Goodway, J., & Ferkel, R. (2012). Relationships among product- and process-oriented measures of motor skill competence and perceived competence in young children. *Journal of Sport and Exercise Psychology, 34*(suppl), S12-13.

Stodden, D., **True, L.**, & Langendorfer, S. (2010). Predicting health-related fitness in young adults: Association to motor skill competence. *Journal of Sport and Exercise Psychology, 32*(suppl), S16.

## **Conference Presentations**

**True, L.**, Martin, E., Pfeiffer, K., Siegel, S., Branta, C., Haubenstricker, J., & Seefeldt, V. (2018, June). *Tracking of physical fitness components from childhood to adolescence: A longitudinal study.* Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

Martin, E., **True, L.**, Pfeiffer, K., Siegel, S., Branta, C., Wisner, D., Haubenstricker, J., & Seefeldt, V. (2018, June). *Youth sport participation and adult physical activity: The influence of fundamental movement skill instruction during childhood.* Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

Branta, C., Haubenstricker, J., Pfeiffer, K., **True, L.**, Martin, E., Siegel, S., & Seefeldt, V. (2018, June). *An overview of the Michigan State University Motor Performance Study: Then and now.* Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

Luz, C., Cordovil, R., Rodrigues, L., Gao, Z., Goodway, J., Sacko, R., Nesbitt, D., Ferkel, R., **True, L.**, & Stodden, D. (2018, June). *A cross-cultural comparison of motor competence and health-related fitness variables between Portuguese and American children.* Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

De Meester, A., Stodden, D., Goodway, J., **True, L.**, Brian, A., Ferkel, R., & Haerens, L. (2017, June). *Identification of a motor competence proficiency barrier among children for meeting physical activity guidelines*. Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.

Nesbitt, D., **True, L.**, & Stodden, D. (2017, June). *The effect of motor competence “proficiency barriers” on health-related fitness*. Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.

**True, L.**, & Pfeiffer, K. (2016, October). *Genetics and motor competence: Is there a link?* Presented at the 2nd Assembly of the International Consortium on Motor Development Research, Columbia, SC.

Pfeiffer, K., & **True, L.** (2016, October). *Comparison of motor competence in urban and suburban elementary school children.* Presented at the 2nd Assembly of the International Consortium on Motor Development Research, Columbia, SC.

**True, L.**, Pfeiffer, K., Smith, A., Kagerer, F., & Branta, C. (2016, June). *Motor competence and sedentary time in 9-10 year-old children*. Poster presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Montreal, Quebec, CA.

LaVaute, B., Lind, E., Hokanson, J., VanLangen, D., & **True, L.** (2015, November). *Perceived exertion and affective responses during normal and lower body positive pressure treadmill running.* Presented at the Mid-Atlantic Chapter of the American College of Sports Medicine regional meeting, Harrisburg, PA.

Hupman, S., Hokanson, J., Lind, E., VanLangen, D., & **True, L.** (2015, November). *Caloric expenditure of normal and lower body positive pressure treadmill running.* Presented at the Mid-Atlantic Chapter of the American College of Sports Medicine regional meeting, Harrisburg, PA.

**True, L.,** Pfeiffer, K.A., Smith, A., Gerlach, J., Kagerer, F., & Branta, C. (2015, June). *Motor skill performance and physical activity in pediatric carriers and non-carriers of the BDNF val66met polymorphism*. Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.

Goodway, J., Stodden, D., Brian, A., Chang, S., Ferkel, R., **True, L.**, Famelia, R., & Tsuda, E. (2015, June). *Developmental trajectories in actual and perceived motor competence, physical activity, and health-related fitness as predictors of weight status.* Presented at the annual conference for the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.

**True, L.**, Pfeiffer, K., Branta, C., Eisenmann, J., & Lamb, E. (2014, August). *Predicting Physical Activity from Motor Skill Performance: Differences in Product and Process Approaches.* Presented at annual conference for the North American Society for Pediatric Exercise Medicine, Minneapolis, MN.

Warning, J., Pfeiffer, K., **True, L.**, Pivarnik, J., & Lamb, E. (2014, August). *Predictors of Long-Jump Performance in Low-Income Youth.* Presented at annual conference for the North American Society for Pediatric Exercise Medicine, Minneapolis, MN.

**True, L.**, Pfeiffer, K., Branta, C., Eisenmann, J., & Lamb, E. (2013, June). *Relationships Between Product- and Process-Oriented Measures of Motor Skills.* Presented at annual conference for the North American Society for the Psychology of Sport and Physical Activity, New Orleans, LA.

**True, L.**, Pfeiffer, K., Branta, C., Eisenmann, J., & Lamb, E. (2012, August). *Associations Between Physical Activity and Motor Skill Competency in 7-9 Year Old Children.* Presented at annual conference for North American Society for Pediatric Exercise Medicine, Philadelphia, PA.

**True, L.**, Stodden, D., Goodway, J., & Ferkel, R. (2012, June). *Relationships Among Product- and Process-Oriented Measures of Motor Skill Competence and Perceived Competence in Young Children.* Presented at annual conference for the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.

**True, L.**, Stodden, D., & Goodway, J. (2012, February). *Relationships Among Product- and Process-Oriented Measures of Motor Skill Competence and Perceived Competence in Young Children.* Poster presented at the annual conference for Midwest Sport and Exercise Psychology Symposium, East Lansing, MI.

Stodden, D., Goodway, J., **True, L.**, Ferkel, R., & Langendorfer, S. (2010, November). *Dynamic Relationships among Motor Competence, Physical Activity, Fitness, and Perceived Competence.* Presented at annual conference for the Illinois Association for Health, Physical Education, Recreation, and Dance, St. Charles, IL.

Stodden, D., & **True, L.** (2010, November). *Relationship Between Motor Skill Competence and Health-Related Physical Fitness in Adults: Evidence for Seefeldt’s Proficiency Barrier.* Presented at annual conference for the Illinois Association for Health, Physical Education, Recreation, and Dance, St. Charles, IL.

Stodden, D., **True, L.**, & Langendorfer, S. (2010, June). *Predicting Health-Related Fitness in Young Adults: Association to Motor Skill competence.* Presented at annual conference for the North American Society for the Psychology of Sport and Physical Activity, Phoenix, AZ.

## **Grants**

***Awarded***

Baert, H., Madden, M., & **True, L.** (Submitted March 2017). Making Movement Stick: Enhancing Movement Analysis Skills of Physical Education Teacher Candidates. *SUNY Innovative Instruction Research Council.* $42000.00

**True, L.** (Submitted January 2017). Exploring Dynamic Associations among Motor Competence, Health-Related Physical Fitness, Physical Activity, and Perceived Competence in College Students. *SUNY Cortland Research and Sponsored Programs Faculty Research Program*. $3000.00

**True, L.** (Submitted September 2016). International Consortium on Motor Development Research Conference Attendance. *SUNY Cortland College Foundation; Faculty Development Center.* $461.20

**True, L.**, & Pfeiffer, K. (Submitted April 2013). Motor Skill Competence, Physical Activity, and Perceived Competence in Pediatric Carriers and Non-Carriers of the BDNF val66met Polymorphism. *North American Society for the Psychology of Sport and Physical Activity Graduate Student Research Grant.* $1960.00

**True, L.**, Pfeiffer, K., & Branta, C. (Submitted November 2012). Motor skill competence, perceived competence, and physical activity in carriers and non-carriers of the BDNF polymorphism. *Michigan State University College of Education Dissertation Research Fellowship*. $3945.50

***Non-funded***

Baert, H., Madden, M., & **True, L.** Enhancing Physical Literacy Through a Mastery-Based Open Educational Resource. *SUNY Innovative Instruction Research Council (IIRC)*. $65000.00

**True, L.**, & Brown, P. (Submitted March 2016). Dominant- and Non-Dominant Motor Competence, Physical Activity, and Physical Fitness among College Students. *SUNY Cortland Undergraduate Research Council Summer Research Fellowship.* $4500.00

**True, L.** (Submitted March 2013). Physical Activity, Motor Competence, and Perceived Physical Competence in Pediatric Carriers & Non-Carriers of the BDNF Polymorphism. *North American Society for Pediatric Exercise Medicine (NASPEM) Student Research Award.* $980.00

**True, L.**, & Pfeiffer, K. (Submitted January 2013). BDNF Allele Status on Motor & Perceived Competence & PA. *American College of Sports Medicine (ACSM) Doctoral Student Research Grant*. $5000.00.

**True, L**. & Pfeiffer, K. (Submitted September 2012). Physical activity, motor and perceived competence in carriers and non-carriers of the BDNF polymorphism. *American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Research Consortium Grant Program*. $3000.00

## **Teaching Experience**

**Course Instruction**

### *Associate Professor | Kinesiology & Dance | New Mexico State University (August 2020 – present)*

Undergraduate Courses:

SPM 341: Motor Development (WEB)
(Spring 2020, Fall 2020)
*Currently teaching one section of this course (~35 students). This course covers development of motor skills from infancy through maturity. The course is focused on the principles of motor development, early motor behavior, stage theory, and assessment.*

### *Associate Professor | Kinesiology | SUNY Cortland (September 2018 – August 2020)Assistant Professor | Kinesiology | SUNY Cortland (August 2014 – August 2018)*

Undergraduate Courses:

EXS 297/380: Motor Behavior
(Fall 2014, Spring 2015, Summer 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020)
*I taught two sections of this course (~40 students per section). The course is an introductory course in motor behavior with an emphasis on the application of principles that affect behavior, learning, and performance.*

EXS 297/380-WEB: Motor Behavior (online delivery – Winter 2017, Summer 2017, Winter 2018, Summer 2018, Winter 2019, Summer 2019, Winter 2020, Summer 2020)
*I taught EXS 297/380 using an online delivery for the first time during the Winter 2017 session (two-week session). I then adapted the two-week session into a five-week session for subsequent semesters. I taught the same principles and content (including laboratories) but used an online delivery.*

EXS 201: Statistics in Exercise Science
(Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019)
*I typically taught one or two sections of this course (24 students) per semester. The course is an introductory statistics course with applications in exercise science; content includes descriptive and inferential statistics, including central tendency, variability, correlation, regression, t-test, ANOVA, and non-parametric testing. Computerized statistical analyses using SPSS are embedded throughout the course.*

EXS 201-WEB: Statistics in Exercise Science (online delivery – Winter 2017, Summer 2017, Winter 2018, Summer 2018, Winter 2019, Summer 2019, Winter 2020, Summer 2020)
*I taught EXS 201 using an online delivery for the first time during the Winter 2017 session (two-week session). I then adapted the two-week session into a five-week session for subsequent semesters. Online tutorials for SPSS were incorporated.*

EXS 100: Introduction to Kinesiology (Fall 2016)
*I taught one section of EXS 100 (~40 students) as an overload. The course provided an overview of the sub-discipline areas within kinesiology as well as vocational opportunities, certifications, and professional associations within the field.*

Graduate Courses:

EXS 612: Advanced Statistics in Exercise Science (Fall 2015, Spring 2017, Fall 2018)
*I taught one section of this graduate course (~20 students) as an overload. The course content includes a review of basic descriptive and inferential statistics, plug coverage of multiple-factor and repeated measures ANOVA, post-hoc tests, multivariate ANOVA, ANCOVA, multiple regression, canonical analysis, and factor analysis. SPSS software is used in the course for statistical analyses.*

EXS 549: Advanced Motor Behavior (Spring 2015, Spring 2018, Fall 2019)
*I taught one section of this graduate course (22 students) as an overload. The course is an advanced overview of motor behavior topics including the learning process, human information processing, central contributions of motor control, attention and performance, skill acquisition practice considerations, and current issues in motor behavior with research implications.*

### *Adjunct Lecturer, Ithaca College (August 2015 – May 2019)*

Undergraduate Lecture Courses:

PHED 21200: Motor Skills Development (Spring 2018; Spring 2019)
*Instructed one section (10 students) of this introductory course within the Physical Education department. Course content included introduction to the fundamental theories and principles related to the motor, cognitive, and affective development of humans throughout the lifespan, with emphasis on children and adolescents.*

Graduate Lecture Courses:

 ESSG 61000: Survey of Statistical Methods (Spring 2016)

*Instructed two sections (28 students) of this advanced course within the School of Health and Human Performance. This course included instruction on the use of scales, measures of central tendency and dispersion, organization of data, correlations, and inferential statistics including parametric and nonparametric methods.*

ESSG 61100: Research Methods (Fall 2015)

*Instructed one section (20 students) of this advanced course within the School of Health and Human Performance. This course included an Introduction to the research process. Development of library and writing skills, use of research tools for data collection and analysis, and interpretation of data.*

## **Student Mentorship**

***Master’s Thesis Supervision***

**Russ Ebbets, DC.** “Effects of Spine Manipulation on Physiological, Perceptual, and Subjective Measures during an Acute Bout of Submaximal Running in a College-Aged Sample.” Thesis committee member. Successful proposal Fall 2018. Anticipated defense December 2020.

**Sarah Rothstein, MS.** “Efficacy of a Gait Retraining Program to Correct Abnormal Gait Patterns and Improve Running Economy.” Thesis committee member. Successful defense Spring 2020.

**Luke Zuber, MS.** “A Commitment to Sport and How it Relates to Off-Season Playing Time and Previous In-Season Playing Time in College Aged Male Soccer Players.” Thesis committee member. Successful defense Spring 2020.

**Christian Kiesel, MS.** “The Effect of Stress on Hockey Players’ Susceptibility to Injury and Illness.” Thesis committee member. Successful defense Spring 2020.

**\*Daniel Semprini, MS.** “The Effects of a Short-Term, Unilateral, Lower-Body Resistance Training Program on Strength, Power, and Balance in College-Aged Resistance-Trained Participants.” \*Thesis committee chair. Successful defense Spring 2018.

**\*Samantha Moss, MS.** “Relationships among Actual Motor Competence, Perceived Motor Competence, and Health-Related Fitness in a College-Aged Population.” \*Thesis committee chair. Successful defense Spring 2018.

**\*Ryan Dambach, MS.** “The Effectiveness of Men’s Lacrosse Shoulder Pads in the Attenuation of Linear Impact Forces.” \*Thesis committee chair. Successful defense Spring 2018.

**Jordyn Naylon, MS.** “Learning to Run on an LBPTT: Neuromuscular and Metabolic Adaptations.” Thesis committee member. Successful defense Spring 2018.

**Brianna Ferchen, MS.** “The Effects of a Low Dose of Caffeine on Bat Swing Performance in Fatigued and Non-Fatigued Female Softball Athletes.” Thesis committee member. Successful defense Spring 2018.

**Connor McJury, MS.** “Changes in Grip Strength, Vertical Jump Height, and 20-Meter Sprint Velocity Over the Course of a Soccer Season.” Thesis committee member. Successful defense Fall 2017.

**Matthew Martone, MS.** “The Effects of Rapid Weight Loss on Muscle and Collagen Breakdown in Collegiate Wrestlers.” Thesis committee member. Successful proposal Fall 2017; anticipated defense Spring 2018.

**Evan Magnussen, MS.** “The Use of a Visually-Adjusted Approach in Steeplechase Barrier Clearance.” Thesis committee member. Successful defense Spring 2018.

**Alexander Generali, MS.** “The Effect of the Quadmill on Balance: An Intervention Study.” Thesis committee member. Successful defense Spring 2017.

**Saige Hupman, MS.** “Effects of Ankle Weights on Metabolic Responses and Muscular Activity on a Lower Body Positive Pressure Treadmill.” Successful defense Spring 2017.

**Christopher Banta, MS.** “The Effect of Weighted Body Armor on Close-Combat Reaction Time and Core Muscle Activation.” Thesis committee member. Successful defense Summer 2016.

**Tom Murray, MS.** “Determining the Optimal Combination of Lifting Method and Intensity for Power Production during the Hang Clean.” Thesis committee member. Successful defense Summer 2016.

**Whitney Frary, MS.** “The Effects of HIIT Training on Soccer Specific Performance.” Thesis committee member. Successful defense Spring 2016.

**Brittany LaVaute, MS.** “The Alter-G Treadmill and Running Mechanics.” Thesis committee member. Successful defense Spring 2016.

**Whitney Larson, MS.** “NCAA Head Coaches’ Satisfaction with Athletic Training Services across All Divisions.” Thesis committee member. Successful defense Spring 2015.

**Kevin Ostempowski, MS.** “Effects of an Upper Leg Compression Wrap on Sprint Performance in an Athletic Population.” Thesis committee member. Successful defense Spring 2015.