Recently Completed Thesis Projects

2020  Blake Corl-Baietti: The Effects of 6 Weeks of Hip-Strengthening Exercises on Drop Jump Performance in Middle School Students

2020  Julianna J. Johnson: Active and Passive Joint Position Sense on Healthy Hips

2019  Maximillian Antush: Effect of Cupping Therapy on Respiratory Gas Exchange and Hip Extensor Force Production in Trained Endurance Runners

2019  Andrew Fife: Effect of Pedal Stance Width Manipulation via Pedal Spacers on Lower Limb Frontal Plane Kinematics during Cycling

2019  Samantha McDonald: Exploring the Relationship between Stress-Related Growth and Basic Psychological Needs Following Athletic Injuries

2019  Carolyn Barbee: The Effect of Hallux Valgus and Walking Speed on Dynamic Balance in Older Adults


2019  Sarah Perry: Fascia Thickness and Mechanical Demand at the Ankle Joint during Dance Jumps in Classically Trained Ballet Dancers

2019  Katie Olinger: Trunk, Hip and Knee Motions During a Step-Down Test and Running in Patellofemoral Pain Individuals

2019  Nathan J. Wolch: The Effect of a Brief Mindfulness Intervention on Free-Throw Shooting Performance Under Pressure

2018  Alexander I. Grey: A Comparison of the Effect of Conditioning Activity Type on Post-activation Potentiation

2018  Gary D. Wiley Jr.: Does Cycling Cadence Affect Interlimb Symmetry in Pedaling Power in Individuals with Parkinson's Disease?

2018  Cody J. Brocato: Joint Motions of the Knee, Hip, and Trunk during a Single-Leg Step-Down Test and Running

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  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**