

Bradley J. Kendall, Ph.D., M.S., CSCS

Associate Professor
Department of Kinesiology
Taylor University
Email: Brad_Kendall@taylor.edu
Office Phone : 765-998-4706

Education

Doctor of Philosophy – Wayne State University, Detroit, MI
(2014 - 2018) Department of Kinesiology, Health & Sport Studies
Exercise and Sport Science (August 2014 – May 2018)
Concentrations: Neuroscience and Statistics (GPA: 4.0)
Advisor: Dr. Qin Lai

Pre-Doctoral Trainee Fellow, Institute of Gerontology
Wayne State University, Detroit, MI
(Fall 2015 – Summer 2018)

Master of Science – University of Western Michigan, Kalamazoo, MI
(2012 - 2014) Department of Human Performance and Health Education
Major: Exercise and Sports Medicine – Exercise Physiology
Graduated Summa Cum Laude, GPA: 4.0)

Bachelor of Arts – Bethel College, Mishawaka, IN
(2008 - 2012) Major: Exercise Science
(Graduated Summa Cum Laude, GPA: 3.9)

Professional Certifications

Certified Strength and Conditioning Specialist (2012 - Present)
National Strength and Conditioning Association
Certified Pre- & Postnatal Coach (2022 - Present)
GGS Academy

Honors and Awards

First Place Oral Presentation – Indiana Physiological Society, Faculty supervisor to Olivia Winn. March 2020.

Graduate Teaching and Research Assistantship, Department of Kinesiology, Health and Sport Studies, Wayne State University (August 2014 – May 2018)

Pre-Doctoral Trainee Travel Award, Institute of Gerontology, Wayne State University (March 2017)

Travel Grant Recipient, Department of Kinesiology, Health and Sport Studies, Wayne State University (April 2016, November 2015)

Pre-Doctoral Trainee Travel Award, Institute of Gerontology, Wayne State University, (March 2016)

Travel Grant Recipient, Institute of Gerontology, Wayne State University (Fall 2015)

Institute of Gerontology, Pre-Doctoral Trainee Fellowship, Wayne State University, (Fall 2015 - Spring 2018)

Outstanding Student/Trainee Award in Evidence-Based Behavioral Medicine, Evidence Based Behavioral Medicine Special Interest Group (EBBM-SIG), Society of Behavioral Medicine (April 2015)

Outstanding Presentation Award, Graduate Research Symposium, Wayne State University (March 2015)

Graduate Teaching Assistantship, Department of Human Performance and Health Education, Western Michigan University (August 2012 – May 2014)

Graduate Summa Cum Laude, Western Michigan University (August 2014) and Bethel College (April 2012)

Who's Who Among Students In American Universities and Colleges, Bethel College (January 2012)

Dean's List, Bethel College (2010 - 2012) and Holy Cross College (2008 - 2010)

Collegiate Track Scholarship and Basketball Scholarship, Bethel College (2010 - 2012) and Holy Cross College (2008 - 2010)

Funding

Role: Principal Investigator
Magnolia Health Network
February 2023
Amount: \$3500.00
Status: Funded

Role: Principal Investigator
Women's Giving Circle Grant.
September 2022, Taylor University
Amount: 4500.00
Status: Funded

Role: Principal Investigator
Centers for Disease Control and Prevention
Diabetes Prevention Clinic Grant/Heart Healthy Blood Pressure Education Grant

May 16, 2022
Amount: \$20,000
Status: Funded

Role: Principal Investigator
Centers for Disease Control and Prevention
Diabetes Prevention Clinic Grant/Heart Healthy Blood Pressure Education Grant
July 29, 2020
Amount: \$20,000
Status: Funded

Role: Co-Principal Investigator
Empowering Communities to Address Behavioral Health and Chronic Pain through
Chronic Disease Self-Management Education Programs
February 3, 2021
Amount: 300,000
Status: Not Funded

Role: Co-Principal Investigator
Lilly Endowment Foundation
Charting the Future for Indiana's Colleges and Universities
January 8, 2021
Amount: 8,000,000.00
Status: Invited for full proposal; Not Funded

Role: Principal Investigator
Centers for Disease Control and Prevention
Diabetes Prevention Clinic Grant
October 22, 2020
Amount: \$15,000
Status: Funded

Role: Co-Principal Investigator
Lilly Endowment Foundation
Charting the Future for Indiana's Colleges and Universities
June 1, 2020
Amount: 1,000,000.00
Status: Funded

Role: Co-Principal Investigator
Faculty Mentored Undergraduate Research Grant.
April 2020, Taylor University
Amount: 4,800.00
Status: Funded

Role: Principal Investigator
Faculty Mentored Undergraduate Research Grant.
April 2019, Taylor University

Amount: 6,400.00
Status: Funded

Role: Co-Investigator
Sun Life Foundation
Team Up Against Diabetes
April 2019
Amount: \$100,000
Status: Not Funded

Role: Principal Investigator
Women's Giving Circle Grant.
September 2018, Taylor University
Amount: 5,000.00
Status: Funded

Role: Principal Investigator
ACSM Foundation Doctoral Student Research Grant. American College of Sports
Medicine.
Amount: 5,000.00
Status: Not Funded

Role: Principal Investigator
Graduate School Dissertation Research Support. Wayne State University.
Amount: 1,000.00
Status: Funded

Scholarly Activity

Publications

Kendall, B., Dungan, D., Erb, I., Fenstermacher, S., & Hayes, E. (In Review) Three-month Outcomes from an Intensive Diabetes Prevention Program: A Pilot Study. *Diabetes Epidemiology and Management.*

Kendall, B., Layton, A., Daniels, E., Ward, A., King, D., & Dykstra, B. (In Review) Effects of Cardiorespiratory Fitness on Changes in Secretory Immunoglobulin A (SIgA) Following a Graded Maximal Exercise Test. *Sports Sciences for Health.*

Haworth, J., Lopatin, T. *Daniels, E., Dykstra, B., **Kendall, B.** & Goble, D. (In Review) Verbal Encouragement Provokes Significant Increases in Maximal Volitional Dynamic Postural Sway. *Journal of Sport and Health Sciences.*

Nolff, M., Kapur, S., **Kendall, B.,** Doumas, M., O Conner, N., Chander, H., Fling, B., Haworth, J., & Goble, D., (In Review) An Initial Set of Reference Values for the Balance Tracking System (BTrackS) Limits of Stability Protocol. *Gait and Posture.*

Siekirk, N., **Kendall, B.**, Pardo, V., Lai, Q., Galen, S., McCready, T., Atty, S., Hew-Butler, T. (In review) *The Acute Effect of Treadmill and NuStep Exercise on Overground Walking in Chronic Stroke and Age and Sex Matched Control*. *Gait and Posture*.

Brown, J., Siekirk, N., **Kendall, B.**, Pardo, V., Lai, Q., Galen, S., McCready, T., Atty, S., Wilson, S., Mutchler, J., Hew-Butler, T. (In Review) Preferred Leg Drives Seated and Bilateral Exercise in Chronic Stroke and Healthy Control. *Adapted Physical Activity and Research Quarterly*.

Carrol, A., Krupip, T., *Tucker, K., Siekirk, N., & **Kendall, B.** (2023) Relationship between Cognitive Function, Hitting Abilities, and In-Game Batting Performance in Collegiate Baseball and Softball Players. *International Journal of Exercise Science*, 16(6), 23-30.

Goble, D., Conner, N., Nolff, M., **Kendall, B.**, Haworth, J. (2021) Test-Retest Reliability of the Balance Tracking System modified Clinical Test of Sensory Integration and Balance Protocol across Multiple Time Durations. *Medical Devices: Evidence and Research*, 14, 355.

Kendall, B.J., Siekirk, N. & Lai, Q. (2021) The Effects of Acute High-Intensity Interval Training (HIIT) on Information Processing Speed: An Electromyography Study. *Journal of Strength and Conditioning Research*, 36(11), 3081-3086.

Haworth, J., Goble, D., *Pile, M., & **Kendall, B.J.** (2020) BTrackS Limits of Stability test is a reliable assessment of volitional dynamic postural control. *Gait and Posture*, 80, 298-301.

Kendall, B.J., Siekirk, N. & Lai, Q. (2020) Acute High-Intensity Interval Training (HIIT) improves Motor Skill Acquisition. *The Journal of Sports Medicine and Physical Fitness*, 60(8), 1065-1071.

Kendall, B.J., Bellovary, B. & Gothe, N.P. (2019). Validity of wearable activity monitors for tracking steps and estimating energy expenditure during a graded maximal treadmill test. *Journal of Sport Sciences*. 37(1), 42-49.

Siekirk, N., Lai, Q., & **Kendall, B.J.** (2018). The Effect of Localized Muscular Fatigue on Motor Learning. *International Journal of Motor Control and Learning*. 1(1), 62-67.

Engels, H.J., **Kendall, B.J.**, Fahlman, M.M. & Gothe, N.P. (2018) Salivary IgA Responses to Graded Maximal Exercise (VO₂MAX) Testing in Healthy Adolescent Females. *The Journal of Sports Medicine and Physical Fitness*. 58(7-8), 1096-1101.

Eng, M., Wang, D.D., Greenbaum, A., Gheewala, N., Kupsy, D., Aka, T., Song, T., Pantelic, M., Nadig, J., Keimig, T., Hawasli, H., **Kendall, B.J.**, Wyman, J., Myers, E., Forbes, M. & O'Neill, W. (2017) PROspective, Randomized Comparison of 3-Dimensional Computed Tomography Guidance versus TEE data for Left Atrial Appendage Occlusion. *Catheterization and Cardiovascular Interventions*.

Kendall, B.J., Michael, T.J., Weideman, C. & Miller, M.G. (2017). The Acute Effects of Static Stretching Compared to Dynamic Stretching with and without an Active Warm up on Anaerobic Performance. *International Journal of Exercise Science*. 10(1), 53-61.

Gothe, N.P. & **Kendall, B.J.** (2016). Barriers, Motivations and Preferences for Physical Activity among Female African American Older Adults. *Gerontology and Geriatric Medicine*, 2.

Kendall, B.J. & Gothe, N.P. (2015). The effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Systematic Review. *American Journal of Physical Medicine & Rehabilitation*. 95(3), 214-224.

In Preparation

*Denotes undergraduate student

*Schwartz, R., *Anderson, Q., Hayes, E., Dykstra, B., & **Kendall, B.** Mini-trampoline training reduces fall risk and improves cardiorespiratory fitness in older adults.

Invited Scholarly Presentations

Kendall, B.J., Siekirk, N. & Lai, Q. (2021) The Effects of Acute High-Intensity Interval Training (HIIT) on Information Processing Speed: An Electromyography Study. *Journal of Strength and Conditioning Research*. Invited for a podcast presentation PodScholars.

Conference Presentations

*Denotes undergraduate student

*Layton, A., *Daniels, E., *Ward, A., King, D., Dykstra, B., & **Kendall, B.** The Relationship between Cardiorespiratory Fitness, Body Mass Index and Changes in Salivary Immunoglobulin A (SIgA) following Maximal Exercise. Presentation at the Midwest American College of Sports Medicine Regional Conference, Indianapolis IN, October 2022.

*Landis, R., *Tucker, K., Siekirk, N., & **Kendall, B.** Relationship between Cognition, Hitting Assessments, and In-Game Batting Performance in Collegiate Baseball and Softball Players. Presentation at the Midwest American College of Sports Medicine Regional Conference, Indianapolis IN, October 2022.

*Thompson, J., *Erb, I., Fenstermacher, S., Dungan, D., Hayes, E., & **Kendall, B.** Effectiveness of an undergraduate delivered diabetes prevention program. Presentation at the Midwest American College of Sports Medicine Regional Conference, Indianapolis IN, October 2022.

*Ward, A., *Daniels, E., *Layton, A., *Reimschisel, R., King, D., Dykstra, B., & **Kendall, B.** The Effects of Cardiorespiratory Fitness on Changes in Salivary Immunoglobulin A Following Maximal Exercise. Oral Presentation at the American College of Sports Medicine Annual Conference, San Diego, CA, May 2022.

*Daniels, E., Haworth, J., *Lopatin, T., Goble, D., Dykstra, B., & **Kendall, B.** Motivating Instructions Provoke Large Increases in Volitional Postural Sway. Poster Presentation at the American College of Sports Medicine Annual Conference, San Diego, CA, May 2022.

*Pogue, K., *Allan, G., Dungan, D., Hayes, E., & **Kendall, B.** Adherence to a lifestyle modification program: What can baseline differences tell us? Presentation at the Indiana Physiological Conference, Indianapolis, IN, April 2021.

*Winn, O., Dungan, D., Hayes, E., & **Kendall, B.** Correlates between Body Mass Index (BMI) and Functional Fitness and Fall Risk in Pre-Diabetic Patients. Oral Presentation at the Indiana Physiological Conference, Indianapolis, IN, March 2020.

*Anderson, Q., *Bergen, S., *Breuer, R., Hayes, E., **Kendall, B.** *Bouncing for Balance: Mini-Trampoline Training Reduces Fall Risk in Older Adults.* Poster presentation at the American College of Sports Medicine Annual Conference, San Francisco, CA, May 2020.

Brown, J., Siekirk, N., **Kendall, B.**, Pardo, V., Lai, Q., Galen, S., McCready, T., Atty, S., Wilson, S., Mutchler, J., Hew-Butler, T., *Preferred Leg Drives Seated and Bilateral Exercise in Chronic Stroke and Healthy Control.* Poster presentation at the American College of Sports Medicine Annual Conference, San Francisco, CA, May 2020.

Siekirk, N., **Kendall, B.**, Pardo, V., Lai, Q., McCready, T., Atty, S., Atwood, Z., Brown, J., Wilson, S., Mutchler, J., Hew-Butler, T., *Bilateral Imbalance of Distal Electromyography is not Acutely Altered by Exercise Mode in Chronic Stroke.* Poster presentation at the American College of Sports Medicine Annual Conference, San Francisco, CA, May 2020.

*Jordan Brown, Nicholas J. Siekirk, **Bradley J. Kendall**, Qin Lai, Victoria Pardo, Sam Wilson, Jessica Mutchler, Sujay Galen. *Preferred Leg Drives Seated and Bilateral Recumbent Stepper in Chronic Stroke and Health Control.* Poster presentation at Southeast American College of Sports Medicine Regional Conference. Jacksonville, FL, 2020.

*Sydni Wilhoite, Nicholas Siekirk, Trevor McCready, Samantha Atty, **Bradley Kendall**, Victoria Pardo, Zachary Atwood, Sam Wilson, Jessica Mutchler, Qin Lai. *The Imbalance of Distal Electromyography is not Acutely Altered by Exercise Mode Post Stroke.* Poster presentation at Southeast American College of Sports Medicine Regional Conference. Jacksonville, FL, 2020.

Nicholas J. Siekirk, **Bradley Kendall**, Sujay Galen, Zachary Atwood, Jordan Brown, Sam Wilson, Jessica Mutchler, Victoria Pardo. *Unilateral Bias in Proximal Leg Elec-*

tromyography During Recumbent Stepping in College Aged Participants. Poster presentation at Southeast American College of Sports Medicine Regional Conference. Jacksonville, FL, 2020.

*Anderson, Q., *Bergen, S., Bruer, R., Hayes, E., & **Kendall, B.** *Effects of Mini-Trampoline Training on Balance and Fall Risk in Older Adults*. Poster presentation at Midwest American College of Sports Medicine Regional Conference. Naperville, IL, November 2019.

*Pile, M., *Kelley, J., & **Kendall, B.** *Effects of Acute Exercise on Motor Control and Motor Skill Acquisition in Old Adults*. Poster presentation at Midwest American College of Sports Medicine Regional Conference. Naperville, IL, November 2019.

Kendall, B., Siekirk, N., & Lai, Q. *Acute high intensity interval training improves motor skill acquisition*. Oral presentation at North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD, June 2019.

Kendall, BJ, Lai, Q., & Siekirk, N. *Effects of Acute Exercise on Information Processing*. Oral Presentation at the American College of Sports Medicine Annual Conference, Orlando, FL, May 2019.

Siekirk, N., Lai, Q., Pardo, V., Galen, S., **Kendall, B.**, & Hew-Butler, T. *Effect of Treadmill vs. Recumbent Cross Trainer on Gait and Leg Electromyography after Chronic Stroke*. Poster presented at the American College of Sports Medicine Annual Conference, Orlando, FL, May 2019.

*Ham, Z., *Noonan, J., **Kendall, B.**, King, D., & Hayes, E. *The Acute Effect of Daily Activity Level on Plasma Protein Concentration*. Poster presentation at Midwest American College of Sports Medicine, Grand Rapids, MI, November 2018.

*Bjornsen, E., Lai, Q., & **Kendall, B.** *Effects of Acute High Intensity Interval Training on an Executive Function Task*. Oral presentation at Midwest American College of Sports Medicine, Grand Rapids, MI, November 2018.

Gorgis, S., Abdelrahim, E., Wang, D., Wyman, J., Paone, G., Greenbaum, A., **Kendall, B.**, O'Neill, W., & Eng, M. *Rates of Anticoagulation following Transcatheter Aortic Valve Replacement in Patients with Atrial Fibrillation*. Poster presented at the American College of Cardiology Annual Session, Washington, D.C., March 2017.

Gorgis, S., Abdelrahim, E., Wang, D., Wyman, J., Paone, G., Greenbaum, A., **Kendall, B.**, O'Neill, W., & Eng, M. *Stroke Rates in Various Antiplatelet and Anticoagulant Regimens following Transcatheter Aortic Valve Replacement*. Poster presented at the American College of Cardiology Annual Session, Washington, D.C., March 2017.

Eng, M., Wang, D.D., Greenbaum, A., Gheewala, N., Kupsy, D., Aka, T., Song, T., Pantelic, M., Nadig, J., Keimig, T., Hawasli, H., **Kendall, B.J.**, Wyman, J., Myers, E.,

Forbes, M. & O'Neill, W. *PROspective, Randomized Comparison of 3-Dimensional Computed Tomography Guidance versus TEE data for Left Atrial Appendage Occlusion*. Poster presented at Transcatheter Cardiovascular Therapeutics, Denver, CO, November, 2017.

Kendall, B.J. & Gothe, N.P. *Reliability of Activity Monitors for Tracking Steps and Estimating Energy Expenditure during a Graded Maximal Treadmill Test*. Poster presented at The Society of Behavioral Medicine's 38th Annual Scientific Meeting, San Diego, CA, March 2017.

Snapp, E., **Kendall, B.J.** & Gothe, N.P. *Physical Activity, Self-Reported Physical Functioning and Quality of Life in Stroke Survivors*. Poster presented at The Society of Behavioral Medicine's 38th Annual Scientific Meeting, San Diego, CA, March 2017.

Bourbeau, K., **Kendall, B.J.** & Gothe, N.P. *Relationship between Light Physical Activity and Functional Fitness in Stroke Survivors*. Paper presented at The Society of Behavioral Medicine's 38th Annual Scientific Meeting, San Diego, CA, March 2017.

Goth, N.P. & **Kendall, B.J.** *Accelerometer and Self-Reported Physical Activity Among Urban African American Older Adults*. Presented at The Society of Behavioral Medicine's 37th Annual Scientific Meeting, Washington, D.C., April 2016.

Kendall, B.J. & Gothe, N.P. *Barriers, Motivations and Preferences for Physical Activity among Urban African American Older Adults*. Presented at The Society of Behavioral Medicine's 37th Annual Scientific Meeting, Washington, D.C., April 2016.

Goth, N.P. & **Kendall, B.J.** *Physical Activity, Mobility and Cognitive Performance among African American Older Adults*. Poster presented at Gerontological Society of America Annual Meeting, Orlando, FL, November 2015.

Kendall, B.J. & Gothe, N.P. *Accelerometer measured Sedentary Time and Self-reported Physical Function and Quality of Life among African American Older Adults*. Poster presented at Sedentary Behavior Conference, Urbana-Champaign, IL, October 2015.

Kendall, B.J. & Gothe, N.P. *The effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Review and Meta-analysis*. Poster presentation at The Society of Behavioral Medicine's 36th Annual Scientific Meeting, San Antonio, TX, April 2015.

Goth, N.P., **Kendall, B.J.** & Uy, K. *Physical Activity, Mobility and Cognitive Performance among African American Older Adults*. Poster presentation at Resource Centers for Minority Aging Research 2015 Annual Investigators Meeting, Davis, CA, April 2015.

Kendall, B.J. & Gothe, N.P. *The effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Review and Meta-analysis*. Poster presentation at Wayne State University's Graduate Research symposium, Detroit, MI, March 2015.

Research Experience

Taylor University (August 2018-Present)

Human Performance Laboratory

Current Projects

1. The Effects of Acute Exercise on Cognitive Function in Adolescents
2. Does Gait, Mobility, and Balance predict future Cognitive Function in Older Adults?
3. Comparing predictors of batting performance between collegiate softball and baseball players.

Wayne State University (August 2014 – 2018)

Graduate Research Assistant – Motor Behavior Laboratory, working under the supervision of Associate Professor Dr. Qin Lai. Primary responsibilities included data collection and analysis; study coordination and training personnel; participant recruitment, screening, and scheduling; cognitive and exercise physiology and motor behavior related testing.

Exercise Psychophysiology Laboratory, Primary responsibilities included data collection and analysis; study coordination and training personnel; participant recruitment, screening, and scheduling; cognitive and functional fitness testing

Teaching Experience

Taylor University (August 2018 – Present)

Courses Taught:

- Aging, Health, & Exercise – EXS 215
- Introduction to Exercise Testing – EXS 274
- Exercise Techniques – EXS 280
- Exercise Physiology – EXS 306
- Principles of Strength and Conditioning – EXS 328
- Fit for Life – KIN 100
- Weight Training – KIN 200
- Motor Learning – KIN 324
- Research Methods – KIN 355
- Health Education and Behavior Change – NAS 230
- Neuromuscular Physiology and Chronic Disease – HPH 320

Henry Ford Hospital, Structural Heart Disease Intervention Center (2017-2018)

Taught statistics courses to the fellowship director and some of his resident fellows. I also served as the biostatistician for a number of projects that were conducted within the structural heart disease intervention center.

Wayne State University, Graduate Teaching Assistant (2016 - 2018)

Department of Kinesiology, Health & Sport Studies: working under the supervision of Professor Dr. Whitney Moore and Dr. Hermann-Josef Engel

Fitness Assessment and Prescription (KIN 6320 10 Sections) (Fall 2016 – Summer 2018)

Physiological principles of physical fitness, including the assessment of physical fitness status and exercise prescription guidelines. Responsibilities included course design, lecturing, teaching lab sections, test construction, administering exams, and grading.

Exercise Physiology Labs (KIN 3570) (Fall 2016)

Responsibilities included lecturing, teaching a lab section, leading discussions, tutoring, administering exams, and grading.

University of Western Michigan, Graduate Teaching Assistant (2012 - 2014)

Department of Human Performance and Health Education, working under the supervision of Professor Dr. Christopher Cheatham and Dr. Carol Weideman

Health and Wellness (Four semesters, 2012 - 2014)

Principles relating to health and wellness, mental health and stress management, physical fitness, nutrition, weight control, and health issues related to growth and development (aging and death). Responsibilities included lecturing, teaching a lab section, leading discussions, tutoring, administering exams, and grading.

Exercise Measurement and Evaluation (Spring 2013)

Measurement and evaluation techniques in terms of understanding, interpretation, and application with emphasis on administration, selection, and use of tests in Exercise

Science, Health, and Physical Education. Responsibilities included leading a lab section, administering exams, and grading.

Physical Activity Courses (Four Semesters, 2012 - 2014) Responsibilities included physical activity program design, lecturing, grading, and administering exams.

Health and Nutrition (Spring 2012)

Guest lecturer on sports nutrition related topics.

Professional Experience and Service

Midwest ACSM Regional Conference (September 2019-Present)

Abstract reviewer and student mentor

Taylor University – Technology Committee (September 2019-Present)
ATC Chair 2021-2022

Marion General Hospital (December 2019)
Invited guest speaker on balance and fall prevention

Westminster Church (May 2019)
Invited guest speaker on balance and fall prevention

Center Chapel Church (April 2019)
Invited guest speaker on balance and fall prevention

International Journal of Exercise Science (2017 - Present)
Position: Reviewer

Adapted Physical Activity Quarterly (2017 - Present)
Position: Reviewer

Institute of Gerontology Lunch and Learn (2016)
Position: Speaker
Responsibilities: Spoke on the importance of exercise and physical activity for older adults.

Inaugural Master's Student Showcase (2015)
Position: Judge
Responsibilities: Judged and evaluated Master's students abstracts and poster presentations

Pointe Fitness and Training Center (2014 - 2018)
Position: Head Trainer
Responsibilities: Conducted fitness and nutritional seminars, organized training events, and conducted metabolic testing

Endurance Fitness (2013 - 2014)
Position: Fitness Director and Head Trainer
Responsibilities: Led fitness and nutritional seminars, organized training events, and conducted metabolic testing

Western Michigan University Football Strength and Conditioning (2012 - 2013)
Position: Intern Strength and Conditioning Coach
Responsibilities: Off-season program design, conducted speed and agility practices, player fitness testing and evaluation, involved in game-day player preparations

The Training Arena (2011 - 2012)
Position: Speed and Agility Coach
Responsibilities: Conducted fitness testing and evaluations, program design, assisted the head athletics coach

Professional Association Memberships

National Strength and Conditioning Association (NSCA) (2012-Present)

American College of Sports Medicine (ACSM) (2015-Present)

North American Society for the Psychology of Sport and Physical Activity (2019-Present)

Society of Behavioral Medicine (SBM) (2014-2018)

Gerontological Society of America (GSA) (2015-2018)