Recently Completed Thesis Projects

2017  Nicole Yvette Kelp: **Effect of Distance on Lumbar Flexion and Erector Spinae Electromyography on a Slide versus Fixed Base Rowing Ergometer**

2017  Patrick C. Castelli: **Determining the Maximal Recoverable Volume of Resistance Training in Tonnage during a Strength Phase**

2017  Deanna Marlene Emnott: **Effects of Thoracic Spine Position during Cycle Sprint Recovery**

2017  Donnelly R. Miller: **Six Weeks of Creatine-Electrolyte Supplement Effects on Muscle Fatigability**

2017  Jayson Shepherd: **The Effects of an Ankle Strengthening and Proprioception Exercise Protocol on Peak Torque and Joint Position Sense**

2017  Mason B. Nichols: **Effects of a Single Diaphragmatic Breath on Anxiety, Gaze, and Performance**

2017  Daniel L. Crisafulli: **Creatine and Electrolyte Supplementation Improves Repetitive Sprint Cycling Performance**

2017  Sam Lyons: **The Effect of Knee Extension Angle on Knee Joint Position Sense Between Genders**

2017  Jason Haddix: **Aggressive and Impulsive Behavior in Concussed Athletes**

2017  Taylor R. Leenstra: **A Qualitative Investigation of the Peer Mentor Experience in a Physical Activity Intervention for Mental Health**

2017  Arianna Martignetti: **An Exploration of the Relationship Between Burnout and Depression in Intercollegiate Athletes**

2017  Matthew M. Thorsen: **The Impact of Crossramp Angle and Elliptical Path Trajectory on Lower Extremity Muscle Activation**

2017  Hussain I. Aslan: **Acute Effects of Two Hip Flexor Stretching Techniques on Knee Joint Position Sense and Balance**

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**