

CURRICULUM VITAE

William P. Ebben, PhD, MSSW, FNCSA, CSCS*D, USAW
164 56TH Ave
Kenosha, WI 53144

EDUCATION

Doctor of Philosophy- Exercise Science - May, 2006
Marquette University, Milwaukee, WI

Master of Science - Exercise Science – December, 1997
Northern Michigan University, Marquette, MI

Master of Science - Social Work – May, 1988
University of Wisconsin, Madison, WI

Bachelor of Arts – Sociology– May, 1986
St. Norbert College, DePere, WI

Coursework in Anatomy, Kinesiology, and Athletic Training - 1990 to 1992.
Luther College, Decorah, IA.

CERTIFICATIONS

National Strength and Conditioning Association Certified Strength and Conditioning Specialist,
○ Re-Certified with Distinction (CSCS*D)

USA Weightlifting Club Coach Certified

American Red Cross-CPR

AWARDS/RECOGNITION

Four of my research students won the 2014 UW Parkside Academic Achievement Award

Supervised as a member of my research staff, the student recipient of 2013 National Strength and Conditioning Association Women's Scholarship.

Supervised as one of my research students, the 2013 UW Parkside Chancellor's Award winner.

Co-author of a paper that won a 2010 International Society of Biomechanics in Sports Young Investigator Award.

Appointed as Co-Chair of the Scientific Review Board for the 28th Meeting of the International Society of Biomechanics in Sports. 2010.

2009 NSCA *Journal of Strength and Conditioning Research* Editorial Excellence Award

Supervised as a member of my research staff, the student recipient of 2009 National Strength and Conditioning Association Research Grant

Supervised as a member of my research staff, the student recipient of 2009 National Strength and Conditioning Association Women's Scholarship.

Supervised as a member of my research staff, the 2009 American Society of Exercise Physiologists Conference Research Award winner.

Appointed as a member of the planning committee of the *VIIth* Annual International Conference on Strength Training, 2008.

Fellow, National Strength and Conditioning Association (FNSCA) (2008)

2008 Outstanding Young Investigator Award - National Strength and Conditioning Association

2008 Recognition Award - American Society of Exercise Physiologists

Co-author of a paper that won the 2007 International Society of Biomechanics in Sports New Investigator Award.

Marquette University Department of Exercise Science Commencement Speaker, 2003, 2009

UNIVERSITY TEACHING EXPERIENCE

Associate Professor

Department of Health, Exercise Science and Sport Management, University of Wisconsin-Parkside. Kenosha, WI
August, 2010-Present

Assistant Professor

Department of Physical Therapy/Program in Exercise Science, Marquette University, Milwaukee, WI
September, 2006- August, 2010

Clinical Assistant Professor

Department of Physical Therapy/Program in Exercise Science, Marquette University, Milwaukee, WI
August, 2001- September, 2006.

Instructor

Department of Physical Education, Waukesha County Technical College, Waukesha WI.
2002-2003

Instructor

Department of Exercise Science, Concordia University Wisconsin, Mequon, WI
2001

Laboratory Instructor

Department of Physical Therapy, Marquette University, Milwaukee, WI
1999.

Instructor

Department of HPER, Northern Michigan University, Marquette, MI
January -December 1997

STRENGTH AND CONDITIONING / EXERCISE PHYSIOLOGY EXPERIENCE

Head Strength and Conditioning Coach

Marquette University, Milwaukee, WI
1998 – 2001

Strength and Conditioning Coach

University of Wisconsin, Madison, WI
1998

Strength and Conditioning Coordinator

United States Olympic Education Center, Marquette, MI
August 1994 – January 1998

Strength and Conditioning Coordinator/ Sports Psychology Consultant

United States Luge Association, Olympic Development Team, Lake Placid, NY / Negaunee, MI. 1997

Strength and Conditioning Assistant

Green Bay Packers, Green Bay, WI
1991

Football Coach - Linebackers/ Strength and Conditioning

Luther College, Decorah, IA
1988-1989

COUNSELING / STUDENT DEVELOPMENT EXPERIENCE

Assistant Professor/Athletic Department Liaison/Counselor

Northern Michigan University, Marquette, MI
August 1994 - December 1996

Psychotherapist

Luther College, Decorah, IA
August 1988 - May 1994

Co-Director

Student Athlete Assistance Program and Athlete Substance Abuse Prevention Program, Luther College,
Decorah, IA
September 1988 - May 1992

Counselor

University of Wisconsin, Madison, WI

1987-1988

CONSULTING EXPERIENCE –

Occupational Expert- Exercise Physiologist

US Department of Labor, National Occupation Information Network
2011

Program Development Consultant

Concordia University Wisconsin, Exercise Science Program Advisory Committee.
2000- 2002.

PhD COMMITTEE RESPONSIBILITIES

External examiner for the viva voce defense of the PhD thesis, University of Limerick, Limerick, Ireland. 2008.

PhD student: Eamonn Flanagan,

Thesis: “Stretch shortening cycle function and leg spring stiffness in anterior cruciate ligament reconstructed individuals,”

Dissertation Committee Member, Graduate Faculty, East Tennessee State University

PhD student: Timothy J Suchomel,

PhD Dissertation: Post-activation Potentiation: The Effects of Underlying Mechanisms, Strength-Power Potentiating Complexes, Rest Intervals, and Subject Characteristics

GRADUATE STUDENT SUPERVISION

Karisa Laskowski, Master’s Thesis Committee, Western Illinois University

Erich Petushek, Master’s Thesis Committee, Exercise Science, Northern Michigan University

Rebekah Chee, Master’s Thesis Committee Counseling Psychology, Marquette University

Luke Garceau, Master’s Committee, Educational Policy and Leadership, Marquette University

Angela Nelp, Master’s Committee, Exercise Science, University of Arkansas

Brian McGladrey, Master’s Committee, Exercise Science, University of Utah

PUBLICATIONS: PEER-REVIEWED ORIGINAL RESEARCH / REVIEWS

1. Ebben, W.P., B. Wurm, L.R. Garceau, T.L. VanderZanden, M.L. Fauth, and T.J. Suchomel. Kinetic analysis of lower body resistance training exercise. Submitted to: *Journal of Athletic Enhancement*.
2. Garceau, L.R., W.P. Ebben, D.V. Knudsen. Teaching practices of undergraduate introductory biomechanics faculty: a North American survey. *Sports Biomechanics*. 11(4):542-558. 2012.
3. Garceau, L.R., M.L. Fauth, E.J. Petushek, and W.P. Ebben. Effect of remote voluntary contractions on isometric prime mover torque and electromyography. *J Exerc. Physiol Online*. 15(4):40-46. 2012.

4. Petushek, E.J., C. Richter, D. Donovan, W.P. Ebben, P.B. Watts and R.L. Jensen. Comparison of 2D Video and Electrogoniometry measurements of knee flexion angle during a countermovement jump and landing task. *Sports Engineering*. 15: 159-166. 2012.
5. Simenz, C., L.R. Garceau, and B.N. Lutsch, T.J. Suchomel, and W.P. Ebben. Electromyographical analysis of lower extremity muscle activation during variations of the loaded step-up exercise. *J. Strength Conditioning Res.* 26(12):3398-3405. 2012
6. Ebben, W.P. and J. Gagnon. The relationship between mental skills, experience, and stock car racing performance. *J. Exercise Physiol Online*. 15(3):10-18. 2012.
7. Ebben, W.P., and T. Suchomel. Physical demands, injuries, and conditioning practices of stock car drivers. *J. Strength Conditioning Res.* 26(5):1188-1198. 2012.
8. Ebben, W.P., L.R. Garceau, B. Wurm, T. Suchomel K. Duran, and E. J. Petushek. The optimal backsquat load for potential osteogenesis. *J. Strength Conditioning Res.* 26(5):1232-1237. 2012.
9. Ebben, W.P., C.R. Feldmann, L.R. Garceau, E.J. Petushek. Kinetic quantification of plyometric intensity. *J. Strength Conditioning Res.* 25(12): 3288-3298. 2011.
10. Ebben, W.P., B. Wurm, T. VanderZanden, M. Spadavecchia, J. Durocher, C. Bickham, and E.J. Petushek. Kinetic analysis of several variations of push-ups. *J. Strength Conditioning Res.* 25(10):2891-2894. 2011.
11. Ebben, W.P. and E.J. Petushek. Using the reactive strength index-modified to evaluate plyometric performance. *J. Strength Conditioning Res.* 24(8):1983-1987. 2010.
12. Ebben W.P., C. Kaufman, M.L. Fauth, and E.J. Petushek. Kinetic analysis of concurrent activation potentiation during jump squats and back squats. *J. Strength Conditioning Res.* 24(6): 1515-1519. 2010.
13. Fauth, M.L., C.R. Feldmann, E.J. Petushek, B. Lutsch, L.R. Garceau, and W.P. Ebben. Reliability of surface electromyography during maximal voluntary isometric contractions, drop jumps, and cutting. *J. Strength Conditioning Res.* 24(4):1131-1137. 2010.
14. Ebben, W.P., M.L. Fauth, C.R. Feldmann, E.J. Petushek, L.R. Garceau. Electromyographic analysis of concurrent activation potentiation. *Med. Sci. Sports Exerc.* 42(3):556-562. 2010.
15. Ebben, W.P., N.J. Long, Z.D. Pawlowski, L.M. Chmielewski, R. Clewien and R.L. Jensen. Using squat RM testing to determine hamstring resistance training exercise loads. *J. Strength Conditioning Res.* 24(2):293-299. 2010.
16. Duehring, M. and W.P. Ebben. Profile of high school strength and conditioning coaches. *J. Strength Conditioning Res.* 24(2):538-547. 2010.
17. Ebben, W.P., T. VanderZanden, B.J. Wurm, and E.J. Petushek. Evaluating plyometric exercises using time to stabilization. *J. Strength Conditioning Res.* 24(2):300-306. 2010.

18. Ebben, W.P., M. Fauth, E. Petushek, B. Hsu, B. Lutsch, L. Garceau and C. Feldmann. Gender based analysis of hamstring and quadriceps muscle activation during jump landings and cutting. *J. Strength Conditioning Res.* 24(2):408-415. 2010.
19. Brudzynski, L. and W.P. Ebben. Body image as a motivation and barrier to exercise participation. *Int. J. Exerc. Sci.* 3(1):14-24, 2010.
20. Ebben, W.P. C.R. Feldmann, T. VanderZanden, M.L. Fauth, E.J. Petushek. Periodized plyometric training is effective and performance is not influenced by the length of post training recovery. *J. Strength Conditioning Res.* 24(1):1-7. 2010.
21. Ebben, W.P., M.L. Fauth, C.E.. Kaufman, E.J. Petushek. Magnitude and rate of mechanical loading during a variety of exercise modes. *J. Strength Conditioning Res.* 24(1):213-217. 2010.
22. Duehring, M., Feldmann, C., and W.P. Ebben. Strength and conditioning practices of high school strength and conditioning coaches. *J. Strength Conditioning Res.* 23(8):2188-2203. 2009.
23. Ebben, W.P., E.J. Petushek and R. Clewien. A comparison of manual and electronic timing during 20 and 40 yd sprints. *J. Exerc Physiol Online.* 12(5):34-38. 2009.
24. Ebben, W.P. Hamstring activation during lower body resistance training exercises. *Int. J. Sport Physiol. Performance.* 4:1-16. 2009.
25. Ebben, W.P., Flanagan, E.P., and R.L. Jensen. Bilateral facilitation and laterality during the countermovement jump. *Percept. Motor Skills.* 108:251-258. 2009.
26. Ebben, W.P., C. Feldmann, D. Mitsche, A. Dayne, K. Knetzger, P. Alexander. Muscle activation during lower body resistance training. *Int. J. Sports Med.* 30:1-8. 2009.
27. Ebben, W.P., E.P. Flanagan and R.L. Jensen. Jaw clenching results in concurrent activation potentiation during the countermovement jump. *J. Strength Conditioning Res.* 22(6):1850-1854. 2008.
28. Ebben, W.P., C. Feldmann, D. Mitsche, A. Dayne, and K. Knetzger. Using squat testing to predict training loads for the deadlift, step-up, lunge, and leg extension. *J. Strength Conditioning Res.* 22(6):1947-1949. 2008.
29. Ebben, W.P. and L. Brudzinski. Motives and barriers to exercise among college students. *J. Exerc. Physiol. Online.* 11(5):1-11. 2008.
30. Ebben, W.P., D. Leigh, and C. Geiser. Effect of remote voluntary contractions on knee extensor torque. *Med. Sci. Sports Exerc.* 40(10):1805-1809. 2008.
31. Flanagan, E.P., W.P. Ebben and R.L. Jensen. Reliability of the reactive strength index and time to stabilization during depth jumps. *J. Strength Conditioning Res.* 22(5):1677-1682. 2008.

32. Ebben, W.P., C. Simenz and R.L. Jensen. Evaluating plyometric intensity using electromyography. *J. Strength Conditioning Res.* 22(3):861-868. 2008.
33. Ebben, W.P., J.A. Davies and R. Clewien. Effect of the degree of hill slope on acute downhill running velocity and acceleration. *J. Strength Conditioning Res.* 22(3):898-902. 2008.
34. Ebben, W.P. The optimal downhill slope for acute overspeed running. *Int. J. Sport Physiol. Performance.* 3:88-93. 2008.
35. Ebben, W.P., E.P. Flanagan and R.L. Jensen. Gender similarities in the rate of force development and time to takeoff during the countermovement jump. *J. Exerc. Physiol.* 10(6):10-17. 2007.
36. Jensen, R.L. and W. P. Ebben. Quantifying plyometric intensity via rate of force development, knee joint and ground reaction forces. *J. Strength Conditioning Res.* 21(3): 763-767. 2007.
37. Ebben, W.P. A brief review of concurrent activation potentiation: theoretical and practical constructs. *J. Strength Conditioning Res.* 20(4): 985-991. 2006
38. Ebben, W.P., M.J. Hintz and C. Simenz. Strength and conditioning practices of Major League Baseball strength and conditioning coaches. *J. Strength Conditioning Res.* 19(3):538-546. 2005.
39. Simenz, C., C. Dugan and W.P. Ebben. Strength and conditioning practices of NBA strength and conditioning coaches. *J. Strength Conditioning Res.* 19(3):495-504. 2005.
40. Ebben, W.P., R. Carroll, and C. Simenz. Strength and conditioning practices of National Hockey League strength and conditioning coaches. *J. Strength Conditioning Res.* 18(4):889-897. 2004.
 - a. Featured on the National Strength and Conditioning Association Website, December, 2004.
41. Ebben, W.P., A. Kindler, K. A. Chirdon, N.C. Jenkins, A. Polichnowski, and A. Ng. The effect of high load versus high repetition resistance training on endurance performance. *J. Strength Conditioning Res.* 18(3), 513-517, 2004.
 - a. Featured on the National Strength and Conditioning Association Website, September, 2004.
42. Maynard, J. and W.P. Ebben. Effect of antagonist pre-fatigue on agonist torque and electromyography. *J. Strength Conditioning Res.* 17(3):469-474. 2003.
43. Ebben, W.P. and R.L. Jensen. Kinetic analysis of complex training rest interval effect on vertical jump performance. *J. Strength Conditioning Res.* 17(2): 345-349. 2003.
44. Ebben, W. P. and R.L. Jensen. Electromyographic and kinetic analysis of backsquat variations. *J. Strength Conditioning Res.* 16(4):547-550. 2002
 - a. Featured on the National Strength and Conditioning Association Website.
45. Ebben, W.P. Complex training: A brief review. *J. Sports Sci. Med.* 2(42-46). 2002.

46. Ebben, W.P. and D.O. Blackard. Strength and conditioning practices of National Football League strength and conditioning coaches. *J. Strength Conditioning Res.* 15(1):48-58. 2001.
47. Ebben, W.P., R. L. Jensen and D. O. Blackard. Electromyographic and kinetic analysis of complex training variables. *J. Strength Conditioning Res.* 14(4):451-456. 2000.
48. Maynard, J. and W. P. Ebben. Effect of rim and basketball size on free throw performance. *Coaching Women's Basketball.* 2000.
49. Ebben, W.P., D.O. Blackard and R.L. Jensen. Quantification of medicine ball vertical impact forces: Determining minimal essential eccentric strain (MEES) for training adaptation. *J. Strength Conditioning Res.* 13(3): 271-274. 1999.
50. Blackard, D.O., R.L. Jensen and W.P. Ebben. Use of EMG analysis in challenging kinetic chain terminology. *Med. Sci. Sport Exerc.* 31(3): 443-448. 1999.
51. Ebben, W.P. and D.O. Blackard. U.S. boxers cope with stress. *Olympic Coach.* 7(3), 1997.

PUBLICATIONS: PEER-REVIEWED FULL-LENGTH CONFERENCE PROCEEDINGS

1. Ebben, W.P., B. Wurm, L.R. Garceau and T. Suchomel. The effect of plyometric training volume on performance. 32nd Conference of the International Society of Biomechanics in Sport. East Tennessee State University. Johnson City, Tennessee, July 12-16, 2014. In press.
2. Ebben, W.P., T. Biewirth, E. Azmus and L.R. Garceau. Diurnal variation in stretch shortening cycle and non-stretch shortening cycle jumping performance. To be submitted to the 32nd Conference of the International Society of Biomechanics in Sport. East Tennessee State University. Johnson City, Tennessee, July 12-16, 2014. In press.
3. Ebben, W.P., S.M. Neahous, J.M. Endisch, and K.D. Laskowski. The role of walking and running velocity on osteogenic potential. To be submitted to the 32nd Conference of the International Society of Biomechanics in Sport. East Tennessee State University. Johnson City, Tennessee, July 12-16, 2014. In press.
4. Kossow, A.J., T.G. DeChiara, S.M. Neahous, and W.P. Ebben. Kinetic analysis of horizontal plyometric exercise intensity. To be submitted to the 32nd Annual Symposium of the International Society of Biomechanics in Sport. East Tennessee State University. Johnson City, Tennessee, July 12-16, 2014.
5. Jensen, R.L., W.P. Ebben, E.J. Petushek, K. Moran, N.E. O'Connor and C. Richter. Continuous waveform analysis of force, velocity, and power adaptations to a periodized plyometric training program. *Proceedings of 31st Symposium of the International Society of Biomechanics in Sports.* Taiwan, 2013.
6. Garceau, L.R., D. Knudson, and W.P. Ebben. Fourth North American survey of undergraduate biomechanics instruction in kinesiology/exercise science. In: *Proceedings of 29th Symposium of the International Society of Biomechanics in Sports.* Portugal, 2011.

7. Petushek, E.J., C. Richter, D. Donovan, W.P. Ebben and R.L. Jensen. Comparison of tibial impact accelerations: video vs accelerometry. In: *Proceedings of 29th Symposium of the International Society of Biomechanics in Sports*. Portugal, 2011.
8. Stephenson, M.L., W.P. Ebben, E.P. Flanagan, and R.L. Jensen. Contact time, jump height, and reactive strength index during drop jumps in water, on padded and non-padded conditions. In: *Proceedings of 29th Symposium of the International Society of Biomechanics in Sports*. Portugal, 2011.
9. Wurm, B., L.R. Garceau, T.L. VanderZanden, M.L. Fauth and W.P. Ebben. Ground reaction forces and rate of force development during lower body resistance training exercises. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
10. Garceau, L.R., E.J. Petushek, M.L. Fauth and W.P. Ebben. Gender differences in knee extensor and flexor performance. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
11. Simenz, C., L.R. Garceau, and B. Lutsch, T. Suchomel, and W.P. Ebben. Electromyographical analysis of lower extremity muscle activation during variations of the loaded step-up exercise. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
12. Petushek E.J., L.R. Garceau, and W.P. Ebben. Force, velocity, and power adaptations in response to a periodized plyometric training program. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
13. Garceau, L.R. B.Wurm, T. Suchomel, K. Duran, and W.P. Ebben. The osteogenic potential of supramaximal squat loads. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
14. Fauth, M.L., L. R. Garceau, B. Wurm and W.P. Ebben. Eccentric muscle actions produce 36% to 154% less activation than concentric muscle actions. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
15. Suchomel, T., L.R. Garceau, B. Wurm, K. Duran, and W.P. Ebben. The effect of antagonists conditioning contractions on lower and upper body power tests. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
16. Garceau, L.R., E.J. Petushek, M.L. Fauth and W.P. Ebben. The acute time course of concurrent activation potentiation. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
17. Fauth, M.L., L.R. Garceau, B. Lutsch, A. Gray, C. Szalkowski B. Wurm and W.P. Ebben. Kinetic analysis of lower body resistance training exercises. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
18. Fauth, M.L., L.R. Garceau, B. Lutsch, A. Gray, C. Szalkowski, B. Wurm, and W.P. Ebben. Hamstring, quadriceps and gluteal muscle activation during resistance training exercises. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.

19. Petushek E.J. L.R. Garceau, and W.P. Ebben. Effect of remote voluntary contractions during fast stretch shortening cycle activity. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
20. Ebben W.P., E.J. Petushek, and A. Nelp. The effect of whole body vibration on the dynamic stability of women basketball players. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
21. Garceau, L.R., A. Gray, M. Fauth, P. Hansen, B. Hsu, T. Yoon, B. Lutsch, C. Szalkowski, B. Lutsch and W.P. Ebben. Antagonist conditioning contractions impair agonist functioning. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
22. Ebben, W.P., E.P. Flanagan, J.K. Sansom, E.J. Petushek and R.L. Jensen. Ground reaction forces of variations of plyometric exercises on hard surfaces, padded surfaces and in water. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
23. Fauth M.L., E.J. Petushek, C. Kaufman and W.P. Ebben. The effect of remote voluntary contractions on strength and power tasks of women. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
24. Ebben, W.P., T. VanderZanden, B. Wurm, L.R. Garceau, C.R. Feldmann, and E.J. Petushek. Kinetic quantification of plyometric takeoff, flight, and landing characteristics. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
25. Petushek, E.J., L.R. Garceau, T.L. VanderZanden, B.J. Wurm, C. R. Feldmann, and W.P. Ebben. Dynamic stabilization during the landing phase of plyometric exercises. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
26. Garceau, L.R., E.J. Petushek, M.L. Fauth, and W.P. Ebben. The effect of concurrent activation potentiation on knee extensor and flexor performance in men and women. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
27. Ebben, W.P. and E.J. Petushek. Reactive strength index modified: A new method of assessing explosive power. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
28. Ebben, W.P., M.L. Fauth, T.J. VanderZanden, C.R. Feldmann, B. Hsu, C. Vogel, B. Lutsch and E.J. Petushek. The time course of recovery from periodized plyometric training. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
29. VanderZanden, T.J., B.Wurm, J.J. Durocher, C. Bickham, E.J. Petushek, and W.P. Ebben. The effect of reaching to an overhead goal while performing the countermovement jump. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
 - Winner of a 2010 *International Society of Biomechanics in Sports* Young Investigator Award

30. Petushek, E.J., W.P. Ebben, T.L. VanderZanden, and B. Wurm. Comparison of jump height values derived from a force platform and Vertec. *28th Symposium of the International Society of Biomechanics in Sports*. Marquette, MI. 2010.
31. Jensen, R.L., S.K. Leissring, L.R. Garceau, E.J. Petushek, W.P. Ebben. Quantifying the onset of the concentric phase of the force-time record during jumping. In: *Proceedings of the 27th Congress of the International Society of Biomechanics in Sports*; (R. Anderson, D. Harrison & I. Kenny, editors). 417-420. 2009.
32. Leissring, S.K., W.P. Ebben, L.R. Garceau, E.J. Petushek, R.L. Jensen. Reliability of forces during variations of plyometric exercises. In: *Proceedings of the 27th Congress of the International Society of Biomechanics in Sports*; (R. Anderson, D. Harrison & I. Kenny, editors). 476-479. 2009.
33. Jensen, R.L., E.P. Flanagan, and W.P. Ebben. Rate of force development and time to peak torque during plyometric exercises. In: *Conference Proceedings of the 26th Conference of the International Society of Biomechanics in Sports*. Seoul, Korea. July 14-18, 2008.
34. Jensen, R.L., E.P. Flanagan, N.L. Jensen and W.P. Ebben. Kinetic responses during landings of plyometric exercises. In: *Conference Proceedings of the 26th Conference of the International Society of Biomechanics in Sports*. Seoul, Korea. July 14-18, 2008.
35. Flanagan, E.P., W.P. Ebben and R.L. Jensen. Reliability of the reactive strength index and time to stabilization during depth jumps. In: *Proceedings of the 25th Symposium of the International Society of Biomechanics in Sports*, (eds.), Brazil. 2007.
 - Winner of a 2007 *International Society of Biomechanics in Sports* New Investigator Award Winner
36. Simenz, C., D. Leigh, C. Geiser, J. Melbye, R.L. Jensen and W.P. Ebben. Electromyographic analysis of plyometric exercises. *Proceedings of the XXIV International Symposium of the Society of Biomechanics in Sports*, (H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger, and E. Muller, eds.) Salzburg, Austria. 2006.
37. Ebben, W.P., D. H. Leigh, J.A. Davies, N. Long and R. Clewien. Electromyographical analysis of hamstring resistance training exercises. *Proceedings of the XXIV International Symposium of the Society of Biomechanics in Sports*, (H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger, and E. Muller, eds.) Salzburg, Austria. 2006.
38. Ebben, W.P., N. Long, R. Clewien and J. A. Davies. Gender differences in the relationship between quadriceps MVIC and hamstring to quadriceps ratio. *Proceedings of the XXIV International Symposium of the Society of Biomechanics in Sports*, (H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger, and E. Muller, eds.), Salzburg, Austria. 2006.
39. Jensen, R.L. and W. P. Ebben. Ground and knee joint reaction forces during variations of plyometric exercises. In: *Proceedings of the XXIII International Symposium of the Society of Biomechanics in Sports*, (K.E. Gianikellis, ed.) Beijing, China. 373-376. 2005.
40. Jensen, R.L. and W.P. Ebben. Impulses and ground reaction forces at progressive intensities of weightlifting variations. In: *Proceedings of the XX International*

Symposium of the Society of Biomechanics in Sports, (K.E. Gianikellis, ed.) Madrid, Spain. 222-225. 2002.

41. Jensen, R.L. and W. P. Ebben. Hamstring electromyographic response of the back squat at different knee angles during eccentric and concentric phases. In: *Proceedings of the XVIII International Symposium of the Society of Biomechanics in Sports*, Hong Kong. (Y. Hong and D.P. Johns, eds) 1:158-161. 2000.

PUBLICATIONS: PEER-REVIEWED REVIEWS / APPLIED SPORT SCIENCE

1. Ebben, W.P. Use of squat testing to predict lower extremity exercise loads. National Strength and Conditioning Association Hot Topics Series <http://stayconnected.nscailift.org/tag/william-ebben/> 2011
2. Ebben, W.P. Strength and conditioning for stock car racing. *Strength Conditioning J.* 32(5):16-27. 2010.
3. Ebben W.P. Practical guidelines for plyometric intensity. *NSCA's Performance Training J.* 6(5):12-16. 2007.
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1. Ebben, W.P., S.M. Neahous, J.M. Endisch, and K.D. Laskowski. The effect of locomotion velocity on ground reaction force and rate of force production. National Strength and Conditioning Association Wisconsin State Chapter Meeting. Carroll University, Waukesha, WI, April 12, 2014.
2. Steve M. Neahous, Tyler G. DeChiara, Andrew J. Kossow and William P. Ebben. Kinetic quantification of horizontal plyometric exercises. National Strength and Conditioning Association Wisconsin State Chapter Meeting. Carroll University, Waukesha, WI, April 12, 2014.
3. Suchomel, T.J., Ebben, W.P., Garceau, L.R., Harrison, A.P., Howe, M.I., and Grazer, J.L. The effect of verbal instruction on lower body power development during various plyometrics. *8th Annual Coaches & Sport Science College*. Johnson City, TN. December 13-14, 2013.
4. Gatzke B.R, Fauth M.L, W.P. Ebben. Vastus medialis oblique and vastus lateralis activation during closed kinetic chain exercises. National Strength and Conditioning Association Wisconsin State Chapter Clinic. Carroll University, Waukesha, WI. April 14, 2012.
5. Laskowski, K.D., J.M. Endisch, L.R. Garceau, and W.P. Ebben. Gender analysis of hamstring and quadriceps activation ratios during bilateral and unilateral jump landings. National Strength and Conditioning Association Wisconsin State Chapter Clinic. Carroll University, Waukesha, WI. April 14, 2012.

PUBLICATIONS / CONFERENCES PROCEEDINGS AND BOOK CHAPTERS

Ebben, W.P. Analysis of male and female athletes' muscle activation patterns during running, cutting, and jumping. In: *ACL injuries in the female athlete*. Frank R. Noyes, and Sue Barber-Westin, eds. New York: Springer-Heidelberg. p149-168. Publication date, March 27, 2013.

Co-Editor, *Proceedings of the IVth International Conference on Strength Training* (S.J. Fleck, W.J. Kraemer, L.E. Brown, J. Antonio, J. Weir, W.P. Ebben and J. Stout, eds.) Colorado Springs, CO, 2008.

Blackard, D.O. and W. P. Ebben. Shock in Athletes. In: *Athletic Training in Emergency Care*. Ron Courson, James B. Robinson and Glen Davis, eds. Jones and Bartlett Publisher.

PUBLICATIONS / GOVERNMENT DOCUMENTS

The prevention of injuries in amateur football (position paper). Created by the *Michigan Governor's Council on Physical Fitness, Health and Sports*. Quoted and referenced in and co-edited. September, 1998.

The prevention of injuries in in-line skating (position paper). Created by the *Michigan Governor's Council on Physical Fitness, Health and Sports*. Contributing author and co-editor. September, 1998.

PUBLICATIONS / APPLIED SPORT SCIENCE

1. Ebben, W. P. Strength and conditioning for golf. *Training and Conditioning*. 10(5):42-51. 2000.
2. Ebben, W. P. and P.B. Watts. A review of combined weight training and plyometric training modes: Complex training adaptations and applications. *Coaching Women's Basketball*. August, 1999.
3. Ebben, W. P. and D.O. Blackard. Water: The most important ergogenic substance. *Olympic Coach*. 9(1): 13. 1999.
4. Ebben, W. P. and D.O. Blackard. Speed development strategies of NFL strength and conditioning coaches. *Coach and Athletic Director*. September, 1998.
5. Ebben, W. P. and D.O. Blackard. Paired for strength: Combined weight and plyometric training with an emphasis on increasing vertical jump. *Training and Conditioning*. 8(3): 55-63, 1998.
6. Ebben, W. P. and D.O. Blackard. Potential effects of alcohol on training adaptation and performance. *Olympic Coach*. 8(3). 1998
7. Ebben, W. P. and D.O. Blackard. U.S. boxers cope with stress. *USA Boxing*. January, 1998.
8. Ebben, W. P. and D.O. Blackard. Complex training with explosive weight training and plyometrics. *Olympic Coach*. 7(4). 1997.
9. Ebben, W. P. Food for thought...and the athlete. *Coach and Athletic Director*. March, 1997.

ABSTRACTS/CONFERENCE PROCEEDINGS/ TO BE SUBMITTED IN 2015

1. Suchomel, T. and W.P. Ebben. Psychological demands of stock car racing.
2. Ebben, W.P., S Neahous, J Endisch, and K.D Laskowksi. Osteogenic potential of cutting and acceleration.
3. Ebben, S. Neahous, A, Kossow, D. Farmen, T. DeChiara and D. Slivka. The osteogenic potential of stomping.
4. Ebben, S. Neahous, A, Kossow, D. Farmen, T. DeChiara and D. Slivka. The effect of pre-jump strategies on stretch shortening cycle potentiation.
5. Gagnon, J and W.P. Ebben. The experiences and challenges of women stock car drivers.

PUBLICATIONS / INTERVIEWS / POPULAR MEDIA

Interviewed on human strength and power research for Iron Radio. This 70 minute interview was broadcast on Podcast and FM Simulcast at www.ironradio.org. December 13, 2011.

Interviewed for an article on the use of mouthguards during resistance training. *Men's Health*. November, 2010.

Interviewed for a story on sports injury prevention on WISN Channel 12 evening news. June 15, 2009.

Interviewed for an article on strength training for women in *Elle Magazine*, May, 2009.

Featured in an article in *Discover-Marquette University Research and Scholarship 2009*

Featured in a column on *Men's Health* describing the use of equations to predict resistance training exercise load.

Interviewed for an article on the effect of jaw clenching on countermovement jump kinetics in *Men's Health*. November, 2008.

Featured in the *Milwaukee Business Journal*, November, 2008.

Featured in *Marquette Matters*, November, 2008.

Interviewed for an article on the effect of jaw clenching on countermovement jump kinetics in *Women's Health*. November, 2008.

Interviewed for an article on the barriers and motivation to exercise among college students for the *Oregon Daily Emerald*. November, 2008.

Interviewed for *Time Warner Cable* television commercial featuring the Marquette University Exercise Science program and Strength and Conditioning Research Laboratory. Played during halftime of Marquette Men's Basketball games November, 2007 and November, 2008.

Interviewed for Vern Gambetta's Blog titled "*Functional Training*." November, 2007.

Interviewed for the article on plyometric and resistance training for *Input Fitness*. Published, December, 2006.

Interviewed for an article on high repetition versus high load resistance training for *Self Magazine*, 2004.

Interviewed for an article on high repetition versus high load resistance training for *Men's Health Magazine*, 2004.

Interviewed for an article on vibration training to be featured in the *Washington Post*. 2004

Interviewed for article on functional training and outdoor activity for *Outside Magazine*. 2003

Interview for article on functional training for *Men's Journal*. 2003

Interviewed and designed program for the article titled "Complex Training." *Men's Health*. 1999.

Interviewed for and featured in, "Member Spotlight." *National Strength and Conditioning Association Bulletin*. 19(1): 1998.

Interviewed and designed program for the article titled "New Basics." *Shape*. December, 1998.

Interviewed for article titled "Luther college lets students-athletes set their own standards for drug and alcohol use." *NCAA Sports Sciences*. 2(1): 1990.

JOURNAL REVIEW BOARD

Associate Editor/Reviewer, *Journal of Strength and Conditioning Research*

Reviewer, *Sports Medicine*

Reviewer, *European Journal of Applied Physiology*

Reviewer, *Perceptual and Motor Skills*

Reviewer, *Human Movement Science*

Reviewer, *Scandinavian Journal of Medicine and Science in Sports*

Reviewer, *Journal of Rehabilitation Research and Development*

Reviewer, *Brain Research*

Reviewer, *International Journal of Sports Physiology and Performance*

Reviewer, *Medicine and Science in Sport and Exercise*

Reviewer, *Journal of Orthopedic and Sports Physical Therapy*

Reviewer, *Journal of Sports Sciences and Medicine*

Reviewer, *Strength and Conditioning Journal*

Reviewer, *International Journal of Exercise Science*

Reviewer, *6th International Conference on Strength Training*

Reviewer, *National Strength and Conditioning Association National Conferences*

GRANTS/AWARDS

University of Wisconsin-Parkside-Undergraduate Research Apprenticeship Program (URAP)-2013

University of Wisconsin-Parkside-Undergraduate Research Apprenticeship Program (URAP)-2010.

National Strength and Conditioning Association Foundation Young Investigator Grant. \$15,000.

University of Wisconsin-Parkside-Undergraduate Research Apprenticeship Program (URAP)

2010 Effect of plyometric training volume on performance \$400.00

University of Wisconsin-Parkside-Undergraduate Research Apprenticeship Program (URAP) 2010. \$400.00

Green Bay Packer Foundation Grant. \$2160. 2010

Marquette University Graduate School Faculty Development Award of \$300. 2009

Marquette University Graduate School Faculty Development Award of \$400. 2009

Marquette University Graduate School Faculty Development Award of \$300. 2008

College of Health Science/Department of Physical Therapy equipment grant- \$43,000. 2007.

College of Health Science equipment grant- \$11,000. 2007

College of Health Science/Department of Physical therapy travel grant- \$2500.00. 2006.

Marquette University Department of Physical Therapy equipment grant-\$1400.00. 2005.

Marquette University College of Health Science Faculty Development Award Faculty Development Award \$2500.00. 2005.
Marquette University Exercise Science degree program equipment grant-\$140.00. 2005.
Marquette University College of Health Science Faculty Development Award -\$700.00. 2004.
Marquette University College of Health Science Faculty Development Award - \$7000.00. 2003.
Marquette University College of Health Science Faculty Development Award - \$600.00. 2002.
Marquette University College of Health Science Faculty Development Award - \$300.00. 2002.

INVITED FEATURE PRESENTATIONS-INTERNATIONAL/NATIONAL/REGIONAL CONFERENCES

Strength and Conditioning for Stock Car Racing. *National Strength and Conditioning Association 34th Annual Meeting*. Las Vegas, NV July 6-9, 2011.

Practical application of research to resistance training. *Midwest Strength and Conditioning Conference*. Crystal Lake, IL, March 14, 2009.

Plyometrics: Research and practical recommendations for program design. *Midwest Strength and Conditioning Conference*. Crystal Lake, IL, March 10, 2007.

Strength and plyometric training for endurance athletes. *2nd Annual Great Lakes Strength, Conditioning, and Fitness Association Annual Symposium*. Mequon, WI. June 18, 2005.

NBA strength and conditioning practices. *Great Lakes Strength, Conditioning and Fitness Association Annual Symposium*. Mequon, WI. June 12, 2004.

Practical recommendations for fitness and nutrition. (Eight presentations). FDIC regional conference. Milwaukee WI. July 30-31, 2003.

Hit or Miss: A review of research relevant to high intensity training. *National Strength and Conditioning Association 25th Annual National Conference*. Las Vegas, NV. July, 2002.

Complex training. *National Strength and Conditioning Association 22nd Annual National Conference*, Kansas City, KS. June 23-26, 1999.

INVITED PRESENTATIONS-STATE/LOCAL CONFERENCES

Research in exercise science. Northern Michigan University Symposium Series. Marquette University. Marquette, MI. March 11, 2007.

Strength and plyometric training for runners: theory and demonstration. *Wisconsin Cross Country Coaches Association Annual Meeting*, Brookfield, WI. January 5, 2007.

Fifty practical ideas for enhancing athlete performance. *Wisconsin Strength and Conditioning Association State Symposium*. Oshkosh, WI. April 23, 2005.

An inside look at professional sports strength and conditioning practices. *Wisconsin Strength and Conditioning Association Annual Symposium*. Oshkosh, WI. April, 24, 2004.

Strength and plyometric training for endurance runners. *Wisconsin Track Coaches Association 15th Annual Coaches Clinic*. Milwaukee, WI. February 6-7, 2004.

The power of complex training. *Wisconsin Track Coaches Association 15th Annual Coaches Clinic*. Milwaukee, WI. February 6-7, 2004.

Beyond the ice age: Physical development of NHL athletes. Marquette University Lecture Series. Milwaukee, WI. February 6, 2003.

Research based evaluation of strength and conditioning philosophy. *Wisconsin Strength and Conditioning Association State Symposium*. Mequon, WI. April 27, 2002.

Measurement and evaluation. *National Strength and Conditioning Association: Certified Strength and Conditioning Specialist Symposium*. The University of Wisconsin. Madison, WI. April 6, 2002.

Speed development and plyometric training. *National Strength and Conditioning Association: Certified Strength and Conditioning Specialist Symposium*. The University of Wisconsin-Madison. Madison, WI. April 5, 2002.

Strength and Conditioning Roundtable. Moderator, *Wisconsin Strength and Conditioning Association Annual Symposium*. Concordia University Wisconsin, Mequon, WI. July 28, 2001.

Survey of National Football League strength and conditioning practices. *Wisconsin Strength and Conditioning Association Annual Symposium*, Concordia College, Mequon, WI, July 15, 2000.

Biomechanical concepts. *National Strength and Conditioning Association: Essentials of Personal Training Symposium*. Police and Fire Safety Academy, Milwaukee, WI June 30, July 1, 2000.

Anaerobic and aerobic training adaptations. *National Strength and Conditioning Association: Essentials of Personal Training Symposium*. Police and Fire Safety Academy, Milwaukee, WI June 30, July 1, 2000.

Weight training exercise prescription. *National Strength and Conditioning Association: Essentials of Personal Training Symposium*. Police and Fire Safety Academy, Milwaukee, WI June 30, July 1, 2000.

Biomechanical analysis of various methods and depths of the back squat. Keynote speaker, *Wisconsin Strength and Conditioning Association Annual Symposium*, Concordia College, Mequon, WI, July 17, 1999.

Practical recommendations for basketball conditioning. *Wisconsin Basketball Coach's Association/Wisconsin Education Association Council-Basketball Coaching Clinic*. Milwaukee, WI. October 29, 1999.

Sport specific physical development and conditioning. *1997 United States Luge Association Fall Physical Development Camp*. US Luge Association Olympic Development Team. Northern Michigan University, Marquette, MI, November 15-16, 1997.

Strength training and conditioning for power. *1997 United States Ski and Snowboard Association National Fall Festival*. Northern Michigan University, Marquette, MI, October 24-26, 1997.

Strength and conditioning for amateur boxing. *1996 USA Boxing Junior Olympic Championship Camp*. U. S. Olympic Education Center. Marquette, MI. June 28, 1996.

A review of plyometric and strength training: Proposed complex training adaptations and applications. *Northern Michigan University*, Marquette, MI. April 10, 1996.

PRESENTATIONS AND CAMPS

Midwest Sports Performance Camps: Vertical Jump Camp, July 5 - August 4, 2005. Milwaukee, WI

Midwest Sports Performance Camps: Speed Development Camp, July 6 - August 5, 2004. Milwaukee, WI

Marquette University High School Strength and Conditioning Camp, Milwaukee, WI June 14-July 1, 2004

Marquette University High School Strength and Conditioning Camp, Milwaukee, WI June 16-July 3, 2003.

First Touch Soccer Camp". Worked with 150 high school soccer athletes. Coached speed development, agility and acceleration. Concordia University Wisconsin, Mequon, WI July 24, 2001.

University of Wisconsin Football Camp. Worked with two high school camps of over 500 total athletes. Instructed athletes and administered tests of physical performance. *University of Wisconsin*, Madison, WI. June, 15-18, 22-25, 1998.

Strength and conditioning for college athletes. *Albion College*, Albion, MI, December 7, 1997. Conducted approximately 50-60 workshops for college athletic teams on topics such as substance abuse, steroid abuse, sexual aggression, and eating disorders.

PERSONAL TRAINING EXPERIENCE

Worked for 15 years with a wide range of individuals including athletes and non-athletes.

Co-founder and owner of Midwest Sports Performance Camps, Milwaukee, WI.

ADDITIONAL COACHING EXPERIENCE

Assistant Football Coach

Monona Grove High School, Monona, WI
1987

Assistant Football Coach

DePere Abbot Pennings High School, DePere, WI
1986

PROFESSIONAL MEETINGS ATTENDED

32nd Conference of the International Society of Biomechanics in Sport. East Tennessee State University. Johnson City, Tennessee, July 12-16, 2014

National Strength and Conditioning Association, Wisconsin State Clinic, Carroll University, April 12, 2014

National Strength and Conditioning Association 35nd Annual Meeting. Las Vegas, NV. July 12-16, 2013.

National Strength and Conditioning Association 35nd Annual Meeting. Providence, RI. July 11-14, 2012.

National Strength and Conditioning Association, Wisconsin State Clinic, Carroll University, April 14, 2012.

National Strength and Conditioning Association 34th Annual Conference. Las Vegas, NV. July 6-9, 2011.

4th Annual Critical Thinking Conference: Helping Students Reason Better. Using Argument Models in the Classroom. Stevens Point, WI. October 15, 2010.

XXVIII International Symposium of the Society of Biomechanics in Sports, Marquette MI. July 15-21, 2010.

National Strength and Conditioning Association 33th Annual Conference. Orlando FL Vegas, NV. July 8-11, 2010.

National Strength and Conditioning Association: Wisconsin State Symposium LaCrosse, WI April, 2010.

National Strength and Conditioning Association 32th Annual Conference. Las Vegas, NV. July 8-11, 2009.

American Society of Exercise Physiologists 11th Annual Meeting. Wichita Falls, TX, April 2-4, 2009.

Midwest Strength and Conditioning Conference. Crystal Lake, IL, March 14, 2009.

6TH International Conference on Strength Training. Colorado Springs, CO. October 30-November 2, 2008.

National Strength and Conditioning Association 31th Annual Conference. Las Vegas, NV. July 15-18, 2008.

National Strength and Conditioning Association: Wisconsin State Symposium. Madison, WI. April 26, 2008.

American Society of Exercise Physiologists 10th Annual Meeting. Duluth, MN. April 10-12, 2008.

National Strength and Conditioning Association 30th Annual Conference. Atlanta, GA. July 11-14, 2007.

National Strength and Conditioning Association: Wisconsin State Symposium. Madison, WI. April 21, 2007.

American Society of Exercise Physiologists 9th Annual Meeting. Milwaukee, WI. March 29-31, 2007.

Midwest Strength and Conditioning Conference. Crystal Lake, IL, March 10, 2007.

Wisconsin Cross Country Coaches Association Annual Meeting, Brookfield, WI. January 5, 2007.

Midwest Chapter of the American College of Sports Medicine Annual Meeting, Mt Pleasant, MI. October 5-7, 2006.

XXIV International Symposium of the Society of Biomechanics in Sports, Sazlborg, Austria. July 15-22, 2006.

National Strength and Conditioning Association: Wisconsin State Symposium. Madison, WI. April 1, 2006.

2nd Annual Great Lakes Strength, Conditioning, and Fitness Association Annual Symposium. Mequon, WI. June 18, 2005.

Wisconsin Strength and Conditioning Association State Symposium. Oshkosh, WI. April 23, 2005.

National Strength and Conditioning Association 27th Annual Conference. Minneapolis, MN. July 14-17, 2004.

Great Lakes Strength, Conditioning and Fitness Symposium. Mequon, WI. June 12, 2004.

Wisconsin Strength and Conditioning Association Annual Symposium. Oshkosh, WI. April, 24, 2004.

Wisconsin Track Coaches Association 15th Annual Coaches Clinic. Milwaukee, WI. February 6-7, 2004.

National Strength and Conditioning Association 26th Annual Conference. Indianapolis, IN. July 16-19, 2003.

Wisconsin Strength and Conditioning Association Annual State Symposium. LaCrosse, WI. April 27, 2002.

Wisconsin Association of Exercise Physiologists 1st Annual Meeting. Milwaukee, WI March 23, 2003.

National Strength and Conditioning Association 25th Annual Conference. Las Vegas, NV. July 9-13, 2002.

American College of Sports Medicine 49th Annual Meeting. St Louis, MO. May 28-June 1, 2002.

Wisconsin Strength and Conditioning Association State Symposium. Mequon, WI. April 27, 2002.

Wisconsin Strength and Conditioning Association, Olympic Weightlifting Workshop, Concordia University, Mequon, WI, Jan 12, 2002.

Wisconsin Strength and Conditioning Association Annual Symposium, Concordia College, Mequon, WI, July 28, 2001.

Wisconsin Strength and Conditioning Association Annual Symposium, Concordia College, Mequon, WI, July 15, 2000.

National Strength and Conditioning Association 23rd Annual National Conference. Orlando, FL. June 22-25, 2000.

National Strength and Conditioning Association: Essentials of Personal Training Symposium. Police and Fire Safety Academy, Milwaukee, WI. June 30, July 1, 2000

American College of Sports Medicine 47th Annual Meeting. Indianapolis, IN. June 3, 2000.

Wisconsin Strength and Conditioning Association State Symposium. Concordia University, Mequon, WI, July 17, 1999.

National Strength and Conditioning Association 22nd National Conference. Kansas City, KS, June 23-26, 1999.

American College of Sports Medicine 46th Annual Meeting. Seattle, WA, June 2-5, 1999.

U.S.A. Weightlifting Club Coach Certification Course. Denmark, WI, November 9-11, 1998.

Sport Safety Training. American Red Cross/USOC, Marquette, MI, May 18-19, 1998.

Midwest Speed-Strength and Conditioning Clinic. Northern Illinois University, DeKalb, IL May 2, 1998.

National Strength and Conditioning Association - Wisconsin State Clinic. Mukwanago High School, Mukwanago, WI, May 18, 1996.

NCAA 1990 Drug Education Program. Chicago, IL, April 19 - 20, 1990.

PROFESSIONAL MEMBERSHIP/COMMITTEE MEMBERSHIP

Chair, Scientific committee National Strength and Conditioning Association, Wisconsin State Chapter, 2010 - present.

Member, Research Consortium National Strength and Conditioning Association
2001- present

Member, Media Referral Network National Strength and Conditioning Association
2000 - present

National Strength and Conditioning Association, Wisconsin State Chapter
Co-Chair of the Scientific Committee for the 28th Meeting of the
International Society of Biomechanics in Sports 2010

Member, Planning Committee-6th International Conference on Strength Training 2008

Member, Conference Committee National Strength and Conditioning Association
2008-2009

Vice-President, National Strength and Conditioning Association, Wisconsin State Chapter
State Symposium Committee National Strength and Conditioning Association, Wisconsin State Chapter

Chair, Scientific committee National Strength and Conditioning Association, Wisconsin State Chapter

Chair, Speaker/presenter sub-committee National Strength and Conditioning Association, Wisconsin State Chapter

Chair, State wide education subcommittee National Strength and Conditioning Association, Wisconsin State Chapter

Committee Member-Olympic Weightlifting Workshop

USA Weightlifting, Member
American Society of Exercise Physiologists, Member
Great Lakes Strength, Conditioning, and Fitness Association
Board of Directors (2003-2006)

UNIVERSITY COMMITTEE MEMBERSHIP

Member, National Strength and Conditioning Association Education Recognition Program- Committee

Member, Search Committee Dean of Natural and Health Science, 2012

Member, Department of HESM Executive committee, 2010-present

Member, Department of HESM Marketing committee, 2010-present

Member, Department of HESM Curriculum committee, 2010-present

Member, AHS steering committee, 2010-present