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## **EDUCATION**

1. **University of Georgia, Athens, GA;**  
*Physical Education and Sport Sciences, (Ph.D.), 2000 – 2003*  
Minor: Food and Nutrition Science  
(Dissertation Title: An Expert Strength and Conditioning Coach’s Practical Knowledge)
2. **Valdosta State University, Valdosta, GA**  
*Exercise Science, (unfinished studies), 1998 – 1999*
3. **Hungarian University of Physical Education, Budapest, Hungary;**  
*Physical Education, (M. Ed.), 1994 – 1998*  
Concentration: Teaching Elementary and Secondary Physical Education
4. **Semmelweis University of Budapest, Budapest, Hungary**  
*Coaching, (B.S.)*

## **PROFESSIONAL EXPERIENCE**

1. **University of Texas at San Antonio, San Antonio, TX, Department of Kinesiology**  
*Professor and Chair, 2021 September – present*  
Responsibilities: As chair: serve as a leader to the department, oversee departmental operations and budget. As faculty: teach undergraduate and graduate courses, provide university and community service, conduct research in field of expertise.  
Taught undergraduate courses:  
KIN 4953 Strength and Conditioning
2. **University of Texas at El Paso, El Paso, TX, Department of Kinesiology**
  - a. *Professor, 2018 September – 2021 August*
  - b. *Director of Fitness Research Facility, 2007 August – 2021 August*
  - c. *Graduate Coordinator, 2011 August – 2018 August*
  - d. *Associate Professor, 2010 September – 2018 August*
  - e. *Assistant Professor, 2004 September – 2010 August*
  - f. *Lecturer, 2003 September – 2004 August*Responsibilities: As faculty: teaching undergraduate and graduate courses, provide university and community service, conduct research in field of expertise. As Graduate Coordinator: program marketing and admissions, student advising, teaching assistant training and appointments. As facility director: facility maintenance, equipment purchases, program supervision, hiring/training assistants.  
Taught undergraduate courses:  
KIN 1303 Foundations of Kinesiology  
KIN 3331 Anatomical Kinesiology

KIN 4201 Physical Education for Elementary School Teachers  
KIN 4321 Teaching Secondary School Physical Education  
KIN 4330 Fitness Programs and Appraisals  
KIN 4340 Scientific Principles of Strength Training and Conditioning  
KIN 4341 Practical Application of Strength Training and Conditioning  
KIN 4351 Internship in Strength and Conditioning  
KIN 4442 Geriatric Fitness Programming  
KIN 4445 Strength and Conditioning Program Design and Periodization

Taught graduate courses:

KIN 5375 Advanced Scientific Principles of Strength Training and Conditioning  
KIN 5378 Directed Individual Studies  
KIN 5397 Graduate Projects  
KIN 5398 Thesis  
CHSC 6304 Proseminar II (Interdisciplinary Health Sciences PhD program)  
CHSC 6399 Dissertation

3. **University of Georgia, Athens, GA, Department of Physical Education and Sport Studies**
  - a. *Graduate Teaching Assistant in the Physical Education Program, (2000 August – 2003 August)*  
Responsibilities: Act as primary instructor in the development and implementation of:
    - PEDB 1410 Advanced Weight Training
    - PEDB 1400 Beginning Weight Training
    - PEDB 1940 Fitness for Life – Swimming
    - PEDB 1300 Beginning Swimming
    - PEDB 1380 Beginning Volleyball
    - PEDB 3110 Methods of Team Activities I. (instructor for one course unit)
  - b. *Adjunct Teaching Assistant in PEDS 4300/6300 Elementary Physical Education (Spring 2002 & 2003) and PEDS 4330/6330 Secondary Physical Education (Fall 2002)*  
Responsibilities: Supervise student teachers in elementary and secondary school practice, assist with course lectures, teach practical class sessions, grade quizzes and assignments.
4. **Nebulo Private Elementary School, Budapest, Hungary**  
*Physical Education Teacher, 2000 January – July*  
Responsibilities: Develop and implement school-wide curriculum and after school activity program, teach physical education classes for children age 3 to 11
5. **Valdosta State University, Valdosta, GA, Department of Kinesiology and Physical Education**
  - a. *Assistant Director of VSU Fitness-Center, 1998 August – 1999 December*  
Responsibilities: Organize and carry out undergraduate physical fitness program, organize faculty fitness program, fitness center management
  - b. *Adjunct Instructor in Teaching Basic PE, 1998 August – 1999 December*  
Responsibilities: Develop, implement and teach the following courses as part of the VSU undergraduate physical education program:
    - KSPE 1010 Physical Fitness
    - KSPE 1170 Self-defense
6. **Hungarian Army Academy, Budapest, Hungary**  
*Adjunct Instructor in Teaching Physical Education, 1997 August – 1998 July*  
Responsibilities: Act as primary instructor in the development and implementation of the Basic Conditioning course for military cadets.

## RELATED PROFESSIONAL EXPERIENCE

- 1. 1<sup>st</sup> Fitness of Athens, Athens, GA**  
*Personal Trainer, Health Consultant, 2001 April – 2003 August*  
Responsibilities:
  - Client consultation about health, fitness and weight management
  - Development and implementation of training programs for children
  - Development and implementation of training programs for adults
- 2. Athens YMCA, Athens, GA**  
*Personal Trainer, 2000 September – 2001 December*  
Responsibilities:
  - Client consultation about health, fitness and weight management
  - Development and implementation of training programs for children
  - Development and implementation of training programs for adults
- 3. Alexandra Fitness Center, Budapest, Hungary**  
*Personal Trainer, 2000 January – July*  
Responsibilities:
  - Development and implementation of training programs for adults
  - Develop and implement aerobic activities
- 4. Valdosta YMCA, Valdosta, GA**  
*Personal Trainer, 1999 May – December*  
Responsibilities:
  - Client consultation about health, fitness and weight management
  - Development and implementation of training programs for children
  - Development and implementation of training programs for adults

## SCHOLARSHIP ACTIVITIES

### PUBLISHED BOOK CHAPTERS

- 1. Dorgo, S.** (2018). Using Capstone Course Fieldwork to Serve the Older Adult Community. In: G. M. Nunez-Mchiri and A. Gonzalez (Eds.), *Community Engagement and High Impact Practices in Higher Education*. Dubuque, IA: Kendall Hunt.
- 2. Dorgo, S., & Bognar, J.** (2013). Historical and Current Trends in the K-12 Education, Physical Education and After-School Sports Programs. In: J. R. Chepyator-Thomson & S. H. Hsu (Eds.), *Global Perspectives on Physical Education and After-School Programs* (pp. 151-171). Lanham, MD: University Press of America.

### PEER-REVIEWED JOURNAL PUBLICATIONS (in review, in print, or published)

(\* indicates senior/corresponding authorship)

- 1. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M., & Dorgo S.\*** (in review). A Comparison of the Magnitude of Jump and Sprint Asymmetries in Division I Track and Field Athletes. *Journal of Strength and Conditioning Research*.

2. Dietze-Hermosa, M., Montalvo, S., Gonzalez, M. P., Rodriguez, S., Cubillos, N. R., & **Dorgo S.\*** (in review). Difference in Sprint Profile, Sprint Completion Times, and Jumping Performance between Division I Track and Field Sprinters, Long-Distance Runners, and Throwers. *Sports Biomechanics*.
3. Montalvo, S., Martinez-Ruiz, A., Arias, S., Lozano, A., Gonzalez, M. P., Dietze-Hermosa, M., Boyea, B. L., & **Dorgo S.\*** (in review). Concurrent Validity and Reliability of Commercial Smart Watches and Heart Rate Monitors. *Journal of Strength and Conditioning Research*.
4. **Dorgo S.**, Terrazas L., Montalvo S., & Dietze-Hermosa M. (in review). The Effects of Manual Versus Weight Resistance Training on Body Composition and Strength in Young Adults After a 14-Week Intervention. *Journal of Sports Sciences*.
5. Montalvo, S., Gonzales, F. K., Gonzalez, M. P., Dietze-Hermosa, M., & **Dorgo, S.\*** (in review). Relationship of Training Status and Sex with Sprinting Kinematics During Treadmill and Overground Sprinting. *Journal of Strength and Conditioning Research*.
6. Dietze-Hermosa M. S., Montalvo, S., Gonzalez, M. P., Rodriguez, S., Cubillos, N. R., **Dorgo, S.\*** (in print). Association and Predictive Ability of Jump Performance with Sprint Profile of Collegiate Track and Field Athletes. *Sports Biomechanics*. DOI: <https://doi.org/10.1080/14763141.2021.2000022>
7. Tan, E., Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M. S., Min, S., & **Dorgo S.\*** (in print). Changes in Vertical Jump Performance and Body Composition Before and After COVID-19 Lockdown. *Journal of Human Sports and Exercise*. DOI: <https://doi.org/10.14198/jhse.2023.181.18>
8. Montalvo, S., Conde, D., Gonzalez, M. P., Dietze-Hermosa, M., Mejia-Ibarra, G., & **Dorgo S.\*** (2021). Heart Rate Percentage as a Method for Determining Inter-Set Resting during a Post-Activation Performance Enhancement Exercise to Increase Vertical Jump Performance. *Journal of Physical Education and Sport*, 21(5), 2730-2736. DOI:10.7752/jpes.2021.05363
9. Montalvo, S., Gruber, L. D., Gonzalez, M. P., Dietze-Hermosa, M., & **Dorgo S.\*** (2021). The Effects of Augmented Eccentric Load Bench Press Training on 1RM Performance and Electromyographic Activity in Trained Powerlifters. *Journal of Strength and Conditioning Research*, 35(6), 1512-1519. DOI: <https://doi.org/10.1519/JSC.0000000000004030>
10. Akehurst, E., Scott, D., Rodriguez, J. P., Gonzalez, C. A., Murphy, J., McCarthy, H., **Dorgo, S.**, & Hayes, A. (2021). Associations of sarcopenia components with physical activity and nutrition in Australian older adults performing exercise training. *BMC Geriatrics*, 21, 276. <https://doi.org/10.1186/s12877-021-02212-y>
11. Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M., Eggleston, J., & **Dorgo S.\*** (2021). Common Vertical Jump and Reactive Strength Index Measuring Devices: A Validity and Reliability Analysis. *Journal of Strength and Conditioning Research*, 35(5), 1234-1243. DOI: 10.1519/JSC.0000000000003988.
12. Dietze-Hermosa, M. S., Montalvo, S., Gonzalez, M. P., & **Dorgo, S.\*** (2021). Association between the Modified Functional Movement Screen™ Scores, Fear of Falling, and Self-Perceived Balance in Active Older Adults. *Topics in Geriatric Rehabilitation*, 37(2), 64-73. DOI: 10.1097/TGR.0000000000000306.
13. Hale, R. F., **Dorgo, S.**, Gonzalez, R. V., & Hausselle, J. (2021). The Efficacy of Simultaneously Training Two Motion Targets during a Squat Using Auditory Feedback. *Journal of Applied Biomechanics*, 37(1), 6-12. DOI: <https://doi.org/10.1123/jab.2019-0276>
14. Dietze-Hermosa, M.S., 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(1), 28-34. DOI: <https://doi.org/10.1016/j.jbmt.2020.11.019>
15. Dietze-Hermosa, M., Montalvo, S., Cubillos, N. R., Gonzalez, M. P., & **Dorgo, S.\*** (2020). Association and Predictive Ability of 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

16. **Dorgo, S.**, Perales, J. J., Boyle, J., Hausselle, J., & Montalvo, S. (2020). Sprint Training on a Treadmill vs. Overground Results in Modality Specific Impact on Sprint Performance but Similar Positive Improvement in Body Composition in Young Adults. *Journal of Strength and Conditioning Research*, 34(2), 463-472. DOI: 10.1519/JSC.0000000000003024
17. Montalvo, S. & **Dorgo, S.\*** (2019). The Effect of Different Stretching Protocols on Vertical Jump Measures in College Age Gymnasts. *Journal of Sports Medicine and Physical Fitness*, 59(12), 1956-1962. DOI: 10.23736/s0022-4707.19.09561-6
18. Fragala, M. S., Cadore, E., **Dorgo, S.**, Izquierdo, M., Kraemer, W. J., Newton, R. U., Peterson, M. D., & Ryan, E. D. (2019). Resistance Training for Older Adults: Position Statement from the National Strength and Conditioning Association. *Journal of Strength and Conditioning Research*, 33(8), 2019-2052. DOI: 10.1519/JSC.0000000000003230
19. Chulvi-Medrano, I., Rial, T., Cortell-Tormo, J. M., Alakhdar, Y., Teixeira, C. V., Masiá-Tortosa, L., & **Dorgo, S.\*** (2017). Manual Resistance vs. Conventional Resistance Training: Impact on Strength and Muscular Endurance in Recreationally Trained Men. *Journal of Sports Science and Medicine*, 16, 343-349. PMID: PMC5592285
20. Teixeira, C. V., Ferreira, S. E., Azevedo, P. H., Chulvi-Medrano, I., **Dorgo, S.**, De Salles, B. F., Simao, R., & Gomes, R. J. (2017). Effect of Manual Resistance Training and Free Weight Resistance Training on Post-Exercise Blood Pressure in Hypertensive Men. *Journal of Sports Medicine and Physical Fitness*, 57(10), 1367-1374. DOI: 10.23736/s0022-4707.16.06497-5
21. Naaktgeboren, K., **Dorgo, S.\***, Boyle, J. B. (2017). Growth Plate Injuries in Children in Sports: A Review of Sever's Disease. *Strength and Conditioning Journal*, 39(2), 59-68. DOI: 10.1519/SSC.0000000000000295
22. Barthalos, I., **Dorgo, S.\***, Plachy, J., Szakaly, Zs., Ihasz, F., Nemeth, T., & Bogнар, J. (2016). Randomized Controlled Resistance Based Physical Activity Trial for Central European Nursing Home Residing Older Adults. *Journal of Sports Medicine and Physical Fitness*, 56(10), 1249-1257. PMID: 26211531.
23. Ramos, D. A., & **Dorgo, S.\*** (2014). Rhabdomyolysis: Considerations for Recognition and Prevention for Practitioners. *Strength and Conditioning Journal*, 36(6), 56-61. DOI: 10.1519/SSC.0000000000000106
24. Grant, M. A., & **Dorgo, S.\*** (2014). Developing Expertise in Strength and Conditioning Coaching. *Strength and Conditioning Journal*, 36(1), 9-15. DOI: 10.1519/SSC.0000000000000028
25. Grant, M. A., & **Dorgo, S.\***, & Griffin, M. R. (2014). Professional Development in Strength and Conditioning through Informal Mentorship: A Practical Pedagogical Guide for Practitioners. *Strength and Conditioning Journal*, 36(1), 63-69. DOI: 10.1519/SSC.0000000000000033
26. **Dorgo, S.**, King, G. A., Bader, J. O., & Limon, J. S. (2013). Outcomes of a Peer Mentor Implemented Fitness Program in Older Adults: A Quasi-Randomized Controlled Trial. *International Journal of Nursing Studies*, 50(9), 1156-1165. DOI: 10.1016/j.ijnurstu.2012.12.006
27. Gillies, A., & **Dorgo, S.\*** (2013). Preventing Lumbar Injuries in Rotational Striking Athletes. *Strength and Conditioning Journal*, 35(2), 55-62. DOI: 10.1519/SSC.0b013e31828c276d
28. Reed-Jones, R. J., **Dorgo, S.**, Hitchings, M. K., & Bader, J. O. (2012). WiiFit Plus Balance Test Scores for the Assessment of Balance and Mobility in Older Adults. *Gait & Posture*, 36(3), 430-433. DOI : 10.1016/j.gaitpost.2012.03.027
29. **Dorgo, S.**, Edupuganti, P., Smith, D. R., Ortiz, M. (2012). Comparison of Lower Body Specific Resistance Training on the Hamstring to Quadriceps Strength Ratios in Men and Women. *Research Quarterly for Exercise and Sport*, 83(2), 143-151. DOI: 10.1080/02701367.2012.10599844
30. Reed-Jones, R. J., **Dorgo, S.**, Hitchings, M. K., & Bader, J. O. (2012). Vision and agility training in community dwelling older adults: Incorporating visual training into programs for fall prevention. *Gait and Posture*, 35(4), 585-589. DOI: 10.1016/j.gaitpost.2011.11.029
31. **Dorgo, S.**, King, G. A., Bader, J. O., & Limon, J. S. (2011). Comparing the Effectiveness of Peer

- Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. *Archives of Gerontology and Geriatrics*, 52, 344-349. DOI: 10.1016/j.archger.2010.04.007
32. Deemer, S. E., King, G. A., **Dorgo, S.**, Vella, C. A., Tomaka, J. W., & Thompson, D. L. (2010). Relationship of Leptin, Resting Metabolic Rate, and Body Composition in Pre-Menopausal Hispanic and Non-Hispanic White Women. *Endocrine Research*, 35(3), 95-105. DOI: 10.3109/07435800.2010.496088
  33. **Dorgo, S.**, King, G. A., Candelaria, N., Bader, J. O., Brickey, G. D., & Adams, C. E. (2009). Effects of Manual Resistance Training on Fitness in Adolescents. *Journal of Strength and Conditioning Research*, 23(8), 2287-2294. DOI: 10.1519/JSC.0b013e3181b8d42a
  34. **Dorgo, S.**, King, G. A., & Brickey, G. D. (2009). The Application of Peer Mentoring to Improve Fitness in Older Adults. *Journal of Aging and Physical Activity*, 17(3), 344-361. DOI: 10.1123/japa.17.3.344
  35. Vetter, R. E., & **Dorgo, S.\*** (2009). Effects of Partner's Improvisational Resistance Training on Dancers' Muscular Strength. *Journal of Strength and Conditioning Research*, 23(3), 718-728. DOI: 10.1519/JSC.0b013e3181a00d62
  36. **Dorgo, S.** (2009). Unfolding the Practical Knowledge of an Expert Strength and Conditioning Coach. *International Journal of Sports Science and Coaching*, 4(1), 17-30. DOI: 10.1260/1747-9541.4.1.17
  37. **Dorgo, S.**, Robinson, K., & Bader, J. (2009). The Effectiveness of a Peer-Mentored Older Adult Fitness Program on Perceived Physical, Mental and Social Function. *Journal of the American Academy of Nurse Practitioners*, 21, 116-122. DOI: 10.1111/j.1745-7599.2008.00393.x
  38. **Dorgo, S.**, King, G. A., & Rice, C. A. (2009). The Effects of Manual Resistance Training on Improving Muscular Strength and Endurance. *Journal of Strength and Conditioning Research*, 23(1), 293-303. DOI: 10.1519/JSC.0b013e318183a09c
  39. King, G. A., **Dorgo, S.**, & Deemer, S. E. (2006). Body Composition: How to Measure It; What Does It Mean. *ACSM Fit Society Page Newsletter*, Winter Issue – “The Health Club”.
  40. Jackson, J. A. & **Dorgo, S.** (2002). Maximizing Learning through the Reciprocal Style of Teaching. *Teaching Elementary Physical Education*, 13(2), 14-18.
  41. Schempp, P. G., **Dorgo, S.**, Hall, T., Liu, W., & Smith, M. A. (2000). A Review of Curriculum Scholarship in Physical Education (1998-2000): Analyzing Innovations. *International Journal of Physical Education*, 37(3), 84-93.

## STUDENT 1<sup>st</sup> AUTHORED REVIEW PUBLICATIONS

(\* indicates senior/corresponding authorship)

1. Howard, J., **Dorgo, S.**, Salvatore, A., and Boyle, J. (2019). The Use of Mobile Phone Applications for Concussions When Athletic Training Are Not Present. *Journal of Physical Education, Recreation & Dance*, 90(2), 43-51. DOI: <https://doi.org/10.1080/07303084.2018.1546632>
2. Walker, D. A., Johnson, K. L., Thomas, T. B., **Dorgo, S.**, and Moore, J. S. (2019). Overcoming Barriers to Improve HIV Education and Public Health Outcomes in the Democratic Republic of Congo. *Journal of Family Medicine and Prevention*, 5, 100. DOI: 10.23937/2469-5793/1510100
3. Mancera, B. M., **Dorgo, S.\***, & Provencio-Vasquez, E. (2017). Male Risk Factors for Intimate Partner Violence Perpetration: A Literature Review. *American Journal of Men's Health*, 11(4), 969-983. DOI: 10.1177/1557988315579196

## SPECIAL COMMUNICATIONS

1. Stone, M. H., Adams, K., Bazylar, C., Brewer, C., Beckham, G., Carroll, K., Chetlin, R. D., Comfort, P., Comstock, B., Cunanan, A., DeWeese, B., Earp, J. E., **Dorgo, S.**, Fleck, S. J., Fry, A. C., Galpin, A., Garhammer, J., Gahreman, D., Guppy, S., Haff, G. G., Häkkinen, K., Hatfield, D., Haun, C., Hornsby, G., Kerksick, C., Kraemer, W. J., Lamont, H., McBride, J., Mizuguchi, S., Newton, R. U., Pierce, K., Ramsey, M. W., Ratamess, N., Santana, H., Stone, M. E., Suchomel, T. J., Suarez, D., Travis, K., Taber, C., Triplett, N. T., Vingren, J., Wagle, J., Wathen, D. (2020). On “The Basics of Training for Muscle Size and Strength”. *Medicine & Science in Sports & Exercise*, 52(9), 2047-2050. DOI: 10.1249/MSS.0000000000002347

## PEER-REVIEWED CONFERENCE PROCEEDINGS

(\* indicates senior/corresponding authorship)

1. Dietze-Hermosa, M. S., Rodriguez, S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Martinez, E., Del Rio, J. G., & **Dorgo, S.\*** (2021). The Relationship between Squat Jump Performance and Sprint Profile in Collegiate Track and Field Athletes. *International Journal of Exercise Science: Conference Proceedings*, 2(13).
2. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Cubillos, N., Rodriguez, S., Martinez, E., & **Dorgo, S.\*** (2021). Associations Between Jump Performance and Asymmetries with 30-m Sprint Completion Time. *International Journal of Exercise Science: Conference Proceedings*, 2(13).
3. Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M. S., Cubillos, N., Rodriguez, S., Martinez, E., Del Rio, J. G., Martinez Ruiz, A., & **Dorgo, S.\*** (2021). Bilateral Broad Jump as a Better Predictor of Acceleration Split Times than Unilateral Broad Jump. *International Journal of Exercise Science: Conference Proceedings*, 2(13).
4. Rodriguez, S., Dietze-Hermosa, M. S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Martinez, E., Del Rio, J. G., & **Dorgo, S.\*** (2021). The Relationship between Broad Jump Distance and Sprint Profile in Collegiate Track and Field Athletes. *International Journal of Exercise Science: Conference Proceedings*, 2(13).
5. Cubillos, N., Dietze-Hermosa, M., Montalvo, S., Gonzalez, M. P., Rodriguez, A., Rodriguez, S., & **Dorgo, S.\*** (2020). Differences in Single Leg Vertical Jump Performance Depending on Single or Double Legged Landing. *International Journal of Exercise Science: Conference Proceedings*.
6. Dietze-Hermosa, M., Montalvo, S., Cubillos, N., Rodriguez, A., Gonzalez, M. P., Rodriguez, S., & **Dorgo, S.\*** (2020). Association between single-leg agility and single-leg vertical jumping performance in active adults. *International Journal of Exercise Science: Conference Proceedings*, 2(12), 9.
7. Akehurst, E., Scott, D., Rodriguez, J. P., Gonzalez, C. A., Murphy, J., **Dorgo, S.**, & Hayes, A. (2020). Associations of Sarcopenia and its Components with Self-Reported Health-Related Quality of Life, Physical Activity, and Nutrition in Older Adults Performing Exercise Training. *Australasian Journal on Ageing*, 39, 49-50.
8. Jarquin, I. A., Montalvo, S., Conde, D., Ibarra-Mejia, G., & **Dorgo, S.\*** (2019). The Effects of Two Post-Activation Potentiation Methods on Muscular Activation. *International Journal of Exercise Science: Conference Proceedings*, 2(11), 85.
9. Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M. S., & **Dorgo, S.\*** (2019). The Effects of Three Post-Activation Potentiation Methods on Muscular Activation of Knee Extensors: A Pilot Study. *International Journal of Exercise Science: Conference Proceedings*, 2(11), 92.
10. De La Torre, I. N., Montalvo, S., Conde, D., Ibarra-Mejia, G., & **Dorgo, S.\*** (2019). Increasing Vertical Jump Height using Two Alternative Post-Activation Potentiation Methods. *International Journal of Exercise Science: Conference Proceedings*, 2(11), 95.
11. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., & **Dorgo, S.\*** (2019). Manual Resistance

- Training as an Alternative Post-Activation Potentiation Method: A Pilot Study *International Journal of Exercise Science: Conference Proceedings*, 2(11), 101.
12. Rodriguez, A., Gruber, L., Montalvo, S., Gonzalez, M. P., Bastian, D., & **Dorgo, S.\*** (2019). Changes to Strength, Muscular Power, and Bar Velocity after 2-Weeks of Eccentric Overload Bench Press Training: A Case Study *International Journal of Exercise Science: Conference Proceedings*, 2(11), 108.
  13. Dietze-Hermosa, M. S., Montalvo, S., Gruber, L., Terrazas, L., Gonzalez, M. P., & **Dorgo, S.\*** (2019). Scores for the Modified Functional Movement Screen in Active Older Adults. *International Journal of Exercise Science: Conference Proceedings*, 2(11), 39.
  14. Hayes, A., Scott, D., McMillan, L., & **Dorgo, S.** (2018). The Influence of Ethnicity and Geographical Location on Sarcopenia Prevalence in Older Adults: A Pilot Study. *Australasian Journal on Ageing*, 37, 18.
  15. Montalvo, S., **Dorgo, S.\***, Tune, C., Sapien, C., Gonzalez, M. & Sanchez, J. (2018). Validity of Vertical Jump Measuring Devices. *International Journal of Exercise Science: Conference Proceedings*, 2(10), 69.
  16. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Effects of Ethnicity and Geographical Location on Sarcopenia and Hand Grip Strength: A Pilot Study. *Innovation in Aging*, 1(S1), 1014.
  17. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Exercise and Nutrition Interventions for the Treatment of Sarcopenia: Influence of Obesity. *Innovation in Aging*, 1(S1), 1353.
  18. Amador, M., Perales, J. A., Montalvo, S., Bajpeyi, S., and **Dorgo, S.\*** (2016). The Effects of Two Different Sprint Training Modalities on Sprint Speed, Aerobic Fitness and Body Composition. *International Journal of Exercise Science: Conference Proceedings*, 2(8), 48.
  19. Bulusu, C. S., & **Dorgo, S.\*** (2013). Efficacy of Wii Fit Plus Strength Training in Older Adults Dwelling in an Assisted Living Facility. *International Journal of Exercise Science: Conference Proceedings*, 2(5), 32.
  20. Bulusu, C. S., **Dorgo, S.\***, Reed-Jones, R. J., & Bangert, A. S. (2012). Physical and Functional Fitness Changes in Older Adults in Response to a Traditional Training Program and a Wii Enhanced Training Program. *International Journal of Exercise Science: Conference Proceedings*, 2(4), 36.
  21. **Dorgo, S.**, Smith, D., Ortiz, M. & King, G. (2006). The Effects of Eccentric Phase Duration on Concentric Phase Force Production during Depth Jumps. *Proceedings of the 24<sup>th</sup> International Symposium on Biomechanics in Sport*, (pp. 667-670). Salzburg, Austria: Department of Sport Science and Kinesiology, University of Salzburg.

## PEER-REVIEWED ABSTRACTS

(\* indicates senior authorship)

1. Dietze-Hermosa, M. S., Williams, N. B., Lowry, J., Allen, W., Laudie, E., Baldwin, C., Gonzalez, M. P., Montalvo, S., & **Dorgo, S.\*** (in print). Differences in Sagittal Plane Joint Angles at Toe-off between Overground Sprinting and Maximal Ice Skating in Youth Ice Hockey Players. *Journal of Strength and Conditioning Research*.
2. Dietze-Hermosa, M. S., Williams, N. B., Lowry, J., Allen, W., Laudie, E., Baldwin, C., Gonzalez, M. P., Montalvo, S., & **Dorgo, S.\*** (in print). Differences in Step Spatiotemporal Variables between Overground Sprinting and Maximal Ice Skating in Youth Ice Hockey Players. *Journal of Strength and Conditioning Research*.
3. Montalvo, S., Martinez-Ruiz, A., Gonzalez, M. P., Dietze-Hermosa, M. S., Arias, S., Hassan, P., Lozano, A., & **Dorgo, S.\*** (in print). Reliability and Validity Analyses of Heart Rate Measures from a Commercially Available Smart-Watch. *Journal of Strength and Conditioning Research*.



4. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Molina, T., & **Dorgo, S.\*** (in print). A Comparison of the Magnitude of Jump and Sprint Asymmetries in Division I Track and Field Athletes. *Journal of Strength and Conditioning Research*.
5. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Molina, T., & **Dorgo, S.\*** (in print). Associations between Jump Inter-limb Asymmetries and Sprint Profile Measures. *Journal of Strength and Conditioning Research*.
6. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Cubillos, N., & **Dorgo, S.\*** (2021). Changes in Sprint Kinematic Asymmetries in Division I Track and Field Athletes during Off-Season Training. *Journal of Strength and Conditioning Research*, 35(12), e300. DOI: 10.1519/JSC.0000000000004141
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10. Dietze-Hermosa, M. S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Rodriguez, S., Martinez, E., & **Dorgo, S.\*** (2021). Best Sprint Profile Predictors of Sprint Acceleration Split Times in Collegiate Track and Field Athletes. *Journal of Strength and Conditioning Research*, 35(12), e405. DOI: 10.1519/JSC.0000000000004141
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#### **SCHOLARLY PRESENTATIONS (state, national, and international conferences only)**

1. Dietze-Hermosa, M. S., Williams, N. B., Lowry, J., Allen, W., Laudie, E., Baldwin, C., Gonzalez, M. P., Montalvo, S., & **Dorgo, S.\*** (2022). Differences in Sagittal Plane Joint Angles at Toe-off between Overground Sprinting and Maximal Ice Skating in Youth Ice Hockey Players. National Strength and Conditioning Association National Conference, July 7-9, 2022.

2. Dietze-Hermosa, M. S., Williams, N. B., Lowry, J., Allen, W., Laudie, E., Baldwin, C., Gonzalez, M. P., Montalvo, S., & **Dorgo, S.\*** (2022). Differences in Step Spatiotemporal Variables between Overground Sprinting and Maximal Ice Skating in Youth Ice Hockey Players. National Strength and Conditioning Association National Conference, July 7-9, 2022.
3. Montalvo, S., Martinez-Ruiz, A., Gonzalez, M. P., Dietze-Hermosa, M. S., Arias, S., Hassan, P., Lozano, A., & **Dorgo, S.\*** (2022). Reliability and Validity Analyses of Heart Rate Measures from a Commercially Available Smart-Watch. National Strength and Conditioning Association National Conference, July 7-9, 2022.
4. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Molina, T., & **Dorgo, S.\*** (2022). A Comparison of the Magnitude of Jump and Sprint Asymmetries in Division I Track and Field Athletes. National Strength and Conditioning Association National Conference, July 7-9, 2022.
5. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Molina, T., & **Dorgo, S.\*** (2022). Associations between Jump Inter-limb Asymmetries and Sprint Profile Measures. National Strength and Conditioning Association National Conference, July 7-9, 2022.
6. Montalvo, S., Tan, E., & **Dorgo, S.** (2021). Decrease in Vertical Jump Performance after a Simulated Competition Routine with Elite Wushu Athletes. 7<sup>th</sup> National Strength and Conditioning Association International Conference, December, 2021, Shanghai, China.
7. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Cubillos, N., & **Dorgo, S.** (2021). Changes in Sprint Kinematic Asymmetries in Division I Track and Field Athletes during Off-Season Training. National Strength and Conditioning Association National Conference, July 8-10, 2021.
8. Rodriguez, S., Dietze-Hermosa, M. S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Martinez Ruiz, A., Martinez, E., Del Rio, J. G., & **Dorgo, S.** (2021). A Comparison of the Sprint Profile between Collegiate Sprinters and Long-Distance Runners. National Strength and Conditioning Association National Conference, presented virtually, July 8-10, 2021.
9. Dietze-Hermosa, M. S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Rodriguez, S., Martinez, E., & **Dorgo, S.** (2021). Differences in Sprint Profile and Squat Jump Performance between Collegiate Sprinters and Non-Sprinters. National Strength and Conditioning Association National Conference, presented virtually, July 8-10, 2021.
10. Martinez Ruiz, A., Montalvo, S., Gonzalez, M. P., Cubillos, N., Dietze-Hermosa, M. S., & **Dorgo, S.** (2021). The Backwards Overhead Medicine Ball Throw Compared to the Bilateral Jump as Predictors of Acceleration Sprint Completion Times. National Strength and Conditioning Association National Conference, presented virtually, July 8-10, 2021.
11. Dietze-Hermosa, M. S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Rodriguez, S., Martinez, E., & **Dorgo, S.** (2021). Best Sprint Profile Predictors of Sprint Acceleration Split Times in Collegiate Track and Field Athletes. National Strength and Conditioning Association National Conference, presented virtually, July 8-10, 2021.
12. Montalvo, S., Tan, E., Min S., Gonzalez, M. P., Dietze-Hermosa, M. S., Cubillos, N., & **Dorgo, S.** (2021). The Influence of Fat-Free Mass on Vertical Jump Performance on Elite Wushu Martial Arts Athletes. National Strength and Conditioning Association National Conference, July 8-10, 2021.
13. Del Rio, J. G., 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. National Strength and Conditioning Association National Conference, presented virtually, July 8-10, 2021.
14. Dietze-Hermosa, M. S., Rodriguez, S., Montalvo, S., Gonzalez, M. P., Cubillos, N., Martinez, E., Del Rio, J. G., & **Dorgo, S.** (2021). The Relationship between Squat Jump Performance and Sprint Profile in Collegiate Track and Field Athletes. Texas Chapter of the American College of Sports Medicine Annual Meeting, presented virtually, February 25-26, 2021.
15. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., Cubillos, N., Rodriguez, S., Martinez, E., & **Dorgo, S.** (2021). Associations Between Jump Performance and Asymmetries with 30-m Sprint

- Completion Time. Texas Chapter of the American College of Sports Medicine Annual Meeting, presented virtually, February 25-26, 2021.
16. Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M. S., Cubillos, N., Rodriguez, S., Martinez, E., Del Rio, J. G., Martinez Ruiz, A., & **Dorgo, S.** (2021). Bilateral Broad Jump as a Better Predictor of Acceleration Split Times than Unilateral Broad Jump. Texas Chapter of the American College of Sports Medicine Annual Meeting, presented virtually, February 25-26, 2021.
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  18. Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M., Rodriguez, S., Cubillos, N., Mejia-Ibarra, G., & **Dorgo, S.** (2020). Association between pennation angle of the gastrocnemius and reactive strength index. National Strength and Conditioning Association National Conference, presented virtually, July 9-11, 2020.
  19. Del Rio, J. G., Montalvo, S., Martinez Ruiz, A., Dietze-Hermosa, M., & **Dorgo, S.** (2020). The association between maximal effort forward and backward sprint kinematics with completion times. National Strength and Conditioning Association National Conference, presented virtually, July 9-11, 2020.
  20. Terrazas, L., Montalvo, S., Dietze-Hermosa, M., Rodriguez, S., Cubillos, N., Bastian, D., Martinez Ruiz, A., & **Dorgo, S.** (2020). The effects of manual resistance training on muscular strength. National Strength and Conditioning Association National Conference, presented virtually, July 9-11, 2020.
  21. Terrazas, L., Montalvo, S., Rodriguez, A., **Dorgo, S.** (2020). Changes in body composition following an 8-week manual resistance training vs. weight resistance training intervention. National Strength and Conditioning Association National Conference, presented virtually, July 9-11, 2020.
  22. Martinez Ruiz, A., Montalvo, S., Del Rio, J. G., Dietze-Hermosa, M., & **Dorgo, S.** (2020). Association between backward sprinting with forward sprinting, countermovement jump, and broad jump. National Strength and Conditioning Association National Conference, presented virtually, July 9-11, 2020.
  23. 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, presented virtually, July 9-11, 2020.
  24. Cubillos, N., Dietze-Hermosa, M., Montalvo, S., Gonzalez, M. P., Rodriguez, A., Rodriguez, S., & **Dorgo, S.** (2020). Differences in Single Leg Vertical Jump Performance Depending on Single or Double Legged Landing. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 20-21, 2020. Waco, TX.
  25. Dietze-Hermosa, M., Montalvo, S., Cubillos, N., Rodriguez, A., Jarquin, I., Gonzalez, M. P., Rodriguez, S., & **Dorgo, S.** (2020). Association between single-leg agility and single-leg vertical jumping performance in active adults. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 20-21, 2020. Waco, TX.
  26. Akehurst, E., Scott, D., Rodriguez, J. P., Gonzalez, C. A., Murphy, J., **Dorgo, S.**, & Hayes, A. (2019). Associations of sarcopenia components with physical function, health-related quality of life and nutrition in older adults performing exercise training. Australian and New Zealand Society for Sarcopenia and Frailty Research, November 22-23, 2019, Sydney, Australia.
  27. Gruber, L. D., **Dorgo, S.**, Montalvo, S., Gonzalez, M. P., Bastian, D. T., & Rodriguez, A. (2019). The Effects of Eccentric Overload Bench Press Training on 1RM Performance, and EMG Activity in Powerlifters. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.

28. Dietze-Hermosa, M. S., **Dorgo, S.**, Montalvo, S., Gonzalez, M. P., Gruber, L. D., & Terrazas, L. A. (2019). Differences in Modified Functional Movement Screen Scores between Male and Female Active Older Adults. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
29. Dietze-Hermosa, M. S., **Dorgo, S.**, Montalvo, S., Rodriguez, A., & Jarquin, I. A. (2019). Association between the Modified Functional Movement Screen Scores and Fear of Falling in Active Older Adults. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
30. Montalvo, S., **Dorgo, S.**, Gonzalez, M. P., & Dietze-Hermosa, M. S. (2019). Validity and Reliability of the Push Band 2.0 IMU System on Reactive Strength Index Measures. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
31. Montalvo, S., **Dorgo, S.**, Gonzalez, M. P., Conde, D., Mejia-Ibarra, G. (2019). Heart Rate Percentage as an Intra-Rest Modulator during Training with Post-Activation Potentiation. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
32. Del Rio, J., **Dorgo, S.**, & Montalvo, S. (2019). The Influence of Arm Swing on Sprint Velocity and Sprint Kinematics. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
33. Gonzalez, M. P., **Dorgo, S.**, Montalvo, S., Dietze-Hermosa, M. S., Cubillos, N. R., & Caraveo, P. (2019). The Effect of Manual Resistance Training on Post-Activation Potentiation in Isokinetic Knee Extensions. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
34. Gruber, L. D., **Dorgo, S.**, & Montalvo, S. (2019). Comparison of Stride Length and Stride Frequency Patterns of Sprint Performance in Overground vs. Motorized Treadmill Sprinting. National Strength and Conditioning Association's 42<sup>nd</sup> Annual Meeting, July 11-13, 2019, Washington, DC.
35. Jarquin, I. A., Montalvo, S., Conde, D., Ibarra-Mejia, G., & **Dorgo, S.** (2019). The Effects of Two Post-Activation Potentiation Methods on Muscular Activation. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28-March 1, Fort Worth, TX.
36. Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M. S., & **Dorgo, S.** (2019). The Effects of Three Post-Activation Potentiation Methods on Muscular Activation of Knee Extensors: A Pilot Study. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28-March 1, Fort Worth, TX.
37. De La Torre, I. N., Montalvo, S., Conde, D., Ibarra-Mejia, G., & **Dorgo, S.** (2019). Increasing Vertical Jump Height using Two Alternative Post-Activation Potentiation Methods. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28-March 1, Fort Worth, TX.
38. Gonzalez, M. P., Montalvo, S., Dietze-Hermosa, M. S., & **Dorgo, S.** (2019). Manual Resistance Training as an Alternative Post-Activation Potentiation Method: A Pilot Study. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28-March 1, Fort Worth, TX.
39. Rodriguez, A., Gruber, L., Montalvo, S., Gonzalez, M. P., Bastian, D., & **Dorgo, S.** (2019). Changes to Strength, Muscular Power, and Bar Velocity after 2-Weeks of Eccentric Overload Bench Press Training: A Case Study. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28-March 1, Fort Worth, TX.
40. Dietze-Hermosa, M. S., Montalvo, S., Gruber, L., Terrazas, L., Gonzalez, M. P., & **Dorgo, S.** (2019). Scores for the Modified Functional Movement Screen in Active Older Adults. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28-March 1, Fort Worth, TX.
41. Hayes, A., Akehurst, E., Scott, D., & **Dorgo, S.** (2018). Comparison of Strength and Power Training on Muscular Fitness and Body Composition in Older Adults. Australian and New Zealand Society for Sarcopenia and Frailty Research, November 23-24, 2018, Dunedin, New Zealand.

42. **Dorgo, S.**, Akehurst, E., Scott, D., & Hayes, A. (2018). Comparison of Exercise Program Modalities on Their Impact on Fitness and Body Composition Scores in Older Adults. National Strength and Conditioning Association's 41<sup>st</sup> Annual Meeting, July 12-14, 2018, Indianapolis, IN.
43. **Dorgo, S.**, Perales, J. J., & Montalvo, S. (2018). The Effects of Overground and Treadmill Spring Training on Sprint Performance and Body Composition. National Strength and Conditioning Association's 41<sup>st</sup> Annual Meeting, July 12-14, 2018, Indianapolis, IN.
44. Gonzales, F., **Dorgo, S.**, Fisher, K., Gruber, L., & Perales, J. J. (2018). Comparison of Stride Length and Stride Frequency Patterns of Overground vs. Treadmill Spring Performance. National Strength and Conditioning Association's 41<sup>st</sup> Annual Meeting, July 12-14, 2018, Indianapolis, IN.
45. Montalvo, S., **Dorgo, S.**, Oropeza, S., Jarquin, I., Gonzalez, M., & Sanchez, J. (2018). The Effects of Different Warm-up Protocols in Vertical Jump Height with College Age Gymnasts. National Strength and Conditioning Association's 41<sup>st</sup> Annual Meeting, July 12-14, 2018, Indianapolis, IN.
46. Montalvo, S., **Dorgo, S.**, Sanchez, J., Tune, C., & Gonzalez, M. (2018). Concurrent Validation of Vertical Jump Methods. National Strength and Conditioning Association's 41<sup>st</sup> Annual Meeting, July 12-14, 2018, Indianapolis, IN.
47. Petushek, E., Clarke, S. B., **Dorgo, S.**, Ebben, W., Myer, G. D., & Krosshaug, T. (2018). Development and Validation of Efficient Assessment Tool to Quantify Strength Training Technical Expertise. American College of Sport Medicine's 65<sup>th</sup> Annual Meeting, May 29 - June 2, 2018, Minneapolis, MN.
48. Montalvo, S., **Dorgo, S.**, Sapien, C., Tune, C., Gonzalez, M. & Sanchez, J. (2018). Validity of Vertical Jump Measuring Devices. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 1-2, 2018, Austin, TX.
49. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Effects of Ethnicity and Geographical Location on Sarcopenia and Hand Grip Strength: A Pilot Study. International Association for Geriatrics and Gerontology World Congress, July 23-27, 2017, San Francisco, CA.
50. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Exercise and Nutrition Interventions for the Treatment of Sarcopenia: Influence of Obesity. International Association for Geriatrics and Gerontology World Congress, July 23-27, 2017, San Francisco, CA.
51. Hayes, A., Scott, D., McMillan, L., & **Dorgo, S.** (2017). The influence of ethnicity and geographical location on sarcopenia prevalence in older adults: A Pilot Study. Australian and New Zealand Society for Sarcopenia and Frailty Research, November 24-25, 2017, Adelaide, Australia.
52. Amador, M., Meza, C., Perales, J., **Dorgo, S.**, & Bajpeyi, S. (2016). Six Weeks of Sprint Training Improves Sprint Time and Aerobic Fitness Independent of Training Performed on a Track or Treadmill. APS Intersociety Meeting: The Integrative Biology of Exercise VII, November 2-4, 2016, Phoenix, AZ.
53. **Dorgo, S.**, Perales, J. J., Montalvo, S., Amador, M., & Bajpeyi, S. (2016). Effects of Treadmill and Overground Sprint Training Modes on Sprint Speed, Body Composition and Aerobic Power. National Strength and Conditioning Association's 39<sup>th</sup> Annual Meeting, July 7-9, 2016, New Orleans, LA.
54. Perales, J. J., **Dorgo, S.**, & Bajpeyi, S. (2016). Comparison of the Effectiveness of Treadmill vs. Overground Sprint Training on Overground and Treadmill Maximum Running Speed. National Strength and Conditioning Association's 39<sup>th</sup> Annual Meeting, July 7-9, 2016, New Orleans, LA.
55. Hale, R., Hausselle, J, Gonzalez, R. V., & **Dorgo, S.** (2016). Effect of Center of Pressure on Sagittal Plane Form at Maximum Depth of Bodyweight and Weighted Back Squats. National Strength and Conditioning Association's 39<sup>th</sup> Annual Meeting, July 7-9, 2016, New Orleans, LA.
56. Amador, M., Perales, J. A., Montalvo, S., Bajpeyi, S., and **Dorgo, S.** (2016). The Effects of Two Different Sprint Training Modalities on Sprint Speed, Aerobic Fitness and Body Composition. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 2-4, 2016, College Station, TX.



57. **Dorgo, S.,** Bangert, A.S., Alvidrez, V. A. (2015). Impact of Resistance Training on Self-Efficacy and Motivational Behavior in Trained and Untrained Young Adults. National Strength and Conditioning Association’s 38<sup>th</sup> Annual Meeting, July 9-11, 2015, Orlando, FL.
58. **Dorgo, S.,** Reed-Jones, R. J., Murray, N. G., Ambati, P. V. N. (2014). Short-term Changes in Isometric Bench Press Strength among Trained and Untrained Young Adults. National Strength and Conditioning Association’s 37<sup>th</sup> Annual Meeting, July 10-12, 2014, Las Vegas, NV.
59. Wax, B., & **Dorgo, S.** (2014). Does Citrulline Malate Ingestion Augment Muscular Performance during a Selected Lower-Body Training Protocol? National Strength and Conditioning Association’s 37<sup>th</sup> Annual Meeting, July 10-12, 2014, Las Vegas, NV.
60. **Dorgo, S.,** Reed-Jones, R. J., Murray, N. G., Ambati, P. V. N. (2013). Comparison of Short-term Strength Adaptations in Trained and Untrained Young Adults Elicited by Minimal and Overload Resistance Training Intensities. National Strength and Conditioning Association’s 36<sup>th</sup> Annual Meeting, July 11-13, 2013, Las Vegas, NV.
61. Reed-Jones, R. J., **Dorgo, S.,** Bangert, A. S. (2013). Exercise increases visual cognition in older adults. Vision Sciences Society Annual Meeting, May 12, 2013, Naples, FL.
62. Bulusu, C. S., **Dorgo, S.** (2013). Efficacy of Wii Fit Plus Strength Training in Older Adults Dwelling in an Assisted Living Facility. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28 - March 1, 2013, Austin, TX.
63. Bangert, A. S., **Dorgo, S.,** Reed-Jones, R. J., Heydarian, N., Montes, R., & Bulusu, C. S. (2012). Impact of a 12-week Fitness Training Program on Associative Memory and Attentional Control Processes in Older Adults. Annual Meeting of the Psychonomic Society, November 15-18, 2012, Minneapolis, MN.
64. Raschke, C. L., & **Dorgo, S.** (2012). Comparison of Isometric Neck Strength in High School Football Players with and without a History of Concussion. National Strength and Conditioning Association’s 35<sup>th</sup> Annual Meeting, July 11-14, 2012, Providence, RI.
65. **Dorgo, S.,** Bangert, A.S., Reed-Jones, R. J., & Bulusu, C. S. (2012). Fitness Improvements in Older Adults Exercising at Different Times-of-Day. National Strength and Conditioning Association’s 35<sup>th</sup> Annual Meeting, July 11-14, 2012, Providence, RI.
66. Reed-Jones, R. J., **Dorgo, S.,** Bangert, A.S., & Bulusu, C. S. (2012). Improvements in Visual Attention and Obstacle Avoidance with Visual Training on Nintendo Wii. 17<sup>th</sup> Biannual Canadian Society of Biomechanics meeting, June 6 – June 9, 2012, Vancouver, BC.
67. **Dorgo, S.,** Reed-Jones, R. J., Bulusu, C. S. & Vella, C. A. (2012). Short-term Changes in Resistance Training Exercise Confidence in Young and Older Adults. American College of Sport Medicine’s 59<sup>th</sup> Annual Meeting, May 29 - June 2, 2012, San Francisco, CA.
68. Bulusu, C. S., & **Dorgo, S.** (2012). Comparison of Early Strength Adaptations Elicited by Two Different Training Protocols in Young Adults. South Central Regional American Society of Biomechanics Meeting, April 13-14, 2012, Dallas, TX.
69. Bulusu, C. S., Lawson, K., & **Dorgo, S.** (2012). Development of Online Courses Using Innovative Technological Tools and Strategies. Roundtable Discussion at the International Sun Conference on Teaching and Learning, March 2, 2012, El Paso, TX.
70. Bulusu, C. S., **Dorgo, S.,** Reed-Jones, R. J., & Bangert, A.S. (2012). Physical and Functional Fitness Changes in Older Adults in Response to a Traditional Training Program and a Wii Enhanced Training Program. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 1, 2012, Austin, TX.
71. **Dorgo, S.,** Reed-Jones, R. J., & Bulusu, C. S. (2011). Effects of Two Different Resistance Training Intensities on Short-term Strength Adaptations in Young Adults. National Strength and Conditioning Association’s 34<sup>th</sup> Annual Meeting, July 7-10, 2011, Las Vegas, NV.

72. **Dorgo, S.,** Reed-Jones, R. J., Vella, C. A., Samples, C., & Bulusu, C. S. (2011). Effects of Training Loads on Short-term Strength Adaptations in Older Adults. American College of Sport Medicine's 58<sup>th</sup> Annual Meeting, May 31 - June 4, 2011, Denver, CO.
73. Raschke, C., & **Dorgo, S.** (2011). The Role of Isometric Neck Strength in Predicting Concussions Sustained at the High School Level. South Central American Society of Biomechanics Conference, February 24-26, 2011, Dallas, TX.
74. Hitchings, M., **Dorgo, S.,** Reed-Jones, R. J. (2011). Visual Perception Training for the Enhancement of Balance and Mobility in an Elderly Population in El Paso. South Central American Society of Biomechanics Conference, February 24-26, 2011, Dallas, TX.
75. **Dorgo, S. &** King, G. A. (2010). Comparison of Peer Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. National Strength and Conditioning Association's 33<sup>rd</sup> Annual Meeting, July 7-10, 2010, Orlando, FL.
76. **Dorgo, S., &** Edupuganti, P. (2009). Effects of Resistance Training on the Hamstring to Quadriceps Strength Ratio in Males and Females. National Strength and Conditioning Association's 32<sup>nd</sup> Annual Meeting, July 8-11, 2009, Las Vegas, NV.
77. **Dorgo, S.,** Bader, J. A., & King, G. A. (2009). The Effectiveness of Manual Resistance Training versus Weight Training on Fitness Test Achievement Scores in Adolescents. National Strength and Conditioning Association's 32<sup>nd</sup> Annual Meeting, July 8-11, 2009, Las Vegas, NV.
78. King, G. A., Deemer, S. E., **Dorgo, S., &** Thompson, D. L. (2009). Adiponectin Concentrations Are Associated with Cardiovascular Disease Risk Factors in Pre-menopausal Women. American College of Sport Medicine's 56<sup>th</sup> Annual Meeting, May 27-30, 2009, Seattle, WA.
79. King, G. A., Deemer, S. E., **Dorgo, S., &** Thompson, D. L. (2008). Influence of Visceral Adiposity and Triglycerides on Insulin Resistance in Pre-Menopausal Caucasian and Hispanic Women. American College of Sport Medicine's 55<sup>th</sup> Annual Meeting, May 28-31, 2008, Indianapolis, IN.
80. Deemer, S. E., Franco, B. M., Potter, C., **Dorgo, S., &** King, G. A. (2008). Accuracy of an Armband Type Physiological Body Monitor to Estimate Light/Sedentary Activities of Daily Living. American College of Sport Medicine's 55<sup>th</sup> Annual Meeting, May 28-31, 2008, Indianapolis, IN.
81. **Dorgo, S. &** King, G. A. (2008). Effects of Functional Training in an Older Adult Fitness Program. 123<sup>rd</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 8-12, 2008, Fort Worth, TX.
82. **Dorgo, S. &** King, G. A. (2008). Effectiveness of Peer Mentoring in a Prolonged Senior Fitness Program. 123<sup>rd</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 8-12, 2008, Fort Worth, TX.
83. **Dorgo, S.,** King, G. A., Brickey, G. D. (2007). The Application of Functional Training to Improve Fitness in Older Adults. National Strength and Conditioning Association's 30<sup>th</sup> Annual Meeting, July 12-15, 2007, Atlanta, GA.
84. **Dorgo, S.,** King, G. A., Brickey, G. D. (2007). The Effects of Manual Resistance Training on Fitness Test Achievement Scores in Adolescents. National Strength and Conditioning Association's 30<sup>th</sup> Annual Meeting, July 12-15, 2007, Atlanta, GA.
85. King, G. A., **Dorgo, S.,** Deemer, S. E. (2007). The Application of Peer Mentoring in a Physical Fitness Program for Older Adults. National Strength and Conditioning Association's 30<sup>th</sup> Annual Meeting, July 12-15, 2007, Atlanta, GA.
86. King, G. A., **Dorgo, S.,** Deemer, S. E. (2007). Sex differences in muscular strength initiated by two difference resistance training programs. National Strength and Conditioning Association's 30<sup>th</sup> Annual Meeting, July 12-15, 2007, Atlanta, GA.
87. **Dorgo, S.,** King, G. A. (2007). The Effects of Manual Resistance Training on Fitness Test Achievement Scores in Hispanic Adolescents. 7<sup>th</sup> Annual Southern States Knowledge in Research Conference: Eliminating Health Care Disparities in the Southwest, April 20-21, 2007, San Antonio, TX.

88. **Dorgo, S.,** King, G. A., (2007). Physical Fitness in the Golden Age. Healthy Aging Research Network symposium “Effective Community-Based Physical Activity Programs for Older Adults”; February 14-15, 2007, Seattle, WA.
89. **Dorgo, S.** (2007). Effectiveness of Manual Resistance Training to Improve Physical Fitness. 13<sup>th</sup> Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 4, 2007, El Paso, TX.
90. **Dorgo, S.** (2006). Manual Resistance Training: an applicable and cost-effective form of training - Part 1. 83<sup>rd</sup> Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 29 – December 2, 2006, Fort Worth, TX.
91. **Dorgo, S.** (2006). Manual Resistance Training: an applicable and cost-effective form of training - Part 2. 83<sup>rd</sup> Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 29 – December 2, 2006, Fort Worth, TX.
92. **Dorgo, S.;** Smith, D. R., Ortiz, M., & King, G. A. (2006). The Effects of Eccentric Phase Duration on Concentric Phase Force Production during Drop Jumps. XXIV International Symposium on Biomechanics in Sport, July 14-18, 2006, Salzburg, Austria.
93. Rice, C. A. & **Dorgo, S.** (2006). The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation. National Strength and Conditioning Association’s 29<sup>th</sup> Annual Meeting, July 12-15, 2006, Washington, DC.
94. **Dorgo, S.,** King, G. A., & Rice, C. A. (2006). The Effectiveness of a Manual Resistance vs. a Weight Resistance Training Program on Body Composition. National Strength and Conditioning Association’s 29<sup>th</sup> Annual Meeting, July 12-15, 2006, Washington, DC.
95. King, G. A., **Dorgo, S.,** & Rice, C. A. (2006). The Effectiveness of a Manual Resistance vs. a Weight Resistance Training Program on Aerobic Power. National Strength and Conditioning Association’s 29<sup>th</sup> Annual Meeting, July 12-15, 2006, Washington, DC.
96. **Dorgo, S.,** King, G. A., & Rice, C. A. (2006). The Effects of a 14-Week Manual Resistance Training Program on Muscular Strength and Muscular Endurance. National Strength and Conditioning Association’s 29<sup>th</sup> Annual Meeting, July 12-15, 2006, Washington, DC.
97. **Dorgo, S.** (2006). Muscular Fitness in Physical Education through Manual Resistance Training. 121<sup>st</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 25-29, 2006, Salt Lake City, UT.
98. **Dorgo, S.** (2006). Research on Resistance Training as a Tool for Combating Youth Obesity. Lineae Terrarum International Borders Conference, March 29, 2006, Las Cruces, NM.
99. Meeuwssen, H., Pederson, R., **Dorgo, S.,** King, G. (2006). Connections and Collaborations? We got them! National Association for Kinesiology and Physical Education in Higher Education National Conference, January 4-7, 2006, San Diego CA.
100. **Dorgo, S.** (2006). Combating Youth Obesity through the Application of Manual Resistance Training. 12<sup>th</sup> Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 5, 2006, El Paso, TX.
101. **Dorgo, S.** (2005). The Application of Manual Resistance Training in Physical Education. 82<sup>nd</sup> Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 30-December 2, 2005, Corpus Christy, TX.
102. **Dorgo, S.** (2002). Knowledge Structures of Expert Strength and Conditioning Coaches. 4<sup>th</sup> Works in Progress Conference for Physical Education Professionals, Athens, GA.

**GRANTS** (Cumulative Total Awarded: \$3,271,033)

#### **Funded Applications**

1. University of Texas at San Antonio Strategic Research Award Seed Grant Program (PI: Brown, D. **Role: Co-Principal Investigator**). Understanding Human Performance under Suboptimal

- Conditions: A Kinematic Examination of the Impact of Mental Fatigue on Vertical Jump Performance. Application submitted on March 29, 2022, requesting \$5,000; funded on April 12, 2022 for \$5,000.
2. University of Texas at San Antonio Strategic Research Award Seed Grant Program (PI: Zhang, T. **Role: Co-Investigator**). Precision Medicine in Human Performance: Exploring Innovative Biomarkers to Predict Aerobic Endurance and Muscular Strength in College Athletes. Application submitted on March 28, 2022, requesting \$5,000; funded on April 12, 2022 for \$5,000.
  3. 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.
  4. UTEP College of Health Sciences Grants for Strategic Transformation (PI: **Dorgo, S.**). Young Stars Strength and Conditioning Program Development. Application submitted in October, 2019, requesting \$7,500, funded in December, 2019 for \$7,500.
  5. Paso Del Norte Health Foundation – Institute for Healthy Living (PI: **Dorgo, S.**). Healthy Eating and Cooking Practices for El Paso Older Adults. Funded in February, 2017 for \$20,000; funded for second year in April 2018 for \$57,944; funded for a third year in August 2019 for \$17,891.
  6. The Research Council of Norway – Research-based Regional Innovation (Forregion) Program (PI: Krosshaug, T. **Role: Co-Investigator**). Development of a test to assess knowledge on strength training exercises with the involvement of the world’s foremost experts (Utvikling av en test for å måle kunnskap om tyrketreningsovelser, med involvering fra verdens fremste eksperter). Grant proposal submitted in October, 2017, requesting NOK 580,000, funded in December, 2017 for NOK 580,000 (approximately \$70,180).
  7. National Strength and Conditioning Association Foundation (NSCAF) – International Collaboration Grant (PI: **Dorgo, S.**). Dynapenia in Diverse Ethnic Groups of Older Adults. Grant proposal submitted in March, 2016, requesting \$49,921, funded in June, 2016 for \$40,542.
  8. UTEP – Office of the Provost, Interdisciplinary Research (IDR) Enhancement Program (PI: Gonzalez, R.; **Role: Co-Investigator**). An Innovative Training Approach to Decrease Joint Contact Loads during Plyometric Exercises. Grant proposal submitted in December, 2014, requesting \$20,000, funded in January, 2015 for \$20,000.
  9. Victoria University International Collaborative Research Grant. (PI: **Dorgo, S.**). Assessing and Combating Dynapenia in Diverse Ethnic Groups of Older Adults. Grant proposal submitted in December, 2014, requesting \$38,963, funded in March, 2015 for \$38,963.
  10. J. J. Smith Foundation. (PI: **Dorgo, S.**). Physical Fitness in the Golden Age Program. Grant proposal submitted in May, 2014, requesting \$10,000, funded in June, 2014 for \$5,000.
  11. University Research Institute, University of Texas at El Paso (PI: **Dorgo, S.**). Neuromuscular Adaptations in Resistance Training. Grant proposal submitted in May, 2010, requesting \$5,000, funded in September, 2010, for \$5,000.
  12. Hispanic Health Disparities Research Center (PI: Reed-Jones, R. J., **Role: Co-Principal Investigator**). Perceptual and Agility Training in Hispanic Older Adults: A Fall Prevention Intervention for an Overlooked High-risk Population. Grant proposal submitted in May, 2010, requesting \$15,000, funded in July, 2010 for \$15,000.
  13. Hispanic Health Disparities Research Center (PI: Cardenas, Victor; **Role: Co-Investigator**). Genetic and Environmental Determinants of Maternal and Neonatal Adverse Pregnancy Outcomes in El Paso, Texas. Grant proposal submitted in April, 2010, requesting \$112,940, funded in September, 2010 for \$112,940.
  14. National Institutes of Health – National Center for Minority Health and Health Disparities (R01) (PI: Duarte, Maria O.; **Role: Co-Investigator**). Can CHW/PS Promote Lifestyle and Environment

- Change to Reduce CVD Risk in Texas. Grant proposal submitted in August, 2007, requesting \$2,616,320, funded in May, 2008 for \$2,616,320.
15. Paso Del Norte Health Foundation, Ageless Health Initiative (**PI: Dorgo, S.**). Physical Fitness in the Golden Age. Grant proposal submitted in October, 2007, requesting \$50,000, funded in January, 2008 for \$50,000.
  16. Paso Del Norte Health Foundation, Ageless Health Initiative (**PI: Dorgo, S.**). Physical Fitness in the Golden Age. Grant proposal submitted in October, 2006, requesting \$48,036, funded in November, 2006 for \$48,036.
  17. Hispanic Health Disparities Research Center (**PI: Dorgo, S.**). The Effectiveness of Teacher Implemented Resistance Training Programs on Improving Physical Fitness and Exercise Behavior of Hispanic Adolescents. Grant proposal submitted in May, 2006, requesting \$36,173, funded in September, 2006 for \$36,173.
  18. Paso Del Norte Health Foundation, Ageless Health Initiative (**PI: Dorgo, S.**). Physical Fitness in the Golden Age. Grant proposal submitted in November, 2005, requesting \$35,146, funded in November, 2005 for \$35,146.
  19. Hispanic Health Disparities Research Center (**PI: Dorgo, S.**). The Effects of Manual Resistance Training on Fitness Test Achievement Scores and Exercise Behavior in Hispanic Adolescents. Grant proposal submitted in April, 2005, requesting \$80,000, funded June, 2005 for \$31,080.
  20. University Research Institute, University of Texas at El Paso (**PI: Dorgo, S.**). The Effects of Two Different Resistance Training Programs on Components of Fitness. Grant proposal submitted in September, 2004, requesting \$4,980, funded in December, 2004 for \$3,022.
  21. University Research Institute, University of Texas at El Paso (**PI: Dorgo, S.**). Master Physical Education Teachers' Practical Knowledge. Grant proposal submitted in September, 2003, requesting \$4,977, funded in December, 2003 for \$3,000.
  22. Golf Magazine, Inc. (**PI: Schempp, P.; Role: Co-Investigator**). The Anatomy of an Effective Golf Instruction Article. Grant proposal submitted in January, 2002, requesting \$2,296, funded in May, 2002 for \$2,296.

## GRANTS

### Notable Examples of Rejected Applications

1. Paso Del Norte Health Foundation – Healthy Eating Active Living Initiative (**PI: Dorgo, S.**). Young Stars Sports Program (YSSP) for EPISD 6<sup>th</sup> Grade Students. Grant proposal submitted on February 17<sup>th</sup>, 2021, requesting \$202,000, not funded.
2. Fit for Life Foundation – Supporting Innovative Solutions Program (**PI: Dorgo, S.**). An Innovative Fitness and Wellness Older Adult Program in El Paso, Texas. Grant proposal submitted on December 7<sup>th</sup>, 2020, requesting \$100,000, not funded.
3. 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.
4. National Institutes of Health – NIA MSTEM: Advancing Diversity in Aging Research through Undergraduate Education (R25) (**PI: Solis, G.; Role: Co-Investigator**). Aging Research Experiences for Undergraduate Future Innovative Thinkers (AREUFIT). Grant proposal submitted on May 25<sup>th</sup>, 2018, requesting \$1,750,000.00, not funded.
5. Aetna Foundation – Cultivating Healthy Communities (**PI: Dorgo, S.**). Fitness and Healthy Eating Initiative for El Paso Older Adults. Proposal submitted in April, 2017 requesting \$100,000, not funded.

6. Hunt Family Foundation (**PI: Dorgo, S.**). UTEP Physical Fitness in the Golden Age Program Expansion Project. Proposal submitted in April 2016, requesting \$45,000, not funded.
7. National Science Foundation (NSF): Major Research Instrumentation Program (MRI). (**PI: Sarkodie-Gyan, T., Role: Co-Principal Investigator**). Development of a multi-axis synergistic system (MASS) for the assessment and effectuation of human dynamic behavior in space. Proposal submitted on February 22, 2013, requesting \$1,565,784, not funded.
8. U.S. Department of Education, Field Initiated Research CFDA #84.133G – Disability and Rehabilitation Research. (**PI: Sarkodie-Gyan, T., Role: Co-Principal Investigator**). Real-time characterization of (mild) Traumatic Brain Injury using computational intelligence: Approaching a new rehabilitation technology based on automated analysis and intervention. Grant proposal submitted in 2012, for \$603,468, not funded.
9. National Institutes of Health – National Institute on Aging (SC2) (**PI: Dorgo, S.**). The Application of Peer Mentoring in a Fitness Program for Hispanic Older Adults. Grant proposal submitted in September, 2008, for \$441,600, not funded. Grant proposal resubmitted in September, 2009, for \$446,025, not funded.
10. Gifford Foundation (**PI: Dorgo, S.**). Peer Mentor Based Community Fitness for Older Adults. Grant proposal submitted in December, 2007, for \$50,000, not funded.
11. Paso Del Norte Health Foundation, Center for Border Health Research (**PI: Dorgo, S.**). Physical and behavioral changes in adolescents elicited by two different resistance training programs. Grant proposal submitted in June 2005 for \$75,000, not funded.
12. National Strength and Conditioning Association (**PI: Dorgo, S.**). An Expert Strength and Conditioning Coach’s Practical Knowledge. Grant proposal submitted for Graduate Student grant in July, 2003, for \$2,500, not funded.

## GRANTS

### **Mentored Student Grants (listing funded applications only)** (Cumulative Total Awarded: \$47,948)

1. National Strength and Conditioning Association Foundation (NSCAF). Effects of an 8-week resisted sprint training program on ice skating speed, acceleration, and measures of athletic performance in male ice hockey players. Doctoral Research Grant, \$7,279 awarded, funded in May, 2021. **PI: Dietze-Hermosa, Martin. Role: Faculty Mentor.**
2. University of Texas at El Paso, Graduate School – Dodson Research Grants. The effects of resisted sprint training on speed performance in ice hockey players. Graduate Student Research Grant, \$2,300 awarded, funded in January, 2021. **PI: Martinez, Emily. Role: Faculty Mentor.**
3. University of Texas at El Paso, Graduate School – Dodson Research Grants. The Effects of Shoe Type and Load on Bar Kinematics and Joint Kinetics during Weightlifting. Graduate Student Research Grant, \$2,355 awarded, funded in December, 2019. **PI: Dietze-Hermosa, Martin. Role: Faculty Mentor.**
4. University of Texas at El Paso, Graduate School – Dodson Research Grants. The Effects of Different Stretching Modalities on the Antagonist and Agonist Muscles on Isokinetic Strength, Muscular Power, and Reactive Strength Index. Graduate Student Research Grant, \$1,950 awarded, funded in December, 2019. **PI: Montalvo, Samuel. Role: Faculty Mentor.**
5. University of Texas at El Paso, Graduate School – Dodson Research Grants. Acute Effects of Electromyostimulation of the Quadriceps Muscles on Jumping Performance. Graduate Student Research Grant, \$1,140 awarded, funded in December, 2019. **PI: Rodriguez, Sergio. Role: Faculty Mentor.**
6. University of Texas at El Paso, Graduate School – Dodson Research Grants. The Effects of Two

- Manual Resistance Methods on Post Activation Potentiation during Isokinetic Knee Extensions. Graduate Student Research Grant, \$2,675 awarded, funded in March, 2019. PI: Gonzalez, Matthew P. **Role: Faculty Mentor.**
7. University of Texas at El Paso, Graduate School – Dodson Research Grants. Effects of Manual Resistance Training in Young Adults. Graduate Student Research Grant, \$900 awarded, funded in December, 2018. PI: Terrazas, Lizette. **Role: Faculty Mentor.**
  8. University of Texas at El Paso, Graduate School – Dodson Research Grants. The Effects of ACTN3 Gene Polymorphisms in Post-Activation Potentiation and Fitness Measurements. Graduate Student Research Grant, \$2,442 awarded, funded in December, 2017. PI: Montalvo, Samuel. **Role: Faculty Mentor.**
  9. University of Texas at El Paso, Graduate School – Dodson Research Grants. Comparison of Stride Length and Stride Frequency between Various Populations during Overground Sprinting. Graduate Student Research Grant, \$2,900 awarded, funded in December, 2017. PI: Gruber, Lance. **Role: Faculty Mentor.**
  10. National Strength and Conditioning Association Foundation (NSCAF). Comparison of the Effectiveness of Treadmill vs. Overground Sprint Training. Masters Research Grant, \$5,192 awarded, funded in June, 2016. PI: Perales, Jeremy J. **Role: Faculty Mentor.**
  11. University of Texas at El Paso, Graduate School – Dodson Research Grants. Effectiveness of Sprint Training Modalities. Graduate Student Research Grant, \$2,824 awarded, funded in September, 2015. PI: Perales, Jeremy J. **Role: Faculty Mentor.**
  12. University of Texas at El Paso, Graduate School – Graduate Enhancement Award. The Effectiveness of Wii Fit Plus Strength Training in Improving Functional Performance in Older Adults. Student Project Grant, \$2,000 awarded, funded in January, 2012. PI: Bulusu, Chandra S. **Role: Faculty Mentor.**
  13. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. The Role of Isometric Neck Strength in Predicting Concussions Sustained by High School Football Players. Graduate Student Grant, \$1,000 awarded, funded in March, 2011. PI: Raschke, Cameron L. **Role: Faculty Mentor.**
  14. Hispanic Health Disparities Research Center. Assessment of the Applicability and Effectiveness of Various Exercise Intensities on the Improvement of Fitness in Hispanic Older Adults. Graduate Student Grant, \$5,000 awarded, funded in July, 2010. PI: Samples, Christina. **Role: Faculty Mentor.**
  15. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. The Effect of Hand Positioning on Maximum Push-up Performance. Student Project Grant, \$944 awarded, funded in May, 2008. PI: Brickey, Gregory D. **Role: Faculty Mentor.**
  16. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. Gender Differences in the Improvement of Hamstring to Quadriceps Strength Ratio. Student Project Grant, \$2,445 awarded, funded in March, 2008. PI: Edupuganti, Pradeep. **Role: Faculty Mentor.**
  17. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. The Effects of Post-Activation Potentiation Training on Upper Body Strength. Student Project Grant, \$2,602 awarded, funded in July, 2006. PI: Rice, Christopher. **Role: Faculty Mentor.**
  18. University of Texas at El Paso, Graduate School – Graduate Enhancement Award. The Effects of Three and Five Second Isometric Contractions on Upper Body Post-Activation Potentiation. Student Project Grant, \$2,000 awarded, funded in May, 2006. PI: Rice, Christopher. **Role: Faculty Mentor.**

## SERVICE ACTIVITIES

## **UNIVERSITY SERVICE**

### **University System Level Committees/Services**

1. University of Texas System Faculty Advisory Council member. Fall 2016 – Summer 2021
2. University of Texas System Faculty Advisory Council, Academic Affairs and Faculty Quality Committee Member. Fall 2016 – Summer 2021

### **University Committees/Services at the University of Texas at El Paso**

1. Faculty Senate Executive Council Member. Spring 2015 – Summer 2021
2. Faculty Senate President. Fall 2018 – Summer 2020
3. Handbook of Operating Procedures Update Committee Member. Fall 2018 – Summer 2020
4. Graduate Council Member. Fall 2013 – Summer 2020
5. Faculty Senate Vice President. Fall 2016 – Summer 2018
6. President’s Meritorious Service Award Committee Member. Fall 2016 and Spring 2019.
7. Faculty Welfare Committee Member. Fall 2015 – Summer 2018
8. Student Conduct Committee Member. Fall 2014 – Summer 2017
9. Student Grievance Committee Member. Fall 2011 – Spring 2014
10. Faculty Senate – Senator. Spring 2011 – Spring 2014
11. Student Government Association – Athletic Task Force Member. Fall 2010 – Spring 2012
12. Undergraduate Scholarship Committee Member. Fall 2006 – Summer 2008
13. Ad-hoc invited university services and services on ad-hoc committees:
  - Served as Co-Chair of the Workload Policy Committee to develop a university-wide policy for faculty workload, 2018
  - Served on Faculty Titles Committee to regulate faculty titles used, 2018-2020
  - Served as Search Committee Member for UTEP Recreational Sports Department Associate Director position, 2016
  - Served as faculty panelist in graduate student professional workshops, 2013-2016
  - Served as judge and mentor during Annual Graduate Expos, 2013-2015
  - Served as faculty representative during the UTEP Celebrates Centennial campaign
  - Reviewer of UTEP Campus Office of Undergraduate Research Initiatives (COURI) proposals, 2012-2016
  - Reviewer for the UTEP Dodson Graduate Grant applications, 2010-2017

### **College Committees/Services at the University of Texas at San Antonio, College for Health, Community, and Policy**

1. Program development committee member for the Doctor of Philosophy in Applied Community Research. Fall 2021 – present
2. Search committee member for the Human Performance and Data Science open rank faculty position, a joint search between the College of Engineering and Integrated Design and the College for Health, Community, and Policy. Fall 2021 – present

### **College Committees/Services at the University of Texas at El Paso College of Health Sciences**

1. Faculty Recruitment, Development and Evaluation Committee. Fall 2009 – Summer 2016.
2. Faculty Merit Evaluation Committee. Committee member 2009-2017, committee chair in 2013, 2014, 2016 and 2017.



3. College of Health Sciences in collaboration with the Golden Age Fitness Association, organizing committee member for the Annual UTEP Commitment to Fitness Run/Walk event, 2009 – 2015.
4. Interdisciplinary Health Sciences PhD Program, Executive Committee member. Summer 2010 – Summer 2011
5. Pre-Commencement and Graduate Hooding Ceremony, Master of Ceremony – May 10, 2008 and December 13, 2008
6. Faculty Organization Committee member. Fall 2006 – Fall 2009 (chair-elect in 2007, chair in 2008, past-chair in 2009)
7. Faculty Activities Committee Member, Fall 2004 – Summer 2007
8. Merit Evaluation Rubric Development Committee. Spring 2007 – Summer 2007
9. Nominating Committee Chair. Fall 2006 – Fall 2007
10. Strategic Planning Committee, Fall 2006 – Fall 2007

### **Departmental Committees/Services at the University of Texas at El Paso Department of Kinesiology**

1. Undergraduate Academic Advisor. Fall 2003 – Spring 2020
2. Human Fitness and Performance Tenure-Track Position Search Committee Chair. Fall 2018 – Spring 2019
3. Graduate Coordinator. Fall 2011 – Fall 2018
4. Exercise Science Tenure-Track Position Search Committee Member. Fall 2016 – Spring 2017
5. Pedagogy Lecturer Position Search Committee Member. Spring 2015
6. Motor Learning Tenure-Track Position Search Committee Chair. Fall 2013 – Spring 2014
7. Biomechanics Tenure-Track Position Search Committee Chair. Fall 2012 – Spring 2013
8. Department Chair Search Committee Chair. Summer 2011 – Summer 2012
9. Exercise Physiology Tenure-Track Position Search Committee Member. Summer 2011 – Summer 2012
10. Program Director for NSCA Educational Recognition Program. 2004 – 2010
11. Biomechanics Tenure-Track Position Search Committee Chair. Fall 2007 – Summer 2008
12. Kinesiology Tenure-Track and Lecturer Position Search Committee Member. Fall 2004 – Spring 2005
13. Laboratory Renovations Task Force, Fall 2005 – Spring 2007
14. Fitness Research Lab equipment purchasing (Supervisor), Spring 2006 – Fall 2008

### **TENURE, PROMOTION AND 3<sup>RD</sup>/6<sup>TH</sup> YEAR REVIEWS AND COMMITTEE MEMBERSHIPS**

#### **As Department Chair at the University of Texas at San Antonio**

1. Spring 2022 – Tenure-track 3<sup>rd</sup> year review for one candidate
2. Fall 2021 – Tenure-and promotion to Associate Professor review for one candidate
3. Fall 2021 – 6<sup>th</sup> year Continuous Performance review for one tenured Associate Professor

#### **University Internal Committees at the University of Texas at El Paso**

1. Fall 2019 – Tenure-and promotion review committee member for one candidate
2. Spring 2015 – Tenure-track 3<sup>rd</sup> year review committee member for three candidates
3. Fall 2014 – Tenure-and promotion review committee member for one candidate
4. Spring 2013 – Tenure-track 3<sup>rd</sup> year review committee member for two candidates

5. Spring 2012 – Tenure-track 3<sup>rd</sup> year review committee chair for one candidate
6. Fall 2011 – Tenure-and promotion review committee chair for one candidate
7. Fall 2010 – Tenure-track 3<sup>rd</sup> year review committee member for one candidate

### **External Reviewer Services**

1. Fall 2020 – Served as external reviewer for tenure and promotion to Associate Professor for candidate at Oakland University, Department of Public and Environmental Wellness.
2. Fall 2020 – Served as external reviewer for promotion to Professor for candidate at the University of Texas Rio Grande Valley, Department of Health and Human Performance.
3. Fall 2020 – Served as external reviewer for promotion to Professor for candidate at Wayne State University, Department of Health Care Sciences.
4. Summer 2020 – Served as external reviewer for tenure and promotion to Associate Professor for candidate at University of Central Florida, School of Kinesiology and Physical Therapy.
5. Fall 2013 – Served as external reviewer for tenure and promotion to Associate Professor for candidate at Mississippi State University, Department of Kinesiology.

### **PHD DEGREE COMMITTEE CHAIR/MEMBER**

1. Dietze-Hermosa, Martin (Ph.D. Mentor, August 2018 – May 2022). Dissertation Title: *Effects of an 8-Week Resisted Sprint Training Program on Ice Skating Speed, Acceleration, and Measures of Athletic Performance in Male Youth Ice Hockey Players*. Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso. Comprehensive Exam Committee Chair: July 8, 2020; Dissertation Proposal Committee Chair: December 2, 2020; Dissertation Defense Committee Chair: April 8, 2022. Student graduated in May 2022.
2. Montalvo, Samuel (Ph.D. Mentor, December 2017 – April 2021). Dissertation Title: *Effects of Different Stretching Protocols on Isokinetic Strength and Vertical Jump Performance*. Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso. Comprehensive Exam Committee Chair: December 15, 2017; Dissertation Proposal Committee Chair: May 10, 2019; Dissertation Defense Committee Chair: April 13, 2021. Student graduated in May 2021.
3. Hale, Rena F. (Ph.D. Dissertation Committee Member, April 2015 – December 2016). Dissertation Title: *An Innovative Training Approach to Decrease Joint Contact Loads during Plyometric Exercises*. Biomedical Engineering PhD Program, University of Texas at El Paso. Qualifying Exam Committee Member: May 28, 2015; Dissertation Defense Committee Member: November 3, 2016. Student graduated in December 2016.
4. Ambati, Pradeep V. N. (Ph.D. Dissertation Committee Member, June 2013 – August 2014). Dissertation Title: *Examining the Role of Attention in Steering Using a Dual Task Paradigm*. Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso. Dissertation Proposal Committee Member: July 1, 2013; Dissertation Defense Committee Member: July 29, 2014. Student graduated in August 2014.
5. Murray, Nicholas G. (Ph.D. Dissertation Committee Member, July 2013 – June 2014). Dissertation Title: *Evaluation of Static and Dynamic Postural Control in Athletes with Concussions during Recovery*. Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso. Dissertation Proposal Committee Member: October 22, 2013; Dissertation Defense Committee Member: June 9, 2014. Student graduated in August 2014.
6. Bulusu, Chandra S. (Ph.D. Mentor, August 2010 – February 2013). Comprehensive Exam Committee Chair: September 5, 2012. Student dropped out of program.

## MASTER'S DEGREE COMMITTEE CHAIR

1. Martinez Ruiz, Armando (Master's Thesis, Spring 2022) – *Validity and Reliability of the Apple Series 6 and 7 Smartwatches and Polar H-10 Monitor on Heart Rate*. UTEP, Department of Kinesiology.
2. Del Rio, Joshua (Master's Thesis, Summer 2021) – *Sprint Kinematic Performance Changes upon Returning from a Declining Period in Track and Field Sprinters*. UTEP, Department of Kinesiology.
3. Rodriguez, Sergio A. (Master's Thesis, Spring 2021) – *The Association between Bilateral Broad Jump Performance and the Sprint Profile*. UTEP, Department of Kinesiology.
4. Cubillos, Nicholas R. (Master's Thesis, Fall 2020) – *Associations and Predictive Abilities of Jump and Throw Tests to Track Sprint Performance in Division I Athletes*. UTEP, Department of Kinesiology.
5. Bastian, Devin (Master's Project, Fall 2020) – *A Biomechanical Comparison Between the High-Bar and Low-Bar Back Squat*. UTEP, Department of Kinesiology.
6. Gonzalez, Matthew P. (Master's Thesis, Spring 2020) – *The Acute Effects of Manual Resistance on Ballistic Bench Press Performance*. UTEP, Department of Kinesiology.
7. Terrazas, Lizette (Master's Thesis, Spring 2020) – *Effects of Manual Resistance Training on Body Composition in Young Adults*. UTEP, Department of Kinesiology.
8. Gruber, Lance. D. (Master's Thesis, Spring 2019) – *The Effects of Eccentric Overload Bench Press Training on IRM Performance and EMG Activity in Powerlifters*. UTEP, Department of Kinesiology.
9. Gonzales, Fayon K. (Master's Thesis, Fall 2018) – *Comparison of Stride Length and Stride Frequency Patterns of Sprint Performance in Overground vs Motorized Treadmill Sprinting*. UTEP, Department of Kinesiology.
10. Moye, Anthony M. (Master's Project, Fall 2017) – *Strength and Conditioning Strategies for Athletes with a Severe Visual Impairment*. UTEP, Department of Kinesiology.
11. Perales, Jeremy J. (Master's Thesis, Spring 2016) – *Comparison of the Effectiveness of Different Sprint Training Modalities*. UTEP, Department of Kinesiology.
12. Konrardy, Ashley A. (Master's Project, Spring 2016) – *Maximizing the Aquatic Exercise Program to Improve Bone Mineral Density*. UTEP, Department of Kinesiology.
13. Bagdon, Miranda S. (Master's Project, Fall 2015) – *Excess Post-Exercise Oxygen Consumption Responses to Resistance Training Variable and Considerations for Recovery*. UTEP, Department of Kinesiology.
14. Straub, Hans E. (Master's Project, Fall 2015) – *A Corrective Exercise Continuum to Improve FMS Scores and Reduce Injury Risks in Athletes*. UTEP, Department of Kinesiology.
15. Vigil, Kristal (Master's Project, Fall 2015) – *Effects of Physical Activity on the Decrease of Fetal Macrosomia*. UTEP, Department of Kinesiology.
16. Walz, Jennifer A. (Master's Project, Fall 2015) – *Causal Attributions among Competitive Sport Athletes: Thoughts, Affective Responses, and Methods for Improving Performance*. UTEP, Department of Kinesiology.
17. Naaktgeboren, Kaitlin (Master's Project, Fall 2014) – *Growth Plate Injuries in Children in Sport: A Review of Sever's Disease*. UTEP, Department of Kinesiology.
18. Lopez, Brianna V. (Master's Project, Spring 2014) – *Benefits of ChiRunning*. UTEP, Department of Kinesiology.
19. Reid, Julia E. (Master's Project, Spring 2014) – *The Effects of Different Exercise Modalities on the Quality of Life of Older Alzheimer's Patients*. UTEP, Department of Kinesiology.
20. Ramos, Dominic A. (Master's Project, Spring 2014) – *Exertional Rhabdomyolysis: Symptoms, Mechanism Leading to the Disorder, and Methods for Treatment and Prevention*. UTEP, Department of Kinesiology.

21. Sasada, Takeshi (Master's Project, Spring 2013) – *Practical Application of Resisted Spring Training*. UTEP, Department of Kinesiology.
22. Jimenez, Jeanelle R. (Master's Project, Fall 2012) – *The Etiology, Treatment and Prevention of Lateral Elbow Tendinosis*. UTEP, Department of Kinesiology.
23. Gillies, Aaron O. (Master's Project, Fall 2011) – *Causes of Low Back Injuries in Athletes of Rotational Striking Sports*. UTEP, Department of Kinesiology.
24. Raschke, Cameron L. (Master's Thesis, Spring 2011) – *Isometric Neck Strength in Concussed and Non-Concussed High School Football Players*. UTEP, Department of Kinesiology.
25. Richards, Chad R. (Master's Project, Spring 2010) – *In-Season Resistance Training for Competitive Strength/Power Athletes: A Critical Review*. UTEP, Department of Kinesiology.
26. Edupuganti, Pradeep (Master's Thesis, Fall 2008) – *Gender Differences in Hamstring and Quadriceps Muscle Trainability*. UTEP, Department of Kinesiology.
27. Brickey, Gregory D. (Master's Thesis, Fall 2008) – *Comparison of Various Training Modalities to Improve Fitness of Law Enforcement Officers*. UTEP, Department of Kinesiology.
28. Sowers, Craig A. (Master's Project, Spring 2008) – *The Optimal Mode of Strength Training for Prepubescent Adolescents for Power and Speed*. UTEP, Department of Kinesiology.
29. Rice, Christopher A. (Master's Thesis, Spring 2006) – *The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation*. UTEP, Department of Kinesiology.
30. Rincon, Luis A. (Master's Project, Spring 2006) – *Strength and Conditioning for Female Triathletes*. UTEP, Department of Kinesiology.

#### **MASTER'S DEGREE / COMPREHENSIVE EXAM COMMITTEE MEMBER**

1. Howard, Julie (Master's Project, Spring 2017) – *The Use of Mobile Phone Applications for Concussion Assessments*. UTEP, Department of Kinesiology.
2. Garrido, Nathan (Master's Project, Fall 2016) – *Does Controlled Whole-body Vibration Training Improve Muscular Performance in Elite Female Athletes?* UTEP, Department of Kinesiology.
3. Jeppsen, Lorin R. (Master's Project, Spring 2016) – *The Value of Motor Control Exercises in Treating Lower Back Pain in Obese Patients*. UTEP, Department of Kinesiology.
4. Sanchez Barrios, Paulina (Master's Project, Spring 2016) – *Influence of Gestational Age and/or Birth Weight on Autism Spectrum Disorders*. UTEP, Department of Kinesiology.
5. Rodriguez, Chiara M. (Master's Project, Spring 2016) – *Exercise Training Before and After Liver Transplantation: A Literature Review*. UTEP, Department of Kinesiology.
6. Giordano, Cheryl (Master's Project, Spring 2015) – *Improving workplace wellness programs to better address the unique health needs of older women*. UTEP, Department of Kinesiology.
7. Narvaez-Stewart, Mariela (Master's Project, Fall 2014) – *The Benefits of Naturalistic Sign Intervention on Expressive Language skills of Young Children with Down syndrome*. UTEP, Department of Speech-Language Pathology.
8. Hoover, Laura R. (Master's Project, Spring 2014) – *High Intensity Interval Training and its Effects on Arterial Stiffening in Coronary Artery Disease Patients*. UTEP, Department of Kinesiology.
9. Martinez, Diana G. (Master's Project, Spring 2014) – *Crosslinguistic Generalization in Bilingual Individual with Aphasia after Semantic-Based Treatment in L2*. UTEP, Department of Speech-Language Pathology.
10. Stalter, Jennifer (Master's Project, Fall 2013) – *Evaluation of Vision Training Program for Visual Performance Enhancements*. UTEP, Department of Kinesiology.

11. Porta, Justin P. (Master's Thesis, Fall 2013) – *Validating the Adidas Micoach and Nike+ Sport Kit for Estimating Pace, Distance, and Energy Expenditure during Over-Ground Exercise*. UTEP, Department of Kinesiology.
12. Davidson, Amy (Master's Project, Spring 2013) – *Anterior Cruciate Ligament Prevention Training in Female Athletes*. UTEP, Department of Kinesiology.
13. Van den Bogaard, Kevin (Master's Thesis, Spring 2012) – *Comparison of performance between senior individuals and collegiate athletes on the ImPACT Test*. UTEP, Department of Speech-Language Pathology.
14. Peidle, Sara (Master's Thesis, Summer 2011) – *Comparison of Four Methods of Dietary Assessment: Food Records vs. Combined Food Records with Digital Photography vs. Digital Photography vs. Digital Photography with Limited Documentation*. UTEP, Department of Kinesiology.
15. Maddox, Tonya M. (Master's Comprehensive Exam, Spring 2011) – UTEP, School of Nursing.
16. Lugo, Irene R. (Master's Comprehensive Exam, Spring 2011) – UTEP, School of Nursing.
17. Segars, Joy (Master's Project, Fall 2010) – *Effects of Parental Influence on School-Aged Girls' Physical Activity Levels*. UTEP, Department of Kinesiology.
18. Agness, Eric B. (Master's Project, Fall 2008) – *A Review of Whole Body Vibration Training: The Effect on Strength and Power*. UTEP, Department of Kinesiology.
19. Ramdeo, Christina S. (Master's Comprehensive Exam, Spring 2008) – UTEP, School of Nursing.
20. Powers, Rebekah L. (Master's Comprehensive Exam, Spring 2008) – UTEP, School of Nursing.
21. Garms, Teresa J. (Master's Comprehensive Exam, Spring 2008) – UTEP, School of Nursing.
22. Budig, Derik (Master's Project, Fall 2005) – *Protein for the Athlete*. UTEP, Department of Kinesiology.
23. Kabuye, Patrick (Master's Project, Fall 2005) – *Preventing Soccer Injuries through Conditioning*. UTEP, Department of Kinesiology.

## **GRADUATE TEACHING/RESEARCH ASSISTANTS SUPERVISED**

1. Bowerman, Stephanie; Teaching Assistant for Fall 2003 and Fall 2004 – Spring 2005
2. Lankford, Bobby G.; Teaching Assistant for Spring 2004
3. Rice, Christopher; Research Assistant for Spring 2005; Teaching Assistant Fall 2005 – Spring 2006
4. Brickey, Gregory D.; Teaching Assistant for Fall 2006 – Spring 2007
5. Vega, Gustavo; Teaching Assistant for Fall 2007
6. Garcia, Michael R.; Teaching Assistant for Spring 2008
7. Samples, Christina M., Research Assistant for Spring 2010 – Summer 2011
8. Bulusu, Chandra S., Doctorate Level Research Assistant for Spring 2010 – Spring 2012
9. Konrardy, Ashley A.; Research Assistant for Summer 2014
10. Munoz, Jose J.; Teaching Assistant for Fall 2014

## **PAID UNDERGRADUATE RESEARCH ASSISTANTS HIRED AND SUPERVISED**

1. Bajek, Aaron T., Spring 2004 – Fall 2004
2. Mesquita Maria Elena; Spring 2004
3. Cisneros, Ana L.; Spring 2004
4. Zermeno, Gisela F.; Spring 2005
5. Hernandez, Mario; Spring 2005
6. Brickey, Gregory D.; Summer 2005 – Summer 2006
7. Gonzalez, Erica C.; Fall 2005

8. Hernandez, Mayra; Fall 2005
9. Rodriguez, Adrian R.; Fall 2005
10. Mclure Jr, Oscar; Spring 2006
11. Murphy, Lacy J.; Spring 2006 – Spring 2007
12. Gutierrez, Jose G.; Spring 2007 – Summer 2007
13. Kohn, Roy E.; Spring 2007 – Summer 2007
14. Guzman, Lisa; Summer 2007
15. Martinez, Alycia M., Summer 2007
16. Limon, John S.; Fall 2006 – Spring 2008
17. Groover, Timothy W.; Spring 2007 – Spring 2008
18. Saucedo, Carlos; Summer 2007 – Fall 2008
19. Aguilar, Carlos A.; Spring 2008 – Summer 2008
20. Alcocer, Lorena; Spring 2008 – Summer 2008
21. Garcia, Michael R.; Summer 2008 – Summer 2009
22. Estrada, Marcela; Summer 2008 – Summer 2009
23. Lopez, Adrian L.; Spring 2009 – Fall 2009
24. Moz, Brenda; Summer 2009
25. Diaz, Jennifer; Summer 2009
26. Ruiz, Ayleen M.; Summer 2009 – Summer 2010
27. Rincon, Luis A; Summer 2009 – Summer 2010
28. Samples, Christina; Spring 2010 – Summer 2011
29. Wolf, Sarah; Summer 2010
30. Goos, Brittany E., Summer 2010
31. Herrera, Gilberto A.; Summer 2010 – Fall 2010
32. Rueda, Vanessa; Summer 2010 – Spring 2011
33. Fong, Joshua A; Spring 2011 – Summer 2011
34. Hernandez, Marco M.; Spring 2011 – Summer 2011
35. Hoover, Laura R.; Summer 2011
36. Lopez, Brianna V.; Summer 2011 – Summer 2012
37. Gomez, Eric A.; Summer 2011 – Summer 2012
38. Chavez, Sara E.; Summer 2012 – Fall 2012
39. Hernandez, Tawney D.; Summer 2012
40. Acuna, Uriel; Fall 2012 – Summer 2013
41. Silva, Ernesto A.; Fall 2012 – Summer 2013
42. Rodarte, Sarah N.; Spring 2013 – Spring 2014
43. McDonald, Elizabeth J.; Summer 2013 – Fall 2015
44. Suriano, Marco A.; Summer 2013 – Spring 2014
45. Wojciechowski, Matthew N.; Spring 2014 – Fall 2014
46. Rodriguez, Nicole E.; Spring 2014 – Spring 2015
47. Maturino, Martha J.; Fall 2014
48. Terrazas, Sergio A.; Fall 2014 – Spring 2021
49. Vega, Marco A.; Spring 2015 – Spring 2016
50. Galvez, Daniel P.; Spring 2015 – Summer 2016
51. Escobar, Kimberly J.; Spring 2015 – Spring 2016
52. Acevedo Deneb, M.: Spring 2015 – Fall 2018
53. Pacheco, Jasmine; Spring 2015 – Fall 2016
54. Favela, Lilia C.; Summer 2015 – Spring 2016
55. Alvarez, Marcel E.; Spring 2016 – Spring 2018
56. Maldonado, Alexis G.; Spring 2016

57. Saucedo, Valeria; Summer 2016 – Summer 2017
58. Flores, Janet; Fall 2016
59. Luna, Mariana A.; Spring 2017 – Summer 2019
60. Horsch, Emily; Fall 2017 – Summer 2021
61. Hernandez, Thalia I.; Fall 2017 – Summer 2021
62. Samaniego, Jasmin; Spring 2018 – Summer 2019
63. Luna, Erika A.; Fall 2018 – Summer 2019
64. Orozco, Marlyn; Spring 2019 – Summer 2019
65. Padilla, Miranda; Spring 2019 – Spring 2020
66. Arias, Sabrina; Fall 2019 – Summer 2021
67. Rodriguez, Sergio; Fall 2019 – Summer 2021
68. Porras, Leslie; Fall 2019 – Spring 2020

### **SPECIAL POSITIONS IN PROFESSIONAL ASSOCIATIONS**

1. National Strength and Conditioning Association’s Nomination Committee Member. Summer 2021 – present
2. National Strength and Conditioning Association’s Research Committee and Research Consortium Chair. Summer 2016 – Summer 2019
3. National Strength and Conditioning Association Annual Meeting oral research presentation moderator. Summer 2016
4. Member of the National Strength and Conditioning Association’s Research and Education Committee, Education Subcommittee Chair. Summer 2014 – Summer 2016
5. National Strength and Conditioning Association Annual Meeting Research Abstract Reviewer. Spring 2014 – present
6. Member of the Position Paper committee of the American Association for Physical Activity and Recreation (AAPAR). Fall 2005 – Spring 2008
7. Reviewer for the conference presentation applications for the American Association for Physical Activity and Recreation (AAPAR) 2007-2008 National Conference and Convention, Summer 2006 – Summer 2007

### **BOOK CHAPTER REVIEWER**

1. Van Guilder, G. P., & Janot, J. M. (2015). Acute and Chronic Cardiorespiratory Responses to Exercise. In J. P. Porcari, C. X. Bryant, & F. Comana (Eds.), *Exercise Physiology (Foundations of Exercise Science)* (pp. 196-228). Philadelphia, PA: F. A. Davis Company. ISBN-13: 978-0803625556.

### **JOURNAL EDITORIAL WORK**

1. Journal of Strength and Conditioning Research – Senior Associate Editor (December 2017 – present)

### **JOURNAL AD-HOC REVIEWER WORK**

1. Clinical Biomechanics (CLBI), since 2019
2. Disability and Rehabilitation, since 2011

3. Health and Quality of Life Outcomes, since 2016
4. Health Education Research, since 2019
5. International Journal of Exercise Science (IJES), since 2010
6. International Journal of Sports Science and Coaching (IJSSC), since 2009
7. International SportMed Journal, since 2014
8. Journal of Aging and Physical Activity (JAPA), since 2007
9. Journal of Applied Gerontology (JAG), since 2012
10. Journal of Hospitality, Leisure, Sport & Tourism Education, since 2021
11. Journal of School Health (JOSH), since 2008
12. Journal of Sport and Health Science (JSHS), since 2014
13. Journal of Sports Medicine and Physical Fitness (JSMFP), since 2013
14. Journal of Strength and Conditioning Research (JSCR), since 2013
15. Medical Education (MED), since 2018
16. Oxford Research Encyclopedia of Psychology, since 2016
17. Physician and Sportsmedicine (TPSM), since 2014
18. Sports Biomechanics, since 2019
19. Sports Medicine (SPOA), since 2019
20. Strength and Conditioning Journal (SCJ), since 2010

## **GRANT PROPOSAL REVIEWER**

1. Grant Review Panel Member for the National Strength and Conditioning Association Foundation Grant Awards, 2020.
2. Grant Review Panel Member for the National Strength and Conditioning Association Foundation Grant Awards, 2019.
3. Reviewer for the National Strength and Conditioning Association Foundation International Collaborator Grant Awards, 2018.
4. Reviewer for the National Strength and Conditioning Association Foundation Young Investigator Grant Awards, 2016-2018.
5. Reviewer for the National Strength and Conditioning Association Foundation student grants, 2014-2016.
6. External reviewer for the International Sport Research Associate funding mechanism between Loughborough University (UK) and Nanyang Technological University (Singapore) in 2014 & 2015.
7. Reviewer for the National Strength and Conditioning Association Foundation student grants, 2014.
8. Paso Del Norte Health Foundation HEAL Project proposal reviewer – reviewed and scored 16 project proposals in 2012.
9. Reviewer National Association for Sport and Physical Education (NASPE) “Run For Something Better” School Awards Program grant applications, Spring 2010.
10. External Reviewer for the Anita M. Loya Innovation Fund in Engineering grant proposals in 2011.
11. Reviewer for the National Association for Sport and Physical Education (NASPE) Research Grant applications in 2008.

## **PROFESSIONAL WORKSHOPS & WEBINARS**

1. Supervisor and organizer for the “Summer Strength and Conditioning Camp for EPISD Student Athletes and Coaches”. Organized and implemented a 3-day credited continuing education workshop for middle- and high-school coaches and athletic development sessions for athletes in the El Paso



- Independent School District. Number of participants: about 100 coaches and 100 student athletes. El Paso, TX, July 14-16, 2021.
2. Co-presenter for the “Motivating Older Adults to Engage in Physical Activity” webinar. The webinar meeting was co-organized by the University of Bern (Switzerland) and University of Physical Education (Hungary). Invitation as an international presenter. Number of participants: 115. Online meeting, January 21, 2021.
  3. Director and presenter for the “Training Muscular Power and Functional Strength Considering Age Specific Factors” workshop. Co-organized and carried out as the single presenter a full-day, 8-hour continuing education workshop for coaches and strength and conditioning professionals. Number of participants: 56. National Team Handball Academy, Balatonboglar, Hungary, May 6, 2017.
  4. Director and presenter for the “Theory and Methodology of Muscular Power Training” workshop. Co-organized and carried out as the single presenter a full-day, 8-hour continuing education workshop for coaches and strength and conditioning professionals. Number of participants: 25. Jaszbereny, Hungary, December 5, 2015.
  5. Director, organizer, and presenter for the “Fitness Workshop for Physical Education Teachers, Coaches, and Athletic Trainers”. Organized and implemented a full-day, 8-hour credited continuing education workshop for professionals in the field of Kinesiology in Texas Region 19 Educational Learning Center. Number of participants: 76. El Paso, TX, March 9, 2006.
  6. Invited presenter at the University of Georgia, Georgia Physical Education Teacher Workshop. Taught demonstrational classes and provided practical assistance in a weeklong, 50 contact-hour workshop that provided Staff Development Credit to 40 Physical Education teachers working in the state of Georgia. Athens, GA, July 2002.
  7. Invited presenter at the University of Georgia, Georgia Physical Education Teacher Workshop. Taught demonstrational classes and provided practical assistance in a weeklong, 50 contact-hour workshop that provided Staff Development Credit to 41 Physical Education teachers working in the state of Georgia. Athens, GA, July 2001.

## **COMMUNITY SERVICE**

1. Director of the “Physical fitness in the golden age” program, a long-term comprehensive older adult community health and fitness program. Fall 2005 – Summer 2021
2. Collaborator with the local YMCA; had an average 35 Kinesiology undergraduate students to teach 5 hours of community fitness classes at the local YMCA (2004-2005)
3. Collaborator with the Las Palmas Life Care Center; had an average 35 Kinesiology undergraduate students to perform 8 hours of community fitness work at the Life Care Center (Fall, 2005)

## **FUND-RAISING ACTIVITIES**

1. Initiator and co-organizer for the University of Texas at San Antonio Kinesiology Student Success Initiative. Donation campaign to start in December 2021. Amount raised to date: \$3,000.
2. Co-organized the “UTEP Commitment to Fitness” (2010-2014), later titled as the “Miner Dash and Family Fitness Fiesta” (2015-present) campus run/walk and fitness event, officially organized by the Golden Age Fitness Association (GAFA). Yearly events took place on February 7, 2010; February 6, 2011; October 14, 2012; September 29, 2013; October 5, 2014; September 27, 2015 with a total gross income of \$29,816.00.

3. Co-organized and co-directed fund-raising from May through December 2008. Community members as well as private and state companies contributed and a total of \$23,100 has been raised. Funding has not yet been spent.
4. Co-organized and co-directed fund-raising from February through July, 2007. Community members as well as private and state companies contributed and a total of \$13,712 was raised. Funding was spent on fitness training equipment to furnish the Department of Kinesiology – Fitness Research Facility.

## **MEMBERSHIPS**

1. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), 2003-2010
2. American Association for Physical Activity and Recreation (AAPAR), 2003-2010
3. American College of Sports Medicine (ACSM), 2011 – 2017
4. American Educational Research Association (AERA); 2001-2003
5. National Association for Sport and Physical Education (NASPE), 2003-2010
6. National Strength and Conditioning Association (NSCA), 2001 – present
7. Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), 2004-2008

## **PROFESSIONAL DEVELOPMENT**

1. 45<sup>th</sup> National Strength and Conditioning Association's National Conference, July 7-9, 2022, New Orleans, LA.
2. 44<sup>th</sup> National Strength and Conditioning Association's National Conference, July 8-10, 2021, Orlando, FL.
3. 42<sup>nd</sup> National Strength and Conditioning Association's National Conference, July 11-13, 2019, Washington, DC.
4. 41<sup>st</sup> National Strength and Conditioning Association National Conference, July 12-14, 2018, Indianapolis, IN.
5. 40<sup>th</sup> National Strength and Conditioning Association National Conference, July 13-15, 2017, Las Vegas, NV.
6. 39<sup>th</sup> National Strength and Conditioning Association National Conference, July 7-9, 2016, New Orleans, LA.
7. American College of Sport Medicine's 63<sup>rd</sup> Annual Meeting, May 31 – June 4, 2016, Boston, MA.
8. UT System Academy of Distinguished Teachers – 2015 ROTA Winner's Forum on Teaching, August 19, 2015, Austin, TX.
9. 38<sup>th</sup> National Strength and Conditioning Association National Conference, July 8-11, 2015, Orlando, FL.
10. University of Texas at El Paso - Leadership Development Institute, 9-month long workshop series from September 2014 to May 2015, El Paso, TX.
11. International Sun Conference on Teaching and Learning, March 5-6, 2015, El Paso, TX.
12. 37<sup>th</sup> National Strength and Conditioning Association National Conference, July 9-12, 2014, Las Vegas, NV.
13. American College of Sport Medicine's 61<sup>st</sup> Annual Meeting, May 27-31, 2014, Orlando, FL.
14. International Sun Conference on Teaching and Learning, February 25, 2014, El Paso, TX.
15. 36<sup>th</sup> National Strength and Conditioning Association National Conference, July 11-13, 2013, Las Vegas, NV.
16. International Sun Conference on Teaching and Learning, February 28 - March 1, 2013, El Paso, TX.

17. 35<sup>th</sup> National Strength and Conditioning Association National Conference, July 11-14, 2012, Providence, RI.
18. American College of Sport Medicine’s 59<sup>th</sup> Annual Meeting, May 29 - June 2, 2012, San Francisco, CA.
19. International Sun Conference on Teaching and Learning, March 1-2, 2012, El Paso, TX.
20. 34<sup>th</sup> National Strength and Conditioning Association National Conference, July 7-10, 2011, Las Vegas, NV.
21. American College of Sport Medicine’s 58<sup>th</sup> Annual Meeting, May 31 - June 4, 2011, Denver, CO.
22. International Sun Conference on Teaching and Learning, March 10-11, 2011, University of Texas at El Paso, El Paso, TX.
23. 33<sup>rd</sup> National Strength and Conditioning Association National Conference, July 7-10, 2010, Orlando, FL.
24. 32<sup>nd</sup> National Strength and Conditioning Association National Conference, July 8-11, 2009, Las Vegas, NV.
25. International Sun Conference on Teaching and Learning, February 27, 2009, University of Texas at El Paso, El Paso, TX.
26. 31<sup>st</sup> National Strength and Conditioning Association National Conference, July 9-12, 2008, Las Vegas, NV.
27. 123<sup>rd</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 8-12, 2008, Fort Worth, TX.
28. 30<sup>th</sup> National Strength and Conditioning Association National Conference, July 11-14, 2007, Atlanta, GA.
29. 7<sup>th</sup> Annual Southern States Knowledge in Research Conference: Eliminating Health Care Disparities in the Southwest, April 20-21, 2007, San Antonio, TX.
30. 122<sup>nd</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, March 13-17, 2007, Baltimore, MD.
31. Healthy Aging Research Network symposium “Effective Community-Based Physical Activity Programs for Older Adults”; February 14-15, 2007, Seattle, WA.
32. 13<sup>th</sup> Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 4, 2007, El Paso, TX.
33. 83<sup>rd</sup> Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 29 – December 2, 2006, Fort Worth, TX.
34. Center of Effective Teaching and Learning workshop on “Publish and Flourish”, September 29, 2006; University of Texas at El Paso, El Paso, TX.
35. Workshop organized by the Active Aging Collaborative on “Getting Older Adults Moving through Lifestyle Behavior Training”, September 28, 2006, El Paso, TX.
36. Center of Effective Teaching and Learning full day workshop, August 17, 2006; University of Texas at El Paso, El Paso, TX.
37. XXIV International Symposium on Biomechanics in Sport, July 14-18, 2006, Salzburg, Austria.
38. 29<sup>th</sup> National Strength and Conditioning Association National Conference, July 12-15, 2006, Washington, DC.
39. Workshop organized by the Active Aging Collaborative on “Volunteerism and Sustainability”, June 1, 2006, El Paso, TX.
40. 121<sup>st</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 25-29, 2006, Salt Lake City, UT.
41. Center of Effective Teaching and Learning workshop on “Teaching Writing Online”, April 17, 2006; University of Texas at El Paso, El Paso, TX.

42. International Sun Conference on Teaching and Learning: Creating Inquiring Minds: How to get students to discover (in) the disciplines?; March 3-4, 2006, University of Texas at El Paso, El Paso, TX.
43. 1<sup>st</sup> Lineae Terrarum Conference, March 27-30, 2006, El Paso TX, Las Cruces, NM, and Ciudad Juarez, Mexico.
44. 12<sup>th</sup> Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 5, 2006, El Paso, TX.
45. 82<sup>nd</sup> Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 30-December 2, 2005, Corpus Christy, TX.
46. Center of Effective Teaching and Learning workshop: Why Hybridize?, October 20, 2005 University of Texas at El Paso, El Paso, TX.
47. Center of Effective Teaching and Learning full day workshop, August 18, 2005; University of Texas at El Paso, El Paso, TX.
48. 28<sup>th</sup> National Strength and Conditioning Association National Conference, July 6-9, 2005, Las Vegas, NV.
49. 120<sup>th</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 12-16, 2005, Chicago, IL.
50. Center of Effective Teaching and Learning workshop: Assessment of Teaching and Learning Online and Off, February 10, 2005; University of Texas at El Paso, El Paso, TX.
51. Center of Effective Teaching and Learning workshop: Teaching Online, September 22, 2004; University of Texas at El Paso, El Paso, TX.
52. National Strength and Conditioning Association “Improving Power for Sports” Symposium, Colorado Springs, CO, June 11-12, 2004.
53. Center of Effective Teaching and Learning full day workshop, August 22, 2003; University of Texas at El Paso, El Paso, TX.
54. 26<sup>th</sup> National Strength and Conditioning Association National Conference, July 16-19, 2003, Indianapolis, IN.
55. 118<sup>th</sup> American Alliance for Health, Physical Education, Recreation and Dance National Conference, March 2003, Philadelphia, PA.
56. American Educational Research Association National Conference, April 2002, New Orleans, LA.

## **OTHER**

### **CERTIFICATIONS**

#### **Teaching Certifications**

Hungarian Teaching License at Elementary and Secondary Level (1998)

#### **Coaching Certifications**

- Certified Strength and Conditioning Specialist (CSCS), *earned in 2002*
- Hungarian “B Level” Coaching License in Judo, Karate, Swimming, Track and Field, and Gymnastics, *earned in 1998*

#### **Other Certifications**

- Training and Encouraging Senior Activity – Balance, Fall Prevention and Mobility Certification (American Association for Physical Activity and Recreation), *2006*
- Certified Dual Energy X-ray Absorptiometry Machine Operator, *earned in 2007*

## HONORS AND AWARDS

1. National Strength and Conditioning Association Fellowship, awarded April 12, 2021
2. Recognition for Commitment and Dedicated Service to the Faculty Senate, University of Texas Faculty Senate, September 8, 2020
3. 15-Year Service Award, University of Texas at El Paso, April 28, 2019.
4. President's Recognition for Community Engaged Scholarship, University of Texas at El Paso, May 15, 2018
5. Paso Del Norte Institute for Healthy Living 1<sup>st</sup> Annual Healthy Eating Active Living Hero Award, El Paso, TX, April 7, 2017
6. President's Recognition of the Leadership of the Physical Fitness in the Golden Age Program. University of Texas at El Paso, April 15, 2016
7. Star on the Mountain Award by El Paso Mayor Oscar Leeser, September 22, 2015
8. Certificate of Recognition for Commitment to Serving the state of Texas by District 29 State Senator Jose R. Rodriguez, Austin, YX, August 25, 2015
9. University of Texas System Regents' Outstanding Teaching Award (ROTA), Austin, TX, August 19, 2015
10. 10-Year Service Award, University of Texas at El Paso, September 25, 2013
11. Faculty Marshal of Students for the Graduate School, University of Texas at El Paso 129<sup>th</sup> Commencement Ceremony, December 15, 2012
12. Federation of American Societies for Experimental Biology, Minority Access to Research Careers Program Travel Award (obtained several times) to attend the American College of Sports Medicine National Conference, April 20, 2011; March 7, 2012; March 25, 2014;
13. Recognition for nomination for the UT System Regents' Outstanding Teaching Award, Tenure-track Faculty Category, University of Texas at El Paso College of Health Sciences Award April 13, 2011
14. College Marshal for the College of Health Sciences, University of Texas at El Paso 125<sup>th</sup> Commencement Ceremony, December 10, 2010
15. Faculty Summer Stipend Award, Hispanic Health Disparities Research Center, 2009
16. Summer Faculty Fellowship Award Recipient, University of Texas at Austin, Center for Health Promotion & Disease Prevention Research in Underserved Populations, 2008
17. Research and Sponsored Programs Young Investigator Award, University of Texas at El Paso, 2006
18. Faculty Marshal of Students for the College of Health Sciences, University of Texas at El Paso 116<sup>th</sup> Commencement Ceremony, May 12, 2006
19. Outstanding Teaching Assistant Award, University of Georgia, 2003
20. Hungarian National Republic Scholarship Recipient, 1997 – 1998
21. Outstanding Academic University Student, Hungarian Ministry of Education, 1997
22. Outstanding University Athlete, Hungarian University of Physical Education, 1997

## REFERENCES

Academic and work references available upon request