

PEER-REVIEWED PUBLICATIONS

1. Bagley, J. R., Burghardt, K. J., McManus+, R., Howlett, B., Costa, P. B., **Coburn, J. W.**, Arevalo+, J. A., Malek, M. H., Galpin, A. J. (2020). Epigenetic responses to acute resistance exercise in trained vs. sedentary men. *Journal of Strength and Conditioning Research*, 34(6),1574-1580.
2. Berkemeier+, Q. N., Alumbaugh, B. W., Gillum, T., **Coburn, J. W.**, Kim, J.-K., Reeder, M., Fechtner, C. A., & Smith, G. A. (2020). Physiological and biomechanical differences between seated and standing uphill cycling. *International Journal of Exercise Science*, 13(2), 996-1011.
3. #Salatto+, R. W., Arevalo+, J. A., Brown, L. E., Wiersma, L. D., & **Coburn, J. W.** (2020). Caffeine's effects on an upper-body resistance exercise workout. *Journal of Strength and Conditioning Research*, 34(6), 1643-1648.
4. Bagley JR, Burghardt KJ, McManus R+, Howlett B, **Costa PB**, Coburn JW, Arevalo JA, Malek MH, Galpin AJ. Epigenetic responses to acute resistance exercise in trained vs. sedentary men. *Journal of Strength and Conditioning Research*, 34:1574–1580, 2020.
5. Ghram A, Yahia A, Damak M, Motlagh AS, Jribi S, **Costa PB**. Effects of different types of proprioceptive neuromuscular facilitation stretching on dynamic balance control. *Sport Sciences for Health*, 16:451-458, 2020.
6. Lorenzo-Martínez M, de Dios-Álvarez VM, Padrón-Cabo A, **Costa PB**, Rey E. Effects of score-line on internal and external load in soccer small-sided games. *International Journal of Performance Analysis in Sport*, 20:231-239, 2020.
7. Rey E, Corredoira FJ, **Costa PB**, Pérez-Ferreirós A, Fernández-Villarino MA. Acute effects of training load on contractile properties during a competitive microcycle in elite soccer players. *Biology of Sport*, 37:157-163, 2020.
8. Tobias IS, Lazauskas KK+, Siu J#, **Costa PB**, Coburn JW, Galpin, A J. Sex and fiber type independently influence AMPK, TBC1D1, and TBC1D4 at rest and during recovery from high-intensity exercise in humans. *Journal of Applied Physiology*, 128:350-361, 2020.
9. Machek SB, Hwang PS, Cardaci TD, Wilburn DT, Bagley JR, Blake DT, **Galpin AJ**, & Willoughby DS. Myosin Heavy Chain Composition, Creatine Analogues, and the Relationship of Muscle Creatine Content and Fast-Twitch Proportion to Wilks Coefficient in Powerlifters. *Journal of Strength and Conditioning Research*. Aug 27;(ahead of print), 2020.
10. Tobias IS & **Galpin AJ**. Moving Human Muscle Physiology Research Forward: An Evaluation of Fiber Type-Specific Protein Research Methodologies. *American Journal of Physiology – Cell Physiology* Nov 1;319(5):C858-C876, 2020.
11. Stone MH, et al, **Galpin AJ**, et al. Letter to the Editor. On “The Basis of Strength Training on Muscle Size and Strength”. *Medicine and Science in Sport and Exercise*. Sep;52(9):2047-2050, 2020.
12. *Tobias IS, Lazauskas KK, Siu J, Costa PB, Coburn JW, & **Galpin AJ**. Sex and Fiber Type Independently Influence AMPK at Rest and During Recovery from High Intensity Exercise. *Journal of Applied Physiology*. Feb 128(2):350-361, 2020.

13. *†Millar NA, Colenso-Semple LM, Lockie RG, Marttinen RHJ, & **Galpin AJ**. In-Season Hip Thrust vs. Back Squat Training in Female High School Soccer Players. *International Journal of Exercise Science*. 13(4):49-61, 2020.
14. *Bagley JR, Burghardt KJ, McManus R, Howlett B, Costa PB, Coburn JW, Arevalo JA, Malek MH, **Galpin AJ**. Epigenetic Responses to Acute Resistance Exercise In Trained vs. Sedentary Men. *Journal of Strength and Conditioning Research*. Jun;34(6):1574-1580, 2020.
15. **Kasamatsu TM**, Nottingham SL, Eberman LE, Neil ER**, Welch Bacon CE. Patient care documentation in the secondary school setting: Unique challenges and needs. *J Athl Train*. 2020;55(10):1089-1097. <https://doi.org/10.4085/1062-6050-0406.19>
16. Ha M**, **Kasamatsu TM**, Valovich McLeod TC, Register-Mihalik JK, Welch Bacon CE. Teachers' perceived knowledge and confidence regarding concussion and return-to-school. *Journal of Education and Learning*. 2020;9(5):27-37. <https://doi.org/10.5539/jel.v9n5p27>
17. Nottingham SL, **Kasamatsu TM**, Eberman L, Neil ER, Welch Bacon CE. Aspects of technology that influence athletic trainers' current patient care documentation strategies in the secondary school. *J Athl Train*. 2020;55(8):780-788. <https://doi.org/10.4085/1062-6050-405-19>
18. Radzak K, Sedory E, Hooper S, **Kasamatsu TM**. Defining athletic training in the military setting: a survey investigation into professional characteristics, preparation, and barriers in clinical practice. *J Athl Train*. 2020;55(5):522-531. <https://doi.org/10.4085/1062-6050-213-19>
19. * Orjalo, A.J., Callaghan, S.J. & **Lockie, R.G.** (2020). The effects of the barbell hip thrust on post-activation performance enhancement of change-of-direction speed in college-aged men and women. *Sports*. 8: 151.
20. **Lockie, R.G.**, Dawes, J.J., Dulla, J.M., Orr, R.M. & Hernandez, E. (2020). Physical fitness, sex considerations, and academy graduation for law enforcement recruits. *Journal of Strength and Conditioning Research*. 34: 3356-3363.
21. Callaghan, S.J., **Lockie, R.G.**, Yu, W., Andrews, W.A. Chipchase, R.F. & Nimphius, S. Does delivery length impact measures of whole-body biomechanical load during pace bowling? *International Journal of Sports Physiology and Performance*. 15: 1485–1489.
22. * Bloodgood, A.M., Moreno, M.R., Rodas, K.A., McGuire, M.B. & **Lockie, R.G.** (2020). An investigation of seasonal variations in the fitness test performance of law enforcement recruits. *Facta Universitatis, Series: Physical Education and Sport*. 18: 271-282.
23. **Lockie, R.G.** (2020). Does Pulsed Electromagnetic Field (PEMF) therapy have application to athletic performance? *NSCA Coach*. 7: 12-16.
24. * Moreno, M.R., Rodas, K.A., Bloodgood, A.M., Dawes, J.J., Dulla, J.M., Orr, R.M. & **Lockie, R.G.** (2020). The influence of aerobic fitness on heart rate responses of custody assistant recruits during circuit training sessions. *International Journal of Environmental Research and Public Health*. 17: 8177.
25. Kulakowski, E., **Lockie, R.G.**, Johnson, Q.R., Lindsay, K.G. & Dawes. J.J. (2020). Relationships of lower-body power measures to sprint and change of direction speed among in NCAA Division II women's lacrosse players: An exploratory study. *International Journal of Exercise Science*. 13: 1667-1676.

26. **Lockie, R.G.**, Dawes, J.J., Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., Bloodgood, A.M., Dulla, J.M. & Orr, R.M. (2020). We need you: Influence of hiring demand and modified applicant testing on the physical fitness of deputy sheriff recruits. *International Journal of Environmental Research and Public Health*. 17: 7512.
27. Wojdala, G., Golas, A., Krzysztofik, M., **Lockie, R.G.**, Roczniok, R., Zajac, A., and Wilk, M. (2020). Impact of the "Sling Shot" supportive device on upper-body neuromuscular activity during the bench press exercise. *International Journal of Environmental Research and Public Health*. 17: 7695.
28. Kukić, F., **Lockie, R.G.**, Vesković, A., Petrović, N., Subošić, D., Spasić, D., Paspalj, D., Vulin, L., & Koropanovski, N. (2020). Perceived and measured physical fitness of police students. *International Journal of Environmental Research and Public Health*. 17: 7628.
29. Maupin, D.J., Schram, B., Canetti, E.D., Dawes, J.J., **Lockie, R.** & Orr, R.M. (2020). Developing the fitness of law enforcement recruits during academy training. *Sustainability*. 12: 7944.
30. **Lockie, R.G.**, MacLean, N.D., Dawes, J.J., Pope, R.P., Holmes, R.J., Kornhauser, C.L. & Orr, R.M. (2020). The impact of formal strength and conditioning on the fitness of police recruits: A retrospective cohort study. *International Journal of Exercise Science*. 13: 1615-1629.
31. **Lockie, R.**, McGuire, M. & Hernandez, E. (2020). High school sports and strength and conditioning: Implications for tactical organizations. *TSAC Report*. 59: 32-36.
32. * Ruvalcaba, T., Montes, F., Gonzales, C., McGuire, M. & **Lockie, R.** (2020). A practical review and investigation of hydration and body composition in wildland fire suppression aids. *TSAC Report*. 59: 12-16.
33. * Bloodgood, A., McGuire, M. & **Lockie, R.** (2020). Seasonal considerations for outdoor fitness testing of law enforcement recruits. *TSAC Report*. 59: 4-7.
34. **Lockie, R.G.**, Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., Bloodgood, A.M., Dulla, J.M., Orr, R.M. & Dawes, J.J. (2020). Relationships between isometric strength and the 74.84-kg (165-lb) body drag test in law enforcement recruits. *Journal of Human Kinetics*. 74: 5-13.
35. **Lockie, R.G.**, Pope, R.P., Saaroni, O., Dulla, J.M., Dawes, J.J. & Orr, R.M. (2020). Job-specific physical fitness changes measured by the Work Sample Test Battery within deputy sheriffs between training academy and their first patrol assignment. *International Journal of Exercise Science*. 13: 1262-1274.
36. Stone, B.L., Alvar, B., Orr, R.M, **Lockie, R.G.**, Johnson, Q., Goatcher, J.D. & Dawes, J.J. (2020). Impact of an 11-week strength and conditioning program on firefighter trainee fitness. *Sustainability*. 12: 6541.
37. Dawes, J.J., Stahl, C.A., **Lockie, R.G.**, Redmond, J.E., Kornhauser, C.L., Holmes, R.J. and Orr, R.M. (2020). Associations between two measures of trunk muscular endurance among male law enforcement officers. *Journal of Science in Sport and Exercise*. <https://doi.org/10.1007/s42978-42020-00073-42972>.
38. **Lockie, R.G.**, Dawes, J.J. & Callaghan, S.J. (2020). Lower-body power, linear speed, and change-of-direction speed in Division I collegiate women's volleyball players. *Biology of Sport*. 37: 423-428.

39. Golas, A., Krzysztofik, M., Wilk, M., Statsny, P., **Lockie, R.G.**, & Zajac, A. (2020). A comparison of muscle activity between the cambered and standard bar during the bench press. *Frontiers in Physiology*. 11: 875.
40. * Balfany, K. & **Lockie, R.G.** Practical applications and future directions of electromyography use in tactical populations. (2020). *TSAC Report*. 58: 18-22.
41. **Lockie, R.G.** & Moreno, M.R. The 165-lb body drag: Benchmarking and training implications for law enforcement recruits. (2020). *TSAC Report*. 58: 6-11.
42. Orr, R.M., Ferguson, D., Schram, B., Dawes, J.J., **Lockie, R.G.** & Pope, R. (2020). The relationship between aerobic test performance and injuries in police recruits. *International Journal of Exercise Science*. 13: 1052-1062.
43. **Lockie, R.G.**, Moreno, M.R., Ducheny, S.C., Orr, R.M., Dawes, J.J. & Balfany, K. (2020). Training Analyzing the training load demands, and influence of sex and body mass, on the tactical task of a casualty drag via surface electromyography wearable technology. *International Journal of Exercise Science*. 13: 1012-1027.
44. Johnson, Q.R., Joyce, J.M., Kukić, F., **Lockie, R.G.**, Kornhauser, C.L., Orr, R.M. & Dawes, J.J. (2020). Accuracy of body mass index based on self-report data among law enforcement cadets. *Journal of Criminalistics and Law*. 25: <https://doi.org/10.5937/nabepo25-27062>.
45. **Lockie, R.G.**, Liu, T.M., Stage, A.A., Lazar, A., Giuliano, D.V., Hurley, J.M., Torne, I.A., Beiley, M.D., Birmingham-Babauta, S.A., Stokes, J.J. Risso, F.G., Davis, D.L., Moreno, M.R. & Orjalo, A.J. (2020). Assessing repeated-sprint ability in Division I collegiate women soccer players. *Journal of Strength and Conditioning Research*. 34: 2015-2023.
46. **Lockie, R.G.**, Bloodgood, A.M., Moreno, M.R., McGuire, M.B., Balfany, K. & Dawes, J.J. (2020). Training load demands measured by surface electromyography wearable technology when performing law enforcement-specific body drags. *Facta Universitatis, Series: Physical Education and Sport*. 18: 1-12.
47. Wilk, M., Krzysztofik, M., Filip, A., **Lockie, R. G.** & Zajac, A. (2020). The acute effects of external compression with blood flow restriction on maximal strength and strength-endurance performance of the upper limbs. *Frontiers in Physiology*. 11: 567.
48. * Orjalo, A.J., **Lockie, R.G.**, Balfany, K. & Callaghan, S.J. (2020). The effects of lateral bounds on post-activation potentiation of change-of-direction speed measured by the 505 test in college-aged men and women. *Sports*. 8: 71.
49. **Lockie, R.G.**, Orjalo, A.J. & Callaghan, S.J. (2020). A short communication on the relationships between the barbell hip thrust and change-of-direction speed in college-aged women. *Journal of Trainology*. 9: 11-14.
50. **Lockie, R.G.**, Ruvalcaba, T.R., Stierli, M., Dulla, J.M., Dawes, J.J. & Orr, R.M. (2020). Waist circumference and waist-to-hip ratio in law enforcement agency recruits: Relationship to performance in physical fitness tests. *Journal of Strength and Conditioning Research*. 34: 1666-1675.
51. Wilk, M., Krzysztofik, M., Filip, A., Szkudlarek, A., **Lockie, R.G.** & Zajac, A. (2020). Does post-activation performance enhancement occur during the bench press exercise under blood flow restriction? *International Journal of Environmental Research and Public Health*. 17: 3752.

52. Canetti, E. F. D., Dawes, J. J., Drysdale, P. H., **Lockie, R.**, Kornhauser, C., Holmes, R., Schram, B., & Orr, R. M. (2020). Relationship between metabolic fitness and performance in police occupational tasks. *Journal of Science in Sport and Exercise*. <https://doi.org/10.1007/s42978-020-00066-1>.
53. Lopes Dos Santos, M., Uftring, M., Stahl, C.A., **Lockie, R.G.**, Alvar, B, Mann, J.B., & Dawes, J.J. (2020). Stress in academic and athletic performance in collegiate athletes: A narrative review of sources and monitoring strategies. *Frontiers in Sports and Active Living*. 2: doi.org/10.3389/fspor.2020.00042.
54. * Corrales, I., Beljic, A. & **Lockie, R.** (2020). Lower-body power development for collegiate female soccer players. *NSCA Coach*. 7: 22-27.
55. **Lockie, R.** & Hernandez, E. (2020). The 75-Yard pursuit run performed by law enforcement recruits: Percentile rankings and implications for training. *TSAC Report*. 57: 16-22.
56. Callaghan, S.J., **Lockie, R.G.**, Chipchase, R.F., Andrews, W.A. & Nimphius, S. (2020). The relationship between inertial measurement unit derived 'force signatures' and ground reaction forces during cricket fast bowling. *Sports Biomechanics*. 19: 307-321.
57. **Lockie, R.G.**, Beljic, A., Ducheny, S.C., Kammerer, J.D. & Dawes, J.J. (2020). Relationships between playing time and selected NBA Combine test performance in Division I mid-major basketball players. *International Journal of Exercise Science*. 13: 583-596.
58. Kukic, F., Koropanovski, N., Jankovic, R., Cvorovic, A., Dawes, J.J., **Lockie, R.G.**, Orr, R.M. & Dopsaj, M. (2020). Association of sex-related differences in body composition to change of direction speed in police officers while carrying load. *International Journal of Morphology*. 38: 731-736.
59. **Lockie, R.G.**, Dawes, J.J., Orr, R.M. & Dulla, J.M. (2020). Recruit fitness standards from a large law enforcement agency: Between-class comparisons, percentile rankings, and implications for physical training. *Journal of Strength and Conditioning Research*. 34: 934-941.
60. **Lockie, R.G.**, Hernandez, J.A., Moreno, M.R., Dulla, J.M., Dawes, J.J. & Orr, R.M. (2020). 2.4-km run and 20-m multistage fitness test relationships in law enforcement recruits after academy training. *Journal of Strength and Conditioning Research*. 34: 942-945.
61. Koropanovski, N., Kukić, F., Janković, R., Dimitrijević, R., Dawes, J.J., **Lockie, R.G.** & Dopsaj, M. (2020). Impact of physical fitness on recruitment and its association to study outcomes of police students. *South African Journal for Research in Sport, Physical Education and Recreation*. 42: 23-34.
62. Krzysztofik, M., Wilk, M., Golas, A., **Lockie, R.G.**, Maszczyk, A. & Zajac, A. (2020). Does eccentric-only and concentric-only activation increase power output? *Medicine and Science in Sports and Exercise*. 52: 484-489.
63. Johnson, Q., Goatcher, J., Diehl, C.L., **Lockie, R.G.**, Orr, R.M., Alvar, B., Smith, D. & Dawes, J.J. (2020). Heart rate responses during simulated fire ground scenarios among full-time firefighters. *International Journal of Exercise Science*. 13: 374-382.
64. Orr, R., Dulla, J., Dawes, J. & **Lockie, R.** (2020). The different types of fitness testing in law enforcement. *Police Chief*. January: 16-17.

65. * Millar, N.A., Colenso-Semple, L.M., **Lockie, R.G.**, Marttinen, R.H.J. & Galpin, A.J. (2020). In-season hip thrust vs. back squat training in female high school soccer players. *International Journal of Exercise Science*. 13: 49-61.
66. Shepherd J, Henrikson E, **Lynn SK**, Wood P. Clustering golfers through force plate analysis. *International Sports Engineering Association Proceedings*. 49(1): 63-68. June, 2020.

ABSTRACTS & CONFERENCE POSTER PRESENTATIONS

1. †Gregg D, Bagley JR, Machek S, Chan KN, Lit Y, Chen Y, Tobias I, **Galpin AJ**, Myers JN, Rabkin R. Skeletal Muscle Fiber Type in Older Patients Receiving Maintenance Hemodialysis Treatment. *American College of Sports Medicine – National Meeting*, San Francisco, CA, June, 2020.
2. †Machek S, Huang, PS, Cardaci TD, Suezaki ES, Kim C, Wilburn DT, Blake D, **Galpin AJ**, Willoughby DS. Fiber Type Profile and its Relation to Wilks Coefficient in Both Male and Female Powerlifters. *American College of Sports Medicine – National Meeting*, San Francisco, CA, June, 2020.
3. †Zepeda C, Pardini C, Lazauskas KK, Tobias IS, **Galpin AJ**, Bagley JR. Novel Method to Visualize AMPK Protein Localization in Human Single Muscle Fibers via Confocal Microscopy. *American College of Sports Medicine – National Meeting*, San Francisco, CA, June, 2020.
4. Shumski EJ, **Kasamatsu TM**, Wilson KS, Pamukoff DN. No differences in knee biomechanics during landing between individuals with and without a history of concussion. *American Society of Biomechanics*. Virtual. August 2020.
5. Monterone AM**, **Kasamatsu TM**, Bennett JP. Health and safety improvements needed for intramural and club sports programs across the California State University System. Poster presentation at CATA. Sacramento, CA. February 2020. Additionally, Rapid Fire oral presentation (Free Communications) at FWATA. Virtual. July 2020.
6. * Hernandez, E., Orr, R.M., Dawes, J.J., Goad, K.S., Holmes, R., Kornhauser, C. & **Lockie, R.G.** (2020). Differences in fitness between law enforcement cadets and officers across two agencies. *Southwest American College of Sports Medicine Annual Meeting 2020*, Virtual Conference, USA.
7. **Lockie, R.G.**, Mitchell, K.D., Hernandez, E., Ruvalcaba, T.J., McGuire, M.B., Dawes, J.J. & Orr, R.M. (2020). The impact of tactical load and an occupationally-specific mobility task on the marksmanship of police force tactical operations officers. *Southwest American College of Sports Medicine Annual Meeting 2020*, Virtual Conference, USA.
8. * McGuire, M.B., Dawes, J.J., Scraper, J.R., & **Lockie, R.G.** (2020). Comparison of Army physical fitness test outcomes of Reserve Officers' Training Corps cadets across academic year. *Southwest American College of Sports Medicine Annual Meeting 2020*, Virtual Conference, USA.
9. * Ruvalcaba, T.J., Dulla, J.M., Meloni, J., & **Lockie, R.G.** (2020). Biddle Physical Ability Test (BPAT) performance in southern California structural firefighter candidates.

Southwest American College of Sports Medicine Annual Meeting 2020, Virtual Conference, USA.

10. * Beljic, A. & **Lockie, R.G.** (2020). Pre- and in-season body mass changes for Division I collegiate men's basketball athletes considering playing time and years of experience. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
11. * Bloodgood, A.M., McGuire, M.B., Dawes, J.J., Orr, R.M., Dulla, J.M. & **Lockie, R.G.** (2020). A pilot analysis of the influence of lower-body strength and power during law enforcement tasks under load. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
12. Broeckel, J.C., Dawes, J.J., Johnson, Q.R., Trevino, M.A., Sontag, S.A., Scaper, J. & **Lockie, R.G.** (2020). Are there sex-related differences in the Functional Movement Screen performed by ROTC cadets? *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
13. * Caron-Sabala, C.R., McGuire, M.B., Dawes, J.J., Scaper, J. & **Lockie, R.G.** (2020). Sisters in arms: Between-sex differences in the Army Physical Fitness Test in ROTC cadets. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
14. * Corrales, I., Coburn, J., Lynn, S. & **Lockie, R.G.** (2020). The physical demands of Division I collegiate women's soccer. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
15. Dawes, J.J., Johnson, Q.R., Torrence, T., Orr, R. & **Lockie, R.G.** (2020). Differences in fitness between male and female police cadets that graduate or fail training academy. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
16. * Hernandez, E., Dawes, J.J., Orr, R.M., Dulla, J.M. & **Lockie, R.G.** (2020). Are there differences in the physical fitness of recruits from smaller and larger law enforcement agencies at the start of academy? *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
17. Johnson, Q.R., Kukic, F., Cvorovic, A., Orr, R., **Lockie, R.G.**, Dawes, J.J., Smith, D.B. & Koropanovski, N. (2020). Associations between lower-body power and body composition to change of direction speed under two loading conditions among female police officers. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
18. **Lockie, R.G.**, Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., Bloodgood, A.M., Dulla, J.M., Orr, R.M. & Dawes, J.J. (2020). Strong arm (and legs) of the law: Relationships between isometric strength and the body drag in incoming deputy sheriff recruits. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*
19. **Lockie, R.G.**, Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., Bloodgood, A.M., Dulla, J.M., Orr, R.M. & Dawes, J.J. (2020). We need you: Influence of hiring demand and modified applicant testing on the physical fitness of deputy sheriff recruits. *43rd National Strength and Conditioning Association National Conference and Exhibition, Virtual Conference, USA.*

20. * McGuire, M.B., Dawes, J.J., Mann, B. & **Lockie, R.G.** (2020). Student to soldier: The effects of physical conditioning on various fitness characteristics of Army ROTC cadets. *43rd National Strength and Conditioning Association National Conference and Exhibition*, Virtual Conference, USA.
21. * Noel, J.M., Coburn, J., Lynn, S. & **Lockie, R.G.** (2020). Time-motion analysis of Division 1 mid-major men's soccer players relative to quality of competition. *43rd National Strength and Conditioning Association National Conference and Exhibition*, Virtual Conference, USA.
22. * Ruvalcaba, T.J., McGuire, M.B., Scaper, J., Dawes, J.J. & **Lockie, R.G.** (2020). An analysis of Military Science Level 1 (freshmen) ROTC cadets and the Army Physical Fitness Test. *43rd National Strength and Conditioning Association National Conference and Exhibition*, Virtual Conference, USA.
23. **Lockie, R.G.**, Moreno, M.R., Ducheny, S.C., Orr, R.M., Dawes, J.J. & Balfany, K. (2020). A pilot analysis of emerging surface electromyography wearable technology: Training load demands, muscle ratios, and sex differences in the casualty drag. *5th International Congress on Soldiers' Physical Performance*, Quebec City, Canada, February 11-14.

SYMPOSIA & INVITED LECTURES

1. Dulla, J.M., **Lockie, R.G.**, Dawes, J.J. & Canetti, E. (2020). The health and fitness of female officers: Commonalities and differences. *127th International Association of Chiefs of Police Annual Conference and Exposition*, Virtual Conference, USA.
2. **Lockie, R.G.** (2020). The tactical recruit: Current research, training considerations, future directions. UCI WorkStrong Leadership Meeting, Irvine, USA, June 19.

FACULTY & STUDENT AWARDS & SUCCESS

STUDENT

1. Collin Maccabe. Hired as Assistant Strength and Conditioning Coach at California State University, Long Beach Department of Athletics.
2. Spencer Ducheny. Hired as Assistant Strength and Conditioning Coach at Morningside University Athletic Department.

FACULTY

1. **Lockie, R.G.**, Hernandez E. and Dawes, J.J. (2020). The effects of structured strength and conditioning programs on motor skill, movement competency, and physical fitness of high school athletes. National Strength and Conditioning Association Foundation Grant - \$19,071.
2. Dawes, J.J., Volberding, J. & **Lockie, R.G.** (2020). The effects of a structured strength and conditioning program on movement competency and functional performance among career firefighters. National Strength and Conditioning Association Foundation Grant - \$16,697.

3. **Costa PB.** Effects of a ginseng-derived supplement on exercise-induced muscle damage and soreness. NuLiv Science USA Inc., Brea, CA, 2020-2023. \$94,599 awarded.