

PEER-REVIEWED PUBLICATIONS

1. Prudholme, D. C., **Coburn, J. W.**, Lynn, S. K. & Lockie, R. G. (2022). Relationships between sprint, acceleration, and deceleration metrics with training load in Division I collegiate women's soccer players. *Journal of Human Kinetics*, 85: 53–62.
2. **Costa PB**, Herda TJ, Herda AA, Cramer JT. The effects of short-term resistance training and subsequent detraining on neuromuscular function, muscle cross-sectional area, and lean mass. *Journal of Science in Sport and Exercise*. 4:237-254, 2022.
3. Bagley JR, **Galpin AJ**, Murach KA. Busting Muscle Myths. *The Biochemist*. 44(6):2-5, 2022.
4. Memmini AK, Freeman D, Palincsar AS, ... Kasamatsu TM, ... et al. Achieving consensus through a modified Delphi technique to create the post-concussion collegiate return-to-learn protocol. *Sports Medicine*. ePub ahead of print on Nov. 18, 2022. <https://doi.org/10.1007/s40279-022-01788-8>.
5. **Kasamatsu TM**, Bowman T, Lyons S, Thrasher AB. Multi-stakeholders' perspectives on anticipatory facilitators and barriers to young professionals' transition to practice. *Athl Train Educ J*. Accepted Sept. 7, 2022.
6. Memmini AK, Popovich MJ, Schuyten KH, et al. Recommendations for medical discharge documentation and academics supports for university students recovering from concussion. *J Head Trauma Rehabil*. In Press. <https://doi.10.1097/HTR.0000000000000816>
7. Fukunaga M, **Kasamatsu TM**. Purposeful course planning: Considering student self-efficacies when selecting an online, hybrid, or face-to-face course delivery modality. *Athl Train Educ J*. 2022;17(3):201-209. <https://doi.org/10.4085/1947-380X-21-038>
8. Gardner L*, **Kasamatsu TM**, Montgomery MM. Athletic Trainers' Perceptions of Patient-Reported Outcomes after Completing a Clinic-Wide Implementation Program. *Int J Athl Therapy & Train*. 2022;27(6):298-305. <https://doi.org/10.1123/ijatt.2020-0081>
9. * Prudholme, D.C., Coburn, J.W., Lynn, S.K. & **Lockie, R.G.** (2022). Relationships between sprint, acceleration, and deceleration metrics with training load in Division I collegiate women's soccer players. *Journal of Human Kinetics*. 85: 53-62.
10. **Lockie, R.G.**, Ruvalcaba, T.J., Thompson, M.B., Viramontes, E., Orr, R.M., Dawes, J.J. & Dulla, J.M. (2022). A preliminary comparison of firefighter candidates' Biddle Physical Ability Test performance and success based on training class participation. *International Journal of Exercise Science*. 15: 1627-1640.
11. * Rodas, K.A., Dulla, J.M., Moreno, M.R., Bloodgood, A.M., McGuire, M.B., Orr, R.M., Dawes, J.J. & **Lockie, R.G.** (2022). The effects of traditional versus ability-based physical training on the health and fitness of custody assistant recruits. *International Journal of Exercise Science*. 15: 1641-1660.

12. **Lockie, R.G.**, Dulla, J.M., Higuera, D., Ross, K.A., Orr, R.M., Dawes, J.J. & Ruvalcaba, T.J. (2022). Body composition and fitness characteristics of firefighters participating in a health and wellness program: Relationships and descriptive data. *International Journal of Environmental Research and Public Health*.19: 15758.
13. **Lockie, R.G.**, Dawes, J.J. & Orr, R.M. (2022). Health and fitness data for police officers within a health and wellness program: Implications for occupational performance and career longevity. *Work*. 73: 1059-1074.
14. **Lockie, R.G.**, Orr, R.M. & Dawes, J.J. (2022). Justified concerns? An exploration of the leg tuck in a tactical population. *International Journal of Environmental Research and Public Health*.19: 13918.
15. Maupin, D., Schram, B., Canetti, E.F.D., Dulla, J.M., Dawes, J.J., **Lockie, R.G.** & Orr, R.M. (2022). Profiling the typical training load of a law enforcement recruit class. *International Journal of Environmental Research and Public Health*. 19: 13457.
16. Bonder, I., Shim, A., **Lockie, R.** & Waller, M. (2022). Implementing a time-efficient occupational training program for law enforcement personnel. *TSAC Report*. 67: 4-10.
17. **Lockie, R.G.**, Orr, R.M., Montes, F., Ruvalcaba, T.J. & Dawes, J.J. (2022). Exploring specificity, sensitivity, and accuracy of fitness test data relative to fire academy graduation in trainees: Practical applications for physical training. *International Journal of Exercise Science*. 15: 1274-1294.
18. **Lockie, R.G.**, Moreno, M.R. & Dawes, J.J. (2022). A research note on relationships between the standing broad jump and vertical jump in law enforcement recruits: Implications for lower-body power testing. *Journal of Strength and Conditioning Research*. 36: 2326-2329.
19. Wilk, M., Krzysztofik, M., Filip, A., Zajac, A., Bogdanis, G.C. & **Lockie, R.G.** (2022). Short-term blood flow restriction increases power output and bar velocity during the bench press. *Journal of Strength and Conditioning Research*. 36: 2082-2088.
20. Krzysztofik, M., Wilk, M., **Lockie, R.G.**, Golas, A., Zajac, A. & Bogdanis, G.C. (2022). Postactivation performance enhancement of concentric bench press throw after eccentric-only conditioning exercise. *Journal of Strength and Conditioning Research*. 36: 2077-2081.
21. **Lockie, R.G.**, Dawes, J.J., Dulla, J.M. and Orr, R.M. (2022). Extending research on law enforcement academy graduation and fitness: A research note on receiver operating characteristic curves. *Journal of Strength and Conditioning Research*. 36: 2018-2022.
22. Maupin, D.J., Canetti, E.F.D., Schram, B., **Lockie, R.G.**, Dawes, J.J., Dulla, J.M. and Orr, R.M. (2022). Profiling the injuries of law enforcement recruits during academy training: A retrospective cohort study. *BMC Sports Science, Medicine and Rehabilitation*. 14: 136.
23. **Lockie, R.G.**, Orr, R.M. & Dawes, J.J. (2022). Fit (and healthy) for duty: Blood lipid profiles and physical fitness test relationships from police officers in a health and wellness program. *International Journal of Environmental Research and Public Health*. 19: 5408.
24. **Lockie, R.G.**, Beitzel, M.M., Dulla, J.M., Dawes, J.J., Orr, R.M. & Hernandez, J.A. (2022). Between-sex differences in the Work Sample Test Battery performed by law enforcement recruits: Implications for training and potential job performance. *Journal of Strength and Conditioning Research*. 36: 1310-1317.

25. **Lockie, R.G.**, Dawes, J.J., Orr, R.M. & Dulla, J.M. (2022). The bigger they are: Relationships between body height and mass with the body drag task in law enforcement recruits. *International Journal of Exercise Science*. 15: 570-584.
26. Decker, A., Hilton, B., Dawes, J., **Lockie, R.** & Orr, R.M. (2022). Physiological demands of common occupational tasks among Australian police officers: A descriptive analysis. *Annals of Work Exposures and Health* wxac012: <https://doi.org/10.1093/annweh/wxac012>.
27. **Lockie, R.G.**, Orr, R.M. and Dawes, J.J. (2022). Slowing the path of time: Age-related and normative fitness testing data for police officers from a health and wellness program. *Journal of Strength and Conditioning Research*. 36: 747–756.
28. Orr, R.M., **Lockie, R.**, Milligan, G., Lim, C., & Dawes, J. (2022). Use of physical fitness assessments in tactical populations. *Strength and Conditioning Journal*. 44: 106-113.
29. Dawes, J.J., Scott, J., Canetti, E.F.D., **Lockie, R.**, Schram, B. & Orr, R.M. (2022). Profiling the New Zealand Police Trainee Physical Competency Test. *Frontiers in Public Health*. 10: 2022.
30. **Lockie, R.G.**, Moreno, M.R., Dawes, J.J., Orr, R.M., Cesario, K.A. & Dulla, J.M. (2022). An analysis of the body drag test in law enforcement recruits with consideration to current population demographics. *International Journal of Exercise Science*. 15: 276-288.
31. Dos Santos M.L., Mann, J.B., **Lockie, R.G.**, Berton, R., Jacobsen, B.H. & Dawes, J.J. (2022). Predicting performance on the NFL-225 bench press test using bar velocity. *Isokinetics and Exercise Science*. 30: 23-28.
32. Collins, K.S., Christensen, B., Orr, R.M., Dulla, J.M., Dawes, J.J. & **Lockie, R.G.** (2022). Analysis of total and segmental body composition relative to fitness performance measures in law enforcement recruits. *International Journal of Exercise Science*. 15: 177-192.
33. Weldon, A., Duncan, M.J., Turner, A., **Lockie, R.G.** & Loturco, I. (2022). Practices of strength and conditioning coaches in professional sports: A systematic review. *Biology of Sport*. 39: 715-726.
34. * Post, B.K., Dawes, J.J. & **Lockie, R.G.** (2022). Relationships between tests of strength, power, and speed and the 75-yard pursuit run. *Journal of Strength and Conditioning Research*. 36: 99-105.
35. **Lockie, R.G.**, Moreno, M.R., Dulla, J.M., Orr, R.M., Dawes, J.J. & Rodas, K.A. (2022). The health and fitness characteristics of civilian jailer recruits prior to academy training. *International Journal of Exercise Science*. 15: 58-78.
36. Gonzalez SM, Withrow K, Dawes JJ, Orr RM, **Lynn SK**, Rubin DA, Lockie RG. The leg-tuck versus the plank-hold relative to the Army Combat Fitness Test: Interactions with Body Composition, Strength, and Sex. Southwest American College of Sports Medicine (SWACSM). Costa Mesa, CA. October, 2022.
37. **Lynn SK**, Wang J, Barnes CL. Lower Body Joint Moments During the Golf Swing: Comparison to Other Activities of Daily Living. World Scientific Congress of Golf. Sioux Falls, SD. September, 2022.

FACULTY AUTHORED BOOKS & BOOK CHAPTERS

1. **Coburn, J. W.**, & Malek, M. H. (2022). Structure and function of the muscular, skeletal, and nervous systems. In B. S. Schoenfeld & R. L. Snarr (Eds.), *NSCA's Essentials of Personal Training* (1-14). Champaign, IL: Human Kinetics.
2. **Lockie, R.** & Kobar, L. (2022). Fitness Evaluation Selection and Administration. In *NSCA's Essentials of Personal Training, 3E*. Schoenfeld, B. & Snarr, R. eds. pp. 175-194. Human Kinetics, Champaign, USA.

ABSTRACTS & CONFERENCE POSTER PRESENTATIONS

1. Clark, L., Moeslein, M., Murray, D., **Coburn, J. W.**, & Choe, K. (2022). The effects of a heel lift on squat biomechanics. Poster session at Southwest American College of Sports Medicine Annual Meeting, Costa Mesa, CA.
2. Moeslein, M., Clark, L., **Coburn, J. W.**, & Choe, K. (2022). Mechanical differences between sexes during a jump landing. Poster session at Southwest American College of Sports Medicine Annual Meeting, Costa Mesa, CA.
3. Neuenburg, R., Crews, B., **Coburn, J. W.**, & Choe, K. (2022). An analysis of horizontal forces between sports. Poster session at Southwest American College of Sports Medicine Annual Meeting, Costa Mesa, CA.
4. Roberts, T. D., Thompson, A., & **Coburn, J. W.** (2022). Interlimb comparison of electromyographic and mechanomyographic amplitude responses of the vastus medialis to submaximal and maximal isometric contractions. Poster session at Southwest American College of Sports Medicine Annual Meeting, Costa Mesa, CA.
5. Thompson, A. J., Roberts, T., & **Coburn, J. W.** (2022). The effects of eight weeks of leucine/whey protein supplementation and resistance training on isokinetic peak torque. Poster session at Southwest American College of Sports Medicine Annual Meeting, Costa Mesa, CA.
6. Ruggieri, R. M., **Coburn, J. W.**, Galpin, A. J., & Costa, P. B. (2022). Effects of a vibrating foam roller on the work of the quadriceps and hamstrings. Poster session at American College of Sports Medicine Annual Meeting, San Diego, CA.
7. Ruggieri RM+, Coburn JW, Galpin AJ, **Costa PB**. Effects of a vibrating foam roller on the work of the quadriceps and hamstrings. *American College of Sports Medicine Annual Meeting*, San Diego, California. May 2022. *Medicine & Science in Sports & Exercise*. 51:S633, 2022.
8. Memmini AK, Freeman D, Palincsar AS, et al. Development of the post-concussion collegiate return-to-learn protocol using a modified delphi approach. *J Athl Train*. 2022;56(6S):S110.
9. Memmini AK, Popovich MJ, Schuyten KH, Herring SA, Scott KL, Clugston JR, Choe MC, Bailey CM, Brooks MA, Anderson SA, McCrea MA, Kontos AP, Wallace JS, Register-Mihalik JK, **Kasamatsu TM**, Valovich McLeod T, Weber Rawlins ML, Snedden T, Akani B, Orr LCL, Kaplan ML, Hasson RE, Rifat SF, Broglio SP. Development of the post-concussion

collegiate return-to-learn protocol using a modified Delphi technique. 6th International Consensus Conference on Concussion in Sport. Poster presentation. Amsterdam, NL. October 2022.

10. Memmini AK, Freeman D, Palincsar AS, et al. Development of the post-concussion collegiate return-to-learn protocol using a modified delphi approach. NATA Free Communications Rapid Fire Presentation. Philadelphia, PA. June 2022.
11. **Kasamatsu TM**. Advocating for return to learn in secondary school and college settings. Oral General Session presentation. FWATA Annual Meeting & Clinical Symposia. San Diego, CA. April 2022.
12. Bennett JP, **Kasamatsu TM**. Preventing sudden death in secondary schools: How does California compare to best practices? Oral presentation at the California Athletic Trainers' Association Conference. Sacramento, CA. February 2022.
13. Bennett JP, **Kasamatsu TM**. Employment and evaluation of athletic trainers in California secondary schools. Oral presentation at the California Athletic Trainers' Association Conference. Sacramento, CA. February 2022.
14. * Gonzalez, S., Withrow, K.L., Dawes, J.J., Orr, R.M., Lynn, S.K., Rubin, D.A. & **Lockie, R.G.** (2022). The leg tuck versus the plank-hold relative to the Army Combat Fitness Test: Interactions with body composition, strength and sex. *Southwest American College of Sports Medicine's Annual Meeting*, Newport Beach, USA, October 28-29.
15. **Lockie, R.G.**, Montes, F., Orr, R.M. & Dawes, J.J. (2022). Firefighter trainee fitness, reasons for academy release, and predictive capabilities of fitness tests. *Southwest American College of Sports Medicine's Annual Meeting*, Newport Beach, USA, October 28-29.
16. * Patron, J., Wakely, A., Hernandez, E. & **Lockie, R.G.** (2022). Relationships between body size, strength, and power with throwing velocity following a strength training block in high school water polo players. *Southwest American College of Sports Medicine's Annual Meeting*, Newport Beach, USA, October 28-29.
17. * Sanchez, K., Dawes, J.J., Orr, R.M. & **Lockie, R.G.** (2022). Resisting arrest: Analysis of different prone body positions on time to stand and engage. *Southwest American College of Sports Medicine's Annual Meeting*, Newport Beach, USA, October 28-29.
18. **Lockie, R.G.**, Dulla, J.M., Higuera, D., Ross, K., Orr, R.M., Dawes, J.J. & Ruvalcaba, T.J. (2022). Aging like fine wine? Age-related differences in firefighters participating in a health and wellness program. *45th National Strength and Conditioning Association National Conference and Exhibition*, New Orleans, USA, July 6-9.
19. **Lockie, R.G.**, Dulla, J.M., Higuera, D., Ross, K., Orr, R.M., Dawes, J.J. & Ruvalcaba, T.J. (2022). Fit but not healthy? Body composition and fitness characteristics of firefighters participating in a health and wellness program. *45th National Strength and Conditioning Association National Conference and Exhibition*, New Orleans, USA, July 6-9.
20. * Prudholme, D.C. & **Lockie, R.G.** (2022). Running hard, or hardly running? Determining which sprint metrics predict player load using GPS based on playing position in collegiate women's soccer. *45th National Strength and Conditioning Association National Conference and Exhibition*, New Orleans, USA, July 6-9.
21. * Westra, D. & **Lockie, R.G.** (2022). Heart rate responses to off-season training of a Division I men's basketball team: A descriptive pilot analysis. *45th National Strength and*

Conditioning Association National Conference and Exhibition, New Orleans, USA, July 6-9.

22. Thompson, M.B., **Lockie, R.G.** & Dawes, J.J. (2022). Relationships between body composition and ACFT scores in Army ROTC cadets. *Central States American College of Sports Medicine's Annual Meeting*, Fayetteville, USA, March 3-4.
23. Zaragoza, J.A., Johnson, Q.R., **Lockie, R.G.**, Jones, M.T. & Dawes, J.J. (2022). Associations between relative power on different measures of change of direction speed. *Texas American College of Sports Medicine's Annual Meeting*, Waco, USA, February 24-25.

SYMPOSIA & INVITED LECTURES

1. **Lockie, R.G.** & Guzman, M. (2022). Back the blue: Implementing and analyzing the effectiveness of health and wellness programs for police departments. *2022 NSCA Tactical Annual Training*, San Antonio, USA, August 23-26.
2. **Lockie, R.G.** (2022). Do the Work: Health, fitness, and strength and conditioning research and practical application for first responders. *45th National Strength and Conditioning Association National Conference and Exhibition*, New Orleans, USA, July 6-9.

FACULTY & STUDENT AWARDS & SUCCESS

1. Kevin Withrow. Hired as Strength and Conditioning Coach with 16th Combat Aviation Brigade, U.S. Army Holistic Health and Fitness.
2. Tomas Ruvalcaba. Completing PhD through Rocky Mountain University of Health Professions.
3. Spencer Ducheny. Hired as Strength and Conditioning Coach in Boston Red Sox organization.
4. Rachel Ruggieri: Exercise Physiologist at Cedars-Sinai, Cancer Research Center for Health Equity
5. Jaime Rodden: Biomechanics and Physiology Research Assistant at the Nike Sport Research Lab. Before that USA Track and Field as the High Performance Intern
6. Melissa Kelly: Assistant Track and Field Coach at Diamond Bar High School
7. Sullivan Wall: Head Strength and Conditioning Coach and Head Track and Field Coach at East Nicolaus High School