

2010 CSP Research

PEER-REVIEWED JOURNAL ARTICLES

1. Schick MG, **Brown LE**, Coburn JW, Beam WC, Schick EE, Dabbs NC. Physiological profile of mixed martial artists. *Medicina Sportiva*. 14(4):182-187, 2010.
2. Johnson TM, Brown LE, Coburn JW, Judelson DA, Khamoui AV, Tran TT, Uribe BP. Effect of four different starting stances on sprint time in collegiate volleyball players. *Journal of Strength and Conditioning Research*. 24(10): 2641-2646, 2010.
3. Eurich AD, Brown LE, Coburn JW, Noffal GJ, Nguyen D, Khamoui AV, Uribe BP. Performance differences between sexes in the pop-up phase of surfing. *Journal of Strength and Conditioning Research*. 24(10): 2821-2825, 2010.
4. Dabbs NC, Brown LE, Coburn JW, Lynn SK, Biagini MS, Tran TT. Effect of whole-body vibration warm-up on bat speed in women softball players. *Journal of Strength and Conditioning Research*. 24(9): 2296-2299, 2010.
5. Cherry EA, Brown LE, Coburn JW, Noffal, GJ. Effect of remote voluntary contractions on knee extensor torque and rate of velocity development. *Journal of Strength and Conditioning Research*. 24(9): 2564-2569, 2010.
6. Chattong C, Brown LE, Coburn JW, Noffal, GJ. Effect of a dynamic loaded warm-up on vertical jump performance. *Journal of Strength and Conditioning Research*. 24(7):1751-1754, 2010.
7. Rapisura KP, Coburn JW, Brown LE, Kersey RD. Physiological variables and mouthguard use in women during exercise. *Journal of Strength and Conditioning Research*. 24(5):1263-1268, 2010.
8. Stevens HB, Brown LE, Coburn JW, Spiering BA. Effect of swim sprints on throwing accuracy and velocity in female collegiate water polo players. *Journal of Strength and Conditioning Research*. 24(5):1195-1198, 2010.
9. Uribe BP, Coburn JW, Brown LE, Judelson DA, Khamoui AV, Nguyen D. Muscle activation when performing the chest press and shoulder press on a stable bench vs. a Swiss ball. *Journal of Strength and Conditioning Research*. 24(4):1028-1033, 2010.
10. Schick EE, Coburn JW, Brown LE, Judelson DA, Khamoui AV, Tran TT, Uribe BP. A comparison of muscle activation between a Smith machine and free weight bench press. *Journal of Strength and Conditioning Research*. 24(3):779-784, 2010.
11. Jo E, Judelson DA, Brown LE, Coburn JW, Dabbs NC. Influence of recovery duration after a potentiating stimulus on muscular power in recreationally trained individuals. *Journal of Strength and Conditioning Research*. 24(2):343-347, 2010.

12. Lynn SK, Noffal GJ. Frontal Plane Knee Moments during the Golf Swing: Effect of Target Side Foot Position at Address. Journal of Sports Science and Medicine. 9: 275-281, June 2010.
13. Yeargin SW, Casa DJ, Judelson DA, McDermott BP, Ganio MS, Lee EC, Lopez RM, Stearns R, Anderson JM, Armstrong LE, Kraemer WJ, and Maresh CM. Thermoregulatory responses and hydration practices in heat-acclimatized adolescents during preseason high school football. J Athl Train. 45:136-146, 2010.
14. Nindl BC, Alemany JA, Tuckow AP, Rarick KR, Staab JS, Kraemer WJ, Maresh CM, Spiering BA, Hatfield DL, Flyvberg A, Frystyk JF. Circulating bioactive and immunoreactive IGF-I concentrations remain stable in young healthy women despite positive physical fitness improvements after 8 weeks of resistance, aerobic and combined exercise training. Journal of Applied Physiology 2010; 109 (1): 112-120.
15. Bower ME, Kraemer WJ, Potteiger JA, Volek JS, Hatfield DA, Vingren JL, Spiering BA, Fragala MS, Ho JY, Thomas GA, Earp JE, Häkkinen K, Maresh CM. Relationship between off-ice testing variables and on-ice speed in women's collegiate synchronized figure skaters: implications for training. Journal of Strength and Conditioning Research 2010; 24 (3): 831-839.

ABSTRACTS AND PRESENTATIONS

1. Munoz CX, Judelson DA, Coburn JW, Becker AJ, Carney KR, Gochioco MK, Brown LE. Effects of oral rehydration and external cooling on low intensity exercise and time trial performance in a hot, dry environment. NEACSM Annual Meeting, Providence, RI, November 12-12, 2010.
2. Gallo S, Coburn JW, Brown LE, Judelson DA. A comparison of flexibility after a single-bout of Ashtanga and Bikram yoga. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
3. Trevino M, Coburn JW, Brown LE, Judelson DA, Malek MH. Acute effects of caffeine on strength and muscle activation of the elbow flexors. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
4. Jones LA, Coburn JW, Brown LE, Judelson DA. Effects of static stretching on heart rate and fitness classification following the YMCA step test. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
5. Nikolenko MT, Brown LE, Coburn JW, Spiering BA. The relationship between core strength/power and measures of performance. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
6. Harris KB, Brown LE, Statler TA, Noffal GJ, Bartolini A. Effect of one vs two stair climb training on sprint speed and acceleration. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.

7. Tarin KN, Brown LE, Sherman CP, Becker AJ. Effect of circuit training on physical activity enjoyment and fitness among middle aged females. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
8. Moreland CM, Brown LE, Coburn JW, Judelson DA. Physiological profile of professional BMX freestyle riders. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
9. Murphy JS, Brown LE, Statler TA, Coburn JW. Stress and recovery during a professional baseball season. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
10. Brito A, Brown LE, Cooky CA, Coburn JW. Multifactorial variables associated with disciplinary sanctions in soccer. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
11. Tran TT, Brown LE, Coburn JW, Lynn SK, Noffal GJ, Nguyen D, Cazas VL, Biagini MS, Aguirre NW, Cochrane KC, Bottaro M. Effect of elastic cord assistance on vertical jump relative peak power. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
12. Cazas VL, Brown LE, Coburn JW, Lynn SK, Noffal GJ, Tran TT, Nguyen D, Biagini MS, Aguirre NW, Cochrane KC, Bottaro M. Effect of elastic assistance on vertical jump deceleration between men and women. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
13. Biagini MS, Brown LE, Coburn JW, Lynn SK, Noffal GJ, Tran TT, Nguyen D, Cazas VL, Aguirre NW, Cochrane KC, Bottaro M. Effect of elastic cord assistance on vertical jump interpeak time between ground reaction force, power and velocity. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
14. Cochrane KC, Brown LE, Coburn JW, Lynn SK, Noffal GJ, Tran TT, Nguyen D, Cazas VL, Biagini MS, Aguirre NW, Bottaro M. Reliability of performance measures of an assisted and unassisted jump. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
15. Carney KR, Brown LE, Coburn JW, Judelson DA, Spiering BA. Eccentric torque/velocity and power/velocity relationships of the elbow flexors. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
16. Caceres K, Putcha C, Brown LE, Coburn JW. Predicting BMI based on income and education. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
17. Aguirre NW, Brown LE, Coburn JW, Lynn SK, Noffal GJ, Nguyen D, Cochrane KC, Tran TT, Cazas VL, Biagini MS, Bottaro M. Effect of different levels of assisted jumping on countermovement unloading force and velocity. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.

18. Bartolini JA, Brown LE, Coburn JW, Judelson DA, Spiering BA, Aguirre NW, Harris KB, Longo N. Optimal elastic cord assistance to increase acute sprinting performance in Div I women soccer players. SWACSM Annual Meeting, San Diego, CA, October 22-23, 2010.
19. Tufano J, Amonette WE, Brown D, Brown LE, Dupler TL, Tran TT, Xu J, Spiering BA. A novel equation to predict peak power in young athletes. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
20. Munoz CX, Tran TT, Brown LE, Coburn JW, Lynn SK, Dabbs NC, Gochioco MK, Schick EE, Khamoui AV, Uribe BP, Noffal GJ. Effects of assisted jumping on relative impact force and descent velocity. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
21. Dabbs NC, Munoz CX, Tran TT, Brown LE. Effect of rest interval following whole-body vibration on vertical jump performance. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
22. Gochioco MK, Brown LE, Coburn JW, Beam WC, Schick EE, Dabbs NC, Khamoui AV, Tran TT, Munoz CX. A comparison of the physiological profiles of mixed martial artists and football, basketball, and baseball players. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
23. Tran TT, Brown LE, Coburn JW, Lynn SK, Dabbs NC, Gochioco MK, Schick EE, Khamoui AV, Uribe BP, Noffal GJ. Effects of different levels of assisted jumping on peak velocity, takeoff velocity and relative rate of force development. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
24. Stevens HB, Brown LE, Coburn JW, Spiering BA. Effect of swim sprints on throwing accuracy and velocity in female collegiate water polo players. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
25. Cherry EA, Brown LE, Coburn JW, Noffal GJ. Effect of remote voluntary contractions on knee extensor torque and RVD. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. Journal of Strength and Conditioning Research 25(1S):1, 2011.
26. Haverstock NL, Chen DD, Brown LE, Sherman CP. Learning how to balance: effects of self-selected use of a balance bar and its subsequent motivational influence. North American Society for the Psychology of Sport and Physical Activity. Tucson, AZ, June 10-12, 2010.

27. Jo E, Martinez M, Brown LE, Coburn JW, Biagini MS, Gochioco MK, Judelson DA. Effects of caffeine on resistance exercise performance, mood, heart rate, and rating of perceived exertion. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
28. Schick EE, Coburn JW, Brown LE, Judelson DA, Khamoui AV, Tran TT, Uribe BP. Comparison of 1RM strength and muscle activation between the Smith machine and free weight bench press in experienced and inexperienced lifters. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
29. Gochioco MK, Schick EE, Dabbs NC, Khamoui AV, Tran TT, Brown LE, Coburn JW, Beam WC. Physiological profile of amateur mixed martial artists. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
30. Tran TT, Brown LE, Coburn JW, Lynn SK, Dabbs NC, Gochioco MK, Schick EE, Khamoui AV, Uribe BP, Noffal GJ. Effects of different levels of assisted jumping on vertical jump height and relative ground reaction force. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
31. Dabbs NC, Brown LE, Coburn JW, Lynn SK, Biagini MS, Tran TT. Effect of whole-body vibration warm-up on bat speed. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
32. Jo E, Martinez M, Brown LE, Coburn JW, Biagini MS, Gochioco MK, Judelson DA. Effects of caffeine on resistance exercise performance, mood, heart rate, and rate of perceived exertion. SEACSM Annual Meeting, Greenville, SC, February 11-13, 2010.
33. Khamoui AV, Brown LE, Tran TT, Uribe BP, Nguyen D, Gochioco MK, Schick EE, Jo E, Coburn JW, Noffal GJ. Comparison of methods to calculate vertical jump displacement. SEACSM Annual Meeting, Greenville, SC, February 11-13, 2010.
34. Judelson DA. Tactical performance in hot climates. National Strength and Conditioning Association's Tactical Strength and Conditioning Conference, Las Vegas, NV, 3/10.
35. Bagley JR, Judelson DA, Spiering BA, Beam WC, Bartolini JA, Carney KR, Washburn B, Muñoz CX, Yeargin SW, Casa DJ. Validity of field expedient measurement devices to assess core body temperature during rest and exercise in the cold. Midwest Chapter of the American College of Sports Medicine, October 2010.
36. Fairchild B, Amonette WE, Spiering BA. Prediction models of speed and agility in NFL combine attendees. National Strength and Conditioning Association National Conference, July 2010.

37. Xu J, Tufano J, Brown D, Amonette WE, Coleman AE, Dupler T, Wenzel T, Spiering BA. Physical determinants of velocity and agility in high school football players: differences between position groups. National Strength and Conditioning Association National Conference, July 2010.
38. Spiering BA, Lee SMC, Mulavara AP, Bentley JR, Buxton RE, Lawrence EL, Sinka J, Guilliams ME, Ploutz-Snyder LL, Bloomberg JJ. Reliability of a test battery designed for quickly and safely assessing diverse indices of neuromuscular function. American College of Sports Medicine National Conference, June 2010.