Recently Completed Thesis Projects

2016  Tylre M. Arens: Effects of Hand Position During a Push-Up on Scapular Kinematics
2016  Erik Hummer: Effects of Creatine-Electrolyte Supplement on Power and Strength Performance
2016  Damien L. Fisher: Velocity-Based Training as a Method of Auto-Regulation in Collegiate Athletes
2015  Kalee L. Larsen: The Effect of Deep Slow Breathing on Pain-Related Variables in Osteoarthritis
2015  Jennifer L. Estep: Effect of Augmented Eccentric Training in Older Adults
2015  Samantha R. Gunderson: The Effects of a Five-Week Exercise Intervention Using EMG Biofeedback on Scapular Stabilizer Muscle Activation and Scapular Kinematics
2015  Eryn N. Murphy: Abdominal Fatigue and Lower Extremity Kinematics During a Drop Landing in Females
2015  Brook Skidmore: The “Squat-n-Swap”: A Pilot Exercise Intervention to Promote Increased Physical Activity among Mothers of Young Children
2015  Matthew Vezzani: Hardiness: An Examination of Psychological Characteristics of Participating in High Intensity Interval Training
2015  Sarah A. Viera: The Effect of Structural Integration on Ankle Joint Position Sense and Balance in Recreational Soccer Players
2014  Joana Houplin: The Effects of Two Different Recovery Postures During High Intensity Interval Training
2014  James Matson: Augmented Eccentrics: Acute Effects on Jump Performance
2014  Fernando Rosete: Eccentric, Concentric and Isometric Strength in Trained and Untrained Older Adults
2014  Jordan Sahlberg: The Effects of Body Orientation and Humeral Elevation Angle on Shoulder Muscle Activity and Shoulder Joint Position Sense
2013  Lindsey Aarseth: Initial Effects of Kinesio Tape on Shoulder Joint Position Sense at Increasing Elevations
2013  Sheryl Gilmore: Effect of a High-Intensity Isometric Potentiating Warm-Up on Bat Velocity
2013  Karla Landis: The Effect of Creatine Magnesium Supplementation on Delayed Onset Muscle Soreness

2012  Summer Huntington: Effects on Exercise Adherence in Sedentary University Employees after an 8-week Web Based Intervention

2012  Marc Keller: A Biomechanical Comparison of a Baseball Pitch and First Serve in Tennis

2011  Rahmin Buckman: The Effects of a Goal Setting Program on the Exercise Commitment and Fitness Levels of University Students

2011  Megan Cleveland: The Effect of Core Strength on Long Distance Running Performance

2011  Alexander Harrison: Postactivation Potentiation: Predictors in NCAA Division II Varsity Track and Field Power Athletes

2011  Courtenay McFadden: The Effects of Inspiratory Muscle Training on Anaerobic Power in Trained Cyclists

2011  Kelly Jones: The Influence of Mental Toughness on the Performance of Elite Intercollegiate Athletes

2011  Brian Zuleger: Leadership Characteristics of Successful NCAA Division I Track and Field Head Coaches

2010  Kelly Broderick: Length of Exercise History and Depressive Symptoms in Community Dwelling Older Adults

2010  Anuja Choudhari: Effects of Inspiratory Muscle Training on Heart Rate Variability

2010  Kevin Cronin: The Effects of Training Status and Exercise Intensity on Plyometric Exercise Volume

2010  Jason Dudley: The Interrater and Intrarater Reliability of the Functional Movement Screen

2010  Laura Grambo: Heavy Elastic vs. White Tape: The Effect of Ankle Taping on Ankle Range of Motion

2010  Teresa Hahn: Comparing the Effects of Inspiratory Muscle Training and Core Training on Core Muscle Function

2010  Carl Newton: Effects of Fatigue on Muscle Activation and Shock Attenuation During Barefoot Running


2010  Eric Spickler: Effect of Resistance Training on the Body Composition of Persons with Type II Diabetes

2010  Matt Sweeny: Comparison of Linear and Daily Uundulating Periodization in Resistance Training Using Simple Measures of Overreaching
Liza Teichler: The Relationship between Bat Velocity, Upper and Lower Extremity Power, and the Rotational Kinetic Chain in NCAA Division II Softball Players