

**CURRICULUM VITAE**

**J. Bryan Mann, PhD**

Assistant Clinical Professor  
Department of Kinesiology and Sport Sciences  
University of Miami

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**EDUCATION**

**Doctor of Philosophy: Health Education and Promotion**, May 2011  
University of Missouri-Columbia.

**Master of Education: Health Education and Promotion**, May 2006  
University of Missouri-Columbia.

**Bachelor of Education: Health and Wellness Promotion**, August 2003.  
Missouri State University, Springfield, MO.

**Certifications**

Certified Strength & Conditioning Specialist with Distinction (CSCS\*D) 2003- present  
Registered Strength & Conditioning Coach with Distinction (RSCC\*D) 2013- present  
Tactical Strength & Conditioning Facilitator (TSAC-F) 2016- present  
Strength & Conditioning Coach for College Certified (SCCC) 2004-2016

**EMPLOYMENT and POSITIONS HELD**

**Academic Appointments**

2018-Present, Assistant Clinical Professor, Department of Kinesiology and Sport Sciences, School of Education, University of Miami.  
2016-2018, Associate Clinical Professor, Department of Physical Therapy, School of Health Professions, University of Missouri.  
2012-2016, Assistant Clinical Professor, Department of Physical Therapy, School of Health Professions, University of Missouri.  
2008-2012, Adjunct Instructor, Department of Nutrition and Exercise Physiology, University of Missouri.

**Clinical Appointments**

2016-2018, Director of Performance Research, Human Performance Institute, University of Missouri  
2006-2016, Assistant Director of Strength & Conditioning, Department of Athletics, University of Missouri  
2004-2006, Graduate Assistant of Strength & Conditioning, Department of Athletics, University of Missouri

1999-2004, Student Assistant Strength & Conditioning Coach, Department of Athletics, Missouri State University

## SCHOLARLY ACTIVITY

### Peer-Reviewed Publications

Dockery, JC, Mayhew, JL, Williams, TL, Brechue, WF, Mann, JB, Beckahm, GK. Relationship between power snatch throw and backward overhead medicine ball throw in college football players. *Journal of Trainology*. Accepted October 20, 2020.

Lopes Dos Santos, M, Uftring, M, Stahl, C, Lockie, RG, Alvar, B, **Mann, JB**, Dawes, JJ. Stress in Academic and Athletic performance in Collegiate Athletes: A Narrative Review of Sources and Monitoring Strategies. *Frontiers- in Sports and Active Living*. April 2020; 2(42):1-10.

Weakley, J, **Mann, JB**, Banyard, H, McLaren, S, Scott, T, Garcia-Ramos, A. Velocity Based Training: From Theory to Application. *Strength & Conditioning Journal*. Accepted April 2020.

Stahl, CA, **Mann, JB**, Lindsay, KG, Hunt, M, Dawes, JJ. A comparison of lower body power characteristics between collegiate athletes from different competition levels. *International Journal of Exercise Science*. February 2020; 13(6):470-479

Weakley, J, McLaren, S, Ramierz-Lopez, C, Garcia-Ramos, A, Dalton-Barron, N, Banyard, H, **Mann, JB**, Weaving, D, Jones, B. Application of velocity loss thresholds during free-weight resistance training: Responses and reproducibility of perceptual, metabolic, and neuromuscular outcomes. *Journal of Sports Sciences*. Accepted December 2019.

Stahl, CA, **Mann, JB**, Lockie, RG, Dawes, JJ. Comparison of Estimated 1RM and 225lb bench press performance between starters and non-starters among a NCAA Division I college football team. *International Journal of Physical Education, Fitness and Sports*. October 2019; 8 (4):64-75.

Trexler E, Smith-Ryan AE, Blue MN, Schumacher RM, Mayhew JL, **Mann JB**, Ivey PA, Hirsch KR, Mock MG. Fat-Free Mass Index in NCAA Division I and II Collegiate American Football Players. *Journal of Strength and Conditioning Research*, Accepted November 2016.

Sayers SP, Gibson K, **Mann JB**. Lower limb velocity during high-speed power training: Do differences impact physical function? *European Journal of Applied Physiology*. Accepted October 2016.

Trexler E, Smith-Ryan A, **Mann JB**, Ivey PA, Hirsch KR, Mock MG. Longitudinal body composition changes in NCAA Division I College Football Players. *Journal of Strength & Conditioning Research*. Publish ahead of print. Accepted May 2016.

**Mann JB**, Ivey PA, Mayhew JL, Schumacher RM, Brechue WF. Relationship between agility tests and short sprints: Reliability and smallest worthwhile difference in NCAA Division 1 Football Players. *Journal of Strength & Conditioning Research*. April 2016;30(4):893-900.

**Mann JB**, Bryant K, Johnstone B, Sayers S. The effect of physical and academic stress on illness and injury in Division 1 Football. *Journal of Strength & Conditioning Research*. January 2016;30(1):20-25.

**Mann JB**, Ivey PA, Sayers SP. Velocity Based Training in Football. *Strength & Conditioning Journal*. December 2015; 37 (6): 52-57.

**Mann JB**, Brechue WF, Ivey PA, Stoner JD, Mayhew JL. Efficacy of the NFL 225 Repetitions Bench Press in tracking changes in 1RM Bench Press following training in college football players. *Journal of Strength & Conditioning Research*. November 2015;29(11):2997-3005.

**Mann JB**, Ivey PA, Brechue WF, Mayhew JL. Validity and reliability of hand and electronic timing for 40-yd sprint in college football players. *Journal of Strength & Conditioning Research*. June 2015; 29(6):1509-1514.

**Mann JB**, Ivey PA, Brechue WF, Mayhew JL. Reliability and Smallest Worthwhile Difference of the NFL-225 Test in NCAA Division I Football Players. *Journal of Strength & Conditioning Research*. May 2014;28(5):1427-1432.

**Mann JB**, Mayhew JL, Brechue WF. Reliability of the NFL-225 Test and 3 Repetition Maximum Test in College Football Players. *J. of Athletic Enhancement, SciTechnol*. May 2014;3(3):1-5.

**Mann JB**, Stoner JD, Mayhew JL. NFL-225 Test to Predict 1RM in NCAA Division I Football Players. *J Strength Cond Res*. 2012;Oct; 26(10):2623-2631.

**Mann JB**. Power and Bar Velocity Measuring Devices and Their use for Autoregulation. *NSCA Hot Topic Series*. May 2011.

**Mann JB**, Thyfault JP, Ivey PA, Sayers SP. The effect of autoregulatory progressive resistance exercise vs. linear periodization on strength improvement in college athletes. *J Strength Cond Res*. July 2010;24(7):1718-1723.

## Peer Reviewed Scientific/Professional Presentations

**Mann, JB**, Dawes, JJ, Hunter, ML, Mayhew, JL, Brechue, WF. Identification of player position in college football from performance tests and body composition components. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Noguera, M, **Mann, JB**, Hunter, ML, Dawes, JJ, Mayhew, JL. Modification of a 2-load prediction equation to estimate 1Rm bench press in athletes. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

McGuire, MB, Dawes, JJ, **Mann, JB**, Lockie, RG. Student to Soldier: The effects of physical conditioning on various fitness characteristics of army ROTC cadets. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Noguera, M, **Mann, JB**, Powell, HR, Mayhew, JL, Pardo, K, Penny, C, Baron, C, Dawes, JJ. A novel methodology for collecting Force-Velocity curves for athletes. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Kerksick, C, Mayhew, JL, Brechue, WF, Hunter, ML, **Mann, JB**, Dawes, JJ. Differences in momentum relative to sprint distance and player position. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Mayhew, JL, Brechue, WF, Hunter, ML, **Mann, JB**, Dawes, JJ. Effect of equipment on momentum among college football playing positions. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

**Mann, JB**, Mayhew, JL, Florez, L, Fernandez, M, Powell, HR, Pardo, K, Desai, P, Heinecke, M, Dawes, JJ, Noguera, M. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Mayhew, JL, Brechue, WF, **Mann, JB**, Koch, AJ, Kersick, C, Landram, M. Allometric scaling coefficient for upper body strength is unchanged following resistance training in young men. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Hunter, ML, Arabas, JL, **Mann, JB**, Mayhew, JL, Bunn, J. Repetition to prediction 1RM bench press in women before and after resistance training. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

Moore, AC, Yee, E, Willis, BW, Prost, E, Gray, AD, **Mann, JB**. A community based boxing program is associated with improved balance in individuals with Parkinson's disease. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2020.

**Mann, JB**, Mayhew, JL, Heinecke, ML, Dawes, JJ. "Effect of turf type on the prediction of proagility from selected test variables in Division 1 College Football Players." Poster Presentation. Washington, DC. NSCA National Conference. July 2019.

**Mann, JB**, Mayhew, JL, Ruhanen, BL, Dawes, JJ. "Prediction of bat swing velocity from sprint speeds and discrete variables of the countermovement jump in NCAA Division 1 Softball." Poster Presentation. Washington, DC. NSCA National Conference. July 2019.

Jones, RB, Villegas-Garcia, F, **Mann, JB**, Mayhew, JL. "Relationship of change of direction deficit and sprint speed to 505 performances in college baseball players." Poster Presentation. Washington, DC. NSCA National Conference. July 2019.

Staab, K, Tramel, W, Lindsay, KG, **Mann, JB**, Dawes, JJ. “Differences in power-to-body mass ratios between sprint, middle-distance, and distance swimmers.” Poster Presentation. Washington, DC. NSCA National Conference. July 2019.

Mayhew, JL, Brechue, WF, Schumacher, RM, Hunter, ML, Arabas, JL, Mann, JB. “Prediction of 1RM bench press from repetitions to fatigue in untrained, trained, and athletic men.” ACS. Poster Presentation. Orlando, FL. May 2019.

Eriksen B, Heberlie C, Machado M, Willis BW, Gray AD, Guess TM, Sherman SL, **Mann JB**. “Inter-limb Asymmetries of Eccentric Mean Force during the Countermovement Jump: Sex Differences in Collegiate Athletes.” *APTA, Combined Sections Meeting*. Poster Presentation. Washington DC. Jan, 2019. Accepted.

Machado M, Willis BW, Guess TM, Gray AD, Sherman SL, Mayhew J, **Mann JB**. “Examining Concentric Peak Force Asymmetries by Competitive Level, Sport, or Sex in Collegiate Athletes.” *APTA, Combined Sections Meeting*. Poster Presentation. Washington DC. Jan, 2019. Accepted.

Machado M\*, Larson E, McDonnell E, Willis BW, Guess TM, Gray AD, Sherman SL, **Mann JB**. “A Case Study: Examining Countermovement Jump Performance in a NCAA Division 1 Volleyball Player with a Baker’s Cyst” *APTA, Combined Sections Meeting*. Poster Presentation. Washington DC. Jan, 2019. Accepted.

Washburn, B, **Mann, JB**, Mayhew, JL, Cutchlow, R, Christopher, N, Collins, J, Ruhanen, B, Bird, S, Malone, D, Linn, J, Larson, M, Machado, M. Prevalence of Concentric and Eccentric Asymmetries in Division 1 Athletics. Poster Presentation. Indianapolis, IN. NSCA National Conference. July 2018.

Collins, J, Ward, P, Wiebe, B, **Mann, JB**, Mayhew, JL, Cutchlow, R, Davis, A, Smith, K, Moser, A, Lemanowicz, M. A Pilot Study: The Effects of Fly Wheel Training on Relative Eccentric Rate of Force development in Division 1 Football Players. Poster Presentation. Indianapolis, IN. NSCA National Conference. July 2018.

Caro, M, **Mann, JB**, Lane, MT, Koons, CR, Bean, R. Performance and body composition changes from 4 weeks of an APRE lifting program on college basketball players. Poster Presentation. Indianapolis, IN. NSCA National Conference. July 2018.

Jones, B, **Mann, JB**, Garcia-Villegas, F, Aulbur, T, Mayhew, JL. Relationship of Change of Direction Deficit and Sprint Speed to 505 Performance in College Softball Players. Poster Presentation. Indianapolis, IN. NSCA National Conference. July 2018.

Stahl, C, Dawes, J, **Mann, JB**. The impact of 225 NFL Bench Press Repetitions Test on playing time in College Football Players. Poster Presentation. Colorado Springs, CO. Rocky Mountain ACSM. April 2018

Jones, B, Schuerman, R, **Mann, JB**, Mayhew, JL, Brechue, WF. Reliability and Smallest Worthwhile Difference in Reactive Strength Index Modified in Small-College Athletes. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2017.

**Mann, JB**, Bird, S, Cutchlow, R, Mayhew, JL, Jahandar, A, Guess, T. Reliability of the components of the Dynamic Strength Deficit in NCAA Division 1 College Baseball Players. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2017.

**Mann, JB**, Bird S, Cutchlow, R, Mayhew, JL, Jahandar, A, Guess, T. Smallest worthwhile change of sprint and agility tests in NCAA Division 1 Football Players. Poster Presentation. Las Vegas, NV. NSCA National Conference. July 2017.

Roethingshoefer, J, **Mann, JB**, Mayhew, JL, Brechue, WF. Relationship between mean barbell velocity and %1RM with power for trap bar deadlift and bench press in Division 1 College Hockey players. Poster Presentaiton. Las Vegas, NV. NSCA National Conference. July 2017.

**Mann, JB**, Bird, S, Larson, M, Burney, R, Guess, T, Mayhew, JS, Brechue, WF. Reliability and smallest worthwhile difference in Reactive Strength Index Modified in Male and Female Athletes. Denver, CO. ACSM World Congress on Exercise. May 2017

**Mann, JB**, Bridges, J. A Case study: The use of heavy sled dragging to increase lower body strength and jumping ability in a football player with lumbar issues. Poster Presentation. San Antonio, TX. APTA-CSM. January 2017.

**Mann, JB**. The reduction of non-contact ACL injuries in NCAA Division 1 Women's Soccer via proper warmup and strength training. Poster Presentation. San Antonio, TX. APTA-CSM. January 2017.

Trexler E, Blue M, **Mann JB**, Mayhew JL, Hirsch KR, Mock M, Smith-Ryan A. Fat-free mass index in NCAA Division 1 College Football players. Thematic Poster Presentation. New Orleans, LA. NSCA National Conference. July 2016.

**Mann JB**, Mayhew JL, Sayers SP, Cutchlow R. Longitudinal effect of traditional and velocity based training on vertical jump power in college football players. Thematic Poster Presentation. New Orleans, LA. July 2016.

Brechue WF, Mayhew JL, **Mann JB**, Schumacher RM, Smith-Ryan AE. Allometric Scaling of Upper body strength in three divisions of American College Football Players. Thematic Poster Presentation. Orlando, FL. NSCA National Conference. July 2015.

Jorn L, Schumacher RM, Mayhew JL, Brechue WF, **Mann JB**, Smith-Ryan AE. Skinfold prediction equations to estimate body composition in division II college football players. Thematic Poster Presentation. Orlando, FL. NSCA National Conference. July 2015.

**Mann JB,** Mayhew JL, Schumacher RM, Brechue WF. Reliability and smallest worthwhile difference for 10-yd sprint, pro-agility and 3-cone drill in college football players. Thematic Poster Presentation. Orlando, FL. NSCA National Conference. July 2015.

**Mann JB,** Ivey PA, Stoner JW, Brechue WF, Mayhew, JL. Relationship between body somatotype, anthropometric characteristics and muscular strength in college football players. Thematic Poster Presentation. Orlando, FL. NSCA National Conference. July 2015.

**Mann JB,** Bird M. Mayhew JL, Houser J, Brechue WF. Ratio and Allometric Scaling of vertical jump and vertical jump power in college football players. Thematic Poster Presentation. San Diego, CA. ACSM National Conference. May 2015.

**Mann JB, Bryant K, Sayers S,** The impacts of academic stress on injury in division 1 football. Indianapolis, IN. Thematic Poster Presentation. APTA Combined Sections Meeting. February 2015.

**Mann JB, Ivey PA, Stoner J.** The use of a dragging sled as a means of improving lower body strength in an athlete with low back dyfunctions. Olathe, KS. Thematic Poster Presentation. ACSM Central States Meeting. October 2014.

Jahnadar H, **Mann JB,** Guess T. Validity of the max maxx power reading for firing out of the positional stance for American football players. NSCA National Conference. Las Vegas, NV. Thematic Poster Presentation. July 2014.

**Mann JB,** Ivey PA, Bird S, Mayhew JL. Validity and Reliability of Hand and Electrong Timing for 40-yd Dash Times in College Football Players. *National Strength & Conditioning Association.* Las Vegas, NV. Thematic Poster Presentation. July 2014.

Mayhew JL, Brechue WF, Leahy G, **Mann JB,** Schumacher R. Allometric Scaling of Muscle Strength in NCAA Division II and III College Football Players. *American College of Sports Medicine World Congress on Exercise.* Thematic Poster Presentation. May 2014.

**Mann JB,** Ivey PA, Bird S, Mayhew, JL. Allometric Scaling of 1RM Bench Press and NFL-225 in NCAA Division IA Football Players. *American College of Sports Medicine World Congress on Exercise.* Thematic Poster Presentation. May 2014.

**Mann JB,** Ivey PA, Jacobson B. The Relationship Between Velocity of the Drive Block and Selected Exercises in Division I Collegiate Football Lineman. *Central States ACSM.* Poster Presentation. Warrensburg, MO. October 2013.

**Mann JB**, Ivey PA, Bird M, Jackson T, Stump K, Daniels B, Mayhew J. Prediction of standing long jump power in NCAA Division 1A Football Players. *National Strength & Conditioning Association National Conference*. Poster Presentation. Las Vegas, NV. July 2013.

**Mann JB**, Bird S, Mayhew JL. Efficacy of the NFL-225 test to track changes in 1RM bench press following training in NCAA Division 1A football players. *National Strength & Conditioning Association National Conference*. Poster Presentation. Las Vegas, NV. July 2013.

**Mann JB**, Stoner JD, Mayhew JL. Accuracy of the NFL-225 test for tracking changes in 1RM following training in NCAA Division 1A football players. *American College of Sports Medicine Annual Meeting*. Thematic Poster Presentation. Indianapolis, IN. May 2013.

**Mann JB**, Thyfault JP. The APRE vs Linear Periodization in short term gains. American College of Sports Medicine Central States Meeting. Thematic Poster Presentation. Springfield, MO. October 2008.

#### **Current/Active Research Activity (not noted above)**

Guess, TM, Gray, AD, Willis, BW, Sherman, SL, Mayhew, JL, Echelmeyer, DW, **Mann, JB**. Speed versus Height: Countermovement Jump Strategies for Collegiate Athletes. Submitted and currently under review in *Journal of Applied Biomechanics*.

Heinecke, M, Mauldin, ML, Hunter, ML, **Mann, JB**, Mayhew, JL. Relationship of Barbell and Dumb Bell Repetitions to One Repetition Maximum Bench Press in College Football Players. Submitted and currently under review in *International Journal of Exercise Science*.

Dawes, JJ, **Mann, JB**, Lindsay, KG, Lockie, RG, Quillman, WJ, Mayhew, JL. Can bench press performance on the NFL 225 Bench Press be predicted using bar velocity? Submitted and currently under review in *Journal of Trainology*.

**Mann, JB**, Signorile, J. Determinants of change of direction on two different surfaces in NCAA Division 1 Football Players. Submitted and currently under review in *Journal of Strength and Conditioning Research*

#### **Podcasts**

Research to Reps Podcast by Sorinex. Dr. Bryan Mann and his research. July 2020.

Weightlifting House Podcast. Dr. Bryan Mann, Velocity Training For Weightlifters. May 25, 2020.

Strength Coach Pro Podcast Episode 1. Dr. Bryan Mann and VBT. May 18, 2020.



Be Legendary Podcast #77, Dr. Bryan Mann and the U Sports Science. March 18, 2020.

Pacey Performance Podcast #264- Dr. Bryan Mann Update. October 31, 2019.

CVASPS Podcast Outside the Rack #18- Dr Bryan Mann. December 19, 2019.

Beyond Sets & Reps Podcast #3- Dr. Bryan Mann. March 25, 2019.

CVASPS Podcast 135- Dr. Bryan Mann- Periodization doesn't need an AED. May 28, 2018.

The Strength Coach Podcast #187- Bryan Mann on Velocity Based Training. June 14, 2018

The Barbell Life #190- Strength Science Podcast-Knowledge Bombs with Bryan Mann.  
February 16, 2018.

NSCA Coaching Podcast #9: Bryan Mann. July 10, 2017.

Power Athlete Radio #249- Dr. Bryan Mann. March 10, 2018.

Australian Strength & Conditioning Association Podcast #15. Dr. Bryan Mann, October 1, 2017.

Just Fly Performance Podcast Episode \$42- Dr. Bryan Mann. April 6, 2017.

Leo Training Podcast- Bryan Mann on Stress and Social Support. March 28, 2017.

HMMR Podcast #90: Method Man with Bryan Mann. February 20, 2017.

Strength Chat Podcast #15. Dr. Bryan Mann on Velocity Based Training. January 19, 2017.

CVASPS Podcast 60. VBT Updates with Dr. Bryan Mann. December 6, 2016.

CVASPS Podcast 39- Dr Bryan Mann, Looking at Numbers. June 27, 2016.

All Things Strength & Wellness #112. Bryan Mann on Altis, Muscle Physiology, and Force-Velocity Profiles. June 3, 2017.

IronRadio #402. Velocity Based Training with Dr. Bryan Mann. January 29, 2017.

HMMR Media Podcast #55- Stress with Bryan Mann. June 20, 2016.

Ultimate Athlete Concepts #18. Dr. Bryan Mann. December 31, 2015.

HMMR Media Podcast #17- Velocity in Detail with Bryan Mann. September 28, 2015.

Physical Preparation Podcast #9- Velocity Based Training with Bryan Mann. August 7, 2015.

Pacey Performance Podcast #24- Bryan Mann. February 4, 2015.

Stop and Give me 20 Podcast #37- Bryan Mann.

Power Athlete Radio #213- Dr. Bryan Mann. June 23, 2017.

EliteFTS Sports Performance Podcast. Dr. Bryan Mann. October 13, 2014.

Smarter Team Training Exclusive. Dr. Bryan Mann. October 2012.

### **Non-Peer Reviewed Publications**

**Mann, JB.** Championship Nature Series: Dealing with fear and accepting responsibility. [www.elitefts.com](http://www.elitefts.com). March 26, 2019.

**Mann, JB.** Championship Nature Series: The Inverte U and Wooden on Criticism. [www.elitefts.com](http://www.elitefts.com). February 5, 2019.

**Mann, JB.** Before you social media shame athletes' poor technique. [www.elitefts.com](http://www.elitefts.com). Jan 1, 2019.

**Mann, JB.** Championship Nature Series: Thought Stoppage. [www.elitefts.com](http://www.elitefts.com). October 15, 2018.

**Mann, JB.** All good things come to an end at Mizzou. September 17, 2018.

**Mann, JB.** Championship Nature Series: General George S. Patton and James J Braddock. [www.elitefts.com](http://www.elitefts.com). August 14, 2018.

**Mann, JB.** No man is an island: Recognizing those who have inspired me. July 16, 2018.

**Mann, JB.** Championship Nature Series: Coming Back. [www.elitefts.com](http://www.elitefts.com). July 7, 2018.

**Mann, JB.** Every Training Method is Useful. [www.elitefts.com](http://www.elitefts.com). June 4, 2018.

**Mann, JB.** Championship Nature Series: The Circles of Concern and Influence. [www.elitefts.com](http://www.elitefts.com). May 2, 2018.

**Mann, JB.** Read what has come before. [www.elitefts.com](http://www.elitefts.com). March 8, 2018.

**Mann, JB.** Living better in a profession of martyrdom: advice for young strength coaches. [www.elitefts.com](http://www.elitefts.com). February 8, 2018.

**Mann, JB.** Irresponsible social media practices in strength and conditioning. [www.elitefts.com](http://www.elitefts.com). December 5, 2017.

**Mann, JB.** Every hip replacement has a silver lining. [www.elitefts.com](http://www.elitefts.com) October 10, 2017.

**Mann, JB.** Seek first to understand. [www.elitefts.com](http://www.elitefts.com) July 18, 2017.

**Mann, JB.** Social Media in S&C. [www.elitefts.com](http://www.elitefts.com). June 20, 2017.

**Mann, JB.** The Power of the Parable: Thomas Edison. [www.elitefts.com](http://www.elitefts.com). May 23, 2017.

**Mann, JB.** The law of the paint can: delegate and say no. [www.elitefts.com](http://www.elitefts.com). April 25, 2017.

**Mann, JB.** Why do we test the 40 yard dash at the combine? [www.elitefts.com](http://www.elitefts.com). March 2, 2017.

**Mann, JB.** Mental illness and coaching. [www.elitefts.com](http://www.elitefts.com). January 3, 2017.

**Mann, JB.** The Power of the Parable. [www.elitefts.com](http://www.elitefts.com). December 6, 2016.

**Mann, JB.** Support Sport Science Through Crowd Funding. [www.elitefts.com](http://www.elitefts.com). October 28, 2016.

**Mann, JB.** The only thing you can control. [www.elitefts.com](http://www.elitefts.com). October 11, 2016.

**Mann, JB.** Stress and Social Support- how can you help your athletes? [www.elitefts.com](http://www.elitefts.com). September 13, 2016.

**Mann, JB.** Cus D'Amato- Past, present and future thoughts. [www.elitefts.com](http://www.elitefts.com). August 16, 2016.

**Mann, JB.** Impact- Do you understand yours? [www.elitefts.com](http://www.elitefts.com). July 18, 2016.

**Mann, JB.** The dying art of strength and conditioning. [www.elitefts.com](http://www.elitefts.com). June 21, 2016.

**Mann JB.** Reaching the outlier- tips for interacting with difficult athletes. [www.elitefts.com](http://www.elitefts.com). May 24, 2016.

**Mann JB.** Olympic lifts: The importance of peak velocity and recommended guidelines. [www.freelapusa.com](http://www.freelapusa.com). May 15, 2016.

**Mann JB.** Logistics of coaching- working with what you have. [www.elitefts.com](http://www.elitefts.com). April 26, 2016.

**Mann JB.** How to get your athletes to buy in. [www.elitefts.com](http://www.elitefts.com). March 29, 2016.

**Mann JB.** 225 Bench Press Repetitions Test- What are we really testing? [www.elitefts.com](http://www.elitefts.com). Feb 25, 2016.

**Mann JB.** The ladder and the pendulum. [www.elitefts.com](http://www.elitefts.com). February 2, 2016.

**Mann JB.** Meditation for the coach: Starting the recovery process. [www.elitefts.com](http://www.elitefts.com). January 5, 2016.

**Mann JB.** How to know if you should be using VBT. [www.elitefts.com](http://www.elitefts.com). December 8, 2015.

**Mann JB.** The 3 steps of practicing visualization. [www.elitefts.com](http://www.elitefts.com). November 10, 2015.

**Mann JB.** Distraction control as a performance enhancer. [www.elitefts.com](http://www.elitefts.com) October 13, 2015.

**Mann JB.** The most important thing you can do as a strength & conditioning coach. [www.elitefts.com](http://www.elitefts.com). September 15, 2015.

**Mann JB.** Peak velocity and the Olympic lifts. [www.elitefts.com](http://www.elitefts.com). August 18, 2015.

**Mann JB.** Expanding my circle of training knowledge. [www.elitefts.com](http://www.elitefts.com). July 21, 2015.

**Mann JB.** The process and product of goal setting. [www.elitefts.com](http://www.elitefts.com). June 23, 2015.

**Mann JB.** Bryan Mann responds to Velocity Based Training Round table. [www.freelapusa.com](http://www.freelapusa.com). May 31, 2015.

**Mann JB.** Using squats and sled pulling for spring speed development. [www.elitefts.com](http://www.elitefts.com). May 31, 2015.

**Mann JB.** Velocity Based Training. NCAA Sports Science Institute. May, 2015.

**Mann JB.** Velocity Based Training. [www.kinetic.com.au](http://www.kinetic.com.au). May 1, 2015.

**Mann JB.** What we can learn from a t-shirt. [www.elitefts.com](http://www.elitefts.com). April 28, 2015.

**Mann JB.** Understanding and developing starting strength. [www.elitefts.com](http://www.elitefts.com). March 31, 2015.

**Mann JB.** The Mechanics of Recovery: Knowing when to Recharge. [www.elitefts.com](http://www.elitefts.com). March 3, 2015.

**Mann JB.** Four Cornerstones of sound program design. [www.elitefts.com](http://www.elitefts.com). January 30, 2015.

**Mann JB.** Do you have the Truman factor? [www.elitefts.com](http://www.elitefts.com), September 7, 2014.

**Mann JB.** Breath control for optimal performance. [www.elitefts.com](http://www.elitefts.com). August 14, 2014.

**Mann JB.** Is the Vertical Jump the best measure of power? [www.elitefts.com](http://www.elitefts.com). May 24, 2014.

**Mann JB.** Overlooked Factors in Athlete Programming. Elitefts.com. April 29, 2014.

**Mann JB.** How did Pete Carroll Win the Superbowl? [www.elitefts.com](http://www.elitefts.com). March 24, 2014.

**Mann JB.** Strength-Speed vs Speed-Strength. [www.elitefts.com](http://www.elitefts.com). December 25, 2013.

**Mann JB.** Excellence. [www.eliterts.com](http://www.eliterts.com). December 21, 2013.

**Mann JB.** Chamberlain's Choice. [www.elitefts.com](http://www.elitefts.com). December 15, 2013.

**Mann JB.** Time Orientation. [www.elitefts.com](http://www.elitefts.com). November 17, 2013.

**Mann JB.** My Rock. [www.elitefts.com](http://www.elitefts.com). October 27, 2013.

**Mann JB.** Live, Learn, and Pass on. [www.elitefts.com](http://www.elitefts.com). September 15, 2013.

**Mann JB.** Visualization. [www.elitefts.com](http://www.elitefts.com). September 15, 2013.

**Mann JB.** Haves & Bes. [www.elitefts.com](http://www.elitefts.com). July 21, 2013.

**Mann JB.** Bushido. [www.elitefts.com](http://www.elitefts.com). June 23, 2013.

**Mann JB.** Focus. [www.elitefts.com](http://www.elitefts.com). June 2, 2013.

- Mann JB.** The Lens. [www.elitefts.com](http://www.elitefts.com). May 12, 2013.
- Mann JB.** Circle of Concern and Influence. [www.elitefts.com](http://www.elitefts.com). May 3, 2013.
- Mann JB.** Thinking Right. [www.elitefts.com](http://www.elitefts.com). April 13, 2013.
- Mann JB.** Park It. [www.elitefts.com](http://www.elitefts.com). March 29, 2013.
- Mann JB.** Optimal arousal in Powerlifting. [www.elitefts.com](http://www.elitefts.com). March, 2013.
- Mann JB.** Needs Analysis in Programming. *YSCCa Newsletter*. March 2013.
- Mann JB.** ¼ change is enough. *YSCCa Newsletter*. May 2012.
- Mann JB.** Power. *YSCCa Newsletter*. January 2011.
- Mann JB.** A look at the Functional Movement Screen. *YSCCa Newsletter*. November, 2011.
- Mann JB.** NSCA National Conference Preview. *YSCCa Newsletter*. July 2012.
- Mann JB.** Tuition and Failure. *YSCCa Newsletter*. June 2011.
- Mann JB.** Autoregulation of Training. *YSCCa Newsletter*. May 2011.
- Mann JB.** Caged Tigers. *Muscle & Fitness Magazine*. October 2011.
- Mann JB.** The APRE. *Men's Health*. October, 2010.
- Mann JB.** The APRE. *Shape Magazine*. October, 2010.
- Mann JB.** The Perfect Program for athletes and coaches alike. *Elitefts.com*. April 2009.
- Mann JB.** The Tendo Unit in training elite athletes. *Elitefts.com*. October 2008.
- Mann JB.** GPP in training athletes. *Elitefts.com*. October 2003.

## **Books**

- Mann, JB.** Velocity Based Training. The use of velocity in the development of explosive athletes. Ypsilanti, MI: Ultimate Athlete Concepts, 2016.
- Austin D. **Mann JB.** *Powerlifting, The Complete Guide*. Champaign, IL: Human Kinetics, 2012.

**Mann JB.** *The APRE: Scientifically proven fastest way to get strong.* Self Publish. 2010.

**Mann JB.** *The Tendo Unit and its role in developing explosive athletes.* Self-publish. 2008.

### **Book Chapters**

The Manual, Volume 1. *Velocity Based Training in an In-season Implementation.* Edited by Thome M, DeMayo J, White A. CVASP. Richmond, VA. 2016.

The Manual, Volume 3. *ACL Non-Contact Tears- the Epidemic that never needed to be.* Edited by Thome M, Demayo J, White A. CVASP. Richmond, VA. 2018.

### **Non-Peer Reviewed Presentations/Invited Lectures**

**Mann, JB.** The three main modes of Autoregulation available to the S&C coach. NSCA Missouri State Virtual Clinic. April 2020.

**Mann, JB.** Autoregulation of training and the use of technology to enhance the S&C program. In-service for the Indianapolis Colts. Indianapolis, IN. March 4, 2020.

**Mann, JB.** From the lab to your weight room: The latest research you need to know. NSCA Coaches Conference. San Antonio, TX. January 2020.

**Mann, JB.** Open Q&A with Dr. Bryan Mann. NSCA Coaches Conference. San Antonio, TX. January 2020.

**Mann, JB.** Autoregulation of Training. Kobe Bryant's Mamba Sports Performance Conference. Los Angeles, CA. September 2019.

**Mann, JB.** Force-Velocity Profiling for the S&C Coach. NSCA National Conference. Washington, DC. July 2019.

**Mann, JB.** Powerlifting Training. Setanta Master Class. Setanta College. Thurles, Ireland. May 2019.

**Mann, JB.** Speed Development in the weight room. Setanta Master Class. Setanta College. Thurles, Ireland. May 2019.

**Mann, JB.** Velocity Based Training. Setanta Master Class. Setanta College. Thurles, Ireland. May 2019.

**Mann, JB.** Velocity Based Training. Arete Perform at St. Mary's of Twickenham. London, UK. May, 2019.

**Mann, JB.** Lessons learned in 20 years of S&C. NSCA Wisconsin. Wakeusha, WI. April 2019.

**Mann, JB.** Lessons learned in 20 years of S&C. JU Human Performance Clinic. Jacksonville, FL. March 2019.

**Mann, JB.** The ACL tear epidemic, the epidemic that never needed to be. NFLPSCA. Indianapolis, IN. February 2019.

**Mann, JB.** Is jump height all that it's cracked up to be? NSCA Coaches Conference. Indianapolis, IN. January 2019.

**Mann, JB.** Lessons from 20 years in Strength & Conditioning. Power Athlete Symposium. Austin, TX. December 2018.

**Mann, JB.** Is jump height all that it's cracked up to be? NSCA National Conference. Indianapolis, IN. July 2018.

**Mann, JB.** Velocity Based Training Overview. Everton Football Club. Liverpool, UK. June 2018.

**Mann, JB.** The Use of Force Plates in Assessing Football Players. NFL Combine Pro Football Athletic Trainers Society. Indianapolis, IN. February 2018.

**Mann, JB.** College SIG meeting with special guest Travis Triplett. NSCA Coaches Conference. Charlotte, NC. January 2018.

**Mann, JB.** The Non-Contact ACL Tear Epidemic- the Epidemic That Never Needed to Happen. NSCA Coaches Conference. Charlotte, NC. January 2018.

**Mann, JB.** From the Lab to Your Weight Room: The Latest Research You Need to Know. NSCA Coaches Conference. Charlotte, NC. January 2018.

**Mann, JB.** Coaches Round Table. NSCA Coaches Conference. Charlotte, NC. January 2018.

**Mann, JB.** VBT in its entirety for small and large teams. ASCA Workshop. Sydney, Australia. November 2017.



**Mann, JB.** VBT in its entirety for small and large teams. ASCA Workshop. Melbourne, Australia. November 2017.

**Mann, JB.** The effects of academic stress on illness and injury in Division 1 football. Keynote Lecture, ASCA Annual Meeting. Gold Coast, Australia. November 2017.

**Mann, JB.** The use of the APRE in training athletes. Keynote Lecture, ASCA Annual Meeting, Gold Coast, Australia. November 2017.

**Mann, JB.** Holistic programming. NSCA Tactical Leaders Course. Colorado Springs, CO. October 2017.

**Mann, JB.** Stress management and its impacts on the tactical operator. NSCA Tactical Leaders Course. Colorado Springs, CO. October 2017.

**Mann, JB.** Advances in Velocity Based Training. CVASPS. Richmond, VA. July 2017.

**Mann, JB.** The use of velocity as feedback to enhance training. NSCA National Conference. Las Vegas, NV. July 2017.

**Mann, JB.** The use of Velocity Based Training in Large and Small team integration. Okanagan Strength Summit. Kelowna, BC, Canada.

**Mann, JB.** The quest for the holy grail of training. Okanagan Strength Summit. Kelowna, BC, Canada.

**Mann, JB.** Velocity Based Training in its entirety. Landow Performance. Denver, CO. May 2017.

**Mann, JB.** The APRE in college athletics. NSCA Missouri State. April, 2017.

**Mann, JB.** Velocity Based Training and the tactical athlete. NSCA TSAC. Orlando, FL. April, 2017.

**Mann, JB.** Effects of academic stress on illness and injury in Division 1 football. NSCA ND/SD Regional Conference. Rapid City, SD. March 2017.

**Mann, JB.** Strength & conditioning for the tactical physical therapist. APTA CSM Precon. San Antonio, TX. Feb 2017.

**Mann, JB.** From the lab to your weight room. The latest research you need to know. NSCA Coaches Conference. Nashville, TN. January, 2017.

**Mann, JB.** Sports Science 101- Going deeper with your data. NSCA Coaches Conference. Nashville, TN. January, 2017.

**Mann, JB.** Velocity Based Training. MWOVE. Salvador, Bahia, Brazil. November 2016.

**Mann, JB.** The APRE in athletics. MWOVE. Salvador, Bahia, Brazil. November 2016.

**Mann JB.** Progressive Overload and Specific Adaptations to Imposed Demands roles in strengthening of patients. In-service to the Physical Therapy Department at Missouri Orthopedic Institute. Columbia, MO. August 2016.

**Mann, JB,** Buschjost G. You can't be an elite performer without being an elite athlete. Knowledge Now series. Columbia, MO. July 2016.

**Mann JB.** NSCA College Coaches Special Interest Group update with special guest Natalia Verhkoshansky. NSCA National Conference. New Orleans, LA. July 2016.

**Mann JB.** From Coach to Scholar. NSCA National Conference. New Orleans, LA. July 2016.

**Mann JB.** Velocity Based Training- a BRIEF overview. NBA Combine. Chicago, IL. May, 2016.

**Mann JB.** Recovery and the Tactical Athlete. NSCA Tactical Strength & Conditioning Conference. San Diego, CA. April 2016.

**Mann JB.** The APRE in college athletics. Hammer Strength & University of Washington Conference. Seattle, WA. March, 2016.

**Mann JB.** Velocity Based Training. Hammer Strength Conference at East Carolina University. Greenville, NC. February, 2016.

**Mann JB.** Long term athletic development models for the high school strength coach. Columbia Public Schools. Columbia, MO. February 2016

**Mann JB.** NSCA College Coaches Special Interest Group update on current business and Q&A with Dr. Bondarchuk. NSCA Coaches Conference. San Antonio, TX. January 2016.

**Mann JB.** Coaches Solution Session Round Table. NSCA Coaches Conference. San Antonio, TX. January 2016.

**Mann, JB.** The Effects of Academic Stress on Illness and Injury in Division 1 Football. NSCA Coaches Conference. San Antonio, TX. January 2016.

**Mann JB.** Velocity Based Training. Elite Sports Performance Seminar. November 6-7, 2015.

**Mann JB.** VBT- An indepth approach. Central Virginia Sports Performance Seminar (CVASPS). Richmond, VA. July 17, 2015.

**Mann JB.** NSCA College Strength & Conditioning Special Interest Group Meeting- Integrating campus resources into college strength & conditioning- guest Dr Andy Fry. NSCA National Conference. Orlando, FL. July 10, 2015.

**Mann JB.** Inservice for top level and national Chinese teams. Zhengzhou Sport Institute. Zhengzhou, China. June 11-12, 2015.

**Mann JB.** 3<sup>rd</sup> Annual International Sports Performance Clinic, Wuhan Sport University. Wuhan, China. Velocity Based Training- a brief overview into performance. June 9, 2015.

**Mann JB.** NSCA Midwest Sports Performance clinic, University of Kansas. Velocity Based Training in Athletics. Overview and its implementation. Lawrence, KS. May 8, 2015.

**Mann JB.** University of Minnesota Athletics Clinic. Velocity Based Training in athletics. Minneapolis, MN. May 1, 2015.

**Mann JB.** NSCA SE Regional. Velocity Based Training. An introduction and overview. Duluth, GA. April 10, 2015.

**Mann JB.** NSCA National Coaches Conference. College Strength Coaches Special Interest Group. Louisville, KY. January 9, 2015.

**Mann JB.** NSCA National Coaches Conference. Fatigue monitoring for A to Z, and cheap to expensive. Louisville, KY. January 8, 2015.

**Mann JB.** Favre, M, Feit, A, Caufield, S. Murray, T. NSCA National Coaches Conference. Round table for college strength and conditioning coaches. Louisville, KY. January 7, 2015.

**Mann JB.** Improving your development as a high school multisport athlete. Hickman High School Advanced Strength & Conditioning Class. Columbia, MO. November 2014.

**Mann JB.** NSCA National Conference. Sports Science 101: Deeper than your data. Las Vegas, NV. July 19<sup>th</sup>, 2014.

**Mann JB.** NSCA National Conference. NSCA CSCS Exam Prep. Las Vegas, NV. July 8, 2014.

**Mann JB.** Ohio State NSCA Clinic. Sports Science 101: Deeper than your data. Columbus, OH. May 17<sup>th</sup>, 2014.

**Mann JB.** University of Minnesota NSCA Clinic. Velocity Based Training. Minneapolis, MN. May 4, 2014.

**Mann JB.** NSCA Missouri State Meeting. Sports Science 101: Deeper than your data. St. Charles, MO. April 27, 2014

**Mann JB.** Southeast Missouri State University. Distinguished Lecturer Series. Cape Girardeau, MO. March 6, 2014.

**Mann JB.** NSCA National Coaches Conference. Velocity Based Training. Lecture. Indianapolis, IN. January 8, 2014

**Mann JB.** NSCA National Coaches Conference. Velocity Based Training. Hands on session. Indianapolis, IN. January 7, 2014

**Mann JB.** NSCA National Coaches Conference. NSCA CSCS Exam Prep. January 6, 2014.

**Mann JB,** Favre M. Young M. Althoff A. Feit A. NSCA National Coaches Conference. YSCC Roundtable- Furthering our profession.. Hands on session. Indianapolis, IN. January 6, 2014.

**Mann JB.** Elitefts Learn to Train and Sports Performance Conference. Optimal Arousal in Powerlifting. Columbus, OH. November 1, 2013.

**Mann JB.** Feit A. Young M. Althoff A. YSCCa Roundtable- Furthering our profession. Kansas City, MO. May 12, 2013.

**Mann JB.** University of Wyoming Inservice. Training in athletics for both long and short term development. Laramie, WY. December 12-13, 2012.

**Mann JB.** Church of Iron NSCA clinic. Assessment and Testing of Athletes. Indianapolis, IN. June 16, 2012.

**Mann JB.** Church of Iron NSCA clinic. Programming for the masses. Indianapolis, IN. June 17, 2012.

**Mann JB.** SLU Strength & Conditioning Clinic. The Tendo Unit in Autoregulation of Training. St. Louis, MO. April 28, 2012.

**Mann JB.** NSCA Missouri State Clinic. Injuries in Athletics. Columbia, MO. April 21, 2012.

**Mann JB.** University of Missouri Athletic Performance Clinic. The APRE in training athletes. Columbia, MO. April 23, 2011.

**Mann JB.** Purdue Athletic Performance Staff In-service. The Missouri Model for Athletic Performance. West Lafayette, IN. Aug 1-2, 2011.

**Mann JB.** The Ohio State University Football Strength & Conditioning Clinic. The use of the Tendo in training explosive athletes. Columbus, OH. March 12, 2010.

**Mann JB.** University of Missouri Athletic Performance Clinic. Use of the Tendo in athletics. Columbia, MO. April 24, 2009.

**Mann JB.** Collegiate Strength & Conditioning Coaches Association National Conference. The Tendo and its effect on developing explosive athletes. Orlando, FL. May 8, 2009.

**Mann JB.** Collegiate Strength & Conditioning Coaches Association National Conference. The Tendo and its effect on developing explosive athletes roundtable. Moderator. Nashville, TN. May 7, 2008.

**Mann JB.** University of Missouri Athletic Performance Clinic. Autoregulatory Training in Athletics. Columbia, MO. April 25, 2008.

**Mann JB.** Arch Dioceses School System Seminar on Sport and Health. Weight Room Safety. St. Louis, MO. October 14, 2008.

**Mann JB.** Central States Chapter of the American College of Sports Medicine meeting. Autoregulatory Training in Athletics. Springfield, MO. October 23, 2007.

**Mann JB.** University of Missouri Athletic Performance Clinic. Development of the posterior chain for performance. Columbia, MO. April 24, 2007.

**Mann JB.** University of Missouri Athletic Performance Clinic. Development of Explosive strength in sport. Columbia, MO. April 22, 2006.

**Mann JB.** University of Missouri Athletic Performance Clinic. Development of the posterior chain for performance. Columbia, MO. April 23, 2005.

## **MEMBERSHIP in SCIENTIFIC/PROFESSIONAL ORGANIZATIONS**

### **Membership**

American College of Sports Medicine, Central States Chapter, 2007-Present.

Collegiate Strength and Conditioning Coaches Association, 2005-Present.

National Strength & Conditioning Association, 2003-Present.

### **Reviewer**

Abstract Review Committee, National Strength & Conditioning Association, 2013-Present.

Reviewer for professional journal, *International Journal of Sports Physiology*, 2015-Present.

Reviewer for professional journal, *Journal of Strength & Conditioning Research*, 2013-Present.

Reviewer for professional journal, *International Journal of applied Exercise physiology*: 2013-Present.

### **Offices Held**

Conference Committee Chair, NSCA. Effective April 1, 2019

Conference Committee Board Member, NSCA. 2018- Present.

Coaching Basic Exercise Technique Expert Panel, NSCA. 2015-Present

President, College Strength Coaches Special Interest Group, NSCA. 2015-2018.

Vice President, Collegiate Strength Coaches Interest Group, NSCA. 2013-2015.

Young Strength & Conditioning Coaches Corner. Board Member. 2010-Present.

## **PROFESSIONAL MEETINGS ATTENDED**

ACSM World Congress on Exercise. Denver, CO. May 2017.

NSCA Missouri State. Columbia, MO. April 2017.

NSCA T-SAC. Orlando, FL. April 2017.

ND/SD Regional. Rapid City, SD. March 2017.

APTA CSM. San Antonio, TX. February 2017.

NSCA Coaches Conference. Nashville, TN. January 2017

MWOVE. Salvador, Bahia, Brazil. November 2016.

NSCA National Meeting, New Orleans, LA. July 2016.

NBSCA Annual Conference in conjunction with the combine. Chicago, IL. May, 2016.  
NSCA TSAC Conference. San Diego, CA. April 2016.  
Hammer Strength UW Conference. Seattle, WA. March 2016.  
Hammer Strength ECU Conference. Greensboro, NC. February 2016.  
NSCA National Coaches Conference. San Antonio, TX. January 2016  
Central Virginia Sports Performance Seminar. Richmond, VA. July 2015.  
NSCA National Meeting. Orlando, FL. July 2015.  
3<sup>rd</sup> Annual International Sports Performance Clinic, Wuhan, China. June 9-10, 2015.  
ACSM World Congress on Exercise. San Diego, CA. May 2015.  
NSCA- CBET Organizational meeting. Colorado Springs, CO. May 2015.  
NSCA Midwest Regional, KU Sports Performance Seminar. Lawrence, KS. May 2015.  
University of Minnesota S&C Clinic. Minneapolis, MN. May 2015.  
NSCA SE Regional. Duluth, GA. April, 2015.  
APTA CSM. Indianapolis, IN. February 2015.  
NSCA National Coaches Conference. Louisville, KY. January 2015.  
Central States ACSM. Olathe, KS. October 2014.  
NSCA National Conference. Las Vegas, NV. July 2014.  
Seattle Sports Science Weekend. Seattle, WA. June 2014.  
American College of Sports Medicine Annual Meeting. Orlando, FL. June 2014.  
Ohio State NSCA. Columbus, OH. May 2014.  
Missouri State NSCA. St. Charles, MO. May 2014.  
NSCA Sports Specific Conference. Indianapolis, IN. January 2014.  
American College of Sports Medicine National Meeting. Indianapolis, IN. May 2013.  
CSCCa National Meeting. Kansas City, MO. May 2013.  
NSCA Sports Specific Conference. Nashville, TN. January 2013.  
ACSM Central States Chapter Annual Meeting. Warrensburg, MO. October 2013.  
NSCA National Conference. Las Vegas, NV. July 2013.  
Seattle Sports Science Weekend. Seattle, WA. July 2013.  
American College of Sports Medicine Annual Meeting. Indianapolis, IN. June 2013.  
Kansas NSCA Sports Science Clinic. Lawrence, KS. May 2013.  
CSCCa National Meeting. Kansas City, MO. May 2013.  
NSCA Sports Specific Conference. Nashville, TN. January 2013.  
Church of Iron NSCA Clinic. Indianapolis, IN. June 2012.  
NSCA St. Louis University Clinic. May 2012.  
NSCA Missouri State Clinic. Columbia, MO. April 2012.  
ACSM Central States Chapter Annual Meeting. Columbia, MO. October 2012.  
CSCCa National Meeting. Orlando, FL. May 2012.  
CSCCa National Meeting. Kansas City, MO. May 2011.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2011.  
ACSM Central States Chapter Annual Meeting. Lawrence, KS. October 2010.  
CSCCa National Meeting. Orlando, FL. May 2010.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2010.  
ACSM Central States Chapter Annual Meeting. Columbia, MO. November 2009.

CSCCa National Meeting. Nashville, TN. May 2009.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2009.  
ACSM Central States Chapter Annual Meeting. Kansas City, MO. October 2008.  
CSCCa National Meeting. Nashville, TN. May 2008.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2008.  
ACSM Central States Chapter Annual Meeting. Springfield, MO. October 2007.  
CSCCa National Meeting. Salt Lake City, UT. May 2007.  
ACSM Central States Chapter Annual Meeting. Kansas City, MO. October 2006.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2006.  
CSCCa National Meeting. Salt Lake City, UT. May 2006.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2006.  
University of Missouri Athletic Performance Clinic. Columbia, MO. April 2006. CSCCa  
National Meeting. Salt Lake City, UT. May 2005.

## **CONSULTATIVE and ADVISORY POSITIONS HELD**

Oklahoma City Thunder, 2020  
Atlanta Braves, 2020  
San Antonio Spurs, 2020  
University of Louisiana Lafayette, 2020  
University of Minnesota, 2020

Philadelphia 76ers, 2020  
Florida Marlins. 2019.  
Philadelphia Eagles. 2018.  
Philadelphia 76ers. 2018.  
Carolina Panthers. 2017.  
Miami Dolphins. 2017.  
Cleveland Browns. 2016.  
Atlanta Hawks. 2016.  
University of Texas Athletics-Olympic Sports. 2014.  
Southeast Missouri State University Athletics. 2014.  
Springfield Cardinals. 2014.  
St. Louis Cardinals. 2014.  
Wyoming Athletics. Wyoming Strength & Conditioning. 2013.  
Purdue Athletics. Purdue Athletic Performance. 2012.

## **COMMUNITY SERVICE**



Healthy Environment Policy Initiative – Robert Wood Johnson Foundation and the PedNet Coalition, Inc. “Healthy Kids, Healthy Communities”, Columbia, MO, Partner: 2008-2018.

## **HONORS and AWARDS**

Named a Fellow of the NSCA. July 2018.

Named #11 of all time for contributions to sports science in training of athletes by [www.scienceforsport.com](http://www.scienceforsport.com).

## **MENTORSHIP**

Doctoral Dissertation Committee, Pat Ivey. *Success in the NFL- What is the cause of it.* Department of Education, School and Counseling Psychology. University of Missouri. 2012-2014.

Masters Thesis Committee, Alexander Bryce. *Monitoring changes in readiness.* Department of Exercise Science. University of Kansas. 2013-2014.

Masters Thesis Committee, Brittany Wiebe. *The impacts of isoinertial flywheel training on Division 1 College Football players.* Department of Education, School and Counseling Psychology. University of Missouri. 2017-2018

Doctoral Dissertation Committee, Alex Carnall. *The impact of various types of Olympic weightlifting on kinetic and kinematic variables in athletic performance.* Department of Exercise Science. University of Memphis. 2018-completion.

Undergraduate Research Mentees: Katrina Pardo, Mauricio Noguera, Maria Fernandez, Laura Flores.

## **PAST TEACHING RESPONSIBILITIES**

Course #/Name: 2500/AT Elementary Human Anatomy (3 Cr Hr)

Role in Course: **Instructor**

Location in Curriculum: Fall, 2<sup>nd</sup> Year, 1<sup>st</sup> Semester

Course Description: Teaching the location and function of the different muscular, bone, blood, and neural structures.

Dates: 2013 to 2015

Course #/Name: 7(4)420 Applied Therapeutic Exercise (3 Cr Hr)

Role in Course: **Co-Instructor**

Location in Curriculum: Fall, 1<sup>st</sup> Year, 1<sup>st</sup> Semester

Course Description: Application of exercise physiology to the practitioner.

Dates: 2012 to 2015

Course #/Name: HTH-PR 4250. Human Kinesiology (3 Cr Hr)

Role in Course: **Instructor**

Location in Curriculum: Summer/NEP

Course Description: This class focuses on theories of kinetics and kinematics of human movement.

Dates: 2013 to Present

Course #/Name: NS 7(4)200/Sports Performance and Conditioning (3 Cr Hr)

Role in Course: **Instructor**

Location in Curriculum: Fall, 3<sup>rd</sup> Year, 1<sup>st</sup> Semester

Course Description: Application of exercise physiology to the practitioner for improving sports performance.

Dates: 2008 to Present

Course #/Name: PT 2500/Musculoskeletal Anatomy and Injury (3 Cr Hr)

Role in Course: **Instructor**

Location in Curriculum: 2<sup>nd</sup> year. Fall and Spring Semesters.

Course Description: This class focuses on the musculoskeletal anatomy and the basic actions for each joint. This class also goes over common injuries for each joint.

Dates: 2016 to present.

## **CURRENT TEACHING RESPONSIBILITIES**

Course # KIN 669

Role in Course: **Instructor**

Location in Curriculum: Masters Fall Semester.

Course Description: Fundamentals of Exercise Programming.

Dates: 2019 to present

Course #KIN 670

Role in Course: **Instructor**

Location in Curriculum: Masters Spring Semester.

Course Description: Advanced Exercise Programming.

Dates: 2020 to present

Course #KIN 365

Role in Course: **Instructor**

Location in Curriculum: Junior Year Spring Semester

Course Description: Exercise programming.

Course # KIN 366

Role in Course: **Instructor**

Location in Curriculum: Junior year Fall and Spring Semester.

Course Description: Lab and practical application of exercise testing and methods.

Dates: 2018 to present

Course #369

Role in Course: **Instructor**

Location in Curriculum: Cognate Fall and Spring

Course Description: An introduction to exercise and programming.

Course #: KIN 690

Role in Course: **Instructor**

Location in Curriculum: 2<sup>nd</sup> Semester Masters

Course Description: An investigation into the use of different technologies in sport, what they mean, how to implement them, and how to effectively alter training based off of their information.

Dates: 2019 to present

Course #: KIN 234

Role in Course: **Instructor**

Location in Curriculum: Minor of Sports Medicine

Course Description: An investigation into the functioning of the musculoskeletal anatomy

Dates: 2020 to present

Course #: KIN 636

Role in Course: **Co Instructor**

Location in Curriculum: 1<sup>st</sup> Semester Masters

Course Description: This is the foundational class to what they will learn in the program with topics ranging from exercise technique, warm up design, basic programming understandings to be able to base the programming and elite conditioning classes off of.

Location in Curriculum: 1<sup>st</sup> Semester Masters

Dates: Fall 2018

Course #: KIN 399

Role in Course: **Instructor**

Location in Curriculum: 2<sup>nd</sup> Semester Senior Year

Course Description: The neuromuscular foundations of resistance training and how different types of training influence the adaptations to training.

Others as to be assigned.

## **UNIVERSITY OF MIAMI COMMITTEE'S**

University of Culture of Belonging committee member beginning January 2020.

## **ONLINE INSTRUCTIONS AND TUTORIALS**

I have been developing some materials on YouTube to both increase the knowledge of the practitioner and to draw attention to the University of Miami as a site for continuing education through our 8 week U-Online course (through DCIE) as well as advertising our Master's and Undergraduate programs.

The Load that maximizes average power. October 26, 2020.

Effects of a modified German volume training program on muscular hypertrophy and strength. October 22, 2020.

Effect of instantaneous feedback during 6 weeks of resistance training. October 25, 2020.

Velocity specificity of weight training for kayak sprint performance. October 3, 2020.

Joint angle specific strength adaptations influence improvements in power in highly trained athletes. September 28, 2020.

Transfer Index. Sept 24, 2020.

Volume and training of different levels of individuals. September 21, 2020

Training Frequency Considerations. September 18, 2020.

Shoulder and Rotator Cuff Function. September 13, 2020.

Muscle performance and enzymatic adaptations to training. September 10, 2020.

Velocity Loss as found by Fernando Pareja Blanco. September 7, 2020.

Changes in performance, muscle metabolites, enzymes and fiber types after short sprint training. September 4, 2020.