

PEER REVIEWED JOURNAL ARTICLES

1. Adelman DL, Pamukoff DN, Goto S, Bell DA, Guskiewicz KM, Blackburn JT. The acute effects of coordination training with a whole body vibration unit on subjects with functional ankle instability. *Athletic Training and Sports Healthcare*. Mar/April 2016. 8(2): 63-69.
2. Anthony CC, Brown LE, Coburn JW, Galpin AJ, Tran TT. Stance affects balance in surfers. *International Journal of Sports Science and Coaching*. 11(3):446-450, 2016.
3. Anthony CC, Brown LE. Resistance training considerations for female surfers. *Strength and Conditioning Journal*. 38(2):64-69, 2016.
4. Archer DC, Brown LE, Coburn JW, Galpin AJ, Drouet PC, Leyva WD, Munger CN, Wong MA. Effects of short-term jump squat training with and without chains on strength and power in recreational lifters. *International Journal of Kinesiology and Sports Science*. 4(4):18-24, 2016.
5. Arias JC, Coburn JW, Brown LE, Galpin AJ. The acute effects of heavy deadlifts on vertical jump performance in men. *Sports*. 4(2):22, 2016.
6. Berokoff N, Lynn SK, Griffith-Merritt HK, Noffal GJ. Progressions of Isometric Core Exercise. *Strength and Conditioning Journal*. 38(4): 50-65, 2016.
7. Blackburn JT, Pietrosimone B, Harkey MS, Luc BA, Pamukoff DN. Quadriceps function and gait kinetics after anterior cruciate ligament reconstruction. *Medicine and Science in Sports and Exercise*. September. 2016; 48(9): 1664-1670.
8. Blackburn JT, Pietrosimone BG, Harkey MS, Luc BA, Pamukoff DN. Comparison of three methods for identifying the heel strike transient during walking gait. *Mechanical Engineering & Physics*. June. 2016; 38(6): 581-585.
9. Blackburn JT, Pietrosimone BG, Harkey MS, Luc BA, Pamukoff DN. Inter-limb differences in impulsive loading following anterior cruciate ligament reconstruction in females. *Journal of Biomechanics*. September. 2016; 49(13): 3017-3021.
10. Botton CE, Radaelli R, Wilhelm EN, Rech A, Brown LE, Pinto RS. Neuromuscular adaptations to unilateral vs. bilateral strength training in women. *Journal of Strength and Conditioning Research*. 30(7):1924-1932, 2016.
11. Brown LE. Acute influence of assisted training on explosive performance. *Journal of Aerobics and Fitness*. 1(1):e103, 2016.
12. Camara KD, Coburn JW, Dunnick DD, Brown LE, Galpin AJ, Costa PB. An examination of muscle activation and power characteristics while performing the deadlift exercise with straight and hexagonal barbells. *Journal of Strength and Conditioning Research*. 30(5):1183-1188, 2016.
13. Cleary MA, Nottingham SN, Kasamatsu TM, Bennett JP. Using a continuing education workshop to facilitate implementation of evidence-based practices for recognition and treatment of exertional heat stroke in secondary school athletic trainers. *Athl Train Sports Health Care*. 2016;8(3):100-111.

14. Costa PB, Herda TJ, Herda AA, Cramer JT. Effects of short-term dynamic constant external resistance training and subsequent detraining on strength of the trained and untrained limbs: a randomized trial. *Sports*. 4:7, 2016.
15. Galpin AJ, Bagley JR, Whitcomb B, Wiersma LD, Rosengarten J, Coburn JW, and Judelson DA. Effects of Intermittent Actual and Perceived Neck Cooling on Performance and Perception During Repeated Bouts of High Intensity Exercise. *Sports*. 2016 June; 4 (38):1-11.
16. Galpin AJ, Nicoll JX, Fry AC, Moore CA, Thomason DB, & Schilling BK. Resting Extracellular Signal-Related 1/2 Kinase Activity Following a Continuum of Chronic Resistance Exercise Training Paradigms. *Research in Sports Medicine*. 2016 July; 1-6.
17. Guedes R, Bottaro M, Magalhães I, Trindade M, Brown LE, do Carmo J, Carregaro RL. The effects of Kinesiotaping on quadriceps muscle performance at different velocities: A randomized controlled trial. *Isokinetics and Exercise Science*. 24(2):149-156, 2016.
18. Gulick CN, Coburn JW, Galpin AJ, Costa PB. Mechanomyographic amplitude and frequency vs. isometric torque relationships in women with higher vs. lower strength. *Isokinetics and Exercise Science*. 24:295-300, 2016.
19. Kasamatsu TM, Cleary MA, Bennett JP, Howard KE, Valovich McLeod TC. Investigating the existence and comprehensiveness of athletic trainers' concussion management policies. *Athl Train Sports Health Care*. 2016;8(3):112-120.
20. Kasamatsu TM, Cleary MA, Bennett JP, Howard KE, Valovich McLeod TC. Examining academic support after concussion for the secondary school student-athlete: Perspectives of the athletic trainer. *J Athl Train*. 2016;51(2):153-161.
21. Kraemer WJ, Hooper DR, Kupchak BR, Saenz C, Brown LE, Vingren JL, Luk HY, DuPont WH, Szivak TK, Flanagan SD, Caldwell LK, Eklund D, Lee EC, Häkkinen K, Volek JS, Fleck SJ, and Maresh CM. The effects of a roundtrip trans-American jet travel on physiological stress, neuromuscular performance and recovery. *Journal of Applied Physiology*. 121(2):438-448, 2016.
22. Leyva WD, Archer DC, Munger CN, Galpin AJ, Coburn JW, Brown LE. Comparison of deadlift versus back squat postactivation potentiation on vertical jump. *Gavin Journal of Orthopedic Research and Therapy*. 1(1):6-10, 2016.
23. Lima CD, Brown LE, Wong MA, Leyva WD, Pinto RS, Cadore EL, Ruas CV. Acute effects of static vs. ballistic stretching on strength and muscular fatigue between ballet dancers and resistance trained women. *Journal of Strength and Conditioning Research*. 30(11):3220-3227, 2016.
24. Lockie, R. G., Jeffriess, M.D., Callaghan, S.J. & Luczo, T.M. (2016). Dynamic stability as measured by time to stabilization does not relate to change-of-direction speed. *Facta Universitatis, Series: Physical Education and Sport*. 14: 179-191.

25. Lockie, R.G., Davis, D.L., Birmingham-Babauta, S.A., Beiley, M.D., Hurley, J.M., Stage, A.A., Tomita, T.M., Torne, I.A. & Lazar, A. (2016). Physiological characteristics of incoming freshmen field players in a men's Division I collegiate soccer team. *Sports*. 4. doi:10.3390/sports4020034
26. Lockie, R.G., Lazar, A., Orjalo, A.J., Davis, D.L., Moreno, M.R., Risso, F.G., Hank, M.E., Stone, R.C. & Mosich, N.W. (2016). Profiling of junior college football players and differences between position groups. *Sports*. 4. doi:10.3390/sports4030041
27. Lockie, R.G., Orjalo, A.J., Amran, V.L., Davis, D.L., Risso, F.G. & Jalilvand, F. (2016). An introductory analysis as to the influence of lower-body power on multidirectional speed in collegiate female rugby players. *Sport Science Review*. 25:113-134.
28. Lockie, R.G., Schultz, A.B., Callaghan, S.J. & Jeffriess, M.D. (2016). The relationship between dynamic stability and multidirectional speed. *Journal of Strength and Conditioning Research*. 30: 3033-3043.
29. Lockie, R.G., Stage, A.A., Stokes, J.J., Orjalo, A.J., Davis, D.L., Giuliano, D.V., Moreno, M.R., Risso, F.G., Lazar, A., Birmingham-Babauta, S.A., & Tomita, T.M. (2016) Relationships and predictive capabilities of jump assessments to soccer-specific field test performance in Division I collegiate players. *Sports*. 4. doi:10.3390/sports4040056.
30. Lockie, R.G., Stecyk, S.D., Mock, S.A., Crelling, J.B., Lockwood, J.R. & Jalilvand, F. (2016). A cross-sectional analysis of the characteristics of a Division I collegiate female soccer team across year of eligibility. *Journal of Australian Strength and Conditioning*. 24: 6-15.
31. Mazuquin BF, Dela Bela LF, Pelegrinelli AR, Dias JM, Carregaro RL, Moura FA, Selfe J, Richards J, Brown LE, Cardoso JR. Torque-angle-velocity relationships and muscle performance of professional and youth soccer players. *International Journal of Sports Medicine*. 37(12):992-996, 2016.
32. McFarland, I., Dawes, J., Elder, C. & Lockie, R. (2016). Relationship of two vertical jumping tests to sprint and change of direction speed among male and female collegiate soccer players. *Sports*. 4. doi:10.3390/sports4010011.
33. McLeland KA, Ruas CV, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, Galpin AJ, Malyszek KK. Comparison of knee extension concentric fatigue between repetition ranges. *Isokinetics and Exercise Science*. 24(1):33-38, 2016.
34. Murach KA, Bagley JR, McLeland KA, Arevalo JA, Ciccone AB, Malyszek KK, Wen Y, and Galpin AJ. Improving Human Skeletal Muscle Myosin Heavy Chain Fiber Typing Efficiency. *Journal of Muscle Research and Cell Motility*. 2016 April; 37(1-2):1-5.
35. Nijem RM, Coburn JW, Brown LE, Lynn SK, Ciccone AB. An electromyographic and force plate analysis of the deadlift performed with and without chains. *Journal of Strength and Conditioning Research*. 30(5):1177-1182, 2016.
36. Nimphius, S., Callaghan, S.J., Spiteri, T. & Lockie, R.G. Change of direction deficit: A more isolated measure of change of direction performance than total 505 time. *Journal of Strength and Conditioning Research*. 30: 3024-3032.

37. Pamukoff DN, Bell SE, Ryan ED, Blackburn JT. The myotonometer: not a valid measurement tool for active hamstring musculotendinous stiffness. *Journal of Sport Rehabilitation*. May. 2016; 25(2):111-116.
38. Pamukoff DN, Dudley RI, Vakula MN, Blackburn JT. Greater incidence of heel strike transient in obese compared to normal weight adults. *Gait and Posture*. September. 2016; 49: 181-183.
39. Pamukoff DN, Lewek MD, Blackburn JT. Greater vertical loading rate in obese compared to normal weight young adults. *Clinical Biomechanics*. March. 2016; 33: 61-65.
40. Pamukoff DN, Pietrosimone B, Ryan ED, Weinhold PS, Lewek MD, Lee DR*, Blackburn JT. Immediate effects of whole body and local muscle vibration on neuromuscular function. *Muscle and Nerve*. August. 2016; 54(3): 469-478.
41. Pamukoff DN, Pietrosimone B, Ryan ED, Weinhold PS, Lewek MD, Lee DR*, Blackburn JT. Whole body and local muscle vibration immediately improve quadriceps function in individuals with ACL Reconstruction. *Archives of Physical Medicine and Rehabilitation*. July. 2016; 97(7):1121-1129.
42. Park BS, Khamoui AV, Brown LE, Kim DY, Han KA, Min KW, An GH. Effects of elastic band resistance training on glucose control, body composition, and physical function in women with short- vs. long-duration type 2 diabetes. *Journal of Strength and Conditioning Research*. 30(6):1688-1699, 2016.
43. Romero B, Coburn JW, Brown LE, Galpin AJ. Metabolic demands of heavy metal drumming. *International Journal of Kinesiology and Sports Science*. 4(3):32-36, 2016.
44. Ruas CV, Lima CD, Pinto RS, Oliveira MA, Barros JAC, Brown LE. Brain activation differences between muscle actions for strength and fatigue: A brief review. *Brazilian Journal of Motor Behavior*. 10(1):1-8, 2016.
45. Rumpf, M., Cronin, J.B., Lockie, R.G. & Jalilvand, F. (2016). The effect of different sprint training methods on sprint distances over various distances: a brief review. *Journal of Strength and Conditioning Research*. 30: 1767-1785.
46. Santana JC, Ferrigno VA, Brown LE. The training octagon: Training the anterior and posterior serape. *Strength and Conditioning Journal*. 38(5):102-110, 2016.
47. Schmidt JD, Pierce AF, Guskiewicz KM, Register-Mihalik JK, Pamukoff DN, Mihalik JP. The effect of knowledge of concussion and aggression on head impact biomechanics in youth male and female ice hockey players. *Journal of Athletic Training*. May. 2016. 51(5): 366-372.
48. Schoenfeld B, Contreras B, Ogborn D, Galpin AJ, Krieger J, and Sonmez Gul. Effects of Varied Versus Constant Loading Zones on Muscular Adaptations In Well-Trained Men. *International Journal of Sports Medicine*. 2016 Jun;37(6):442-7.
49. Schultz, A.B., Taaffe, D.R., Blackburn, M., Logan, P., White, D., Drew, M. & Lockie, R.G. (2016). Musculoskeletal screening as a predictor of seasonal injury in elite Olympic class sailors. *Journal of Science and Medicine in Sport*. 19: 903-909.

50. Soares EG, Brown LE, Gomes WA, Corrêa DA, Serpa EP, da Silva JJ, Junior G, Fioravanti GZ, Aoki MS, Lopes CR, Marchetti PH. Comparison between pre-exhaustion and traditional exercise order on muscle activation and performance in trained men. *Journal of Sports Science and Medicine.* 15(1):111-117, 2016.
51. Tufano JJ, Conlon JA, Nimphius S, Brown LE, Seitz LB, Williamson BD, Haff GG. Maintenance of velocity and power with cluster sets during high-volume back squats. *International Journal of Sports Physiology and Performance.* 11(7):885-892, 2016.
52. Valenzuela KA, Lynn SK, Noffal GJ, Brown LE. Acute effects of foot rotation in healthy adults during running on knee moments and lateral-medial shear force. *Journal of Sports Science & Medicine.* 15(1):50-56, 2016.

Book Chapters

1. Lockie, R.G. (2016). The effects of linear and change-of-direction speed training on the sprint performance of young adults. In *Effects of application of physical activity on the anthropological status of children, youth and adults.* F. Eminović & vs M. Dopsaj, eds. pp. 71-116. NOVA Science Publishers, Inc., New York.
2. Galpin AJ and Fry AC. *American College of Sports Medicine: Research Methods* (2016).

CONFERENCE PRESENTATIONS

1. Anthony CC, Brown LE, Coburn JW, Galpin AJ, Tran TT. Dynamic balance in surfers by stance. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S934, 2016.
2. Archer DC, Munger CN, Leyva WD, Drouet PC, Wong MA, Galpin AJ, Coburn JW, Brown LE. Effects of short term jump squat training with and without chains on back squat 1RM. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S104, 2016.
3. Archer DC, Munger CN, Leyva WD, Wong MA, Coburn JW, Costa PB, Brown LE. Acute effects of eccentric overload on concentric front squat peak power. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
4. Arevalo JA, Bathgate KA, McManus RT, Ballon J, Lee D, Rosengarten J, Barillas SR, Lynn SK, Spencer JA, Brown LE, Bagley JR, Costa PB, Galpin AJ. Bilateral fiber type and performance differences in the leg muscles of resistance trained men. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S952, 2016.
5. Arevalo JA, Gannon RG, Kavalek MR, Bagley JR, Lynn SK, Brown LE, Costa PB, Rasche ME, Galpin AJ. Fiber type composition & leg dominance in resistance trained men. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
6. Arevalo JA, McManus RT, Rosengarten J, Lynn SK, Spencer JA, Brown LE, Bagley JR, Costa PB, Galpin AJ. Knee extension strength and muscle fiber type

- composition in resistance trained men. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S7, 2016.
7. Bagley JR, Arevalo JA, Malyszek KK, Spencer JA, Rosengarten J, Barillas SR, Leyva WD, McManus RT, Lee D, and Galpin AJ. Skeletal Muscle Phenotype and Performance of an Elite Mixed Martial Artist. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
 8. Ballon J, Bagley JR, McLeland KA, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, Galpin AJ. Reexamining skeletal muscle fatigability and fiber type in resistance trained men: 40 years after Thorstensson and Karlsson. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S895, 2016.
 9. Barillas SR, Manolovitz AD, Archer DC, Brown LE. No effects of different footwear on isometric force production. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S100, 2016.
 10. Barillas SR, Watkins CM, Galpin AJ, Coburn JW, Brown LE. Acute effects of plyometric exercise on glycemic control. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 11. Bartolini JA, Nealer AL, Dunnick DD, Malyszek KK, Wong MA, Costa PB, Coburn JW, Brown LE. Elastic-cord assistance provides sustained supramaximal-sprint speed even after assistance has lapsed. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 12. Bartolini JA, Nealer AL, Dunnick DD, Malyszek KK, Wong MA, Costa PB, Coburn JW, Brown LE. Elastic band assisted sprints increase acute acceleration speed in collegiate female soccer players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S187, 2016.
 13. Bathgate KE, Bagley JR, Jo E, Segal NL, Brown LE, Coburn JW, Gulick CN, Ruas CV, Galpin AJ. Physiological profile of monozygous twins with 35 years of differing exercise habits. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S43, 2016.
 14. Blackburn JT, Pietrosimone B, Harkey MS, Luc BA, Pamukoff DN. Quadriceps muscle quality does not reflect self-report or muscle function in individuals with ACL reconstruction. *63rd Annual Meeting of the American College of Sports Medicine*. Boston MA. May 31-June 4, 2016.
 15. Blackburn JT, Pietrosimone BG, Harkey MS, Luc BA, Pamukoff DN. Bilateral differences in impulsive loading during gait following anterior cruciate ligament reconstruction. *40th Annual Meeting of the American Society of Biomechanics*. Raleigh NC. Aug 2-5, 2016.
 16. Blackburn JT, Pietrosimone BG, Padua DA, Harkey MS, Luc BA, Pamukoff DN, Stanley LE, Spang JT, Jordan JM. Quadriceps function is associated with impulsive loading during gait in individuals with anterior cruciate ligament

- reconstruction. *Osteoarthritis Research Society International – 2016 World Congress on Osteoarthritis*. Amsterdam NL. March 30-April 4, 2016.
17. Bottaro M, Ferreira DV, Brown LE, Ferreira-Junior JB, Soares S, Cadore EL, Izquierdo M. Chest press exercises with different stability requirements result in similar muscle damage recovery. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S470, 2016.
 18. Camara KD, Coburn JW, Dunnick DD, Brown LE, Galpin AJ, Costa PB. An examination of muscle activation and power characteristics while performing the deadlift exercise with straight and hexagonal barbells. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S470, 2016.
 19. Campana CT, Costa PB. Effects of treadmill walking with hand-held weights on energy expenditure and excess post-exercise oxygen consumption. *American College of Sports Medicine Annual Meeting*, Boston, Massachusetts. May 2016. *Medicine & Science in Sports & Exercise*. 48:S162, 2016.
 20. Chavez A, Kelly SB, Wong MA, Watkins CM, Brown LE. Baseball swing velocity measured by Zepp® vs. timing lights. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 21. Choe K, Quon A, Vakula MN, Dudley RI, Pamukoff DN, Lynn SK. Sagittal plane biomechanics of the hip and knee joint in two squat variations. *39th Annual Meeting of the National Strength and Conditioning Association*. New Orleans LA. July 6-9, 2016.
 22. Choe K, Vakula MN, Moffit TJ, Montgomery MM, Bringmann J, Pamukoff DN. Interlimb comparison of vastus lateralis architecture and geometry in individuals with anterior cruciate ligament reconstruction. *Southwest American College of Sports Medicine Meeting*. Costa Mesa CA. Oct 21-22, 2016.
 23. Cochrane, K., Housh, T. J., Smith, C. M., Hill, E. C, Jenkins, N. D. M., Miramonti, A., Schmidt, R. J., Johnson, G. O., Cramer, J. T., & Coburn, J. W. (2016). Physiological responses underlying the perception of effort during moderate and heavy intensity cycle ergometry. Poster session at American College of Sports Medicine Annual Meeting, Boston, MA.
 24. Dobbs IJ, McLeland KA, Wong MA, Brown LE, Coburn JW, Galpin AJ. Max effort thirty repetition isokinetic fatigue test does not correlate with classic Thorstensson test. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 25. Drouet PC, Munger CN, Archer DC, Wong MA, Costa PB, Coburn JW, Brown LE. Acute effects of upper body resistance exercise on diastolic blood pressure in normotensive and prehypertensive males. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 26. Drouet PC, Munger CN, Archer DC, Wong MA, Costa PB, Coburn JW, Brown LE. Acute effects of lower body resistance exercise on systolic blood pressure in pre-hypertensive males. NSCA Annual Meeting, New Orleans, LA, July 6-9,

2016. *Journal of Strength and Conditioning Research*, 30(12):S102, 2016.
27. Dudley RI, Pamukoff DN, Lynn SK, Kersey R, Noffal G. A prospective biomechanical analysis of injuries in collegiate cross-country runners. *63rd Annual Meeting of the American College of Sports Medicine*. Boston MA. May 31-June 4, 2016.
 28. Eckel TL, Leyva WD, Archer DC, Munger CN, Galpin AJ, Coburn JW, Brown LE. Effect of hex bar deadlift vs. back squat postactivation potentiation on vertical jump time to peak force. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S103, 2016.
 29. Eckel TL, Watkins CM, Archer DC, Wong MA, Brown LE. Relationship between 1RM bench press and isometric pushup force. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 30. Gomes JR, Costa PB, Prado WL, Leandro LS, Freitas ED, Oliveira LS, Aniceto RR. Does resistance exercise with versus without blood flow restriction alter appetite in trained men? *International Convention on Science, Education and Medicine in Sport*, Santos, São Paulo, Brazil. August/September 2016.
 31. Gomes WA, Brown LE, Soares EG, Silva JJ, Serpa EP, Correa DA, Vilela Junior GB, Lopes CR, Marchetti PH. Muscle activity is affected by using the knee wraps during the back squat exercise at different intensities. International Convention on Science, Education and Medicine in Sport, Santos, São Paulo, Brazil, August 31-September 4, 2016.
 32. Gonzalez J, Patterson J, Pamukoff DN. Association between footstrike index and soleus H-reflex in recreational runners. *Southwest American College of Sports Medicine Meeting*. Costa Mesa CA. Oct 21-22, 2016.
 33. Gulick CN, Coburn JW, Galpin AJ, Costa PB. Relationships for MMG amplitude and frequency vs. torque in women with higher vs. lower strength. *American College of Sports Medicine Annual Meeting*, Boston, Massachusetts. May 2016. *Medicine & Science in Sports & Exercise*. 48:S379, 2016.
 34. Ha M, Kasamatsu TM, Weaver K. An examination of the return to learn process post-concussion for student athletes at a Division III university: a pilot study. Poster presented at FWATA, Kona, HI. July 2016. Student Exchange Track Free Communications Presentation Award (2nd place) & CATA, Sacramento, CA. February 2016.
 35. Harmon RA, Malyszek KK, Dunnick DD, Costa PB, Coburn JW, Brown LE. Correlation between isometric deadlift with Olympic and hexagonal barbells to a vertical jump. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S434, 2016.
 36. Hatstrup N, Kasamatsu TM. Systematic review of concussion symptoms, cognitive rest, and academic challenges while returning to school. FWATA Annual Meeting & Clinical Symposia, Kona, HI. July 2016. Student Exchange Track Free Communications Presentation Award (1st place).
 37. Johnson RS, Valovich McLeod TC, Kasamatsu TM, Register-Mihalik JK, Erickson CD, Welch Bacon CE. The influence of athletic trainer employment on

- secondary school administrators' perceived knowledge, confidence, and importance of adolescent concussion. NATA Free Communications Program, Baltimore, MD. June 2016.
38. Kasamatsu TM, Oshiro R. Head Injury Update on Cognitive Rest and Effective Education Models. Evidence-Based Practice Approved Session. FWATA Annual Meeting & Clinical Symposia, Kona, HI. July 2016.
 39. Kasamatsu TM, Valovich McLeod TC, Register-Mihalik JK, Erickson CD, Johnson RS, Welch Bacon CE. Perceptions of academic adjustments following adolescent concussion: comparison of school administrators with and without access to athletic trainers. Peer-Reviewed Track Research Presentation Award (1st place), Kona, HI. July 2016 & NATA Free Communications Program, Baltimore, MD. June 2016.
 40. Lazauskas K, Bathgate KE, Bagley JR, Jo E, Segal NL, Brown LE, Coburn JW, Ruas CV, Galpin AJ. Differences in muscle structure between monozygous twins with 35 years of differing exercise backgrounds. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 41. Leandro LS, Cirilo-Sousa MS, Costa PB, Gomes JR, Freitas ED, Silva JC, Aniceto RR. Acute effect of resistance exercise combined with blood flow restriction on blood pressure post-exercise. *International Convention on Science, Education and Medicine in Sport*, Santos, São Paulo, Brazil. August/September 2016.
 42. Leyva WD, Archer DC, Munger CN, Galpin AJ, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump force, power, and velocity interpeak times. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S100, 2016.
 43. Leyva WD, Maulit, MR, Archer DC, Munger CN, Wong MA, Coburn JW, Galpin AJ, Brown LE. Effects of kettlebell swing vs. explosive deadlift training on rate of force development. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 44. Lima CD, Brown LE, Pinto RS, Ruas CV, Wong MA, Leyva WD. Acute effects of static vs. ballistic stretching on strength between ballet dancers and resistance trained women. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S935, 2016.
 45. Lin A, Wong MA, Watkins CM, Dobbs IJ, Barillas SR, Archer DC, Coburn JW, Lockie RG, Brown LE. No sprint potentiation following sled towing. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 46. Lockie, R.G., Lazar, A. Orjalo, A.J., Risso, F.G., Tomita, T.M., Stage, A.A., Birmingham-Babauta, S.A., Stokes, J.J., Davis, D.L., Giuliano, D.V. & Moreno, M.R. (2016). Can the walking lunge potentiate sprint performance? A preliminary analysis. *2016 Australian Strength and Conditioning Association International Conference on Applied Strength and Conditioning*, Melbourne, Australia, November 4-6.

47. Lockie, R.G., Moreno, M.R., Orjalo, A.J., Risso, F.G., Stage, A.A., Tomita, T.M., Torne, I.A., Hurley, J.M., Beiley, M.D., Stokes, J.J., Birmingham-Babauta, S.A., Davis, D.L., Lazar, A. & Giuliano, D.V. (2016). Repeated-sprint ability in Division I collegiate male soccer players: Limits to performance. *2016 Australian Strength and Conditioning Association International Conference on Applied Strength and Conditioning*, Melbourne, Australia, November 4-6.
48. Lynn SK, Carver SW, Noffal GJ, Brown LE, Garner JC. Lumbar and thoracic range of motion in skilled golfers with and without low back pain. World Scientific Congress of Golf, St. Andrews, Scotland, July 18-22, 2016.
49. Madoni SN, Godoy CL, Machado RS, Costa PB. Effects of moderate versus high intensity interval training on exercise and post-exercise caloric expenditure. *Southwest Regional Chapter of the American College of Sports Medicine Annual Meeting*, Costa Mesa, California. October 2016.
50. Malyszek KK, Harmon RA, Dunnick DD, Costa PB, Coburn JW, Brown LE. Relationship between dynamic and isometric force measured at mid-thigh and deadlift positions. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S433, 2016.
51. Maulit MR, Archer DC, Leyva WD, Munger CN, Wong MA, Brown LE, Coburn JW, Galpin AJ. Effects of kettlebell swing vs. explosive deadlift training on strength and power. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
52. McManus R, Malek MH, Burghardt KJ, Bagley JR, Arevalo JA, Shumaker G, Coburn JW, Costa PB, Galpin AJ. The epigenetic response to an acute bout of resistance exercise in trained men. *Southwest Regional Chapter of the American College of Sports Medicine Annual Meeting*, Costa Mesa, California. October 2016.
53. McManus RT, Costa PB, Bentes CM. Acute effects of proprioceptive neuromuscular facilitation on peak torque, muscle imbalance, and range of motion. *National Strength and Conditioning Association Annual Conference*, New Orleans, Louisiana. July 2016.
54. Moffit TJ, Choe K, Vakula MN, Montgomery MM, Pamukoff DN. Association between quadriceps function and running kinetics in individuals with anterior cruciate ligament reconstruction. *Southwest American College of Sports Medicine Meeting*. Costa Mesa CA. Oct 21-22, 2016.
55. Munger CN, Archer DC, Leyva WD, Wong MA, Coburn JW, Costa PB, Brown LE. Acute effects of eccentric overload on concentric front squat peak velocity. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
56. Munger CN, Drouet PC, Archer DC, Wong MA, Costa PB, Coburn JW, Brown LE. An examination of systolic blood pressure post upper body resistance exercise in pre-hypertensive males. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S99, 2016.
57. Munger CN, Leyva WD, Archer DC, Galpin AJ, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on

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 67. Ros TR, Brown LE, Coburn JW, Galpin AJ. Comparison of kettlebell jump squats vs. kettlebell swings on the vertical jump. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
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69. Rosengarten JJ, Arevalo JA, Lynn SK, Brown LE, Bagley JR, Gannon RG, Kavalek MR, Rasche ME, Costa PB, Galpin AJ. Leg dominance influences landing strategy and is correlated with fiber-type composition. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
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 71. Ruas CV, Brown LE, Lima CD, Mesquita AR, Pinto RS. Effect of two different isokinetic training protocols on functional hamstrings-to-quadriceps ratios. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016. *Medicine and Science in Sports and Exercise* 48(5):S472, 2016.
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 73. Schultz, A.B., Taaffe, D.R., Blackburn, M.J., Logan, P., White, D.N., Thomson, M., Drew, M.K., & Lockie, R.G. (2016). Associations between digital posture assessment, low back pain & MRI-detected pathology in elite Olympic class sailors. *9th Interdisciplinary World Congress on Low Back and Pelvic Girdle Pain*, Singapore, October 31-November 3.
 74. Schultz, A.B., Taaffe, D.R., Blackburn, M.J., Logan, P., White, D.N., Drew, M.K., & Lockie, R.G. (2016). Maximal Voluntary Isometric Contraction (MVIC) strength and hiking performance in elite Olympic class sailors. *7th Exercise and Sport Science Australia Conference and Sports Dietitians Australia: Research to Practice*, Melbourne, Australia, April 14-16.
 75. Thomson EE, Munger CN, Brown LE, Coburn JW, Galpin AJ. No potentiating effect of weighted depth jumps on vertical jump height in recreational and club female volleyball players. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 76. Thomson EE, Munger CN, Brown LE, Coburn JW, Galpin AJ. No potentiating effect of weighted depth jumps on vertical jump impulse in recreational female volleyball players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S70, 2016.
 77. Thornberry JH, Dunnick DD, Barillas SR, Malyszek KK, Brown LE. Relationship between Margaria-Kalamian stair climb and vertical jump power in males and females. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S72, 2016.
 78. Thornberry JH, Watkins CM, Wong MA, Barillas SR, Brown LE. Accuracy decreases stick velocity in collegiate lacrosse players. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 79. Vakula MN, Choe K, Moffit TJ, Montgomery MM, Pamukoff DN. Association between quadriceps function and femoral cartilage thickness in individuals

- with anterior cruciate ligament reconstruction. *Southwest American College of Sports Medicine Meeting*. Costa Mesa CA. Oct 21-22, 2016.
80. Valenzuela KA, Dudley RI, Charles JM, Ward CE, Noffal GJ, **Lynn SK**. Differences in lower limb kinematics in relationship to changing running velocities. American College of Sports Medicine 63rd Annual Meeting. Boston, MA. May, 2016.
 81. Watkins CM, Brown LE, Wong MA, Barillas SR, Bartolini JA, Munger CN. Stick carry decreases sprint speed in collegiate lacrosse players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S74, 2016.
 82. Watkins CM, Wong MA, Barillas SR, Brown LE. Target position decreases velocity in collegiate lacrosse players. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
 83. Welch Bacon CE, Register-Mihalik JK, Kasamatsu TM, Valovich McLeod TC. A comparison of healthcare professional and school personnel perceptions and familiarity of academic adjustments for concussed adolescents. 5th International Consensus Conference on Concussion in Sport, Berlin, Germany. October 2016.
 84. Wong MA, Brown LE, Watkins CM, Barillas SR, Bartolini JA, Munger CN. No effect of stick carry on agility in collegiate lacrosse players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016. *Journal of Strength and Conditioning Research*, 30(12):S65, 2016.
 85. Wong MA, Watkins CM, Dobbs IJ, Lin A, Barillas SR, Archer DC, Coburn JW, Lockie RG, Brown LE. Relationship between relative strength and sprint potentiation following sled towing. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.

Invited Speaker

1. Costa PB. *Myth or Reality? Stretching the Limits of Injury Prevention and Performance*. National Strength and Conditioning Association National Conference, New Orleans, Louisiana. July 2016.
2. Costa PB. *Neuromuscular function in human movement science: Applications in clinical- and performance-based research*. Costa Mesa, California. October 2016.
3. Lockie, R.G. (2016). Practical application of research into linear speed, change-of-direction speed and agility training. *Southern California National Strength and Conditioning Association State Clinic*, Santa Monica, USA, August 27.
4. Lockie, R.G. (2016). Research into linear and change-of-direction speed and its practical application. *2016 Australian Strength and Conditioning Association International Conference on Applied Strength and Conditioning*, Melbourne, Australia, November 4-6.