

CURRICULUM VITAE

Dr. Eric J Sobolewski, PhD, MBA, CSCS, USAW

EDUCATION

DOCTOR OF PHILOSOPHY -Human Movement Science

University of North Carolina-Chapel Hill, NC (2014)

Dissertation: “Time Course Changes in Neuromuscular Function During and Following Creatine Loading”

MASTER OF SCIENCE - Exercise Science

Utah State University; Logan, UT (2010)

Thesis “The Effects of Static Stretching and Order of Warm-up on Isokinetic Peak Torque of the Knee Extensors”

MASTER OF BUSINESS ADMINISTRATION

Weber State University; Ogden, UT (2009)

BACHELOR OF SCIENCE

Utah State University; Logan, UT (2006)

PROFESSIONAL EXPERIENCE

Furman University- Greenville, SC (2016-Present)

-Assistant Professor, Co-Director of the Molnar Lab

Texas Tech University- Lubbock, TX (2014-2016)

-Assistant Professor, Co-Director of Human Performance Lab

University of North Carolina- Chapel Hill, NC (2011-2014)

-Graduate Associate

Oklahoma State University, Stillwater, OK (2010-2011)

-Graduate Associate

Weber State University, Ogden, UT (2008- 2010)

-Strength and Conditioning Coach

Utah State University, Logan, UT (2006-2007)

-Graduate assistant

TEACHING EXPERIENCE

Furman University- Greenville, SC (2016-Present)

HSC 101 Wellness Concepts

HSC 211 Anatomy and Physiology II

HSC 280 Applied Sports Science

HSC 311 Physiology of Exercise

Texas Tech University- Lubbock, TX (2014-2016)

KIN 3301 Introduction to Biomechanics

KIN 3368 Exercise Testing and Prescription
 KIN 4368 Applied Exercise Physiology
 KIN 5355 Program Design

University of North Carolina- Chapel Hill, NC (2011-2014)

EXSS 175 Human Anatomy
 EXSS 220 Fitness Management
 EXSS 276 Human Physiology
 EXSS 376 Exercise Physiology
 EXSS 410 Exercise Testing

Teaching Assistant

EXSS 274 Human Anatomy
 EXSS 360 Sports Nutrition
 EXSS 376 Exercise Physiology
 EXSS 780 Assessment of Physiological Function

Oklahoma State University, Stillwater, OK (2010-2011)

HHP 2654 Applied Anatomy laboratory
 HHP 3010 Principles in Personal Training

Teaching Assistant

HHP 2654 Applied Anatomy
 HHP 3663 Biomechanics
 HHP 4773 Testing and Prescription

Utah State University, Logan, UT (2006-2007)

Teaching Assistant

PEP 3000 Dynamic Fitness Laboratory
 PEP 4100 Physiology and Principle of Condition Laboratory
 PEP 4200 Biomechanics Laboratory
 PEP 6800 Biomechanics and Ergonomics Laboratory

PUBLICATIONS (*indicates authorship by student mentee)

IN PRINT:

37. Sobolewski, E.J., Crow, J.M., * Murr, S. & Hutchison, R.E. (2021). Physiological Performance Characteristics of Male and Female Division I Cross-Country Runners. *International Journal of Sport, Exercise & Training Sciences*. 7(2). 84-75.
36. Sobolewski, E.J., Carpenter, K.M.*, Rodriguez, G.C.*, Hall, A.B.*, & Richard, M.O.* (2021) Ultrasound Derived Measurements Ability to Predict Max Aerobic Performance. *International Journal of Sport and Health Science*. 19, 22-28.
35. Sobolewski, E.J., Wein, L.D., * Crow, J.M.* Carpenter, K.M*. (2021) Intra-Rater and Inter-Rater Reliability of the Process of Obtaining Cross Sectional Area and Echo Intensity Measurements of Muscles from Ultrasound Images. *Journal of Ultrasonography*. 21, e242-246.

34. **Sobolewski, E.J.** (2020) The Relationships between Internal and External Load Measures for Division I College Football Practice. *Sports*. 8(12). 165.
33. Farrow, A.C., Gonzales, J., Agu-Udemba, C.C., **Sobolewski, E.J.**, Thompson, B.J., & Palmer, T.B. (2020) Effects of Age On Vertical Jump Performance and Muscle Morphology Characteristics in Females. *The Journal of Sports Medicine and Physical Fitness*. 60(8)1081-1088.
32. **Sobolewski, E.J.**, Hall, A.B.*, Rodriguez, G.C.*, & Richard, M.O.* (2020) The Effect of Aerobic Exercise on Quadriceps Echo Intensity and Cross-Sectional Area. *International Journal of Physical Education, Exercise and Sports*. 2(1) 6-9.
31. **Sobolewski, E.J.**, Hall, A.B.*, Rodriguez, G.C.*, & Richard, M.O.* (2020) Ultrasound Derived Muscle Cross-Sectional Area and Echo Intensity is Unable to Detect Differences among Acute Aerobic Exercise Bouts with Varying Duration and Intensity. *International Journal of Sports Science*. 10(2): 31-37.
30. Mota, J.A., Kwon, D.P., Kennedy, M., **Sobolewski, E.J.**, Kim, Y., Gonzales, J.U. & Stock, M.S. (2020) Compensatory Adjustments in Motor Unit Behavior During Fatigue Differ for Younger Versus Older Men. *Aging Clinical and Experimental Research*. 32, 2259-2269.
29. Stock, M.S., Thompson, B.J., & **Sobolewski, E.J.** (2019) Age-Related Differences in The Predictability of Fast Gait Speed with Absolute and Rapid Squat Strength. *Journal of Science in Sport and Exercise*. 1 (3):237-280.
28. **Sobolewski, E.J.** (2019) Quantifying In-Season Practice Demands of NCAA Division I College Football Using Integrated GPS, Accelerometer and HR Monitors. *International Journal of Physical Education, Sports and Health*. 6 (4) 158-164.
27. Thompson, B.J., **Sobolewski, E.J.**, & Ryan, E.D. Comparison of Age-Specific Leg Extensor Muscles Function Torque-Time and Rapid Velocity Attributes Across the Adult Lifespan: A relative Deficiency Investigation. *Experimental Gerontology*, 131, 110819.
26. Stock, M.S., Whitson, M., Burton A.M., Dawson. N.T., **Sobolewski, E. J** & Thompson, B. J. (2018). Echo Intensity Versus Muscle Function Correlations in Older Adults Are Influenced by Subcutaneous Fat Thickness. *Ultrasound in Medicine and Biology*, 44(8) 1597-1605.
25. Thompson, B. J., Whitson, M., **Sobolewski, E. J.**, & Stock, M. S. (2018). Effects of Age, Joint Angle, and Test Modality on Strength Production and Functional Outcomes. *International journal of sports medicine*, 39(02), 124-132.
24. Thompson, B. J., Whitson, M., **Sobolewski, E. J.**, & Stock, M. S. (2017). The influence of age, joint angle, and muscle group on strength production characteristics at the knee joint. *The Journals of Gerontology: Series A*. 73(5), 603-607.

23. **Sobolewski, E. J.**, Thompson, B. J., Conchola, E. C., & Ryan, E. D. (2017). Development and examination of a functional reactive agility test for older adults. *Aging clinical and experimental research*, 1-6.
22. Gerstner, G. R., Thompson, B. J., Rosenberg, J. G., **Sobolewski, E. J.**, Scharville, M. J., & Ryan, E. D. (2017). Neural and Muscular Contributions to the Age-Related Reductions in Rapid Strength. *Medicine and science in sports and exercise*, 49(7), 1331-1339.
21. Ryan, E.D., Thompson, B.J., and **Sobolewski, E.J.** (2016): The Influence of Manual Labor at Work on Muscular Fitness and Its Relationship with Work Performance. *Journal of Occupational and Environmental Medicine* 58.10 1034-1039.
20. Tweedell, A.J., Ryan, E.D., Scharville, M.J., Rosenberg J.G., **Sobolewski, E.J.**, and Kleinberg, C.R. (2016) The Influence of Ultrasound Measurement Techniques on the Age-Related Differences in Achilles Tendon Size. *Exper Gerontology*. 76. 68-71.
19. Conchola, E.C., Ryan, E.D. Smith-Ryan, A.R., Thompson, B.J., **Sobolewski, E.J.** (2016) Occupational Differences for Nutrient Intake and Physical-Activity Levels in Young and Middle-Aged Men. *J Work*. 55:1 187-196.
18. Lee, J.T., **Sobolewski, E.J.**, Story, C.E., Shields, E.W., Hackney, A.C. Battaglini, C.L. (2015) The Feasibility of an 8-Week, Home-Based Isometric Strength-Training Program for Improving Dressage Test Performance in Equestrian Athletes. *Comparative Exer. Phys.* 11:4. 223-230.
17. Thompson, B. J., E. D. Ryan, and **Sobolewski, E.J.** (2015). The influence of occupation and age on maximal and rapid lower extremity strength. *Appl Ergon* 50: 62-67.
16. Ryan, E.D., Rosenberg, J.G., Scharville, M.J., **Sobolewski, E.J.** Tweedell, A.J. Kleinberg, C.R. (2015) Pennation angle does not influence the age-related differences in echo intensity of the medial gastrocnemius. *Ultrasound Med Bio*. 41.2: 618-621.
15. Thompson, B. J., Ryan, E. D., **Sobolewski, E. J.**, & Smith-Ryan, A. E. (2015). Dietary protein intake is associated with maximal and explosive strength of the leg flexors in young and older blue-collar workers. *Nutrition Research*, 35(4), 280-286.
14. Ryan, E.D., Everett, K.L., Smith, D.B., Pollner, C., Thompson, B.J., Fiddler, R.E., and **Sobolewski, E.J.** (2014) Acute effects of different volumes of dynamic stretching on vertical jump performance, flexibility and muscular endurance. *Clinical Phys and Funct Imaging* 34: 485-492.
13. **Sobolewski, E.J.**, Ryan, E.D. and Thompson, B.J. (2013). Influence of maximum range of motion and stiffness on the viscoelastic stretch response. *Muscle & Nerve*. 48(4); 571-577.
12. **Sobolewski, E.J.**, Ryan, E.D. and Thompson, B.J. (2014) The Influence of Age and Stiffness on the Viscoelastic Stretch Response. *J Strength Cond Res*. 28: 1106-1112.

11. Rosenberg, J.G., Ryan, E.D., **Sobolewski, E.J.**, Scharville, M.J., Thompson, B.J., and King, G.E. (2014) Reliability of panoramic ultrasound imaging to simultaneously examine muscle size and quality of the medial gastrocnemius. *Muscle & Nerve* 49:736-740.
10. Ryan, E.D., Rosenberg J.G., Scharville, M.J. **Sobolewski, E.J.** Thompson B.J, and. King G.E. (2013) Test-retest reliability and the minimal detectable change for Achilles tendon length: A panoramic ultrasound assessment. *Ultrasound Med Biol.* 39: 2488—2491.
9. Thompson, B.J., Ryan, E.D. **Sobolewski, E.J.** Smith, D.B. Akehi, K. Conchola, E.C. and Buckminster, T. (2013) Relationships between rapid isometric torque characteristics and vertical jump performance in Division I collegiate American football players: Influence of body mass normalization. *J Strength Cond Res.* 10:2737-3742.
8. Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Conchola, E.C., and Cramer, J.T. (2012). Age related differences in maximal and rapid torque characteristics of the leg extensors and flexors in young, middle-aged and old men. *Experimental Gerontology.* 48:277-282.
7. Jenkins, N.D., Hawkey, M.J, Costa, P.B., Fiddler, R.E., Thompson, B.J., Ryan, E.D., Smith, D.B., **Sobolewski, E.J.**, et al. (2013) Profiling the functional hamstring: quadriceps ratios in National collegiate athletics association division I women’s soccer players: comparing starters vs. nonstarters. *Journal of Sports Science* 612-617.
6. Thompson, B. J., Ryan, E. D., Sobolewski, E. J., Smith, D. B., Akehi, K., Conchola, E. C., & Buckminster, T. (2013). Relationships between rapid isometric torque characteristics and vertical jump performance in Division I collegiate American football players: Influence of body mass normalization. *The Journal of Strength & Conditioning Research*, 27(10), 2737-2742.
5. Thompson, B.J., Ryan, E.D., Herda, T.J., Costa, P.B., Walter, A.A., **Sobolewski, E.J.**, and Cramer, J.T. (2012). Consistency of rapid muscle force characteristics: Influence of muscle contraction onset detection methodology. *J Electromyography Kinesiology.* 22:893-900.
4. Thompson, B.J., Smith, D.B., **Sobolewski, E.J.**, Fiddler, R.E., Everett, K.L., Klufa, J.L., and Ryan, E.D. (2011). Influence of acute eccentric exercise on the H:Q ratio. *Int J Sports Med.* 32: 935-939.
3. **Sobolewski, E.J.**, Thompson, B.J., Smith, A.E. & Ryan, E.D. (2011) .The physiological effects of creatine supplementation on hydration: a review. *American Journal of Lifestyle Medicine.* 5(4): 320-327.
2. Ryan, E.D., Thompson, B.J., Herda, T.J., **Sobolewski, E.J.**, Costa, P.B., Walter, A.A., and Cramer, J.T. (2011). The relationship between passive stiffness and evoked twitch properties: the influence of muscle CSA normalization. *Physiol Meas.* 32 (6): 677-686.
1. **Sobolewski, E.J.** Wagner, D, and Bressel, E. (2011). The effects of stretching and order of warm-up on isokinetic peak torque of the knee extensors. *Isokinetics and Exercise Science.* 19(3):157-162

PRESENTATIONS/ABSTRACTS (*indicates authorship by student mentee)

NATIONAL

58. *Whitehead, A., & **Sobolewski, E.J.** Self-Reported In-Season Daily Health Questionnaire Data of College Football Players. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020.
57. *Kroeber, R., **Sobolewski, E.J.**, Mills, C., Murr, S.& Hutchison, R.E. Running Economy Differences Between Male and Female College Cross-Country Runners. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020.
56. *O’Hearn, E., **Sobolewski, E.J.**, Murr, S.& Hutchison, R.E. Running Economy Differences Between College Male Soccer Players and Cross-Country Runners. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020.
55. **Sobolewski, E.J.** Players Who Reported At Least 8 Hours Of Sleep Have Higher Scores On Daily Health Questionnaires. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020.
54. *Mills, C., **Sobolewski, E.J.**, O’Hearn, E., Whitehead, A., Reilly, C., Dial, C., Kroeber, R., & Murr, S. Differences in VO₂ Between Male And Female College Soccer Players. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020.
53. *Reilly, C., **Sobolewski, E.J.**, Murr, S.& Hutchison, R.E., Difference In VO₂ Between Male College Soccer Players And Cross-Country Runner. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020.
52. Coppi, M.J., Murr, S. **Sobolewski, E.J.**, Hutchison, R.E., Whyte, A., Ogden, J.T., Lara, F., & Mandato, F. Normalizing Running Power by Muscle CSA Increases Variance Explained Compared to Metabolic Power. American College of Sports Medicine Conference, San Francisco, CA, May 2020.
51. *Martinson, J.E., **Sobolewski, E.J.**, Morehead, D.L., East, M.C., & Duke, J.A., The Relationship Between Weekly Internal and External Loads During a During NCAA Division I College Football Season. National Strength and Conditioning Association National Conference, Washington, DC, July, 2019.
50. *East, M.C., **Sobolewski, E.J.**, Morehead, D.L., & Duke, J.A., Analysis of Heart Rate Variability as A Possible Determinate of Intensity During NCAA Division I College Football Practice. National Strength and Conditioning Association National Conference, Washington, DC, July, 2019.
49. **Sobolewski, E.J.**, & Lochbaum., M.J., Estimated Energy Expenditure During NCAA Division I College Football Practice. National Strength and Conditioning Association National Conference, Washington, DC, July, 2019.

48. Bali, A.U., Thompson, B.J., **Sobolewski, E.J.**, & Stock, M.S. Age Related Differences in the Predictability of Fast Speed with Muscle Strength. National Strength and Conditioning Association National Conference, Washington, DC, July, 2019.
47. Cathery, A.C., Agu-Udemba, C.C., **Sobolewski, E.J.**, Thompson, B.J., & Palmer, T.B. Age Related Difference in Vertical Jump Power and Muscle Size and Quality of the Vastus Lateralis. American College of Sports Medicine Conference, Orlando, FL. May, 2019.
46. *Crow, J., **Sobolewski, E.J.**, Hutchison, R.E., Murr, S. Relationship Between Running Economy and Achilles Tendon Length. American College of Sports Medicine National Conference, Minneapolis, MN, May, 2018.
45. Coppi M.J., Shearer, L.F., Hayden N.R., Ogden, J.T., Lara, F., Murr, S., Hutchison, R.E., **Sobolewski, E.J.** Differences in Running Power on three different surfaces from a wearable running power meter during submaximal running. American College of Sports Medicine National Conference, Minneapolis, MN, May, 2018.
44. Lara, F., Shearer, L.F., Coppi M.J., Hayden N.R., Ogden, J.T., Murr, S., Hutchison, R.E., **Sobolewski, E.J.** Hutchison, R.E. Reliability of a Running Power Meter between subsequent trials of submaximal running on three different surfaces. American College of Sports Medicine National Conference, Minneapolis, MN, May, 2018.
43. Shearer, L.F., Hayden N.R., Lara, F., Coppi M.J., Ogden, J.T., Murr, S., **Sobolewski, E.J.**, Reliability between Running Power Meter sensors during subsequent trials of submaximal running on three different surfaces. American College of Sports Medicine National Conference, Minneapolis, MN, May, 2018.
42. Stock, M.S., Whiston, M., Burton, A.M., Dawson, N.T., Thompson, B.J., **Sobolewski, E.J.**, The Correlation Between Fast Gait Speed and Echo Intensity in Older Adults Is Influenced by Subcutaneous Tissue Thickness. International Conference on Frailty and Sarcopenia Research, Miami, FL, March 2018.
41. **Sobolewski, E.J.**, Hutchinson, R., & Murr, S. Confirmation Testing for VO₂ Maxes in Elite College Runners: Is It Needed? Strength and Conditioning Association National Conference, Las Vegas, NV, July, 2017.
40. Gerstner, G.R., Giuliani, H.K., Rosenberg, J.G., **Sobolewski, E.J.**, Sharville, M.J., Mota, J.A. & Ryan, E.D. Age-related Reductions in Muscle Quality Influence the Relative Differences in Strength and Power. College of Sports Medicine National Conference, Denver, CO, May, 2017.
39. Giuliani, H.K. Thompson, B.J., **Sobolewski, E.J.** & Ryan, E.D. The Age-Related Changes in Multi- and Single-Joint Measures of Power Output. American College of Sports Medicine National Conference, Denver CO, May, 2017.

38. Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.** Comparison and Association of Static and Dynamic Strength Capacities versus Rapid Limb Velocity across Three Athletically Distinct Populations. Strength and Conditioning Association National Conference, New Orleans, LA, July, 2016.
37. Gerstner, G.R., Ryan, E.D., Thompson, B.J., Rosenberg, J.G., **Sobolewski, E.J.**, Sharville, M.J., The Influences of Muscle Architecture on the Age-related Changes in Maximal and Rapid Strength. American College of Sports Medicine National Conference, Boston MA, May, 2016.
36. Giuliani, H.K., Ryan, E.D., Gerstner, G.R., **Sobolewski, E.J.**, Thompson, B.J. The influence of Cross-Sectional Area and Muscle Quality on Rapid Velocity Development in Older Adults Strength and Conditioning Association National Conference, New Orleans, LA, July, 2016.
35. **Sobolewski, E.J.**, Ryan, E.D., Kleinberg, C.R., Tweedell, A.J., Bokoski, B., & Smith-Ryan, A.R. The Influence of Hydration Status on Changes in Body Mass during Creatine Supplementation. National Strength and Conditioning Association National Conference, Orlando, FL, July, 2015.
34. Drusch, A.S.*, **Sobolewski, E.J.**, Stock, M.S., Thompson, B.J., Kittley, Z., Fehoko, S., Mota, J.A., & Lochbaum, M. Physical Maturation of Pre-Adolescent Boys and Girls during Performance Measures of Power and Agility. National Strength and Conditioning Association National Conference, Orlando, FL, July, 2015.
33. Barnette, T.J., Ryan, E.D., Roelofs, E.J., Trexler, E.T., Wingfield, H., Tweedel, A.J., Melvin, M., Kleinberg, C.R., **Sobolewski, E.J.**, Smith-Ryan, A.R. Effect of Far-Infrared Compression Garments on Recovery Following Acute High Intensity Eccentric Exercise. National Strength and Conditioning Association National Conference, Orlando, FL, July, 2015.
32. **Sobolewski, E.J.**, Ryan, E.D., Sharville, M.J., & Rosenberg, J.G., The influence of vibration on the stretch induced strength deficit. National Strength and Conditioning Association National Conference, Las Vegas, NV, July, 2014.
31. Rosenberg, J.G., Ryan, E.D., **Sobolewski, E.J.**, Sharville, M.J., King, G.E., Tweedell, A.J., Kleinberg, C.R., & Thompson, B.J. The relationship between muscle quantity, quality and rapid torque production. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2014.
30. Tweedell, A.J., Ryan, E.D., **Sobolewski, E.J.**, Sharville, M.J., Rosenberg, J.G., M.J., Kleinberg, C.R., & Thompson, B.J. Age-related differences in Achilles tendon cross-section area and thickness. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2014.
29. Kleinberg, C.R., Ryan, E.D., Rosenberg, J.G., **Sobolewski, E.J.**, Sharville, M.J., & Tweedell, A.J. Test-retest reliability of panoramic ultrasound imaging to examine fascicle length and

pennation angle in older men. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2014.

28. Sharville, M.J., Ryan, E.D., **Sobolewski, E.J.**, Rosenberg, J.G., Tweedell, A.J., & Kleinberg, C.R. The influence of age on muscle and tendon contribution during constant torque stretching. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2014.
27. **Sobolewski, E.J.**, Ryan, E.D., Rosenberg, J.G., Sharville, M.J., Thompson, B.J., & King, G.E. Measures of muscle quality: echo intensity vs. normalized maximal and rapid strength values. American College of Sports Medicine National Conference in Orlando, FL IN May, 2014.
26. E.D. Ryan, B.J. Thompson, **Sobolewski, E.J.** and E.C. Conchola The relationship between muscular strength and work performance in blue-collar workers. American College of Sports Medicine National Conference in Orlando, FL IN May, 2014.
25. Smith, D.B., Thompson, B.J., **Sobolewski, E.J.**, Ryan, E.D., Chonchola, E.C., Palmer, T. and Warren, A. Strength and time torque characteristics in males across life span. American College of Sports Medicine National Conference in Orlando, FL IN May, 2014.
24. Tweedell, A.J. Ryan, E.D. Scharville, M.J. Rosenberg, J.G. **Sobolewski, E.S.** King G.E Thompson, B.J. and Kleinberg, C.R. Acute effects of vibration on viscoelastic creep during constant torque stretching. American College of Sports Medicine National Conference in Orlando, FL IN May, 2014.
23. Rosenberg, J.G. Ryan, E.D. **Sobolewski, E.S.** Scharville, M.J. Tweedell, A.J. Kleinberg, C.R. and King G.E. The relationship between muscle quality and age: influence of pennation angle. American College of Sports Medicine National Conference in Orlando, FL IN May, 2014.
22. **Sobolewski, E.J.**, E.D. Ryan, B.J. Thompson, and E.C. Conchola. The Influence of Age on Passive Stiffness of the Plantar Flexor Muscles. National Strength and Conditioning National Conference in Las Vegas, NV July, 2013.
21. Scharville, M. J. Ryan, E. D, **Sobolewski, E. J.** Rosenberg, J. G. King, G. E. & Thompson B. J. Test-retest reliability of muscle and tendon lengths: an ultrasound tape measure approach. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2013.
20. Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Smith, D.B., Akehi, K., Conchola, E.C. & Buckminster, T.C. The influence of training status on the relationship between maximal and rapid isometric torque variables. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2013.

19. Rosenberg, J.G., Ryan, E.D., **Sobolewski, E.J.**, Scharville, M.J., Thompson, B.J., and King, G.E. Consistency of panoramic ultrasound imaging to examine muscle size and quality. National Strength and Conditioning Association National Conference, Las Vegas, NV. July, 2013.
18. **Sobolewski, E.J.**, E.D. Ryan, B.J. Thompson, and E.C. Conchola. The Influence of Age on the Relationship between Rapid Torque Variables and Vertical Jump Performance. American College of Sports Medicine National Conference in Indianapolis, IN May, 2013.
17. Micah J. Mooberry, Robert Bradford, Robin Kellerman, Eric **Sobolewski**, Harry C. Stafford, Robert G. McMurray, Eric D. Ryan, and Nigel S Key. An Exploratory Study of the Effects of Strenuous Exercise on Markers of Activation of Coagulation, Inflammation and Endothelial Activation: Possible Implications for Exercise-Related Morbidity in Sickle Cell Trait. American Society for Hematology. National Conference. Dec, 2012.
16. **Sobolewski, E.J.**, Ryan, E.D., Thompson, B.J. and Conchola, E.C. The influence of aging on the viscoelastic responses to repetitive stretching. National Strength and Conditioning Association National conference, Providence, RI. July, 2012.
15. Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Smith, D.B., Akehi, K., Conchola, E.C., Buckminster, T. and Cramer, J.T. Relationships among rapid isometric torque variables and vertical jump performance in college football players: Influence of body mass normalization. National Strength and Conditioning Association National Conference, Providence, RI. July, 2012.
14. Cramer, J.T., Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Conchola, E.C. and Smith, D.B. Age related differences in peak torque, muscle cross-sectional area, and rapid torque-time curve characteristics during maximal voluntary isometric extension muscle actions in men. National Strength and Conditioning Association National Conference, Providence, RI. July, 2012.
13. Conchola, E.C., Thompson, B.J., **Sobolewski, E.J.**, Smith, D.B., Akehi, K., Buckminster, T. and Ryan, E.D. Does rate of velocity development predict playing level in division I collegiate football players? National Strength and Conditioning Association National Conference, Providence, RI. July, 2012.
12. Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Smith, D.B., Conchola, E.C., Akehi, K. Buckminster, T and Cramer J.T. Isometric rapid torque characteristics as predictors of playing status in division I collegiate football players. American College of Sports Medicine National conference, San Francisco, CA. May, 2012. *Med Sci Sport Exerc*, 44(5 Suppl.)
11. **Sobolewski, E.J.**, Ryan, E.D., Thompson, B.J., and Smith, D.B. The influence of stiffness and stretch tolerance on the viscoelastic responses to stretch. American College of Sports Medicine National Conference, San Francisco, CA. May, 2012. *Med Sci Sport Exerc*, 44(5 Suppl.)

10. Hawkey, M.J., Thompson, B.J., Conchola, E.C., Fiddler, R.E., Jenkins, N.D., Smith, D.B., and **Sobolewski, E.J.**, Ryan, E.D. et al. The influence of acute exercise on torque decline between positions in collegiate female soccer players. American College of Sports Medicine National conference, San Francisco, CA. May, 2012. *Med Sci Sport Exerc*, 44(5 Suppl.)
9. Jenkins, N.D., Thompson, B.J., **Sobolewski, E.J.**, Conchola, E.C., Hawkey, M.J., Fiddler, R.E., et al. The comparison of hamstring-to-quadriceps ratios in NCAA women's soccer players and healthy controls. American College of Sports Medicine National Conference, San Francisco, CA. May, 2012. *Med Sci Sport Exerc*, 44(5 Suppl.)
8. Thompson, B.J., Ryan, E.D., Herda, T.J., Costa, P.B., Walter, A.A., **Sobolewski, E.J.**, and Cramer, J.T. Test-retest reliability for maximal isometric force and the force-time characteristics of the plantar flexors. National Strength and Conditioning Association National Conference, Las Vegas, NV. July 2011.
7. Ryan, E.D., Thompson, B.J., Herda, T.J., **Sobolewski, E.J.**, Costa, P.B., Walter, A.A., and Cramer, J.T. The relationship between passive stiffness and evoked twitch properties: The influence of muscle CSA. National Strength and Conditioning Association National Conference, Las Vegas, NV. July 2011.
6. **Sobolewski, E.J.**, Everett, K.L., Thompson, B.J., Smith, D.B., Fiddler, R.E., and Ryan, E.D. Test-retest reliability of peak power, average power, and vertical jump height using portable commercial measurement systems. National Strength and Conditioning Association National Conference, Las Vegas, NV. July 2011.
5. Thompson, B.J., Smith, D.B., **Sobolewski, E.J.**, Everett, L., Fiddler, R.E., Klufa, J.L., and Ryan, E.D. The influence of an acute bout of eccentric exercise on the hamstrings to quadriceps ratio. American College of Sports Medicine National Conference, Denver, CO. May, 2011. *Med Sci Sport Exerc* 43 (5 Suppl.)
4. Smith, D.B., Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Everett, K., Fiddler, R.E., and Klufa, J.L. The effect of muscle recovery drinks on peak torque following an eccentric exercise bout. American College of Sports Medicine National Conference, Denver, CO. May, 2011. *Med Sci Sport Exerc*, 43(5 Suppl.)
3. Ryan, E.D., Thompson, B.J., Herda, T.J., **Sobolewski, E.J.**, Costa, P.B., Walter, A.A., and Cramer, J.T. The relationship between passive stiffness and evoked twitch properties: The influence of muscle CSA. American College of Sports Medicine National Conference. Denver, CO. May, 2011. *Med Sci Sport Exerc*, 43(5 Suppl.)
2. Weir, J.P., Ryan, E.D., Herda, T.J., **Sobolewski, E.J.**, Thompson, B.J., and Smith, D.B. Electrical versus magnetic stimulation of M-Waves with fatigue. College of Sports Medicine National Conference, Denver, CO. May 2011. *Med Sci Sport Exerc*, 43(5 Suppl.)
1. Fiddler, R.E., Thompson, B.J., Everett, K.L., **Sobolewski, E.J.**, Smith, D.B., Bond, K.E., Foster, M., Tremble, J., and Ryan, E.D. The influence of a 20-minute jog on the viscoelastic

properties of the plantar flexor muscles. American College of Sports Medicine National Conference, Denver, CO. May 2011. *Med Sci Sport Exerc*, 43(5 Suppl.)

REGIONAL/LOCAL

35. *Wein, L.D., Carpenter, K.M., Crow, J.C., **Sobolewski, E.J.**, Intra-rater and inter-rater reliability of the process of obtaining cross sectional area and echo intensity measurements from ultrasound images. Furman Engaged, Furman University, Greenville, SC. April, 2021. 192.
34. *Carpenter, K.M., Hall, A.B., Rodriguez, G.C., & Richard, M.O. **Sobolewski, E.J.**, The Relationships between Ultrasound Derived Measurements and Max Aerobic Performance. Furman Engaged, Furman University, Greenville, SC. April, 2021. 195.
33. Cathey, A.C.; Agu-Udemba, C.C., **Sobolewski, E.J.**, Thompson, B.J. and Palmer, T. B. (2019) "Age-Related Differences in Vertical Jump Power and Muscle Size and Quality of the Vastus Lateralis," *International Journal of Exercise Science: Conference Proceedings*: 2:11, Article 27.
32. *East, M., Morehead, D., Duke, J., & **Sobolewski, E.J.** Difference in Heart Rate Variability Between Position Groups During In-Season Practice of NCAA Division I College Football. Furman Engaged, Furman University, Greenville, SC. April, 2019.
31. *Morehead, D., East, M., Duke, J., & **Sobolewski, E.J.** Correlation of Internal Vs External Measures of Load During In-Season Practice of NCAA Division 1 College Football. Furman Engaged, Furman University, Greenville, SC. April, 2019.
30. *Mason, C., Crow, J.M., & **Sobolewski, E.J.** Gastrocnemius Muscle Architecture Differences Between Males and Female Cross-Country Runners. Furman Engaged, Furman University, Greenville, SC. April, 2019.
29. *Cianci, J., Crow, J.M., & **Sobolewski, E.J.** Quadriceps Muscle Architecture Differences Between Males and Female Cross-Country Runners. Furman Engaged, Furman University, Greenville, SC. April, 2019.
28. *Duke, J., Morehead, D., East, M., & **Sobolewski, E.J.** Variability in Heart Rate Measures Across an In-Season Practice of NCAA Division I College Football. Furman Engaged, Furman University, Greenville, SC. April, 2019.
27. *Lunsford, T., Crow, J.M, Tyler, D.R., & **Sobolewski, E.J.** A Comparison of Quadriceps Muscle Size and Quality at Different Locations. Furman Engaged, Furman University, Greenville, SC. April, 2019.
26. Whyte, A., Langan, S. Lara, F., Ogden, J., Coppi, M., Hutchison, R., & **Sobolewski, E.J.** Comparison of the Stryd Power Metere Across Surfaces During Level Sub-Maximal Running. Furman Engaged, Furman University, Greenville, SC. April, 2019.

25. Cathery, A.C., Agu-Udemba, C.C., **Sobolewski, E.J.**, Thompson, B.J., & Palmer, T.B. Age Related Difference in Vertical Jump Power and Muscle Size and Quality of the Vastus Lateralis. Texas Chapter of American College of Sports Medicine Regional Conference, Fort Worth, TX. March, 2019.
24. **Sobolewski, E.J.**, Crow, J., Hutchison, R., Murr, S., & Tyler, D.R., Muscle Quality and Size Relationship to VO₂max in College Distance Runners. South East Chapter of American College of Sports Medicine Regional Conference, Greenville, SC. February, 2019.
23. *Crow, J.M., & **Sobolewski, E.J.** The influence of knee flexor muscle architecture on running economy. Furman Engaged, Furman University, Greenville, SC. April, 2018.
22. *Richard, M.O., Hall, A.B., Rodriguez, G.C., & **Sobolewski, E.J.** Investigating glycogen depletion within muscle following a max effort cycling test. Furman Engaged, Furman University, Greenville, SC. April, 2018.
21. *Rodriguez, G.C., Hall, A.B., Richard, M.O., & **Sobolewski, E.J.** Investigating the differences in glycogen depletion within muscle from a 40- and 20-min bout of cycling. Furman Engaged, Furman University, Greenville, SC. April, 2018.
20. *Hall, A.B., Rodriguez, G.C., Richard, M.O., & **Sobolewski, E.J.** Investigating the differences in glycogen depletion within muscle from a 60- and 20-min bout of cycling. Furman Engaged, Furman University, Greenville, SC. April, 2018.
19. *Hicks, K.A. * Tyler, D.R., Crow, J.M., & **Sobolewski, E.J.** Influence of quadriceps tendon length on Running economy. Furman Engaged, Furman University, Greenville, SC. April, 2018.
18. *Tyler, D.R., Hicks, K.A., Crow, J.M., & **Sobolewski, E.J.** Influence of knee flexor size on running economy. Furman Engaged, Furman University, Greenville, SC. April, 2018.
17. **Sobolewski, E.J** & Dennis C. Heart rate Recovery as a Method to Measure Improvement in Conditioning Levels in Division 1 College Football Players. South East Chapter of American College of Sports Medicine Regional Conference, Greenville, SC. February, 2017.
16. *Pineda, J.G., **Sobolewski, E.J.** Lochbaum, M.J., The Effectiveness of a Community Based High Intensity Interval Training Program on Markers of Physical Health. International Journal of Exercise Science. Texas Chapter of American College of Sports Medicine Regional Conference, College Station, TX. March, 2016.
15. *Drusch, A.S., **Sobolewski, E.J.**, Stock, M.S., Thompson, B.J., Kittley, Z., Fehoko, S., Mota, J.A., & Lochbaum, M. Physical Maturation of Pre-Adolescent Boys and Girls during Performance Measures of Power and Agility. Texas Tech Graduate Student Research Symposium, Lubbock, TX. April, 2015.

14. **Sobolewski, E.J.**, Ryan, E.D., Rosenberg, J.G., Thompson, B.J & Sharville, M.J. Measures of muscle quality: echo intensity vs. normalized strength values in young and old men. South East Chapter of American College of Sports Medicine Regional Conference, Greenville, SC. February, 2014.
13. Scharville, M.J., Ryan, E.D., **Sobolewski, E.J.**, Rosenberg, J.G. King, G.E. Tweedell, A.J., and Kleinberg, C.R. Muscle-tendon unit behavior during constant torque stretching Submitted to the South East Chapter of American College of Sports Medicine Regional Conference, Greenville, SC. February, 2014.
12. Rosenberg, J.G., Ryan E.D., **Sobolewski, E.J.**, Scharville, M.J, and King, G.E. The relationship between muscle quality and age: influence of pennation angle. Submitted to the South East Chapter of American College of Sports Medicine Regional Conference, Greenville, SC. February, 2014.
11. Rosenberg, J.G., Ryan E.D., **Sobolewski, E.J.**, Thompson, B.J., Scharville, M.J, and King, G.E. Reliability of panoramic ultrasound imaging to examine muscle size and quality. American Society of Biomechanics, Human Movement Science Research Symposium, University of North Carolina, Chapel Hill, NC. March, 2013.
10. Scharville, M.J, Ryan E.D., **Sobolewski, E.J.**, Rosenberg, J.G., King, G.E., and Thompson, B.J. Test-retest reliability of muscle and tendon lengths: an ultrasound tape measure approach American Society of Biomechanics, Human Movement Science Research Symposium, University of North Carolina, Chapel Hill, NC. March, 2013.
9. **Sobolewski, E.J.**, Ryan, E.D., Thompson, B.J., and Conchola, E.C. The influence of age and occupation on maximal and rapid torque characteristics of the plantar flexors. American Society of Biomechanics, Human Movement Science Research Symposium, University of North Carolina, Chapel Hill, NC. March, 2013.
8. Thompson, B.J., Ryan, E.D., **Sobolewski, E.J.**, Conchola, E.C. and Smith, D.B. Influence of aging on maximal and rapid torque characteristics of the leg extensors and flexors. Central States Chapter of the American College of Sports Medicine Regional Conference, Columbia, MO. October, 2012.
7. Conchola, E.C, Thompson, B.J., **Sobolewski, E.J.**, Smith, D.B. and Ryan, E.D. The Influence of Aging on hamstring Flexibility. West Texas A&M University Student Research Conference. Canyon, TX. April, 2012.
6. **Sobolewski, E.J.**, Ryan, E.D., Thompson, B.J., and Conchola, E.C. The influence of age on viscoelastic stress relaxation. Presentation at the regional meeting of the American Society of Biomechanics, Human Movement Science Research Symposium, University of North Carolina, Chapel Hill, NC. February, 2012.
5. Hawkey, M.J., Thompson, B.J., Conchola, E.C., Fiddler, R.E., Jenkins, N.D.M., Smith, D.B., **Sobolewski, E.J.** *et al.* The influence of acute exercise on torque decline between positions

in collegiate female soccer players. Central States Chapter of the American College of Sports Medicine Regional Conference, Overland Park, KS. October, 2011.

4. Jenkins N.D., Thompson, B.J., **Sobolewski, E.J.**, Conchola, E.C., Hawkey, M.J., Boyes, H.R. *et al.* Hamstrings-to-Quadriceps ratios in national collegiate athletic (NCAA) division I soccer players compared to non-athlete controls. Central States Chapter of the American College Sports Medicine Regional Conference, Overland Park, KS. October, 2011.
3. Thompson, B.J., Smith, D.B., **Sobolewski, E.J.**, Everett, L., Fiddler, R.E., Klufa, J.L., and Ryan, E.D. The influence of an acute bout of eccentric exercise on the hamstrings to quadriceps ratio. Presented at the Oklahoma State University Research Symposium, Stillwater, OK. February 25th 2011.
2. Fiddler, R.E., Thompson, B.J., Everett, K.L., **Sobolewski, E.J.**, Smith, D.B., Bond, K.E., Foster, M., Tremble, J., and Ryan, E.D. The influence of a 20-minute jog on the viscoelastic properties of the plantar flexor muscles. Presented at the Oklahoma State University Research Symposium, Stillwater, OK. February 23rd 2011.
1. **Sobolewski, E.J.**, Barrett, D., and Bressel, E. Effect of Acute Bout of stretching on the plantar and dorsal flexors on proprioception. Presented at the 2007 USU Graduate Symposium, Logan, UT. April, 4, 2007.

FUNDING

Source: **National Strength and Condition Association** - Young Investigator Grant

Title: Improving Performance on the New Army Combat Fitness Test: Randomized Training Design with a Follow-up proving Ground Study

Role: Investigator

Period: 2021

Amount: \$22,596.00 **funded**

Source: **Furman University**- Furman Fellows: Funding Undergraduate Student Research

Title: Acute Changes in Muscle Between Males and Females Following Resistance Exercise

Role: Investigator/Mentor

Period: 2021

Amount: \$8,750 **funded**

Source: **Furman University**- Furman Fellows: Funding Undergraduate Student Research

Title: Reliability and Analysis of Ultrasound Assessments

Role: Investigator/Mentor

Period: 2020

Amount: \$8,750 **funded**

Source: **Furman University**- Research and Professional Growth (RPG)

Title: Muscle Characteristics of Different Health Populations

Role: Investigator

Period: 2020

Amount: \$2,000, funded

*Source: **Vald Performance**- Early Career Research Grant (ECR)*

Title: Applied Fatigue Monitoring in College Athletes

Role: Investigator

Period: 2019

Amount: \$6,298, not funded

*Source: **Furman University**- Research and Professional Growth (RPG)*

Title: Determining glycogen depletion in working muscle.

Role: Investigator

Period: 2018

Amount: \$1,600, funded

*Source: **National Science Foundation**- Partnerships for Innovations: Building Innovation Capacity*

Title: Development of a wearable sensor to detect human physiological responses to overheating and serve as early warning system to avoid heat stress.

Role: Principle Investigator

Period: 2015-2017

Amount: \$565,760, not funded

*Source: **US Department of Education**- East Lubbock Promised Neighborhood Grant*

Title: The Effectiveness of a community based exercise program on health outcomes in low SEM neighborhoods.

Role: Principle Investigator

Period: 2015-2016

Amount: \$59,000, funded

*Source: **Texas Tech University**- Internal research collaboration grant*

Title: An Integrative Approach to Determine the Effect of a Traumatic Brain Injury on Vestibular Function

Role: Co-Investigator

Period: 2015-2016

Amount: \$50,000, not funded

*Source: **National Strength and Condition Association**-Master Student*

Title: Effects of aging and muscle length parameters on single- versus multi-joint lower-body strength expression: Implications for functional performance outcomes

Role: Faculty Investigator

Period: 2015-2016

Amount: \$5,403, funded

*Source: **National Collegiate Athletic Association**- Research Grant*

Title: An Outcomes-Based Neurocognitive Approach to Changing the Culture of Concussive Injuries.

Role: Investigator
Period: 2015
Amount: \$399,966, *not funded*

Source: **National Collegiate Athletic Association**- Educational Grant
Title: Improving Education about Concussion-The ethically right thing to do.
Role: Co-Principle Investigator
Period: 2015
Amount: \$20,000, *not funded*

Source: **National Collegiate Athletic Association**- Mind Matters
Title: Athlete Physical Preparedness: Providing a mobile platform to involve athletes in their health performance
Role: Principle Investigator
Period: 2015
Amount: \$20,000, *not funded*

Source: **National Strength and Condition Association**-International Collaboration
Title: Developing an Approach to Monitoring Fatigue for Athletic Performance
Role: Principle Investigator
Period: 2014
Amount: \$49,450, *not funded*

Source: **National Strength and Condition Association**-Doctoral
Title: Creatine's time course effect on muscle function and fluid distribution. (2012)
Role: Co-Principle Investigator
Period: 2012-2014
Amount: \$9,994, *funded*

Funding Sought: \$1,229,567
Funding Received: \$118,093

SERVICE

DEPARTMENTAL/UNIVERSITY

Furman University

Furman Power and Fitness Club Faculty Sponsor (2021-Present)
 Faculty Athletics Committee (2020-Present)
 Health Science Major Club Advisor (2019- Present)
 Faculty Scholarship & Awards Committee (2019- Present)
 Catholic Campus Ministry Faculty Sponsor (2019-Present)
 Traffic Board Committee (2017- 2019)
 Departmental Student Advisor (2017- Present)
 First and Second Year Student Advisor (2017-Present)

Texas Tech University

New faculty Hiring Committee (2015 & 2016)

Research Symposium- Research Committee Member (2015)

University of North Carolina-Chapel Hill

Carolina Teaching Award Committee Member (2013)

SCIENTIFIC REVIEWER

Journal Editor

Healthcare: section editor *Promotion of Health and Exercise* (2020-present)

External Manuscript Reviewer

Sustainability (2021- Present)

Journal of Musculoskeletal and neuronal Interactions (2021- Present)

International Journal of Sport Physiology and Performance (2021-Present)

International Journal of Environmental Research and Public Health (2020-Present)

Diagnostics (2020-Present)

Journal of Human Kinetics (2020-Present)

Applied Physiology, Nutrition and Metabolism (2019-Present)

Peer J (2019-Present)

The Physician and Sports Medicine (2017-Present)

Human Movement Science (2017-Present)

Sports Health Journal (2016-Present)

Gait and Posture (2016-Present)

PLOS One (2016-Present)

Scandinavian Journal of Sports Medicine and Science in Sports (2015-Present)

Muscle & Nerve (2014-Present)

Journal of Strength and Conditioning Research (2012-Present)

Conference/Organization Reviewer

Collegiate Strength & Conditioning Coaches Association-Written Certification Committee (2018-Present)

Council for Under Graduate Research-Abstract Reviewer (2018-Present)

National Strength and Conditioning Association- Abstracts Reviewer (2011-Present)

National Strength and Conditioning Association- Grant Reviewer (2011-Present)

National Strength and Conditioning Association-Award Committee Member (2013-Present)

SCIENTIFIC CONSULTING

CrossFit Motion- 2021 CrossFit games team competitor

Strength Ratio LLC. Asheville, NC (2015-present)

USMC SOI-E Human Performance Center, Jacksonville, NC (2018-2020)

American Chemical Society-Reaction Series, Washington DC (2016)

CERTIFICATIONS/MEMBERSHIPS

Certified Strength and Conditioning Specialist (**CSCS**, 2007-present)

United States of America Weightlifting Certified (**USAW**, 2014)

National Strength and Conditioning Association Member (2007- present)

American College of Sports Medicine Member (2010-present)

Council on Undergraduate Research Member (2017-present)

THESIS/DOCTORAL COMMITTEE MEMBER

1. Miguel Gavino (2015-2016) *Development of Posture and Functional Performance Among Males who are Obese or at-risk for Obesity* (Master Thesis, Clinical Physiology, TTU)
2. Jacob Mota (2015-2016). *Motor Unit Interpulse Interval Distribution and Variability During Fatigue in Younger Versus Older Adults*. (Master Thesis, Human Performance, TTU)
3. Morgan Whitson (2015-2016). *The Effects of Age and Muscle Length Parameters on Single- Versus Multiple-Joint Lower-Body Strength Expression: Implications for Functional Performance Outcomes*. (Master Thesis, Human Performance, TTU)-**Chair**
4. Neha Dubey (2015-2016). *Comparison of Young Obese and Non-obese females in terms of balance*. (Master Thesis, Clinical Physiology, TTU)
5. Robin Sunny (2014-2015). *The Effect of Heel Height on Kinematics of the Deadlift* (Master Thesis, Human Performance, TTU) - **Chair**
6. Alex Drusch (2014-2015). *The Effects of an After-School Strength and Conditioning Program on The Rate of Torque Development In Pre-Adolescent Boys* (Master Thesis, Human Performance, TTU)
7. Katy Allen (2015). *Best Way to Determine Intensity in College Cross Country Runners: Duration, Distance, Pace, or RPE* (Senior Honors Thesis, Kinesiology, TTU)
8. Jordan Lee (2014-2015). *The feasibility of an 8-week, home-based isometric strength training program for improving dressage test performance in equestrian athletes*. (Master Thesis, Exercise Physiology UNC-CH)
9. Helen Robertson (2014) *The effects of static stretching and self-myofascial release on range of motion and muscle stiffness: a comparative study* (Seniors Honors Thesis, Exercise Physiology UNC-CH)
10. Michael Scharville (2013-2014). *The influence of aging on muscle and tendon contribution associated with viscoelastic creep* (Master Thesis, Exercise Physiology UNC-CH)
11. Joseph Rosenberg (2013-2014). *The age-related differences of muscle architecture and muscle activation on rapid torque characteristics of the plantar flexors* (Master Thesis, Exercise Physiology UNC-CH)
12. Malia Melvin (2013-2014) *Muscle Quality and Body Composition of NCAA Division I Football Players* (Master Thesis, Exercise Physiology UNC-CH)
13. Simon Haake (2012-2013) *Analysis of the Immunological and Neuro-Endocrine Responses to Resistance Training in Division-I Football Players* (Master Thesis, Exercise Physiology UNC-CH)
14. Edward King (2012-2013) *The Influence of Aging on Muscle Quality, Muscle Size, and Isokinetic Strength in the Plantar Flexor Muscles* (Master Thesis, Exercise Physiology UNC-CH)

AWARDS/SCHOLARSHIPS

- National Strength and Conditioning Association Challenge Scholarship 2014
 National Strength and Conditioning Association Challenge Scholarship 2012
 A.B. Harrison Endowed Scholarship Award, College of Education, Oklahoma State 2011