Measuring Our Impact

Exercising Science Solutions for Public Impact
Our Strategic Plan

MISSION
We discover and promote knowledge of human movement to improve quality of life.

VALUES
ASCEND
Driven  Lead the way
Novel  Our approach
Excellence  Research & Teaching
Collaborative  How we work
Service Oriented  Students, Campus, Society
Aligned  Mission, Vision, Goals, Objectives, Priorities

VISION
We will transform society by developing leaders and translating scientific knowledge into practical applications.
“Exercising Science Solutions for Public Impact”

GOAL
Increase our Public Impact

Research Impact

Public Impact of EXSS

Awareness & Engagement

Academic Achievement
Objective: Increase external funding to support EXSS research.

Priorities
A. Increase the number of tenure-track faculty who annually submit for external research funding as PI to 80%
B. Increase the number of faculty who are externally funded on an annual basis as PI to 40%
C. Increase annual external research funding awarded to EXSS faculty as PI or administered by the EXSS Department to $800,000
D. Implement grant writing support / review program
E. Increase number of faculty with a history of, or potential for, external funding

Objective: Ensure that EXSS and outside community members understand our mission, vision and goal.

Priorities
A. Develop and promote the EXSS brand and impact story
   i. Monthly website updates to promote EXSS Impact
   ii. Regular social media promotion of EXSS Impact
   iii. Annual newsletter
B. Better inform of EXSS faculty / student contributions and impact
   i. Develop informational videos highlighting EXSS faculty, research laboratories and students
   ii. Implement an EXSS Impact lecture series

Objective: Maintain a high-level of academic quality in all academic programs and be the role model for our peers.

Priorities
A. >90% of undergraduate and graduate students agree or strongly agree they received an excellent educational experience based on exit survey data
B. 100% of undergraduate and graduate students are able to enroll in all required courses to complete their degree requirements on time
C. Track job placement of undergraduate and graduate students
D. Track graduate program placement of undergraduate and graduate students
E. Offer a Bachelor of Science degree in Exercise and Sport Science
EXSS Impact By The Numbers
In 2014-2015

Educational Experience

8.3
Average rating of EXSS experience by senior UG students (1-10 scale)

94% UG students completed degree requirements in 8 semesters

96% grad students agree / strongly agree they were well prepared for future career

% UG senior students indicating they agree or strongly agree:

EXSS provided me with the KNOWLEDGE to positively impact individuals and society = 94%
EXSS provided me with the OPPORTUNITY to positively impact individuals and society = 80%
EXSS provided me with the FOUNDATION for graduate school / career = 82%

Presentations

83 invited speaker
93 free communication
30 as 1st author

UG Students

285 graduates
10% increase in number of graduates from 2013-14
7th largest major at UNC
3rd largest major in the Natural Sciences

Grants

41 new grants submitted
23 new grants funded
5 grant development program meetings
9 student grants funded
32 active grants in progress
$1,778,250 grant funding by EXSS (↑46%)

Award Winners

3 UG students receiving university awards
2 faculty receiving university awards
6 awards / grants received by graduate students
15 awards / fellowships received by faculty

Social Media Engagement

120,396 website visits
548 twitter followers
787 facebook likes
402,461 website views
175 countries reached by EXSS impact blog

Publications

151 publications
89 senior / co-author
30 1st Author
32 books / chapters

Graduate Students

25 graduated masters students
9 AT
7 ExPhys
9 SpAd
100% masters students completing degree requirements in 2 years

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Teaching Quality

Summary of Carolina Course Evaluations from all EXSS classes (UG and Grad) (does not include LFIT / PHYA courses)

Department of Exercise and Sport Science
Summary of Carolina Course Evaluations During AY 2014-15 (n=2,678 evaluations)

1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree

13 faculty members nominated for EXSS Excellence in Teaching Award

Congratulations to Brian Pietrosimone – EXSS Excellence in Teaching Award Winner

2nd consecutive year a faculty member has won a University teaching award

Congratulations to Barbara Osborne  - J. Carlyle Sitterson Freshmen Teaching Award Winner
### Teaching Quality

Summary of Carolina Course Evaluations from all EXSS classes (UG and Grad) (does not include LFIT / PHYA courses)

<table>
<thead>
<tr>
<th>Course Instructor Characteristics</th>
<th>Average</th>
<th>SD</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>The course challenged me to think deeply about the subject matter.</td>
<td>4.20</td>
<td>0.89</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor clearly communicated what was expected of me in this class.</td>
<td>4.31</td>
<td>0.88</td>
<td>5.00</td>
</tr>
<tr>
<td>I was able to get individual help when I needed it.</td>
<td>4.10</td>
<td>1.20</td>
<td>4.00</td>
</tr>
<tr>
<td>The course material (e.g., coursepack, website, texts) helped me better understand the subject matter.</td>
<td>3.79</td>
<td>1.25</td>
<td>4.00</td>
</tr>
<tr>
<td>The course assignments helped me better understand the subject matter.</td>
<td>4.00</td>
<td>1.15</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor evaluated my work fairly.</td>
<td>4.32</td>
<td>0.86</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor showed concern about whether students learned the material.</td>
<td>4.28</td>
<td>0.91</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor expressed ideas clearly.</td>
<td>4.23</td>
<td>0.94</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor showed enthusiasm for the subject matter.</td>
<td>4.54</td>
<td>0.77</td>
<td>5.00</td>
</tr>
<tr>
<td>The instructor showed enthusiasm for teaching the class.</td>
<td>4.50</td>
<td>0.83</td>
<td>5.00</td>
</tr>
<tr>
<td>The instructor treated all students with respect.</td>
<td>4.55</td>
<td>0.72</td>
<td>5.00</td>
</tr>
<tr>
<td>The instructional techniques engaged me with the subject matter.</td>
<td>4.05</td>
<td>1.09</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor provided me with helpful feedback on my performance.</td>
<td>3.98</td>
<td>1.12</td>
<td>4.00</td>
</tr>
<tr>
<td>This course was very exciting to me intellectually.</td>
<td>3.94</td>
<td>1.12</td>
<td>4.00</td>
</tr>
<tr>
<td>Rate the grading standards of this course compared with others you have taken at UNC.</td>
<td>3.26</td>
<td>0.70</td>
<td>3.00</td>
</tr>
<tr>
<td>Rate the workload required in this course compared with others you have taken at UNC.</td>
<td>3.10</td>
<td>0.71</td>
<td>3.00</td>
</tr>
</tbody>
</table>

1 = Strongly Disagree  
2 = Disagree  
3 = Neutral  
4 = Agree  
5 = Strongly Agree
# Teaching Quality

Summary of Carolina Course Evaluations from all EXSS classes (UG and Grad)  
(does not include LFIT / PHYA courses)

<table>
<thead>
<tr>
<th>Overall Course Assessment</th>
<th>Average</th>
<th>SD</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall, this course was excellent.</td>
<td>3.93</td>
<td>1.01</td>
<td>4.00</td>
</tr>
<tr>
<td>Overall, this instructor was an effective teacher.</td>
<td>4.19</td>
<td>0.97</td>
<td>4.00</td>
</tr>
<tr>
<td>Overall, I learned a great deal from this course.</td>
<td>4.16</td>
<td>0.95</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor held class meetings consistent with the official schedule published for this course.</td>
<td>4.47</td>
<td>0.80</td>
<td>5.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teaching Award Recommendation</th>
<th>Average</th>
<th>SD</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>The instructor was one of the best I have had at Carolina, fully deserving of a teaching award.</td>
<td>3.68</td>
<td>1.16</td>
<td>4.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feedback to Students</th>
<th>Average</th>
<th>SD</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>The instructor handled questions well.</td>
<td>4.37</td>
<td>0.78</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor used examples that had relevance for me.</td>
<td>4.44</td>
<td>0.79</td>
<td>5.00</td>
</tr>
<tr>
<td>The instructor used class time well.</td>
<td>4.22</td>
<td>0.99</td>
<td>4.00</td>
</tr>
<tr>
<td>The instructor encouraged students to participate in this class.</td>
<td>4.29</td>
<td>0.92</td>
<td>5.00</td>
</tr>
<tr>
<td>This course was designed to keep me engaged in learning.</td>
<td>4.09</td>
<td>1.02</td>
<td>4.00</td>
</tr>
<tr>
<td>The workload was appropriate for what I gained from this class.</td>
<td>4.24</td>
<td>0.83</td>
<td>4.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Workload</th>
<th>Average</th>
<th>SD</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please estimate the average number of hours per week that you spent outside of class on work related to this course.</td>
<td>2.46</td>
<td>0.76</td>
<td>2.00</td>
</tr>
<tr>
<td>About how many times this semester have you met with the instructor outside of class?</td>
<td>1.63</td>
<td>0.72</td>
<td>2.00</td>
</tr>
</tbody>
</table>

1 = Strongly Disagree  
2 = Disagree  
3 = Neutral  
4 = Agree  
5 = Strongly Agree
External Funding

Battaglini, C. (PI) Travel Funding for Faculty and Students. Funding agency: UNC Global Partnership


Kucera, K. National Institute for Occupational Safety and Health (NIOSH). Case Crossover Study of Factors Associated with Patient Lift Equipment Use (NIOSH R21OH010542).


Mihalik, J. (PI) UNC-Chapel Hill Junior Faculty Development Award. Acute tandem gait deficits following sport-related traumatic brain injury in high school athletes.


Register-Miahlik, J. (PI) UNC-CH RJ Reynolds Industries, Inc. Junior Faculty Development Award. A Pilot In-Depth Analysis of Youth Sport Coaches’ Perceptions of Sport Culture, Safety, and Injury Prevention.


Padua, D.A. (PI) Hyperice – “Effects of Local Muscle Vibration and Pressure on Range of Motion, Muscle Activation, and Lower Extremity Biomechanics”.


Popp, N. (Co-PI). Atlantic Coast Conference. Examination of Pricing and Attendance Motivation at ACC Championship Events.


Weight, E. (PI). Exploring a Division I conference model federated by sport. The Knight Commission on Intercollegiate Athletics.

- Total Funding = $1,778,250 46% increase from 2013-14
- Average # Proposals Submitted by TT Faculty = 2
- # Federally Funded Proposals = 8
- 5 Grant Development Program Meetings
  - 2 grants federally funded
  - 1 grant awaiting funding decision
  - 1 grant invited for 2nd phase review
  - 1 grant to be re-submitted
Faculty Awards / Recognition

Claudio Battaglini
- C. Knox Massey Distinguished Service Award – University of North Carolina
- Provost Engaged Scholarship Award – University of North Carolina
- Frank Porter Graham Graduate and Professional Student Honor Society – University of North Carolina at Chapel Hill

Kevin Guskiewicz
- Most Distinguished Athletic Trainer - National Athletic Trainers’ Association

Tony Hackney
- Frank Porter Graham Graduate and Professional Student Honor Society – University of North Carolina at Chapel Hill
- Montoye Scholar – American College of Sports Medicine
- European Union Visiting Scholar

Jason Mihalik
- Advancement of Science Award - Neuro-Optometric Rehabilitation Association
- Certified Member Writing Award - Canadian Athletic Therapists Association

Darin Padua
- Most Distinguished Athletic Trainer - National Athletic Trainers’ Association

Brian Pietrosimone
- New Investigator Award - National Athletic Trainers’ Association
- Excellence in Undergraduate Teaching Award – Department of Exercise and Sport Science

Abbie Smith-Ryan
- Outstanding Young Investigator Award - National Strength and Conditioning Association

Barbara Osborne
- Sitterson Teaching Award – University of North Carolina

William Prentice
- 2014 Ernst Jokl Sports Medicine Award - United States Sports Academy

UG Student Awards

The Patrick Earey Award (EXSS): Meredith Mock

The Sessoms-Meyer Excellence in Recreation Administration Award (EXSS): Michael A. Diaz

The George C. Marshall Award (Army cadet academic award): Tyler S. Miranda

Ronald Hyatt Scholarship: Olivia DeSena

Graduate Student Awards

National Strength and Conditioning Association Masters Research Grant: Awarded to Hailee Wingfield (EXSS MA – Exercise Physiology)

National Athletic Trainers Association Dissertation Research Grant: Awarded to Tim Mauntel (HMSC Doctoral)

Special Thanks to graduate students graduating on the Graduate and Professional Student Federation Senate: Eric Trexler (EXSS MA – Exercise Physiology)

American College of Sports Medicine, Biomechanics Interest Group Student Research Award: Awarded to Derek Pamukoff (HMSC Doctoral)

Exercise and Sport Science, Graduate Student Research Merit Award: Awarded to Andrew Barrett (EXSS MA – Sport Administration)

Exercise and Sport Science, Graduate Student Research Merit Award: Awarded to Eric Trexler (EXSS MA – Exercise Physiology)

Exercise and Sport Science, Graduate Student Research Merit Award: Awarded to Kerry Peterson (EXSS MA – Athletic Training)

2014 Journal of Athletic Training Manuscript Award for Clinical Practice Advancement: Awarded to Brittney Luc (HMSC Doctoral)

2015 Doctoral Poster Presentation Award by the National Athletic Trainers’ Association Research and Education Foundation: Awarded to Rob Lynall (HMSC Doctoral)

2015 Best Masters Student Presentation Award by the National Strength and Conditioning Association: Awarded to Eric Trexler (EXSS MA – Exercise Physiology)

2015 T.N. Chatterjee Summer Research Fellowship: Awarded to Matt Harkey (HMSC Doctoral)

2015 F. Ivy Carroll Summer Research Fellowship: Awarded to Brittney Luc (HMSC Doctoral)

2015 Graduate School Dissertation Completion Fellowship: Awarded to Barnett Frank (HMSC Doctoral)

F30 Individual MD/PhD Fellowship from the National Institutes of Health: Awarded to Michael Clark (HMSC Doctoral)
First Author Publications: 30 (avg = 1.5)


First Author Publications cont.


Senior Author / Co-Author Publications: 89 (avg = 4.0)

Evans, E., Hackney, A.C., McMurray, R., Randell, S., Muss, H., Battaglini, C. Impact of Acute Intermittent Exercise on Natural Killer Cell Responses in Breast Cancer Survivors. Integr Cancer Ther. (Epub ahead of print)


Pamukoff DN, Bell SE, Ryan ED, Blackburn JT. The Myotonometer is not a valid measurement tool for active hamstrings musculotendinous stiffness. Journal of Sport Rehabilitation. (In press)


Senior Author / Co-Author Publications cont.


Hibberd, E., Lisowski, J., Myers, Oyama, S., Prentice, W., Creighton, A. Biceps Brachii does not play an active role in humeral movement, Athletic Training and Sports Health Care 01/2014; 6(4):179-188.


Mauntel TC, Post EG, Padua DA, Bell DR. Sex differences during an overhead squat assessment. Journal of Applied Biomechanics. (Epub ahead of print)

Begalle RL, Walsh MC, McGrath ML, Boling MC, Blackburn JT, Padua DA. Ankle dorsiflexion displacement during landing is associated with initial contact kinematics but not joint displacement. Journal of Applied Biomechanics. (Epub ahead of print)


Senior Author / Co-Author Publications cont.


Senior Author / Co-Author Publications cont.


Books and Book Chapters cont.


Invited Speaker Presentations: 83

Battaglini, C. Exercise Oncology: Improving Cancer Care Outcomes; 1st Latin-American Congress of Exercise, Health, and Quality of Life, Brasilia, DF, Brazil, November 30, 2014.


Battaglini, C. The EQUAL Project (Exercise and Quality of Life in Leukemia/ Lymphoma patients: Preliminary Results. Confinis (3rd Annual International Conference in Sports and Health). Brasilia, DF, Brazil, June 4-6, 2014.


Hackney, A.C. Ohio University Medical School. Estrogen and exercise in women: metabolic implications. Athens, Ohio.


Hackney, A.C. Exercise and the Male Reproductive System. Jacksonville, FL.


Hackney, A.C. Hormones and their exercise responses in cancer patients. Federal University of Santa Catrina. Florianopolis, Brazil.


Hackney, A.C. Obesity and Exercise: Biomarkers in Human Research - “Uses and Applications”. Montes Claros, Brazil.


Hackney, A.C. Hormones and cancer: exercise effects. Montes Claros, Brazil.


Malekoff, R. Coalition on Intercollegiate Athletics (Research I University Faculty Senate Presidents). The UNC-Chapel Hill Scandal: Missed Opportunities And Lessons Learned, February 2015.

Malekoff, R. American Academic Leadership Institute Becoming a Provost Academy, What Provosts Need To Know About Intercollegiate Athletics, February 2015.


Invited Speaker Presentations cont.


Register-Mihalik, J. Southeastern Athletic Trainers’ Association Student Symposium. Evidence Based Management of Concussion. Atlanta, GA.


Padua, D.A. Strategies to Minimize the Effects of Fatigue Through Movement Efficiency and Rest. 2014 N.A.T.A. Annual Meeting-Symposium, Indianapolis, IN, June 2014.


Padua, D.A. Rehabilitation and Return to Play Considerations Following ACL Injury. 2014 Conferencia Internacional de Esporte e Saude UniCEUB/UNC, Brasilia, Brazil.

Padua, D.A. Analytics for Optimizing Movement Efficiency and Preventing Injury in Basketball. Basketball Analytics Summit, Chapel Hill, NC, May 2014.


Petschauer, M. NCATA Meeting March 2015. “Medical Model in Athletic Training”. Charlotte, NC


Petschauer, M. NCATA Meeting November 2015. “Muscle length and strength in the pelvic floor”. Raleigh, NC

Petschauer, M. NATA National Convention Committee Day June 2014. “Roles and Responsibilities of District Representatives”. Indianapolis, IN


Invited Speaker Presentations cont.


Prentice, W. Therapeutic Modalities, Presented at the 2015 Southeastern Athletic Trainers Association Student Competencies Workshop, Atlanta, Georgia, February 6, 2015.


Smith-Ryan, A. Texas ACSM: High intensity interval training. Austin, TX

Smith-Ryan, A. NSCA Coaches Conference: Body Composition-Application for the Professional Durham, NC

Smith-Ryan, A. NSCA Personal Trainers Conference: Nutritional considerations for women Washington, DC

Smith-Ryan, A. ISSN National Conference: Metabolic Adaptation Roundtable Clearwater, FL

Smith-Ryan, A. ISSN Natl Conf: Panel Discussion- Supplement testing and Safety Clearwater, F
1st Author Abstract Presentations: 30 (avg = 1.5)

Blackburn JT, Harkey MS, Luc BA, Golightly YM, DeFreese JD, Padua DA, Bennell KL, Pietrosimone B. Awareness of posttraumatic osteoarthritis in certified athletic trainers: Influence of previous injury. 2015 National Athletic Trainers' Association Annual Meeting & Clinical Symposium, St. Louis, MO.

Blackburn JT, Pietrosimone BG, Frank BA, Harkey MS, Luc BA, Mauntel TC, Pamukoff DN, Stanley LE, Spang J, Jordan J. Kinetic gait adaptations following anterior cruciate ligament reconstruction: Implications for post-traumatic knee osteoarthritis. 2015 Osteoarthritis Research International World Congress on Osteoarthritis, Seattle, WA.


Cooper, C.G. (2014, August 3). Creative social media strategies to differentiate program’s brand. Presentation given to college coaches at the National Wrestling Coaches Association’s Annual Convention. Fort Lauderdale, FL.

Cooper, C.G. (2014, August 2). The brand advantage: Steps to differentiate your program and sport via marketing. Presentation given to college coaches at the National Wrestling Coaches Association’s Annual Convention. Fort Lauderdale, FL.

Stanec, A., & Cooper, C.G. (2014, August 2). Benefits and shortfalls of social media on a program. Presentation given to college coaches at the National Wrestling Coaches Association’s Annual Convention. Fort Lauderdale, FL.

Cooper, C.G. (2014, August 1). Impressions: The power of personal branding in living an extraordinary life. Presentation given to college coaches at the National Wrestling Coaches Association’s Annual Convention. Fort Lauderdale, FL.

Cooper, C.G. (2014, August 1). Paramount Promotion: Creative strategies to build interest in programs and events. Presentation given to college coaches at the National Wrestling Coaches Association’s Annual Convention. Fort Lauderdale, FL.


Myers JB, Hibberd EE, Oyama S. Shoulder flexibility and humeral retroversion do not prospectively predict throwing-related arm injury in high school baseball players. 2014 National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Indianapolis, IN.


Pietrosimone B, Blackburn JT, Harkey MS, Luc BA, Pamukoff DN, Lane AR, Hackney AC, Padua DA, Stanley LE, Mauntel T, Frank BA, Spang J, Jordan JM, Driban JB. Greater Peak Vertical Ground Reaction Force and Vertical Ground Reaction Force Loading Rate during Walking Gait are Associated with a Lower Serum Ratio of Collagen Turnover in Individuals with Anterior Cruciate Ligament Reconstruction. Accepted to the 2015 OARSI World Congress on Osteoarthritis. Seattle, Washington.

1st Author Abstract Presentations cont.


Weight, E. Corporate Recruiter Perspectives on the Value of Intercollegiate Athletics Participation. Presentation for the North American Society of Sport Management Conference, Pittsburgh, PA.
Senior Author / Co-Author Abstract Presentations: 63


Pamukoff DN, Pietrosimone BG, Ryan ED, Weinhold PS, Lewek MD, Blackburn JT. The effect of vibratory stimuli on cortical and spinal neuron excitability: Implications for osteoarthritis treatment and prevention. 2015 American Society of Biomechanics Annual Meeting, Columbus, OH.


Davis HC, Lane AR, Mauntel TC, Harkey MS, Mei-Dan O, Monasterio E, Anderson T, Hackney AC. Stress hormone responses to BASE


Oyama S, Myers JB. Reliability and validity of two-dimensional video analysis of joint and segment angles during baseball pitching. 2014 National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Indianapolis, IN.

Hibberd EE, Neuharth BM, Rucinski TJ, Myers JB. Relationship between pitch count and infraspinatus cross-sectional area and shoulder range of motion. 2014 National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Indianapolis, IN.


Richards, J. & Osborne, B. (2015, March). Are student-athletes the only ones who pay for their head injuries? Presented at the Sport and Recreation Law Association annual conference, Charlotte, NC.


Senior Author / Co-Author Abstract Presentations cont.


Harkey MS, Luc BA, Frank B, Mauntel T, Stanley L, Lane A, Pamukoff D, Hackney AC, Blackburn JT, Padua DA, Spang JT, Jordan JM, Driban JB, Pietrosimone B. Frontal Plane Kinematics during Walking Gait Associate with Increased Serum Concentration of Aggrecan Breakdown, but not Type II Collagen Breakdown, in Patients Following Anterior Cruciate Ligament Reconstruction. Accepted to the 2015 OARSI World Congress on Osteoarthritis.


Senior Author / Co-Author Abstract


Hibberd, E.E., Neuharth, B.M., Rucinski, T.J. & Myers, J.B. Relationship between pitch count and infraspinatus cross-sectional area and shoulder range of motion. 2014 National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Indianapolis, IN.


Hibberd, E.E., Hackney, A.C. & Myers, J.B. Pubertal development questionnaires predict free testosterone in adolescent males. 2014 Southeast American College of Sport Medicine, Greeneville, SC.

Oyama, S., Yu, B., Blackburn, J.T., Padua, D.A., Li, L., & Myers, J.B. Improper trunk rotation sequence is associated with increased maximal shoulder external rotation angle and shoulder joint force during baseball pitching. 2013 National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Las Vegas, NV.


Hibberd, E.E., Oyama, S., & Myers, J.B. Physical contributors to glenohumeral internal rotation deficit in high school baseball players. 2013 American College of Sports Medicine Annual Meeting, Indianapolis, IN.

Pamukoff DN, Ryan ED, Blackburn JT. Acute effects of different local muscle vibration frequencies on quadriceps function. 2014 American College of Sports Medicine Annual Meeting, Orlando, FL.
Senior Author / Co-Author Abstract Presentations cont.


Katie R. Hirsch, Abbie E. Smith-Ryan, Erica J. Roelofs, Eric T. Trexler, Jordan J. Outlaw. Differences in body composition between events and after a year of training in division I track and field athletes. Southeast Regional American College of Sports Medicine Meeting, Jacksonville, FL


Acknowledgements

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- Coyte Cooper
- Karen Cunningham
- Denise Currin
- J.D. DeFreese
- Justin Ford
- Bill Goa
- Diane Groff
- Kevin Guskiewicz
- Anthony Hackney
- Jason Halsey
- Kelly Hair
- Erik Hanson
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- Reggie Hinton
- Tori Hooker
- DJ Hoessle
- Dallas Jacobs
- Wayne Johnson
- Darrell Kidd
- Mandy Madden
- Bob Malekoff
- Lauren Mangili
- Bonita Marks
- Amy Matthews
- Jason Mihalik
- Debra Murray
- Ashley McCullen
- Chris McGhee
- Joel McLawhorn
- Joseph Myers
- Kristen Ondrak
- Barbara Osborne
- Darin Padua
- Meredith Petschauer
- Brian Pietrosimone
- Nels Popp
- William Prentice
- Will Rickman
- David Rogers
- Chelsea Rush
- Eric Ryan
- Johna Register-Mihalik
- Corey Rodrigo
- Sherry Salyer
- Lee Schimmelfing
- Edgar Shields
- Abbie Smith-Ryan
- Deborah Southall
- Heather Tatreau
- Leah Thomas
- Corrie Walston
- Liz Walz
- Erianne Weight
- Howard Wright
- David Yeargan
We will Transform Society by developing leaders and translating scientific knowledge into practical applications.

Exercising Science Solutions for Public Impact

- Preventing & Treating Chronic Disease / Injury
- Preventing & Treating Sport / Work Related Injury
- Creating Opportunities for Underrepresented Populations
- Developing Best Practices for Administration / Governance
- Improving Health & Quality of Live
- Optimizing Physical & Psychological Performance
- Enhancing Value & Impact of Sport

Exercising Science Solutions

2014-15 ANNUAL REPORT