

WARD C. DOBBS, PhD, CSCS*D**Curriculum Vitae**

Email: dobbs@uwyo.edu

EDUCATION

- 2018 Doctor of Philosophy, The University of Alabama, Tuscaloosa, Alabama
Major Area: Human Performance (Exercise Science)
- 2012 Master of Science, University of Wisconsin-La Crosse, La Crosse, Wisconsin
Major Area: Physical Education Teaching
Concentration: Adventure Education & Outdoor Pursuits
- 2010 Bachelor of Science, University of Wyoming, Laramie, Wyoming
Major Area: Physical Education
Certifications: Health Education & Adapted Physical Education

CERTIFICATIONS & MEMBERSHIPS

- American Red Cross – CPR
- American College of Sports Medicine – member
- National Strength and Conditioning Association (NSCA) - member
- Certified Strength and Conditioning Specialist with Distinction through the NSCA

APPOINTMENTS & PROFESSIONAL POSITIONS

- 2026-current *Assistant Professor*, Division of Kinesiology and Health, University of Wyoming, Laramie, WY
- Teach graduate and undergraduate courses in the Division of Kinesiology and Health
 - Mentor undergraduate and graduate research projects
- 2024-2026 *Assistant Professor*, Health Professions – Physical Therapy, University of Wisconsin-La Crosse, La Crosse, WI
- Teach graduate courses in the Doctor of Physical Therapy Program
 - Mentor undergraduate and graduate research projects
- 2019-2024 *Assistant Professor*, Exercise and Sport Science, University of Wisconsin-La Crosse, La Crosse, WI
- Teach undergraduate and graduate courses, complete research, and provide service in the department of Exercise and Sport Science
 - Mentor undergraduate and graduate research projects
 - Co-director of the Human Performance Laboratory
- 2018-2019 *Associate Lecturer*, University of Wisconsin-La Crosse, La Crosse, WI
- Lead instructor for undergraduate courses in the Department of Exercise and Sport Science
- 2016–2018 *Graduate Teaching Assistant*, The University of Alabama, Tuscaloosa, AL
- Lead instructor for undergraduate courses in the Department of Kinesiology

2015–2016 *Graduate Research Assistant*, The University of Alabama, Tuscaloosa, AL

- Facilitated programs for faculty and staff through the Office of Health Promotion and Wellness
- Provided weekly health screening and coaching for faculty and staff and assisted in the training and supervision of nursing students during health screenings

Spring 2014 *Research Assistant*, The University of Alabama, Tuscaloosa, AL

- Assisted Dr. Jason Ng with data collection in the exercise physiology laboratory on the influence of ice slurry ingestion on cardiovascular drift and thermoregulation

2012–2013 *Associate Lecturer/Athletic Director*, University of Wisconsin – Barron County, Rice Lake, WI

- Oversaw and implemented the curriculum for the Department of Health, Exercise Science and Athletics
- Administered all varsity athletic programs including budgeting, hiring, and supervising staff and coaches

2011–2012 *Graduate Assistant*, University of Wisconsin-La Crosse, La Crosse, WI

- Taught undergraduate activity courses for the Department of Exercise and Sports Science
- Adventure Programs Assistant Administrator: Developed risk management procedures, scheduled and training staff, oversaw maintenance and procurement of equipment

Fall 2010 *Strength & Conditioning Coach*, University of Southern Mississippi, Hattiesburg, MS

- Assistant strength and conditioning coach for football
- Head strength and conditioning coach for women's soccer, women's tennis, women's golf, men's tennis, and men's golf

RESEARCH & SCHOLARSHIP

*Primary mentor of undergraduate or graduate student project

Dissertation

Dobbs WC. (2018). Exploring the utility of unobtrusive methods of acquiring heart rate variability at rest and following exercise. Unpublished Doctoral Dissertation, The University of Alabama, Tuscaloosa, AL.

Publications

Knapp ZR., Minger A., Trent RA, Sandvik JE, Mihalik JD, **Dobbs WC**, McBride SP, Almonroeder, TG. (2026). Relationships Between Countermovement Jump Metrics and Skating Speed Among Male and Female Collegiate Hockey Athletes. *Journal of Strength and Conditioning Research*. <https://doi.org/10.1519/JSC.0000000000005635>

VanWiel L, Peter K, Hannan M, **Dobbs WC**. (Preprint 2026). Associations between urinary incontinence and cardio kidney metabolic health in women a scoping review. Doi:10.21203/rs.3-10321070/v1

Lorbeck Z, Vannatta NC, **Dobbs WC**, Jaime SJ, Heinert B, Baumann D, Kernozek T. (2026). Importance of maximal force and power output for modulating landing forces. *Journal of Strength and Conditioning Research*. doi: 10.1519/JSC.0000000000005653

Trent R, Hendrickson K, Joseph W, Pearson S, **Dobbs WC**, Sackiriyas S, Almonroeder TG. (2026). Countermovement jumps with a weighted vest elicit post-activation performance enhancement among active males and females, *Journal of Electromyography & Kinesiology*, 86, 103104. doi: 10.1016/j.jelekin.2025.103104

Strittmater G, Starck JR, **Dobbs WC**. (2026). Perceptions of resilience: An exploration into the impact of perceived and actual risk. *Journal of Adventure Education and Outdoor Learning*, 1-17. doi: 10.1080/14729679.2026.2621000

- Dobbs WC**, Almonroeder TG, Carpenter M, Schmitt R, Jacobson A, Luedke J, Roberts B, Jagim A. (2025). Relationship between the Army combat fitness test scoring structure and laboratory measurements of physical fitness. *Journal of Strength and Conditioning Research*, 16;39(7):798-808. doi: 10.1519/JSC.0000000000005117
- Twohey EE, **Ward C. Dobbs**, Malone CM, Fields JB, Jones MT, Jagim AR. (In Press). The use of a consumer-grade bioelectrical impedance analysis device for weight certification in collegiate wrestling: Implications for minimal wrestling weight determination. *Journal of Strength & Conditioning Research*.
- Jagim AR, **Dobbs WC**, Horswill CA, Twohey E, Fields JB, Jones MT. (2025). Prevalence and magnitude weight loss among collegiate wrestlers. *The Journal of Strength & Conditioning Research*, 40(1), 90-97
10.1519/JSC.0000000000005250. <https://doi.org/10.1519/jsc.0000000000005250>
- Jagim AR, **Dobbs WC**, Horswill CA, Twohey EE, Fields JB, Jones MT. (2025). Prevalence and magnitude weight loss among collegiate wrestlers: have practices changed?. *Journal of the International Society of Sports Nutrition*, 22(sup2). <https://doi.org/10.1080/15502783.2025.2550144>
- Fenn SA, **Dobbs WC**, Walker MK, Scheuermann B, Caldwell JT. (2025). Investigating Microvascular outcomes with Ischemic Preconditioning and Passive stretch. *Physiological Reports*. 13(15), e70474
- Jagim AR, **Dobbs WC**, Horswill CA, Twohey EE, Fields JB, Jones MT. Minimal Wrestling Weight and Body Fat Percentages Across Collegiate Men's Wrestling. (In Review). *Journal of Strength & Conditioning Research*.
- VanZile A, Jones D, McHugh L, Clickovich G, Morales M, Reimschisel R, Widenhoefer T, Boos A, Baughman J, Urquidi M, Connor D, **Dobbs WC**, Jagim A, Luedke J, Almonroeder TG. (Accepted May 2025). Comparison of countermovement jump performance and dynamic balance among male high school athletes with varying levels of sports specialization. *Journal of Strength and Conditioning Research*
- Jagim A, Horswill C, **Dobbs WC**, Twohey E, Tinsley G, Oppliger R, Fields J, Jones M. (2025). Minimum wrestling weight for high school girls wrestling: Time to revisit minimal body fat percentage. *Journal of Strength and Conditioning Research*, 39(3): 332-339.
- Witte BC, Schouten TC, Westphal JA, VanZile AW, Jones DD, Widenhoefer TL, **Dobbs WC**, Jagim A, Luedke J, Almonroeder TG. (2024). The modified reactive strength index is a valid measure of lower body explosiveness in high school athletes. *Journal of Strength and Conditioning Research*, 38(8): 1428–1432.
- Jagim A, Tinsley GM, Oppliger RA, Horswill CA, **Dobbs WC**, Fields JB, Cushard C, Rademacher PD, Jones MT. (2024). Collegiate women's wrestling body fat percentage and minimum wrestling weight values: time for revisiting minimal body fat percent?. *Journal of the International Society of Sports Nutrition*, 21(1), 2304561.
- Almonroeder TG, Friedrich JO, Hyoda H, Grabowski P, Jagim A, **Dobbs WC**, Luedke J. (2023). Inter-limb kinetic asymmetries during sit-to-stand performance persist following unilateral total knee arthroplasty: A systematic review and meta-analysis. *Clinical Biomechanics*, 110, 0268-0033.
- Elstad K, Malone C, Luedke J, Salvador J, **Dobbs WC**, Almonroeder TG, Kerksick CM, Markert A, Jagim A. (2023). The effects of protein and carbohydrate supplementation, with and without creatine, on occupational performance in firefighters. *Nutrients*.
- Jagim A, Luedke JA, **Dobbs WC**, Almonroeder T, Markert A, Zapp A, Askow AT, Kesler RM, Fields JB, Jones MT, Erickson J. (2023). Physiological demands of a self-paced firefighter air-management course and determination of work efficiency. *Journal of functional morphology and kinesiology*, 8(1).

- Brisola G, **Dobbs WC**, Zagatto A, Esco M. (2022). Tracking the fatigue status after a resistance exercise through different parameters. *International Journal of Sports Medicine*, 43(11):941-948. doi: 10.1055/a-1766-5945.
- Tolusso DV, **Dobbs WC**, MacDonald HV, Winchester LJ, Laurent CM, Fedewa MV, Esco MR. (2022). The validity of perceived recovery status as a marker of daily recovery following a high-volume back squat protocol. *International Journal of Sports Physiology and Performance*, 17 886-892.
- Siriciero P, Nasser I, **Dobbs WC**, Willardson JM, Miranda H. (2021) The Effect of Set Configuration and Load on Post-Activation Potentiation on Vertical Jump in Athletes. *International Journal of Exercise Science*, 14(4) 902-911.
- Dobbs WC**, Fedewa MV, MacDonald HV, Tolusso DV, Esco MR. (2020). Profiles of heart rate variability and bar velocity following resistance exercise. *Medicine & Science in Sports & Exercise*, 58(8) 1825-1833.
- Moran R., Murray N, Esco M, **Dobbs W**, McAllister-Deitrick J. (2020). Effects of exercise on symptoms, vestibular/ocular motor screening, and postural stability in a college-aged sample. *Concussion*, 5(2) CNC73.
- Holmes CJ, Fedewa MV, **Dobbs WC**, Liu Y, Flatt AA, Nakamura FY, Esco MR. (2020). The effects of different body positions on the accuracy of ultra-short-term heart rate variability indexes. *Journal of High Technology Management Research*, 31(1) 100375.
- Dobbs WC**, Fedewa MV, MacDonald HV, Holmes CJ, Cicone ZS, Plews DJ, Esco MR. (2019). The accuracy of acquiring heart rate variability from portable devices: a systematic review and meta-analysis. *Sports Medicine*, 49(3) 417-435.
- Dobbs WC**, Tolusso DV, Fedewa MV, Esco MR. (2019). Post activation potentiation on explosive vertical jump: a systematic review and meta-analysis. *Journal of Strength and Conditioning Research*, 33(7) 2009-2018.
- Ng J, **Dobbs WC**, Wingo JE. (2019). Effect of ice slurry ingestion on cardiovascular drift and $\text{VO}_{2\text{max}}$ during heat stress. *Medicine & Science in Sports & Exercise*, 51(3) 582-589.
- Tolusso DV, **Dobbs WC**, Esco MR. (2018). The predictions of peak oxygen consumption using submaximal ratings of perceived exertion. *International Journal of Exercise Science*, 11(4) 1173-1183.
- Fedewa MV, Hathaway ED, Ward-Ritacco CL, Williams TD, **Dobbs WC**. (2018). The effect of chronic exercise training on leptin: a systematic review and meta-analysis or randomized controlled trials. *Sports Medicine*, 48(6) 1437-1450.
- Dobbs WC**, Steffen J, Waters D. (2013). All together now. *Coaching Management*, 21(11) 26-29.

Published Conference Abstracts

- Jagim, AR, **Dobbs WC**, Magee MK, Fields JB, Sims JNL, Saine ND, Jones MT. (2026). Resting Metabolic Rate in Collegiate Male Wrestlers: Cross-validation and Development of Prediction Equations. *Medicine and Science in Sports and Exercise*. <https://doi.org/10.1249/MSS.0000000000004071>
- Dobbs WC**, Caprener M, Jacobson A, Schmitt A, Jagim AR, Luedke J, Almonroeder T. (July 2025). Recovery patterns of the northern warfare challenge and the utility of the perceptual recovery status scale. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Kansas City, MO. Published in the *Journal of Strength and Conditioning Research*

- Almonroeder TG, Hendrickson K, Trent R, Joseph W, Sackiriyas S, **Dobbs WC**. (July 2025). Sex differences in the short-term aftereffects of a weighted vest on countermovement jump performance. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Kansas City, MO. Published in the *Journal of Strength and Conditioning Research*.
- Porter A, Cooper N, Hook L, Yeager E, Sandvik J, Sackiriyas S, **Dobbs WC**, Almonroeder TG. (July 2025). Preliminary evaluation of an upper body reactive strength index. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Kansas City, MO. Published in the *Journal of Strength and Conditioning Research*.
- Knapp Z, Minger A, Yeager E, Trent R, Sandvik J, Mihalik J, **Dobbs WC**, Almonroeder TG. (July 2025). Relationships between countermovement jump force-time metrics and skating speed in collegiate hockey athletes. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Kansas City, MO. Published in the *Journal of Strength and Conditioning Research*.
- Jagim AR, **Dobbs WC**, Twohey EE, Magee MK, Fields JB, Jones MT. (July 2025). Differences in resting metabolic rate across weight class divisions in collegiate wrestlers. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Kansas City, MO. Published in the *Journal of Strength and Conditioning Research*.
- Dobbs WC**, Lucido MR, Jaime SJ. (May 2025). Relationship between heart rate variability threshold and ventilatory threshold across exercise modalities. Thematic poster presentation at American College of Sports Medicine, National Conference, Atlanta, GA. Published in *Medicine & Science in Sports & Exercise*.
- Twohey EE, Jagim AR, **Dobbs WC**. (May 2025). Weight loss practices of collegiate wrestlers - have things changed?. Thematic poster presentation at American College of Sports Medicine, National Conference, Atlanta, GA. Published in *Medicine & Science in Sports & Exercise*.
- Jagim, AR, **Dobbs WC**, Missall M, Albee G, Streveler J, Twohey EE, Horswill C, Fields J, Jones M. (May 2025). Resting metabolic rate in collegiate male wrestlers: cross-validation of prediction equations. Poster presentation at American College of Sports Medicine, National Conference, Atlanta, GA. Published in *Medicine & Science in Sports & Exercise*.
- Dobbs WC**, Caprenter M, Jacobson A, Schmitt A, Jagim AR, Luedke J, Almonroeder T. (July 2024). External and internal workload demands of the northern warfare challenge: A pilot study. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Baltimore, MD. Published in the *Journal of Strength and Conditioning Research*.
- Jaime SJ, Maxted J, Rowley Q, Grove ME, Hower J, **Dobbs WC**. (July 2024). Hemodynamic response to moderate and high intensity leg press and squat resistance exercise. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Baltimore, MD. Published in the *Journal of Strength and Conditioning Research*.
- Jagim AR, Luedke J, **Dobbs WC**, Fields JB, Jones MT. (July 2024). A higher resting metabolic rate relative to body mass is associated with lower body fat percentage in athletes. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Baltimore, MD. Published in the *Journal of Strength and Conditioning Research*.

- *Letter C, Wright G, Jagim A, Almonroeder T, **Dobbs WC**. (July 2024). Comparison of the reactive strength index and the modified reactive strength index in Division III athletes. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Baltimore, MD. Published in the *Journal of Strength and Conditioning Research*.
- *Missal M, Jacobson A, Schmitt R, Jagim A, Freidenreich D, **Dobbs WC**. (July 2024). Relationships between metabolism and body composition in collegiate wrestlers during a season. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Baltimore, MD. Published in the *Journal of Strength and Conditioning Research*.
- Jagim AR, Tinsley G, Opplinger B, Horswill C, **Dobbs WC**, Fields JB, Jones MT. (May 2024). A descriptive summary of collegiate women's wrestling body fat percentage and minimum wrestling weight values and proposal for new weight class divisions. Poster presentation at American College of Sports Medicine, National Conference, Boston, MA. Published in *Medicine & Science in Sports & Exercise*.
- Murphy S, Blank M, Robey N, Bucholz O, **Dobbs WC**, Kernozek T. (May 2024). Navicular drop test and variability in center of pressure during single limb balance. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA. Published in *Medicine & Science in Sports & Exercise*.
- Starck J, Getzinger R, **Dobbs WC**. (May 2024). Building self-resilience and self-resilience through outdoor education programs. Poster presentation at The International Association for Physical Education in Higher Education (AIESEP). 2024 Conference, Finland. Will be published in *Journal of Physical Education – Annals of AIESEP Conference*.
- Strittmater, GR., Starck J, **Dobbs WC**. (2023). Perceptions of resilience: An exploration into the impact of perceived and actual risk (vol. 94, pp. A24-A24). Published in *Research Quarterly for Exercise and Sport*.
- Dobbs WC**, Jagim, A, Luedke J, Carpenter M, Jacobson A, Schmitt R, Almonroeder T. (July 2023). The standing power throw is a valid assessment of power and explosiveness for army ROTC cadets. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Published in the *Journal of Strength and Conditioning Research*.
- Dobbs WC**, Jagim A, Luedke J, Carpenter M, Jacobson A, Schmitt R, Almonroeder T. (July 2023). The relationship between the army combat fitness test and a laboratory testing battery. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Published in the *Journal of Strength and Conditioning Research*.
- Jagim AR, Luedke J, **Dobbs WC**, Almonroeder T, Jones MT, Fields JB, Markert A, Zapp A, Erickson JL. (July 2023). Normative peak force values from isometric midhigh pull assessments and relationships with muscular strength in firefighters. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Published in the *Journal of Strength and Conditioning Research*.
- Jagim A, **Dobbs WC**, Almonroeder T, Luedke L, Carpenter M, Jacobson A, Schmitt R, Marquardt A. (May 2023). Cross-validation of the Army's body fat percent estimation formula using a three-compartment model. Poster presentation at the American College of Sports Medicine Annual Meeting, Denver, CO. Published in *Medicine & Science in Sports & Exercise*.
- Dobbs WC**, Kosmal A, Peckumn D, Jaime SJ. (July 2022). The reliability of heart rate metrics at heart rate variability threshold. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.

- Jaime SJ, Schwab EM, Beltz NM, **Dobbs WC**. (July 2022). Superior benefits from a sprint-interval exercise on high-intensity resistance exercise-induced augmentations of arterial stiffness. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.
- Tolusso DV, **Dobbs WC**, MacDonald HV, Winchester L, Fedewa MV, Esco MR. (July 2022). The impact of fatigue on the intrasession reliability of performance recovery indices following a high-volume back squat protocol. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.
- *Zavala F, Khurelbaatar C, Schuler J, Wright GA, **Dobbs WC**. (July 2022). Relationship between repetitions in reserve and relative intensity during a conventional deadlift. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.
- *Khurelbaatar C, Zavala F, Schuler J, Wright GA, **Dobbs WC**. (July 2022). Load-velocity profile and the utility of individual linear regression models to predict relative load in the deadlift. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.
- Jaime SJ, Schwab EM, Beltz NM, **Dobbs WC**. (July 2022). Superior benefits from a sprint-interval exercise on high-intensity resistance exercise-induced augmentations of arterial stiffness. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.
- Clark M, **Dobbs WC**, Tolusso DV, Esco MR, MacDonald HV. (June 2021). The effects of exhaustive resistance exercise on blood pressure and autonomic function in resistance-trained males. Poster presentation at the American College of Sports Medicine Annual Meeting, (Online). Published in *Medicine & Science in Sports & Exercise*.
- Clark M, **Dobbs WC**, Tolusso DV, Esco MR, MacDonald HV. (February 2021). The effects of exhaustive resistance exercise on blood pressure and autonomic function in resistance-trained males. Southeast Regional American College of Sports Medicine Annual Meeting, (Online).
- Dobbs WC**, Tolusso DV, Fedewa MV, Esco MR. (July 2020). Validity of ultra-short measurements of heart rate variability before and after exhaustive resistance exercise. Poster presentation at the National Strength and Conditioning Association Annual Meeting, (Online). Published in the *Journal of Strength and Conditioning Research*.
- Tolusso DV, **Dobbs WC**, Fedewa MV, Esco MR. (July 2020). The influence of fatigue on the intrasession reliability of performance indices following a high-volume back squat protocol. Poster presentation at the National Strength and Conditioning Association Annual Meeting, (Online). Published in the *Journal of Strength and Conditioning Research*.
- *Pulvermacher KR, Whitesitt P, **Dobbs WC**. (July 2020). Acute effect of hex bar squat performed at high intensity, high velocity, or in a ballistic manner on counter movement jump height. Poster presentation at the National Strength and Conditioning Association Annual Meeting, (Online). Published in the *Journal of Strength and Conditioning Research*.

- Schimenz J, Wright G, **Dobbs WC**, Jaime S, Doberstein S. (July 2020). Weekly fatigue management using daily undulating practice training loads during a division iii collegiate football season. Poster presentation at the National Strength and Conditioning Association Annual Meeting, (Online). Published in the *Journal of Strength and Conditioning Research*.
- Sirieiro P, Nasser I, **Dobbs WC**, Miranda H. (July 2020). Different methods of post activation potential on swimming. Poster presentation at the American College of Sports Medicine Annual Meeting, (Online). Published in *Medicine & Science in Sports & Exercise*.
- Moran R., Murray N, Esco M, **Dobbs W.** (June 2020). Effects of Maximal Exercise on Vestibular/Ocular Motor Screening and Postural Control. Poster presentation at the American College of Sports Medicine Annual Meeting, (Online). Published in *Medicine & Science in Sports & Exercise*.
- Dobbs WC**, Tulusso DV, Holmes CJ, Fedewa MV, Esco MR. (July 2018). Heart rate variability for tracking changes in muscular performance following strenuous resistance exercise. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. Published in the *Journal of Strength and Conditioning Research*.
- Dobbs WC**, Crew KR, Esco MR. (July 2018). The effect of continuous cooling on heart rate recovery following heat stress in elite tennis players. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. Published in the *Journal of Strength and Conditioning Research*.
- Tulusso DV, **Dobbs WC**, Holmes CJ, Esco MR. (July 2018). The ability of perceptual recovery status to track daily changes in performance following fatiguing resistance training. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. Published in the *Journal of Strength and Conditioning Research*.
- Tulusso DV, **Dobbs WC**, Holmes CJ, Esco MR. (July 2018). The utility of perceptual recovery status as a marker of subsequent performance during fatiguing resistance training. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. Published in the *Journal of Strength and Conditioning Research*.
- Dobbs WC**, Esco MR, Fedewa MV, MacDonald H. (February 2018). The accuracy of multiple HRV metrics acquired from mobile devices: a systematic review and meta-analysis. Southeast Regional American College of Sports Medicine Annual Meeting, Chattanooga, TN.
- Dobbs WC**, Tulusso DV, Fedewa MV, Esco MR. (July 2017). Post-activation potentiation on explosive power: a systematic review and meta-analysis. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Published in the *Journal of Strength and Conditioning Research*.
- Dobbs WC**, Moon JR, Esco MR, Tai CY, Crowley K, Spradley B. (July 2017). Accuracy of bioimpedance devices on total body water predictions in male athletes and the influence of fat-free mass hydration. Poster presentation at the National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Published in the *Journal of Strength and Conditioning Research*.
- Tulusso DV, **Dobbs WC**, Williams TD, Fedewa MV. (July 2016). The effect of temperature on rating of perceived exertion: a meta-analysis. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.
- Aldrich EK, **Dobbs WC**, Fedewa MV, Bishop PA. (July 2016). The effect of resisted sprinting on acceleration: a systematic review and meta-analysis. Poster presentation at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Published in the *Journal of Strength and Conditioning Research*.

Ng J, **Dobbs WC**, Hornikel B, Wingo JE. (June 2016). Effect of ice slurry ingestion on cardiovascular drift and maximal oxygen uptake during heat stress. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA. Published in *Medicine & Science in Sports & Exercise*.

Professional Presentations and Symposiums

*Albee G, Gillespie K, Neville D, Del Bianco A, **Dobbs WC**. (May 2026). The relationship between heart rate variability and ventilatory thresholds obtained from running and cycling. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

*Skramstad B, Jagim AR, **Dobbs WC**. (May 2026). Sex Differences in Omega-3 Fatty Acid Index Among Collegiate Athletes. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

*Mumm C, Ritt T, **Dobbs WC**. (May 2026). Monitoring Energy Availability to Optimize Health and Performance in Collegiate Wrestlers. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

*Khalil M, Jagim A, **Dobbs WC**. (May 2026). Skinfold Measurements and The Influence on Minimal Wrestling Weight in Collegiate Male Wrestlers. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

*Schwarz M, Comeau K, **Dobbs WC**. (May 2026). The Association Between Perceptual Recovery Status and Reactive Strength Index in Collegiate Women's Track Athletes. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

*Kloehn AR, Molling TR, **Dobbs WC**, Jagim AR. (May 2026). Omega-3 Fatty acids as a potential link to cardiovascular health in collegiate athletes. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

Franek L, Westervelt S, Zuzek T, Dobbs WC, VanWiel L. (May 2026). Associations of urinary incontinence and aerobic capacity. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

Arthurs S, Hannan M, Pohjola L, Dobbs W, Vanwiel L. (May 2026). Associations of urinary incontinence and moderate-to-vigorous physical activity. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

Page M, Demoe E, Lepisto M, Litster M, **Dobbs WC**. (May 2026). Relationship of the Menstrual Cycle Phases on Physiological Fatigue in Recreational and Collegiate NCAA Female Athletes. Poster presentation at the University of Wisconsin Research and Creativity Symposium.

Kaiser P, Bjork K, Roush J, **Dobbs WC**, Litster M. (May 2026). Menstrual cycle influence on jump-landing force production and fatigue response in recreational and collegiate NCAA female athletes. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.

Eickhoff R, Greschner E, Beattie J, Nelson J, Lange E, Schreiner D, **Dobbs WC**, Litster M. (May 2025). Menstrual cycle effects on fatigue response to vertical jump testing in college female athletes: a quasi-experimental study. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.

- *Albee G, Gillespie K, **Dobbs WC**. (May 2025). Heart rate variability threshold as a surrogate marker of exercise intensity across exercise modalities. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Skramstad B, Jagim AR, **Dobbs WC**. (May 2025). Body composition differences across weight class divisions in collegiate wrestlers. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Streveler J, Ahrensholz L, **Dobbs WC**. (May 2025). Quantifying training load for collegiate wrestlers. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Bruni MJ, Gedrose ML, Jagim AR, **Dobbs WC**. (April 2025). Collegiate wrestlers show increased resting metabolic rate throughout a season. Poster presentation at Northland American College of Sports Medicine.
- Gedose ML, Bruni, **Dobbs WC**, Jagim AR. (April 2025). Differences in resting metabolic rate across weight class divisions in collegiate wrestlers. Poster presentation at Northland American College of Sports Medicine.
- Rowley Q, **Dobbs WC**, Jaime S. (May 2025). The effects of electronic nicotine delivery systems (ENDS) use on cardiopulmonary exercise capacity among young adults: A pilot study. Oral presentation at the University of Wisconsin – La Crosse Research and Creativity.
- Zoschke J, Dott L, Mommaerts Z, Sevenska C, **Dobbs WC**, Freidenreich D. (May 2025). Validity and reliability of the gradual graded exercise test. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- Staral NJ, Mousel BD, Caldwell JT, **Dobbs WC**, Freidenreich D, Maziak W, Jaime SJ. (2024). The effects of electronic nicotine delivery systems (ENDS) use on vascular function among young adults. Poster presentation at Northlands American College of Sports Medicine.
- *Missall M, Jagim A, Freidenreich D, **Dobbs WC**. (May 2024). Prevalence of low energy availability in collegiate wrestlers. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Schmitt R, **Dobbs WC**. (May 2024). The influence of lasso lifting wrist straps on maximal isometric mid-thigh pull strength. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Lucido M, Wright G, **Dobbs WC**. (May 2024). Reliability of heart rate variability and ventilatory threshold across exercise modalities. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Hansen M, Lucido M, Jagim A, **Dobbs WC**. (May 2024). Environmental influence on the physical demands of the northern warfare challenge. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Letter C, Wright G, Jagim A, **Dobbs WC**. (May 2024). Comparison of the reactive strength index and the modified reactive strength index in Division III athletes. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Jacobson A, Lucido M, Schmitt R, Gergen AJ, Missall M, Jagim A, **Dobbs WC**. (May 2024). Recovery patterns following the northern warfare challenge. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.

- *Gergen AJ, Freidenreich DJ, Jaime SJ, **Dobbs WC**. (May 2024). Accuracy of ultra-short-term measures of heart rate variability following resistance exercise. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- Stauffer L, Mumm C, Sipiorski B, Jenks-Recker P, Willmott G, Nachreiner K, **Dobbs WC**, Jaime SJ. (May 2024). Plyometric and isometric training on Achilles tendon thickness and ground reaction time. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- Dobbs WC**. (April 2024). The collaborative approach to optimizing performance potential: the role of a sport scientist. Oral presentation at the University of Wisconsin – La Crosse and Mayo Health Clinic Lunch and Learn, La Crosse, WI.
- * Carpenter M, Jacobson A, Marquardt A, Schmitt R, Jagim A, Almonroeder T, **Dobbs WC**. (May 2023). External and internal demands of the northern warfare challenge; A pilot study. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Schmitt R, Carpenter M, Jacobson A, Marquardt A, Almonroeder T, Jagim A, Luedke J, **Dobbs WC**. (May 2023). The relationship between the Army combat fitness test and a laboratory testing battery. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Jacobson A, Carpenter M, Schmitt R, Marquardt A, Jagim A, Almonroeder T, Luedke J, **Dobbs WC**. (May 2023). The standing power throw is a valid assessment of power and explosiveness for ARMY ROTC cadets. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Letter C, Almonroeder T, **Dobbs WC**. The relationship between variations of the reactive strength index. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Malooly E, **Dobbs WC**. (May 2023). The influence of Olympic weightlifting derivatives on sprint performance. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Marquardt A, Carpenter M, Jacobson A, Schmitt R, Freidenreich D, Jagim A, Luedke J, Almonroeder T, **Dobbs WC**. Anaerobic performance of reserve officer's training corp members and collegiate wrestlers. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Missall M, Carpenter M, Marquardt A, Jacobson A, Schmitt R, Westra A, Freidenreich D, **Dobbs WC**. (May 2023). Changes in anaerobic fitness across a Division III wrestling season. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Strittmater G, **Dobbs WC**, Starck J. (May 2022). Perceptions of resilience: an exploration into the impact of perceived and actual risk. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *Zavala F, Khurelbaatar C, Schuler J, Wright G, **Dobbs WC**. (May 2022). Relationship between repetitions in reserve and relative intensity during a conventional deadlift. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity.
- *George A, Jaime S, Gillette C, **Dobbs WC**. (May 2022). The influence of cooling on metabolic heat gain and sprint performance. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity Symposium.

- *Khurelbaatar C, Zavala F, Schuler J, Wright GA, **Dobbs WC**. (April 2022). Load-velocity profile and the utility of individual linear regression models to predict relative load in the deadlift. Poster presentation at NSCA Great Lakes Regional Clinic, Racine, WI.
- *Weyenberg H, Jaime S, **Dobbs WC**. (May 2021). The influence of intermittent cooling on cycling performance and heart rate recovery. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity Symposium.
- *Kosmal A, Peckumn D, Jaime S, **Dobbs WC**. (May 2021). The reliability of heart rate variability threshold. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity Symposium.
- *Ruechel A, Jaime S, **Dobbs WC**. (May 2021). The influence of heavy and ballistic back squat stimuli on countermovement jump performance. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity Symposium.
- Peckumn D, **Dobbs WC**, Kosmal A, Jaime S. Correlation between skeletal muscle oxygen saturation and skinfold measurement during incremental maximal exercise tests. Poster presentation at the University of Wisconsin – La Crosse Research and Creativity Symposium.
- Dobbs WC**, Holmes CJ, Esco MR. (February 2018). *The utility of heart rate variability monitoring in athletic settings: from the laboratory to the field*. Oral presentation at the Southeast Regional American College of Sports Medicine Annual Meeting, Chattanooga, TN.
- Herkelman SJ, **Dobbs WC**, Maurer M, Yeager D. (February 2013). *Assessing Challenge Course Technical Skills*. Oral presentation at the Association for Challenge Course Technology International Expo, Las Vegas, NV.
- Steffen J, **Dobbs WC**, Ramirez R. (January 2012). *Developing the Physical Education Curriculum*. Workshop at the Wausau School District Teacher In-Service Training, Wausau, WI.
- Steffen J, **Dobbs WC**, Fencel M. (September 2011). *Adventure Education in the Curriculum*. Workshop at the University of Wisconsin College System Physical Education Professional Development, Wausau, WI
- Dobbs WC**, Ramirez R, Steffen J. (October 2011). *Affordable Portables*, Oral presentation at the Wisconsin Health and Physical Education Conference, Wisconsin Dells, WI.
- Tweeter S, **Dobbs WC**. (November 2009). *Adapted Physical Education*, Oral presentation at the Wyoming Association for Health, Physical Education, Recreation and Dance, Riverton, WY.

Grants

- VanWeil L, **Dobbs WC**. (2025). Urinary incontinence as a signal and independent risk factor for cardiovascular disease. American Heart Association (\$200,000). *Not Funded*
- Jagim AR, **Dobbs WC**. (2025). Associations between Omega-3 index and risk factors for cardiovascular disease and markers of head trauma in athletes. Mayo Clinic and University of Wisconsin-La Crosse Seed Grant. (\$10,010) *Funded*.
- Dobbs WC**, Jagim A. (2025). Identifying total daily energy expenditure for collegiate wrestlers: Agreement of laboratory-grade and field-based estimates of energy expenditure. National Strength and Conditioning Association Foundation Directed Research Grant (\$25,000) *Not Funded*

- VanWeil L, **Dobbs WC**. (2024). Postpartum as a Critical Window: Physical Activity and Aerobic Capacity as Potential Mechanism in the Association of Urinary Incontinence and Cardiovascular Disease Risk. Faculty Research Grant, University of Wisconsin-La Crosse. (\$9,696) *Funded*
- Dobbs WC**, Erickson J, Luedke J, Jagim A. (2023). Predictors of non-functional overreaching/overtraining in wrestlers. National Strength and Conditioning Association Foundation Directed Research Grant (\$25,000) *Not Funded*
- Dobbs WC**, Erickson J, Luedke J, Jagim A. (2023). Prevalence of low energy availability and predictors of overtraining in collegiate wrestlers. Mayo Clinic and University of Wisconsin-La Crosse Seed Grant. (\$10,000) *Funded*.
- Dobbs WC**, Almonroeder T, Jagim A, Luedke J. (2022). Changes in fitness parameters and occupational performance in tactical athletes. Mayo Clinic and University of Wisconsin-La Crosse Seed Grant. (\$20,000) *Funded*.
- Almonroeder T, **Dobbs WC**, Cowley H, Jagim A, Luedke J. (2022). The effects of training with the Tonal Gym System on training adaptations in firefighters. Sponsored by Tonal Strength Institute (\$49,977) *Not Funded*.
- Dobbs WC**, Wright G. (Fall 2022). Association between the plateau in stroke volume and heart rate variability threshold. Faculty Research Grant, University of Wisconsin-La Crosse. (\$10,555) *Funded*.
- Dobbs WC**, Wright G, Bramwell S. (July 2020). ESS 368 Curriculum Redesign Grant for Hybrid Transition, University of Wisconsin-La Crosse. (\$2,000) *Funded*.
- Dobbs WC**, Wright G. (February 2020). ESS Strength and Conditioning Program. Curriculum Redesign Grant, University of Wisconsin-La Crosse. (\$5,000) *Funded*.
- Dobbs WC**. (November 2019). Reliability of heart rate variability obtained at submaximal exercise and the validity of a portable device. Faculty Research Grant, University of Wisconsin-La Crosse. (\$10,412) *Not Funded*.
- Dobbs WC**, Bishop P. (May 2016). Effect of pulse-point cooling on thermoregulation. Peak Performance Entrepreneur. (\$10,000). *Not Funded*.
- Steffen J, **Dobbs WC**. (August 2011). Adventure education in the curriculum. Royall School District Pep Grant. (\$15,000). *Funded*.

Student Grants as Primary Mentor

- Mumm C. (October 2025). Monitoring energy availability to optimize health and performance in collegiate wrestlers. Graduate Student Research, Creativity, & Experiential Learning Grant. (\$2,500) *Funded*.
- Kaiser P. (October 2025). Menstrual cycle influence on jump-landing force production and fatigue response in recreational and collegiate NCAA female athletes. Graduate Student Research, Creativity, & Experiential Learning Grant. (\$2,500) *Funded*.
- Gehm N & Hanke G. (October 2025). Intermittent passive stretch and microvascular function. Undergraduate Research and Creativity Grant. (\$3,050) *Funded*

- Skramstad B. (October 2025). Quantifying the relationship between autonomic function and training load in Division III gymnasts: A pilot study. Undergraduate Research and Creativity Grant. (\$2,500) *Not Funded*
- Rowland Q. (November 2024). The Impact of Nicotine Vaping Devices on Exercise Capacity and Exercise-Induced Vascular Benefits. Undergraduate Research and Creativity Grant. (\$1,880) *Funded*
- Lucido M. (December 2023). Recovery patterns in ROTC cadets following the Northern Warfare Challenge. Student Research, Creativity, & Experiential Learning Grant. (\$2,021) *Funded*.
- Missall M. (November 2023). Prevalence of low energy availability in collegiate wrestlers. Undergraduate Research and Creativity Grant. (\$2,000) *Funded*.
- Letter C. (November 2023). Interpretation of the reactive strength index in Division III athletes. Undergraduate Research and Creativity Grant. (\$1,600) *Funded*.
- Malooly E. (November 2022). The influence of Olympic weightlifting derivatives on sprint performance. Graduate Student Research, Creativity, & Experiential Learning Grant. (\$2,233) *Funded*.
- Khurelbaatar C, Zavala F. (November 2021). Velocity profile difference in deadlift between competitive powerlifters and recreational lifters. (\$2,500) *Funded*.
- Ruechel A. (November 2020). The influence of conditioning activity on sprint performance when equating volume load. Graduate Student Research, Creativity, & Experiential Learning Grant. (\$872) *Funded*.

HONORS & AWARDS

- 2024, Tactical Strength and Conditioning Professional of the Year (nominated), National Strength and Conditioning Association
- 2024, Student-Athlete Instructor of the Year Award (nominated), The University of Wisconsin – La Crosse
- 2023, Eagle Teaching Excellence Award (nominated), The University of Wisconsin – La Crosse
- 2022, Student-Athlete Instructor of the Year Award (nominated), The University of Wisconsin – La Crosse
- 2021, Eagle Teaching Excellence Award (nominated), The University of Wisconsin – La Crosse
- 2020, Student-Athlete Instructor of the Year Award (nominated), The University of Wisconsin – La Crosse
- 2020, Eagle Excellence Advising Award (nominated), The University of Wisconsin – La Crosse
- 2019, Eagle Teaching Excellence Award (nominated), The University of Wisconsin – La Crosse
- 2018, Graduate School Travel Award, The University of Alabama
- 2018, Department of Kinesiology Travel Award, The University of Alabama
- 2017, Poster Presentation Merit Award, ESPRMC Graduate Research Symposium, The University of Alabama
- 2017, ImpediMed Research Travel Award, ImpediMed Inc.
- 2017, Graduate School Travel Award, The University of Alabama
- 2017, Department of Kinesiology Travel Award, The University of Alabama
- 2017, Graduate Student Association Travel Award, The University of Alabama
- 2013, Outstanding Service Award, University of Wisconsin – Barron County
- 2008, Athlete of the Year, Cheyenne Quarter Back Club, University of Wyoming
- 2007 & 2008, Academic All-Conference, Mountain West Conference, University of Wyoming
- 2007 & 2008, Dave Schutt Scholarship Recipient, University of Wyoming

- 2005-2008, All-Conference Linebacker, Mountain West Conference, University of Wyoming

TEACHING EXPERIENCE

Courses Taught as the Primary Instructor

PTS 742: Research Practicum (4 courses), University of Wisconsin – La Crosse

- Provide physical therapy students with practical experience carrying out a research project.

ATS 720: Lifespan Wellness and Conditions (5 courses), University of Wisconsin – La Crosse

- Designed and implemented lectures and labs focused on exposing graduate students in the field of athletic training to physical and psychological variables that moderate health throughout the lifespan. This course also covered material relevant to exercise physiology and exercise prescription.

PTS 701: Applied Adult Clinical Practice (4 courses), University of Wisconsin – La Crosse

- Supervised physical therapy students with hands-on experience working with adults with impairments and movement dysfunctions in a clinic type setting (health promotion/wellness).

PTS 661: Professional Series 1 – Physical Therapy Foundations (1 course), University of Wisconsin – La Crosse

- Designed and implemented lectures and activities designed to familiarize first year DPT students to the program and resources at the University of Wisconsin – La Crosse.

PTS 628: Therapeutic Exercise and Manual Therapy (2 courses), University of Wisconsin – La Crosse

- Designed and implemented lectures and labs related to exercise prescription.

PTS 626: Applied Physical Therapy Management of the Cardiovascular/Pulmonary System (2 courses), University of Wisconsin – La Crosse

- Designed and implemented labs focused on exposing graduate students content related to cardiopulmonary assessments and clinical applications.

PTS 546: Applied Clinical Research (2 courses), University of Wisconsin – La Crosse

- Guided graduate students through the research proposal process.

PTS 543/544: Instrumentation for Human Movement (1 course), University of Wisconsin – La Crosse

- Designed and implemented lectures and labs focused on exposing graduate students to instrumentation that will be relevant to research and the field of physical therapy.

PTS 516/517: Physiological Regulation of Exertion and Disease (2 courses), University of Wisconsin – La Crosse

- Designed and implemented lectures and labs focused on exposing graduate students in the field of physical therapy to exercise physiology.

KIN 5040: Environmental Physiology (1 course), University of Wyoming.

- Desi

KIN 493: Fitness Appraisal and Exercise Prescription (1 course), The University of Alabama

- Designed and implemented lectures and labs focused on exposing undergraduate exercise science majors to exercise testing and prescription principles for healthy and diseased populations.

ESS 443: Fitness Across the Lifespan (8 courses), University of Wisconsin – La Crosse

- Designed and implemented lectures and activities focused on the health implications of fitness throughout the lifespan and the relationship between inactivity, aging, and disease

ESS 411: Strength and Conditioning Educator Training (9 courses), University of Wisconsin – La Crosse

- Designed and implemented lectures encompassing content related to anaerobic exercise physiology such as neuromuscular, endocrine, metabolic, and cardiovascular adaptations.

ESS 403: Advanced Strength and Conditioning Applications and Techniques (18 courses), University of Wisconsin – La Crosse

- Designed and implemented lectures and project-based learning for undergraduates interested in pursuing a career in strength and conditioning with a focus on periodized training models and special topics surrounding human performance

ESS 368: Strength Training Techniques and Programs (15 courses), University of Wisconsin – La Crosse

- Designed and implemented lecture and hands-on activity-based instruction on the various aspects of resistance training as it relates to all populations.

KIN 366: Measurement and Evaluation (4 courses), The University of Alabama

- Designed and implemented lectures and practical labs focused on the validity, reliability and objectivity with a large focus on measurement error.

ESS 309: Strength Training Clinical (6 courses), University of Wisconsin – La Crosse

- Facilitated a hybrid course for students to continuously work toward proficiency of resistance training movements and established relationships with local practitioners where students could acquire clinical hours

ESS 302-Lab: Exercise Physiology Laboratory (1 course), University of Wisconsin – La Crosse

HES 213: First Aid and Emergency Care (1 course), University of Wisconsin – Barron County

- Designed and implemented lectures and scenario activities introducing pre-health professions to circumstances which may or may not require the use of CPR/AED or First Aid

HES 206: Health and Wellness (2 courses), University of Wisconsin – Barron County

- Designed and implemented lectures for undergraduates interested in pursuing a career in a health and exercise science

ESS 205-Lab: Anatomy and Physiology Laboratory (1 course), University of Wisconsin – La Crosse

- Instructed laboratory sessions focused on the bone on muscle familiarization, with the utilization of models and human cadavers.

HES 205: Athletic Injuries (1 course), University of Wisconsin – Barron County

- Designed and implemented lectures on common musculoskeletal injuries

KIN 157: Beginning Weight Training (3 courses), The University of Alabama

- Designed and implemented a beginning-level weight training course focused on proper technique and program recognition

HES 127: Fitness for Life (2 courses), University of Wisconsin – Barron County

- Designed and implemented lectures and labs focused on living an active lifestyle

ESS 121: Teaching Adventure Theory (1 course), University of Wisconsin – La Crosse

- Designed and implemented instruction in an active lecture setting focused on introducing preservice physical education teachers to the adventure curriculum model

Invited Lectures

Spring 2026	<i>Utility of HRV in Sport Science</i> : Presented at Marquette University Sports Analytics Graduate Program
Summer 2025	<i>Exercise Prescription</i> : Presented at the University of Wisconsin – La Crosse Graduate Clinical Exercise Physiology students
Summer 2024	<i>Exercise Prescription</i> : Presented at the University of Wisconsin – La Crosse Graduate Clinical Exercise Physiology students
Summer 2023	<i>Exercise Prescription</i> : Presented at the University of Wisconsin – La Crosse Graduate Clinical Exercise Physiology students
Spring 2022	<i>Muscular Fitness</i> . Presented at the University of Wisconsin – La Crosse HPR 105: Healthy and Active Lifestyles
Fall 2021	<i>Muscular Fitness</i> . Presented at the University of Wisconsin – La Crosse HPR 105: Healthy and Active Lifestyles
Fall 2021	<i>Research Design in Exercise Science</i> . Presented at the University of Wisconsin – La Crosse ESS 446: Current Research and Trends in Exercise Science
Spring 2021	<i>Athletic Monitoring with HRV</i> . Presented at the University of Wisconsin – La Crosse ESS 446: Current Research and Trends in Exercise Science
Fall 2020	<i>Force Plate Data for Athletes</i> . Presented at the University of Wisconsin – La Crosse Human Performance Graduate Program.
Fall 2020	<i>Athletic Monitoring with HRV</i> . Presented at the University of Wisconsin – La Crosse ESS 446: Current Research and Trends in Exercise Science
Spring 2020	<i>Athletic Monitoring with HRV</i> . Presented at the University of Wisconsin – La Crosse ESS 446: Current Research and Trends in Exercise Science
Spring 2020	<i>Muscular Fitness</i> . Presented at the University of Wisconsin – La Crosse HPR 105: Healthy and Active Lifestyles
Fall 2019	<i>Athletic Monitoring with HRV</i> . Presented at the University of Wisconsin – La Crosse ESS 446: Current Research and Trends in Exercise Science
Fall 2019	<i>Muscular Fitness</i> . Presented at the University of Wisconsin – La Crosse HPR 105: Healthy and Active Lifestyles

- Spring 2019 *Athletic Monitoring with HRV*. Presented at the University of Wisconsin – La Crosse ESS 446: Current Research and Trends in Exercise Science
- Spring 2019 *Fitness in the K-12 Setting*. Presented at the University of Wisconsin – La Crosse ESS 364: Teaching Fitness and Wellness in Physical Education
- Spring 2019 *Muscular Fitness*. Presented at the University of Wisconsin – La Crosse HPR 105: Healthy and Active Lifestyles
- Summer 2018 *Cardiovascular Physiology*. Presented at The University of Alabama in KIN 492: Exercise Physiology
- Summer 2018 *Muscular Physiology*. Presented at The University of Alabama in KIN 492: Exercise Physiology
- Spring 2018 *Body Composition*. Presented at The University of Alabama in KIN 199: Ecological Aspects of Health
- Spring 2018 *Standardized Scores*. Presented at The University of Alabama in KIN 366: Assessment for Physical Education
- Summer 2017 *Exercise Metabolism*. Presented at The University of Alabama in KIN 492: Exercise Physiology
- Summer 2017 *Cardiovascular Physiology*. Presented at The University of Alabama in KIN 492: Exercise Physiology
- Summer 2017 *A Degree in Kinesiology*. Presented at The University of Alabama in KIN 300: Introduction to Kinesiology
- Spring 2017 *Exercise Session Programming*. Presented at The University of Alabama in KIN 199: Ecological Aspects of Health
- Spring 2017 *Training Adaptations and the influence of Genetics*. Presented at The University of Alabama in KIN 199: Ecological Aspects of Health
- Spring 2017 *Muscular Adaptations to Training*. Presented at The University of Alabama in KIN 199: Ecological Aspects of Health
- Spring 2017 *Muscular Strength & Endurance*. Presented at The University of Alabama in KIN 199: Ecological Aspects of Health
- Fall 2016 *Options Provided by a Kinesiology Degree*. Presented at The University of Alabama in KIN 300: Introduction to Kinesiology
- Fall 2016 *Correlation and Regression*. Presented at The University of Alabama in KIN 366: Measurement and Evaluation
- Spring 2012 *The Facets of Communication*. Presented at the University of Wisconsin – La Crosse HED 409: Stress Management & Relaxation
- Fall 2012 *Communication in the Worksite*. Presented at the University of Wisconsin – La Crosse HED 409: Stress Management & Relaxation

SERVICE

Professional Committees & Leadership Roles

- 2024-2026, Institutional Review Board Committee (Chair), University of Wisconsin – La Crosse
- 2025, Sabbatical Review Committee, University of Wisconsin – La Crosse
- 2023-24, Co-Director of the Human Performance Lab, University of Wisconsin – La Crosse
- 2023-24, Search and Screen Committee member, ESS, University of Wisconsin – La Crosse
- 2022-24, Institutional Review Board Committee member, University of Wisconsin – La Crosse
- 2022-Present, Graduate Curriculum Committee member, University of Wisconsin – La Crosse
- 2023-24, Board of Directors Committee member, ESS, University of Wisconsin – La Crosse
- 2022-23, Merit Committee chair, ESS, University of Wisconsin – La Crosse
- 2020-21, Search and Screen Committee member, ESS, University of Wisconsin – La Crosse
- 2021-22, Undergraduate Research Committee member, University of Wisconsin – La Crosse
- 2021-22, Board of Directors Committee member, ESS, University of Wisconsin – La Crosse
- 2020-21, Board of Directors Committee member, ESS, University of Wisconsin – La Crosse
- 2019-20, Secretary to the Department, ESS, University of Wisconsin – La Crosse

Presentations/Volunteer Activities

2021-2026 *Sports Science Consultant for University Wisconsin – La Crosse.*

- Provide information regarding training load, nutrition, and recovery to the athletes and coaches

Spring 2022 *The Relationship between Training, Nutrition, and Rest.* University of Wisconsin-La Crosse Women's Track and Field Team.

- Performed a 1-hour informative discussion regarding the stress response and relative energy deficiency in sport (RED-S) as they relate to health and performance

Spring 2020 *Eat Like a Champion.* University of Wisconsin-La Crosse Men's Track and Field Team.

- Performed a 1-hour long informative discussion regarding the stress response and nutritional strategies to promote recovery and facilitate improvements in performance

Fall 2019 *Know Yourself – The Influence of Training, Nutrition, and Rest.* University of Wisconsin-La Crosse Women's Track and Field Team.

- Performed a 1-hour informative discussion regarding the stress response and relative energy deficiency in sport (RED-S) as they relate to health and performance

Spring 2018 *STEM Learning.* The University of Alabama Exercise Physiology Laboratory, The University of Alabama, Tuscaloosa, AL

- Organized and implemented a visit to the exercise physiology laboratory for high school students in the Tuscaloosa area with an emphasis on different methods for measuring physical performance

Sprint 2017 *Crimson Fit.* Department of Kinesiology, The University of Alabama, Tuscaloosa, AL

- Performed fitness assessments for community members in the Tuscaloosa area

Spring 2017 *Fitness Testing.* The University of Alabama Police Department, The University of Alabama, Tuscaloosa, AL

- Performed field-based fitness assessments for police department recruits

Journal Reviews

- Annals of Noninvasive Electrocardiology – *Reviewer*
- International Journal of Exercise Science – *Quantitative Section Editor*
- International Journal of Sports Physiology and Performance – *Reviewer*
- Journal of Strength and Conditioning Research – *Reviewer*
- Kinesiology - *Reviewer*
- Medicine & Science in Sports & Exercise – *Reviewer*
- Sports Medicine - *Reviewer*

Conference Reviews

- 2022-Present, Abstract and Presentation Reviewer, National Strength and Conditioning Conference

Graduate Student Research Mentorship

- 2025-2026, Aly Christensen, Gunderson Sports Physical Therapy Resident Project Co-chair, La Crosse Institute of Movement Science
- 2025-2026, Connor Mumm, Graduate Research Project Chair, DPT, University of Wisconsin – La Crosse
- 2025-2026, Time Ritt, Graduate Research Project Chair, DPT, University of Wisconsin – La Crosse
- 2025-2026, Mia Khalil, Graduate Research Project Chair, DPT, University of Wisconsin – La Crosse
- 2025-2026, Kyle Comeau, Graduate Research Project Chair, DPT, University of Wisconsin – La Crosse
- 2025-2026, Mandie Schwarz, Graduate Research Project Chair, DPT, University of Wisconsin – La Crosse
- 2025-2026, Paul Kaiser, Graduate Research Project Co-chair, DPT, University of Wisconsin – La Crosse
- 2024-25, Reece Eckrich, Graduate Research Project Member, DPT, University of Wisconsin – La Crosse
- 2023-24, Mimi Lucido, Master Project Chair, CEP, University of Wisconsin – La Crosse
- 2022-24, Nicolette Schaeffges, Master Project Committee Member, ATS, University of Wisconsin – La Crosse
- 2022-23, Emma Malooly: Master Project Chair, CEP, University of Wisconsin – La Crosse
- 2021-22, Alyssa George: Master Project Chair, CEP, University of Wisconsin – La Crosse
- 2021-22, Dao Yang: Master Project Chair, CEP, University of Wisconsin – La Crosse
- 2021-22, Justin Donkin: Master Project Committee Member, CEP, University of Wisconsin – La Crosse
- 2021-22, Gabrielle Strittmater: Master Thesis Committee Member, PET, University of Wisconsin – La Crosse
- 2020-21, Austin Kosmel: Master Thesis Chair, CEP, University of Wisconsin – La Crosse
- 2020-21, Alex Ruechel: Master Thesis Chair, CEP, University of Wisconsin – La Crosse
- 2020-21, Hailey Weyenberg: Master Thesis Chair, CEP, University of Wisconsin – La Crosse
- 2020-21, Dominique Peckumn: Master Thesis Chair, CEP, University of Wisconsin – La Crosse
- 2020-21, Rachel Getzinger: Master Thesis Committee Member, PET, University of Wisconsin – La Crosse
- 2019-20, Logan Sweeney: Independent Research Project, HP, University of Wisconsin – La Crosse
- 2019-20, Jared Anderson: Master Thesis Committee Member, PETE, University of Wisconsin – La Crosse
- 2019-20, Elizabeth Schwab: Master Thesis Committee Member, CEP, University of Wisconsin – La Crosse
- 2019-20, Ben Steinolfson: Master Thesis Committee Member, CEP, University of Wisconsin – La Crosse
- 2019-20, Josafat Chavez: Master Thesis Committee Member, CEP, University of Wisconsin – La Crosse
- 2019-20, Lao Lee: Master Thesis Committee Member, CEP, University of Wisconsin – La Crosse
- 2019-20, Layne Nowlin: Master Thesis Committee Member, HP, University of Wisconsin – La Crosse
- 2018-19, John Schimenz: Master Thesis Committee Member, HP, University of Wisconsin – La Crosse
- 2017-18, Sarah Sherman: Master Thesis, The University of Alabama

Undergraduate Student Research Mentorship

- 2025-2026, Abigail Del Bianco: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2025-2026, Danica Neville: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2024-2026, Kate Gillespie: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2024-2026, Ben Skamstad: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2023-2026, Grace Albee: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2023-2025, Jonah Streveler: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2024-25, Quinn Rowley: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2024-25, Michael Wiesmuller: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2024-25, Sam Barrett: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2023-24, Quinn Alexander: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-24, Alex Gergen: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-24, Maddie Hansen: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-24, Rachel Schmitt: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-24, Cole Letter: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-24, Micah Missall: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-24, Anna Jacobson: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-23, Adriana Marquardt: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2022-23, Makenna Carpenter: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2021-22, Chinguun Khurelbaatar: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2021-22, Francisco Zavala: Undergraduate Research Mentor, ESS, University of Wisconsin-La Crosse
- 2019-20, Kyle Pulvermacher: Independent Research Project, University of Wisconsin-La Crosse.
- 2018, Paul Fierro: Independent Research Project, The University of Alabama
- 2018, Gabrielle Lane: Honors Program, The University of Alabama
- 2014, Samantha Nofsinger: Emerging Scholars Program, The University of Alabama
- 2014, Katherine Doggett: Emerging Scholars Program, The University of Alabama
- 2014, Samantha Darr: Emerging Scholars Program, The University of Alabama
- 2014, Sarah Flammang: Emerging Scholars Program, The University of Alabama