

CURRICULUM VITAE
MATTHEW PAUL GONZALEZ

Department of Kinesiology
University of Texas at San Antonio
matthew.gonzalez2@utsa.edu

EDUCATION

Doctor of Philosophy, Translational Science 2021-2024

Specialization in Strength and Conditioning and Sport Science Research,
University of Texas at San Antonio, San Antonio, TX 78249

Joint Program in Collaboration with:

University of Texas at Austin,
University of Texas Health Science Center at San Antonio,
University of Texas Health Science Center at Houston

Interdisciplinary Health Sciences PhD Program, 2020-2021

Specialization in Strength and Conditioning Research,
University of Texas at El Paso, El Paso, TX 79968

(Transferred Institution with principal adviser after 1st year of doctoral studies)

Master of Science, Kinesiology 2018-2020

University of Texas at El Paso, El Paso, TX 79968

Bachelor of Science, Kinesiology (Exercise Science) 2015-2018

Minor: Nutrition

University of Texas at El Paso, El Paso, TX 79968

PROFESSIONAL EXPERIENCE

Post-Doctoral Fellow, University of Texas at San Antonio, San Antonio, TX 2024- Present

Lecturer, University of Texas at San Antonio, San Antonio, TX Spring 2023

Part-Time Lecturer

Graduate Research Associate, San Antonio, TX 2021-2024

Student Researcher

Graduate Research Associate, El Paso, TX 2019–2021

Student Researcher- Fitness Research Laboratory

Graduate Teaching Assistant, University of Texas at El Paso, El Paso, TX 2018-2020

Teaching Assistant- Department of Kinesiology

Gadsden Independent School District, Santa Teresa, NM 2014-2021

Statistician and Scoreboard Operator

Crossover Fitness, El Paso, TX
Personal Trainer

2014-2017

TEACHING EXPERIENCE

Post Doctoral Fellow

Department of Kinesiology – Fall 2024 – Present
The University of Texas at San Antonio

Courses Taught

- Exercise Physiology (Undergraduate Level)– Fall 2024
- Biomechanics (Undergraduate Level) – Spring 2025

Part-Time Lecturer

Department of Kinesiology - Spring 2023
The University of Texas at San Antonio

Courses Taught

- Strength and Conditioning (Undergraduate Level)

Teaching Assistant

Department of Kinesiology 2018-2020
The University of Texas at El Paso

Courses Taught

- Biomechanics Lab (Undergraduate Level)
 - Responsible for teaching multiple lab sections to undergraduate students (3 per semester)
- Exercise Physiology Lab (Undergraduate Level)
 - Teaching multiple lab sections (3 per semester)

PEER REVIEWED PUBLICATIONS AND MANUSCRIPTS IN REVIEW

(First Author = 2, Co-author = 16, In-Review = 4)

1. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Briggs, A., & Dorgo, S. (In Print). Resisted sprint training improves overground sprint, jump, and isometric mid-thigh pull kinetics and kinematics in male youth ice hockey players: a randomized controlled trial. *Journal of Human Kinetics*.
2. Montalvo, S., Gonzales, F., Gruber, L. D., **Gonzalez, M. P.**, Dietze-Hermosa, M. S., & Dorgo, S., (2024). Comparative kinematic analysis of high-speed treadmill vs overground sprinting across athletic levels and sex. *Journal of Sport Medicine and Physical Fitness*.
3. **Gonzalez, M. P.**, Brown, D. M. Y., Swafford, I. M., Seidi, M., Hajiaghamemer, M., & Dorgo, S. (2024). The effects of mental fatigue on anaerobic power and power endurance performance. *Sports*. 12(7), 192. <https://doi.org/10.3390/sports12070192>

4. Montalvo, S., **Gonzalez, M. P.**, Dietze-Hermosa, M. S., Rodriguez, S., Gomez, M., Ibarra-Mejia, G., Tan, E., & Dorgo, S. (Accepted 2024). Effects of different stretching modalities on the antagonist and agonist muscles on isokinetic strength and vertical jump performance in young men. *Journal of Strength and Conditioning Research*.
5. Long, J., Brown, D., Farrell, J., **Gonzalez, M. P.**, Cheever, K. (2024). Relationship between workload, psychological state and sleep in female soccer athletes. *International Journal of Sports Medicine*.
6. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Gomez, M., & Dorgo, S. (2023). A comparison of morphological, jump, and sprint kinematic asymmetries in Division I track and field athletes. *International Journal of Exercise Science*. 16(1), 1306-1319. Available at: <https://digitalcommons.wku.edu/ijes/vol16/iss1/11>
7. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, & Dorgo S. (2023). The impact of an 8-week resisted sprint training program on ice skating performance in male youth ice hockey players. *Journal of Strength and Conditioning Research*, 38(5), 957-965.
8. Dorgo, S., Terrazas, L. A., **Gonzalez, M. P.**, Dietze-Hermosa, M. S., & Montalvo, S. (2023). Effects of manual resistance versus weight resistance training on body composition and strength in young adults after a 14-week intervention. *Journal of Bodywork and Movement Therapies*. doi: <https://doi.org/10.1016/j.jbmt.2023.06.013>.
9. Montalvo, S., Martinez, A., Arias, S., Lozano, A., **Gonzalez, M. P.**, Dietze-Hermosa, M. S., Boyea, B. L., & Dorgo, S. (2023). Smartwatches and Commercial Heart Rate Monitors: A Concurrent Validity Analysis. *Journal of Strength and Conditioning Research*, 37(9), 1802-1808.
10. Dietze-Hermosa, M. S., Montalvo, S., **Gonzalez, M. P.**, Rodriguez, S., Cubillos, N. R., & Dorgo, S. (2023). Difference in Sprint Profile, Sprint Completion Times, and Jumping Performance between Division I Track and Field Sprinters, Long-Distance Runners, and Throwers. *Journal of Physical Education and Sport*. 23(1), 10-23.
DOI:10.7752/jpes.2023.01002
11. Tan, E., Montalvo, S., **Gonzalez, M. P.**, Dietze-Hermosa, M., See, M., & Dorgo, S. (2023). Changes in vertical jump performance and body composition before and after COVID-19 lockdown. *Journal of Human Sport and Exercise*, 18(1), 224-241.
doi:10.14198/jhse.2023.181.18
12. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, & Dorgo, S. (2021). Physical fitness in older adults: Is there a relationship with the modified Functional Movement Screen™?. *Journal of Bodywork and Movement Therapies*, 25, 28-34.
13. Montalvo, S., **Gonzalez, M. P.**, Dietze-Hermosa, M. S., Eggleston, J. D., & Dorgo, S. (2021). Common vertical jump and reactive strength index measuring devices: A validity

- and reliability analysis. *The Journal of Strength & Conditioning Research*, 35(5), 1234-1243.
14. Montalvo, S., Gruber, L. D., **Gonzalez, M. P.**, Dietze-Hermosa, M. S., & Dorgo, S. (2021). Effects of Augmented Eccentric Load Bench Press Training on One Repetition Maximum Performance and Electromyographic Activity in Trained Powerlifters. *The Journal of Strength & Conditioning Research*, 35(6), 1512-1519.
 15. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Rodriguez, S., Cubillos, N. R., & Dorgo, S. (2021). Association and Predictive Ability of Jump Performance with Sprint Profile of Collegiate Track and Field Athletes. *Sports Biomechanics*, 1-20.
 16. Montalvo, S., Conde, D., **Gonzalez, M. P.**, Dietze-Hermosa, M., Ibarra-Mejia, G., & Dorgo, S. (2021). Heart rate percentage as a method for determining intra-set resting during a post-activation performance enhancement exercise to increase vertical jump performance. *Journal of Physical Education and Sport*, 21(5), 2730-2736.
 17. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, & Dorgo, S. (2021). Physical fitness in older adults: Is there a relationship with the modified Functional Movement Screen™?. *Journal of Bodywork and Movement Therapies*, 25, 28-34.
 18. Dietze-Hermosa, M., Montalvo, S., Cubillos, N. R., **Gonzalez, M. P.**, & Dorgo, S. (2020). Association and Predictive Ability of the Vertical Countermovement Jump Performance on Unilateral Agility in Recreationally Trained Individuals. *Journal of Physical Education and Sport*, 20(3), 2076-2085. DOI:10.7752/jpes.2020.s3280
 19. Long, J., Farrell, J., **Gonzalez, M. P.**, Cheever, K., (In Review). A multifactorial analysis of physical stress, psychological readiness and recovery across a competitive season in female collegiate soccer athletes. *Strength and Conditioning Journal*.
 20. Tan, E. C. H., Rio-Rodriguez, D., Mancilla, A., **Gonzalez, M. P.**, & Montalvo, S. (In Review). Normative Data for Countermovement Jump in Malaysian Wushu Athletes: Performance and Biomechanical Insights. *International Journal of Exercise Science*.
 21. Cheever, K., Long, J., Farrell, J., **Gonzalez, M. P.**, Camargo, E. (In Review). Sleep duration and sleep quality as season-long predictors of ratings of perceived exertion and psychological wellbeing in female soccer athletes. *Journal of Strength and Conditioning Research*.
 22. Montalvo, S., **Gonzalez, M. P.**, Bailey, C., Tan, E. (In Review). Longitudinal Analysis of Inter-Limb Asymmetry Indexes and Vertical Jump Performance in Elite Athletes. *Journal of Strength and Conditioning Research*.

Manuscripts in Preparation (First author = 4; Co-author = 1)

1. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Cheever, K., Bishop, C., Beck, O., & Dorgo, S. (In preparation). The within- and between- session reliability of interlimb asymmetries in the isometric midthigh pull. Target Journal: *Journal of Strength and Conditioning Research*.
2. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., & Dorgo, S. (In preparation). The relationship between stretch shortening cycle categorization with jump and sprint performance. Target Journal: TBD.
3. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Adeniran, S., & Dorgo, S. (In preparation). A comparison of treadmill and overground sprint step kinematic asymmetries. Target Journal: TBD.
4. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Schell, M., Ajroudi, I., & Dorgo, S. (In preparation). The reliability of interlimb asymmetries in an isometric pushup assessment. Target Journal: TBD.
5. Montalvo, S., Mancilla, A., Rodriguez, D. R., **Gonzalez, M. P.**, & Tan, E. (In Preparation). Construction of national normative vertical jump performance of malaysia wushu martial arts. Target Journal: *Journal of Strength and Conditioning Research*.

FUNDING

Funded or Currently Pending Grant Proposals (PI = 2, Co-I = 3)

1. National Strength and Conditioning Association Foundation (NSCAF) – Doctoral Graduate Student Research Grant. The Effect of Body Position on the Within- and Between-Session Reliability of Isometric Mid-Thigh Pull Asymmetry Measures and Its Relationship with Performance. Grant proposal submitted in February 2023, requesting \$2,558.73. **Funded in June 2023 for \$2,558.73. Role: PI**
2. Velocity Texas. (PI – Oyama, S.). Effects of a Novel Neuromuscular Training Apparatus – NeuroPak for U.S. Air Force Job-Related Skills. Contracted research **Funded on December 12, 2023, for \$117,408. Role: Co-I**
3. National Strength and Conditioning Association Foundation (NSCAF) – Doctoral Graduate Student Research Grant (PI: Dorgo, S & Dietze-Hermosa, M.). Effects of an 8-week resisted sprint training program on ice skating speed, acceleration, and measures of athletic performance in male ice hockey players. Grant proposal submitted in February 2021, requesting \$7,279.10; **Funded in May 2021 for \$7,279 Role: Co-I**
4. National Strength and Conditioning Association Foundation (NSCAF) – Directed Research Grant (PI: Dorgo, S. & Martinez, E.). The Evaluation of Program Impact

through the Implementation of the Young Stars Strength and Conditioning Program in El Paso, Texas. Grant proposal submitted in February 2020, requesting \$25,000; **Funded in April 2020 for \$25,000 Role: Co-I**

5. Dodson Research Grant. The Effects of Manual Resistance Training on Post Activation Potentiation. Les and Harriet Dodson Endowment & UTEP Graduate President's Office Research. Grant proposal submitted in February 2019, requesting \$2,675; **Funded in May 2019 for \$2,675 Role: PI**

Notable Applications Rejected

1. American Athletic Conference Academic Consortium – Research Grant. (PI – Dorgo, S. & Gonzalez, M.P.) Associations between lower body inter-limb asymmetries and injury rates in collegiate athletes. Submitted January 2024, requesting \$15,000. Not Funded. **Role: Co-PI.**
2. National Strength and Conditioning Association Foundation (NSCAF) (2022). The Association Between Strength, Jump, Sprint, and Flexibility Inter-Limb Asymmetries and Risk of Musculoskeletal Injury in Division I Track and Field Athletes. NSCAF Graduate Research Grant-Doctoral. Grant proposal submitted in March 2022, requested \$9,774.38, Not funded. **Role: PI**
3. Paso Del Norte Health Foundation – Healthy Eating Active Living Initiative (PI: Dorgo, S.). Young Stars Sports Program for EPISD 6th Grade Students. Grant proposal submitted in December 2020, requested \$202,000. Not funded. **Role: Co-I**
4. National Strength and Conditioning Association Foundation (NSCAF) (2021). The Relationship Between Inter-Limb Asymmetries and Injury Rates Among Division I Track and Field Athletes. NSCAF Graduate Research Grant-Doctoral. Grant proposal submitted in March 2021, requested \$14,883, not funded. **Role: PI**
5. National Strength and Conditioning Association Foundation (NSCAF) (2020). The acute effects of manual resistance on ballistic bench press performance. NSCAF Graduate Student Grant. Application submitted in March 2020, requested \$14,475, not funded. **Role: PI**
6. Heal Initiative of the Paso Del Norte Health Foundation (2020). Youth Stars Athletic Program. Paso Del Norte Health Foundation. Application submitted in December 2019, requesting \$316,298, not funded. **Role: Co-I**
7. National Strength and Conditioning Association Foundation (NSCAF) (2019). The effects of manual resistance on post activation potentiation. NSCAF Graduate Research Grant-Master's. Application submitted in March 2019, requesting \$3,975, not funded. (*finalist*). **Role: PI**

8. Department of Health and Human Services – Office of Minority Health (PI: Dorgo, S.). Young Athletic Stars Program Proposal. Application submitted on May 31, 2019, requesting \$800,000, not funded. **Role: Co-I**

NATIONAL AND REGIONAL SCHOLARLY PRESENTATIONS

(First Author = 9, Co-Author = 50)

1. **Gonzalez, M. P.**, McCracken, K., Montalvo, S., Dietze-Hermosa, M., Cheever, K., & Dorgo, S. (2024). A comparison of drop jump performance among collegiate football basketball and track athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
2. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Bishop, C., & Dorgo, S. (2024). Within-session reliability of isometric mid-thigh pull interlimb asymmetries in male collegiate athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
3. Galaviz, M. J., **Gonzalez, M. P.**, Hart, S., McCracken, K., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Association between rate of force development in the isometric mid-thigh pull and time to peak propulsive force in the vertical drop jump. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
4. Hart, S., **Gonzalez, M. P.**, McCracken, K., Ajroudi, I., Galaviz, M., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Stretch shortening cycle category from drop jump is not indicative of sprint performance across football, basketball, and track collegiate athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
5. Villalba, A., **Gonzalez, M. P.**, Schell, M., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Drop jump performance is better associated with the later stages of sprint acceleration in male collegiate athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
6. Adeniran, F., **Gonzalez, M. P.**, McCracken, K., Ukaegbu, A., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). the relationship between drop jump reaction forces and the measures of force development in the isometric mid-thigh pull. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
7. Ajroudi, I., **Gonzalez, M. P.**, Sanchez, A., Hart, S., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Associations between muscle strength and power in male collegiate athletes: an analysis of power clean, back squat, and drop jump performance. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.

8. McCracken, K., **Gonzalez, M. P.**, Hart, S., Galaviz, M. J., Ukaegbu, A., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Comparison of drop jump performance in male versus female collegiate track athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
9. Sanchez, A., **Gonzalez, M. P.**, Ajroudi, I., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Relationship between drop jump and sprint contact times in collegiate athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
10. Reynosa, N., **Gonzalez, M. P.**, Gonzalez, G., Sanchez, A., Galaviz, M., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Sprint step kinematic asymmetries do not differ across basketball, football, and track athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
11. Schell, M., **Gonzalez, M. P.**, Villalba, A., Hart, S., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). Relationship between vertical stiffness and sprint step length in male division i collegiate athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
12. Ukaegbu, A., **Gonzalez, M. P.**, McCracken, K., Adeniran, F., Montalvo, S., Dietze-Hermosa, M. S., & Dorgo, S. (2024). A comparison of sprint profile measures between collegiate male football, basketball, and track athletes. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
13. Araneda C., Dorny A., Montalvo S., **Gonzalez M.**, Dorgo S. & Dietze-Hermosa M. (2024). Correlation between isometric mid-thigh pull performance and overground sprinting in male youth ice hockey players. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
14. Dorny A., Araneda C., Montalvo S., **Gonzalez M.**, Dorgo S. & Dietze-Hermosa M. (2024). Differences in sprint profile following resisted sprint training in youth ice hockey players. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
15. Dorny A., Montalvo S., **Gonzalez M.**, Dorgo S. & Dietze-Hermosa M. (2024). Differences in spatiotemporal variables and joint angles following resisted sprint training in youth ice hockey players. 2024 National Strength and Conditioning Association-National Conference. Baltimore, MD, July 10-13, 2024.
16. Garza, R., Sequeira, J., **Gonzalez, M. P.**, Rios, E., Andrews, G. J., Getreu, E., Cheever, K., Dorgo, S., & Zhang, T. (2024). Creatinine is a sensitive blood biomarker for muscular strength and power in college students. *International Journal of Exercise Science: Conference Proceedings*

17. **Gonzalez, M. P.**, Brown, D. M. Y., Swafford, I. M., Summerville, B., Seidi, M., Hajiaghamemar, M., & Dorgo, S. (2023). The effect of mental fatigue on squat jump and repeated jump performance in collegiate volleyball players. 2023 National Strength and Conditioning Association National Conference Abstract.
18. Baldwin, C., **Gonzalez, M. P.**, Dorgo, S., Dietze-Hermosa, M., Montalvo, S. (2023). Differences in ice skating completion time after participation in resisted sprint training. 2023 National Strength and Conditioning Association National Conference Abstract.
19. Cheever, K. M., Long, J., **Gonzalez, M. P.**, Voss, D., Adeniran, S., Trevino, M., Aguilar, K., (2023). A multifactorial analysis of physical stress, recovery, and psychological readiness across a competitive season in female collegiate soccer athletes. 2023 National Strength and Conditioning Association National Conference Abstract.
20. Montalvo, S., Mancilla, A., Rodriguez, D. R., **Gonzalez, M. P.**, Tan, E. (2023). Construction of national normative vertical jump performance of Malaysia wushu martial arts. 2023 National Strength and Conditioning Association National Conference Abstract.
21. Rios, E., Andrews III, G. J., **Gonzalez, M. P.**, Getreu, E., Acuna, A., Taha, N., Cheever, K., Floyd, C., Dorgo, S., & Zhang, T. (2023). Body composition and blood biomarkers correlate with muscle strength and anaerobic performance. *International Journal of Exercise Science: Conference Proceedings*
22. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Molina, T. & Dorgo, S. (2022). A comparison of the magnitude of jump and sprint asymmetries in division 1 track and field athletes. 2022 National Strength and Conditioning Association National Conference Abstract.
23. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Molina, T. & Dorgo, S. (2022). Associations between jump inter-limb asymmetries and sprint profile measures. 2022 National Strength and Conditioning Association National Conference Abstract.
24. Montalvo, S., Martinez, A., **Gonzalez, M. P.**, Dietze-Hermosa, M., Arias, S., Progga, F. H., Lozano, A., & Dorgo, S. (2022). Reliability and validity analyses of heart rate measures from a commercially available smartwatch. 2022 National Strength and Conditioning Association National Conference Abstract.
25. Dietze-Hermosa, M., Williams, N., Lowry, J., Allen, W., Laudie, E., Baldwin, C., Montalvo, S., **Gonzalez, M. P.**, & Dorgo, S. (2022). Differences in sagittal plane joint angles at toe-off between overground sprinting and maximal ice skating in youth ice hockey players. 2022 National Strength and Conditioning Association National Conference Abstract.
26. Dietze-Hermosa, M., Williams, N., Lowry, J., Allen, W., Laudie, E., Baldwin, C., Montalvo, S., **Gonzalez, M. P.**, & Dorgo, S., (2022). Difference in step spatiotemporal variables between overground sprinting and maximal ice skating in you ice hockey

players. 2022 National Strength and Conditioning Association National Conference Abstract.

27. Lowry, J., Williams, N., Baldwin, C., Allen, W., Laudie, E., Montalvo, S., **Gonzalez, M. P.**, Dorgo, S., & Dietze-Hermosa, M. (2022). Differences in isometric mid-thigh pull peak force production after participation in resisted sprint training. 2022 National Strength and Conditioning Association National Conference Abstract.
28. Williams, N., Laudie, E., Lowry, J., Baldwin, C., Montalvo, S., **Gonzalez, M. P.**, Dorgo, S., & Dietze-Hermosa, M. (2022). Association between biceps femoris muscle activity with maximal ice skating completion times and kinetic profile measures in youth ice hockey players. 2022 National Strength and Conditioning Association National Conference Abstract.
29. Laudie, E., Williams, N., Baldwin, C., Allen, W., Lowry, J., Montalvo, S., **Gonzalez, M. P.**, Dorgo, S., & Dietze-Hermosa, M. (2022). Association between vertical jump performance and maximal ice skating completion times in youth ice hockey players. 2022 National Strength and Conditioning Association National Conference Abstract.
30. Baldwin, C., Laudie, E., Lowry, J., Williams, N., Montalvo, S., **Gonzalez, M. P.**, Dorgo, S., & Dietze-Hermosa, M. (2022). Kinetic profile differences between overground sprinting and maximal ice skating in youth ice hockey players. 2022 National Strength and Conditioning Association National Conference Abstract.
31. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Cubillos, N. R., & Dorgo, S. (2021). Changes in sprint kinematic asymmetries in Division I track and field athletes during off-season training. 2021 National Strength and Conditioning National Conference Abstract
32. Montalvo, S., Tan, E., **Gonzalez, M. P.**, Dietze-Hermosa, M., Cubillos, N. R., & Dorgo, S. (2021). The influence off at-free mass on vertical jump performance on elite wushu martial arts athletes. 2021 National Strength and Conditioning National Conference Abstract.
33. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Cubillos, N. R., Rodriguez, S. A., Martinez, E., & Dorgo, S. (2021). Differences in sprint profile and squat jump performance between collegiate sprinters and non-sprinters. 2021 National Strength and Conditioning National Conference Abstract.
34. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Cubillos, N. R., Rodriguez, S. A., Martinez, E., & Dorgo, S. (2021). Best sprint profile predictors of sprint acceleration Split times in collegiate track and field athletes. 2021 National Strength and Conditioning National Conference Abstract.
35. Rodriguez, S. A., Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Cubillos, N. R., Martinez, A., Martinez, E., Del Rio, J. G., & Dorgo, S. (2021). A comparison of the

sprint profile between collegiate sprinters and long-distance runners. 2021 National Strength and Conditioning National Conference Abstract.

36. Martinez, A., Montalvo, S., **Gonzalez, M. P.**, Cubillos, N. R., Dietze-Hermosa, M., & Dorgo, S. (2021). The backwards overhead medicine ball throw compared to the bilateral broad jump as predictors of acceleration sprint completion times. 2021 National Strength and Conditioning National Conference Abstract.
37. Del Rio, J., Dietze-Hermosa, M. S., Montalvo, S., **Gonzalez, M. P.**, & Dorgo, S. (2021). Sprint kinematic performance changes upon returning from a deconditioned period in track and field sprinters. 2021 National Strength and Conditioning National Conference Abstract.
38. **Gonzalez, M. P.**, Montalvo, S., Dietze-Hermosa, M., Cubillos, N. R., Rodriguez, S., Horsch, E., & Dorgo, S. (2021). Associations Between Jump Performance and Asymmetries with 30-m Sprint Completion Time. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 13, p. 11).
39. Dietze-Hermosa, M. S., Rodriguez, S., Montalvo, S., **Gonzalez, M. P.**, Cubillos, N. R., Martinez, E., ... & Dorgo, S. (2021). The Relationship between Squat Jump Performance and Sprint Profile in Collegiate Track and Field Athletes. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 13, p. 10).
40. Rodriguez Jr, S. A., Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Cubillos, N. R., Martinez, E., ... & Dorgo, S. (2021). The Relationship between Broad Jump Distance and Sprint Profile in Collegiate Track and Field Athletes. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 13, p. 84).
41. Montalvo, S., **Gonzalez, M. P.**, Dietze-Hermosa, M., Cubillos, N. R., Rodriguez, S., Martinez, E., ... & Dorgo, S. (2021). Bilateral Broad Jump as a Better Predictor of Acceleration Split Times than Unilateral Broad Jump. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 13, p. 79).
42. Montalvo, S., Dorgo, S., Tune, H. C., Sapien, A. C., **Gonzalez, M. P.**, & Sanchez, J. A. (2019). Validity of Vertical Jump Measuring Devices. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 10, Article 69. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss10/69>
43. Montalvo, S., Dorgo, S., **Gonzalez, M. P.**, & Dietze-Hermosa, M. (2019). Validity and Reliability of an Inertial Measuring Unit System on Reactive Strength Index. The 2019 National Strength and Conditioning National Conference Abstract.
44. Montalvo, S., Dorgo, S., Conde, D., **Gonzalez, M. P.**, & Ibarra-Mejia, G. (2019). Heart Rate Percentage as an Intra-Rest Modulator during Training with Post-Activation Potentiation. The 2019 National Strength and Conditioning Abstract.

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50. Montalvo, S., Dorgo, S., Oropeza, N., Jarquin, I. A., **Gonzalez, M. P.**, Tune, C. H., & Sanchez, J. A. (2018). The Effects of Different Warm-Up Protocols in Vertical Jump Height with College Age Gymnasts. The 2018 National Strength and Conditioning Association National Conference.
51. Dietze-Hermosa, M., Dorgo, S., Montalvo, S., **Gonzalez, M. P.**, Gruber, L., & Terrazas, L. (2019). Difference in modified Functional Movement Screen™ scores between males and female active older adults. The 2019 National Strength and Conditioning Association National Conference.
52. **Gonzalez, M. P.**, Dorgo, S., Montalvo, S., Dietze-Hermosa, M., Cubillos, N. R., Caraveo, P. (2019). The Effects of Manual Resistance Training on Post Activation Potentiation. The 2019 National Strength and Conditioning National Conference Abstract.
53. Gruber, L. D., Dorgo, S., Montalvo, S., **Gonzalez, M. P.**, Bastian, D., Rodriguez, A. The Effects of a Two-Week Eccentric Overload Bench Press on Muscular Strength, Power, Bar Velocity, and Muscular Activation. The 2019 National Strength and Conditioning Abstract.

54. Dietze-Hermosa, M., Montalvo, S., **Gonzalez, M. P.**, Rodriguez, A., Jarquin, I., & Dorgo, S. Physical Fitness in Older Adults: Is There a Relationship to the Modified Functional Movement Screen? American College of Sports Medicine – National Conference. San Francisco, CA, May 26-30, 2020.
55. Dietze-Hermosa, M., Montalvo, S., Cubillos, N., Rodriguez, A., Jarquin, I., **Gonzalez, M. P.**, Rodriguez, S. & Dorgo, S. Association between single-leg agility and single-leg vertical jumping performance in active adults. American College of Sports Medicine – Texas chapter. Waco, TX, February 20-21, 2020.
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56. Cubillos, N., Dietze-Hermosa, M., Montalvo, S., Jarquin, I., **Gonzalez, M. P.**, Rodriguez, S. & Dorgo, S. Does jump height and peak landing forces during single-leg vertical jumps differ between double-legged and single-legged landings? American College of Sports Medicine – Texas chapter. Waco, TX, February 20-21, 2020.
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57. Bastian, D., Montalvo, S., **Gonzalez, M. P.**, Dietze-Hermosa, M., Ibarra-Mejia, G., & Dorgo, S. (2020). Effects of Antagonist Stretching on Isokinetic Strength: A Pilot Study. National Strength and Conditioning Association National Conference.
58. Montalvo, S., **Gonzalez, M. P.**, Dietze-Hermosa, M., Cubillos, N., Trevizo, R., Rodriguez, S., Ibarra-Mejia, G., & Dorgo, S. (2020). Effects of antagonist static stretching and dynamic stretching on vertical jump performance: A pilot study. National Strength and Conditioning Association National Conference.
59. Dietze-Hermosa, M., Montalvo, S., Cubillos, N., Rodriguez, A., Rodriguez, S., **Gonzalez, M. P.**, & Dorgo, S. (2020). Can Single-Leg Jumping Performance Predict Single-Leg Agility Performance? National Strength and Conditioning Association National Conference.

STUDENT MENTORSHIP

University of Texas at San Antonio, 2023 – 2024,

Research Supervisor

- **Summer 2024** – Supervised a group of 4 undergraduate and 1 master’s student as they conducted data collection and processed data. This included teaching students how to conduct the data collection including the use of force platforms, sprint profile measuring, and utilizing timing gates.
- **Spring 2024** – Supervised a group of 12 undergraduate students as they conducted data collection on two research projects. Additionally, supervised 10 of these students as they developed and submitted research abstracts to a national conference which were all accepted and presented at the NSCA National Conference in July 2024.

- **Spring 2023** – Supervised a group of 6 undergraduate students as they developed two separate research projects. This included teaching students how to conduct a literature review, develop a research proposal, and teaching students the IRB submission process
- **Summer 2023** – Supervised a group of 6 undergraduate students as we collected data with Division I football and basketball players. This included teaching students how to collect data from assessments such as the vertical jump, isometric mid-thigh pulls, sprint kinematic and sprint profile assessments and change of direction tests using equipment such as portable force platforms, the Optojump Next System, and timing gates. Also included supervising students as they conducted weekly assessments with collegiate athletes, processed this data, and analyzed this data.
- **Fall 2023** - Supervised a group of 12 undergraduate students as we collected data with Division I football and basketball players. This included teaching students how to collect data from assessments such as the vertical jump, isometric mid-thigh pulls, sprint kinematic and sprint profile assessments and change of direction tests using equipment such as portable force platforms, the Optojump Next System, and timing gates. Also included supervising students as they conducted weekly assessments with collegiate athletes, processed this data, and analyzed this data.

UTEP TACSM Student Bowl Team, Aug-Mar 2, 2019, Tarrant County College Trinity River Campus, Fort Worth, Texas. Prepared a group of undergraduate students to compete in the regional chapter of the Texas American College of Sport Medicine Student Bowl Competition

CERTIFICATIONS

- Certified Strength and Conditioning Specialist with Distinction (CSCS,*D) (2019 – Present). National Strength and Conditioning Association
- CPR/AED Certified (2018 - Present). American Heart Association.
- CIRTL Associate Badge (2019 – Present) Center for the Integration of Research Teaching and Learning at UTEP
- Dual X-Ray Absorptiometry (DXA) Certified (2019-Present)

MEMBERSHIPS

1. National Strength and Conditioning Association (NSCA), 2018 - Present

SKILLS

Clinical:

- Aerobic Testing (Maximal and Submaximal Exercise Testing)
- Anaerobic Testing (Wingate Anaerobic)
- Electrocardiogram (ECG) lead placement and equipment operation/interpretation
- Body Composition Assessments (Skin Fold Caliper, Circumference Measures, DXA Scans, Air Displacement Plethysmograph via BOD POD)
- Isokinetic Dynamometer (Biodex)
- Electromyography
- Force Plate Operation
- Photoelectric Cells Operation (Optojump Next System)
- Motion Capture (Vicon & XSENS Inertial Measurement Unit)

PROFESSIONAL DEVELOPMENT

1. National Strength and Conditioning Association National Conference, July 10-13, 2024, Baltimore, Maryland
2. National Strength and Conditioning Association National Conference, July 12-15, 2023, Las Vegas, Nevada
3. National Strength and Conditioning Association National Conference, July 6-9, 2022, New Orleans, Louisiana
4. National Strength and Conditioning Association Coaches Conference, January 6-8, 2022, San Antonio, Texas
5. UCF Institute of Exercise Physiology and Rehabilitation Science Conference, Mar 26, 2021, Virtual Conference
6. Texas Regional Chapter American College of Sports Medicine, Feb 25 – Feb 26, 2021, Virtual Conference
7. National Strength and Conditioning Association National Conference, July 7-10, 2021, Orlando, Florida
8. Texas Regional Chapter American College of Sports Medicine, Mar 1 – Mar 2, 2019, Tarrant County College Trinity River Campus, Fort Worth, Texas
9. Campus Office of Undergraduate Research Initiatives (COURI), Spring 2018, University of Texas at El Paso
10. Texas Regional Chapter American College of Sports Medicine, Feb 28 – Mar 1, 2018, University of Texas at Austin, Austin, Texas
11. National Strength and Conditioning Association National Conference, July 10- 14 2019, Washington DC
12. National Strength and Conditioning Association National Conference, July 11- 14 2018, Indianapolis, Indiana