

RACHEL CASSALIA (LARSON) PHD, CSCS,*D, TSAC-F,*D

Rachel.larson11@asu.edu, rmlarson11@gmail.com

EDUCATION

- PhD Health Promotion and Wellness (Human Performance)** December 2019
Rocky Mountain University of Health Professions, Provo, UT
Dissertation: "The Acute Effects of Attentional Focus on Muscular Strength"
Committee: Brent Alvar (chair), Brad Schoenfeld, Bret Contreras
- MS Human Movement (Sports Conditioning Track)** August 2009
A.T. Still University, Mesa, AZ
Project: "Strength and Conditioning for the Volleyball Athlete"
Advisor: Matt Rhea
- BS Exercise Science (Biomechanics Track)** December 2003
Pacific University, Forest Grove, OR
Senior Research Projects: "The Effects of Stretching on Landing Kinetics and Stability"
"Comparison of Three Leg Stiffness Assessment Techniques"
Advisor: Philip Schot

HONORS AND AWARDS

- Rockstar Women of ASU – Strength and Conditioning** 2020
ASU Women's Coalition
- Recertified with distinction TSAC-F*D** 2020-present
National Strength and Conditioning Association
- Recertified with distinction CSCS*D** 2017-present
National Strength and Conditioning Association
- Coach of the Year** 2016
Tempe Rugby Club
- Motivational Educator** 2012

Chandler Gilbert Community College

Outstanding Student Support 2012

Chandler Gilbert Community College

Grant Funding

“The Effects of Stretching on Landing Kinetics and Stability”

Pacific University Undergraduate Research Grant: \$1500 2003

“Military Family Programming”

YMCA, Arizona Cardinals: \$5000 2011,2012

“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”

ASU, Arizona Coalition for Military Families: \$74,926 2019-2020

“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”

ASU, Arizona Coalition for Military Families: \$122,025 2020-2021

“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”

ASU, Arizona Coalition for Military Families: \$110,021 2021-2022

“Cross-cutting Prevention Through an Upstream Focus on Social Determinants of Health Within Military Settings.”

ASU, MTEC-USAMRDC(DoD): \$2,392,977.00 2021-present

“A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide”

ASU, Arizona Coalition for Military Families: \$128,893 2022-2024

“A Community-Based Upstream Focus on Social Determinants of Health”

ASU, Arizona Coalition for Military Families: \$137,797 2024-present

“Veteran Suicide Mortality Review”

ASU, ACMF, Arizona Department of Health Services: \$86,700 2024-present

Special Recognition

Sun Award, College of Health Solutions, November 2021

Sun Award, College of Health Solutions, May 2021

Nominee, ASU, College of Health Solutions Distinguished Faculty, 2021

Nominee, ASU, College of Health Solutions Service Award, 2021

Nominee, ASU, College of Health Solutions Mentoring Award, 2020

Sun Award, College of Health Solutions, January 2020

Nominee, ASU, College of Health Solutions Research Award, 2019

Nominee, ASU, College of Health Solutions Mentoring Award, 2019

TEACHING EXPERIENCE

Arizona State University, Phoenix, AZ August 2016 to present

Director, Military and Veteran Resilience and Health Collaborative July 2023-present
College of Health Solutions

Clinical Associate Professor/Honors Faculty July 2023-present
Sports Science & Performance Programming, Strength & Conditioning

Field Experience Coordinator July 2023-present
Masters Strength and Conditioning

Program Director July 2021- July 2023
Masters Strength and Conditioning

Assistant Teaching Professor/ Honors Faculty August 2019-July 2023
Sports Science & Performance Programming, Strength & Conditioning

Instructor/Honors Faculty August 2016-May 2019
Exercise & Wellness

Courses Taught at ASU

- CHS394 Peer Instructional Facilitator (*1 section Fall 2019, 2 sections Spring 2020, 1 section Fall 2020, 1 section Fall 2024*)
- CHS494 Advanced Undergraduate Teaching Assistant (*1 section Spring 2022, 1 section Fall 2022*)
- CHS492 Honors Directed Study (*1 section Fall 2024*)
- EXW214 Flexibility Instructional Competency (*1 section Fall 2018, 1 section Spring 2019*)
 - Assisted with the redesign of EXW214 into a lecture and recitation
 - Content development
- EXW214L Flexibility Instructional Competency (Recitation) (*1 section Fall 2018, 1 section Spring 2019*)
 - Content development
 - Coordinated teaching of labs with 1 other Instructor and a teaching assistant

- EXW215 Resistance Training and Recovery Instructional Lab (2 sections Spring 2020)
- EXW216 Muscular Strength Instructional Competency (4 sections Fall 2016, 4 sections Spring 2017, 4 sections Fall 2017, 4 sections Spring 2018, 1 section Spring 2019, 1 section Fall 2019)
 - Assisted with the redesign of EXW216 into a lecture and recitation
 - Content development
- EXW216L Muscular Strength Instructional Competency (Recitation)(1 section Spring 2019, 2 sections Fall 2019)
 - Content development
 - Coordinated teaching of labs with 1 other Instructor and a teaching assistant
- EXW217 Fitness and Flexibility (1 section Fall 2019)
 - Assisted in development of this new course
- EXW284 Pre-Internship (in-person, Online) (1 section Spring 2017, 1 section Fall 2017, 1 section Spring 2018)
 - Developed an online section of this course with additional content
- EXW302 Fundamentals of Wellness (1 section Summer 2020, 2 sections Summer 2021, 2 sections Summer 2022)
- EXW320 Management and Leadership in Exercise and Wellness (1 section Spring 2017, 1 section Summer 2017, 1 section Spring 2018, 1 section Fall 2018)
 - Assisted with redevelopment of course content
- EXW325 Fitness for Life (online) (2 sections Summer 2018, 2 sections Spring 2019)
- EXW344 Physical Activity in Health and Disease (online) (1 section Spring 2019)
 - Assisted with redevelopment of course content
 - Developed an online CANVAS course for this class
- EXW420 Exercise Testing (1 section Fall 2019)
- EXW425 Exercise Prescription (2 sections Fall 2016, 1 section Spring 2017, 1 section Fall 2017, 2 sections Fall 2018)
 - Assisted with the redevelopment of course content
 - Developed this course into a ProMod course
- EXW460 Resistance Training Application and Theory (1 section Fall 2017, 1 section Spring 2018, 1 section Fall 2018, 1 section Spring 2019, 1 section Fall 2019)
 - Redesigned the course
 - Developed course content
 - Updated syllabus to follow new guidelines of SSP program
- EXW484 Internship (1 section Fall 2018, 1 section Spring 2019)
 - Developed and internship to enhance student learning and practical experience with research
- EXW494 Topic: Undergraduate Research (1 section Fall 2017, 1 section Spring 2018)
 - Research Assistance
- EXW499 Individualized Instruction (1 section Fall 2017)
 - Assistance with EXW216 and the redevelopment of course content
- EXW530 Theory and Application of Resistance Training (1 section Fall 2018, 1 section Spring 2019, 1 section Fall 2019)
 - Redesigned the course to fit new SSP program starting 2020
 - Developed course content

- Additional assignments created for Master's fulfillment
 - Content update to transfer in to the new SSP degree
- EXW592 Research (*2 sections Spring 2019, 3 sections Fall 2019, 1 section Spring 2020, 1 section Fall 2020*)
 - Research practical experience
- EXW593 Applied Project (*1 section Summer 2024*)
- KIN494 Pre-Internship (*1 section Spring 2017, 1 section Fall 2017*)
- KIN540 Sport Biomechanics (*1 section Fall 2023*)
- SSP 242 Resistance Training Foundations for Performance (*1 section Fall 2020*)
 - Co-Developed and designed all course materials including lectures, assignments, exams/quizzes
 - Redesigned to fit new ASU sync model
- SSP325 Sports Biomechanics (*1 section Spring 2020, 1 section Fall 2020*)
 - 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
 - Redesigned to fit new ASU sync model
- SSP325 Sports Biomechanics Lab (*2 sections Spring 2020, 2 sections Fall 2020*)
 - 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
 - Redesigned to fit new ASU sync model
 - Developed in 2021 to icourse and in-person labs
- SSP460 Resistance Training Application and Theory (*1 section Spring 2020, 1 section Fall 2020, 1 section Spring 2021, 1 section Fall 2021, 1 section Fall 2022, 1 section Spring 2023, 1 section Fall 2023,)*)
 - 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
 - Redesigned to fit new ASU sync model
- SSP461 Performance Programming Components and Periodization (*1 section Spring 2022*)
- SSP494 Strength and Conditioning for the Tactical Performer (*1 section Spring 2024, 1 section Fall 2024, 1 section Spring 2025*)
- SSP501 Data collection, analysis and interpretation in strength and conditioning (*proposed course 2020, 1 section Fall 2021, 1 section Fall 2022*)
 - 2020 Developed course and all content
- SSP530 Theory and Application of Resistance Training (*1 section Spring 2020, 1 section Fall 2020, 1 section Fall 2022, 1 section Spring 2023, 1 section Spring 2024, 1 section Spring 2025*)
 - 2019 Developed and designed course to match needs for the new Sports Science and Performance Programming degree
 - Redesigned to fit new ASU sync model
 - Redesigned to fit competencies of new MS Strength and Conditioning Degree
- SSP560 Performance Sports Coaching (*Proposed course 2020, 1 section Spring 2022, 1 section Fall 2023, 1 section Fall 2024*)
 - 2021 Developed course and all content
- SSP584 Internship (*1 section Summer 2022, 1 section Fall 2022, 1 section Spring 2023, 1 section Summer 2023, 1 section Fall 2023, 1 section Spring 2024, 1 section Summer 2024,*

1 section Fall 2024, 1 section Spring 2025)

- 2022 Developed course and all content to align with CASCE accreditation standards
- Developed partnerships for internship sites
- SSP592 Research (1 section Fall 2024)
- SSP593 Applied Project (1 section Spring 2023, 1 section Spring 2024, 1 section Spring 2025)
- Proposed renaming of KIN 520, KIN 530, KIN 540 for the MS S&C Degree, created all syllabi, course competencies and learning outcomes.
- NTR 780 Practicum (1 section Fall 2024)

PhD Students Advised

Kinta Schott, NTR 780 Practicum Research, Fall 2024

Masters Students Advised

Clayton Alexander, Applied Project, "Exploring Fitness and Injury Reduction in Mesa Police Officers," Spring 2025.

David Hamrick, Graduate Research Assistant, DoD Research, Fall 2024-Spring 2025.

Xzavier Edson, Applied project, "Assessment of Strength and Conditioning Knowledge of High School Sport Coaches," Fall 2024-present.

Peter Alosi, Applied project, "FV Profiling from Squat and CMJ," Fall 2022-Spring 2022.

Joel Horn, Applied project, "ACL prevention program for soccer athletes," Fall 2020-Spring 2021.

Monay Mariscal, EXW 592 Research, Spring 2021

Mackenzie Paul, EXW 592 Research, Fall 2020

Lex Hollenbeck, EXW 592 Research, Spring 2020

James Bockas, EXW 592 Research, Fall 2019

Nicholas Shafer, EXW 592 Research, Fall 2019

Mitchell Weissenhofer, EXW592 Research, Spring 2019-Fall 2019

Justin James, EXW 592 Research, Spring 2019

James Bockas, Applied Project, "Development of a sustainable adaptive athlete program at the Sun Devil Fitness Complex", Fall 2019-Spring 2020.

Anthony Preda, "*Force Velocity Profiling and Swim Start Performance.*" 2018-present, Arizona State University.

Matt Blair, Scholarly Project, "*Strength and Conditioning for ASU Club Sport Athletes*", 2018-2019.

Jessica Woods, Barrett Honors Thesis, *"The Effects of Physical Activity and Pharmaceuticals on Controlling Blood Glucose Levels in Type 2 Diabetics."* 2018-2019, Arizona State University

Donald Pump, *"The Relationship Between the Distance of an External Focus of Attention and Lower Body Power in Rugby Athletes"* December 2018, The University of Texas Rio Grande Valley.

Undergraduate Students Advised

Paul Miller, Barrett Honors Thesis, "Exploring the relationship between fitness and injury reduction among fire fighters" Chair, Fall 2024-present.

Rachel Bergstrom, CHS 394 Undergraduate Teaching Assistant, Fall 2024.

Matthew Nofi, Barrett Honors Project, "Adolescent Physical Activity App" Chair, Fall, 2022-Spring 2023.

Matthew Defiebre, Barrett Honors Thesis, *"Sun Devil Battalion Tactical Athlete Program"* Chair, Fall 2021-Spring 2022.

Cori Sullivan, Barrett Honors Thesis, *"Athlete survey for a games-based ACL prevention program in soccer"* Chair, Spring 2021-Fall 2021.

Eva van Deursen, Barrett Honors Thesis, *"Athlete survey for a games-based ACL prevention program in soccer"* Chair, Spring 2021-Fall 2021.

Serena Esquivel, CHS 494 Advanced Undergraduate Teaching Assistant, Spring 2021, Fall 2021

Ameya Kapur, Barrett Honors Thesis, *"The Veteran Suicide Epidemic – What do we know, what has been done, what more can we do?"* Committee member, Fall 2020-Summer 2021

Jeremiah Levitt, Barrett Honors Thesis, *A Rheumatoid Arthritis Ankle Pressure Brace While Not Sacrificing Mobility,* " Chair, Fall 2020-Fall 2021.

Peyton Gormley, CHS 494 Undergraduate Teaching Assistant, Spring 2022, Fall 2022

Serena Esquivel, CHS 494 Advanced Undergraduate Teaching Assistant, Fall 2021

Serena Esquivel, CHS 394 Undergraduate Teaching Assistant, Fall 2020

Kelcey Mosley, CHS 394 Undergraduate Teaching Assistant, Spring 2020

Lynsey Gauman, CHS 394 Undergraduate Teaching Assistant, Spring 2020

Elizabeth Fischer, CHS 394 Undergraduate Teaching Assistant, Fall 2019

Dakota Howhenwalter, EXW484 Research Internship, US Army, Spring 2019.

Jacob Ryder, EXW484 Research Internship, ASU Spring 2019.

Travis Coy, EXW484 Research Internship, ASU Fall 2018.

Jasmine Bosnino, Barrett Honors Project EXW425 "Exercise Prescription Program for a 35-year Old Bank Clerk Looking to Lose Weight and Build Muscle," Committee Member, Fall 2018.

Anna Gould, Barrett Honors Project EXW320 "Future Business Plan," Spring 2018.

Joshua Martin, KIN499 Individualized Instruction, Spring 2018.

Sigifredo Galicia, EXW494 Topic: Undergraduate Research, Spring 2018.

Stevie Blackburn-Lazalde, EXW494 Topic: Undergraduate Research, Fall 2017.

Ryland Townsend, EXW499 Individualized Instruction, Fall 2017.

Adam Dalton, invited as volunteer S&C assistant at USA Rugby HSAA camp to build resume, Fall 2017.

Alereese Gonzalez, Barrett Honors Project EXW320 "Future Business Plan," Spring 2017.

Jessica Woods, Barrett Honors Project EXW320 "Future Business Plan," Spring 2017.

Arizona State University Alumni Mentoring

Adam Dalton, Bachelors Exercise and Wellness May 2018, volunteer S&C assistant at Eagle Impact Rugby Academy Winter Camp, Fall 2018.

-Adam desires a position as an S&C Coach; I have assisted him with building his practical experience.

Internships developed for student experiential learning

Mesa Police Department: Fall 2024-present

Tempe Police Department: Pending approval

Arizona Army National Guard: Fall 2024-present

ASU Police Department, Fall 2023-present

Mesa Fire Department, Spring 2023-present

Luke AFB: Spring 2023-present

Willow Canyon High School: Fall 2023-present

Scottsdale Fire Department: Spring 2022-present

MLB: Colorado Rockies, Spring 2023-present

MLB: Reds, Angels, Cubs, Guardians, SF Giants: Spring 2022-present

Arizona Rattlers: Spring 2022-present

ASU Army ROTC (S&C): Spring 2022-present

ASU Navy ROTC: Spring 2022-present

ASU Women's Soccer (Sports Science): Fall 2021, Spring 2022

Barca Soccer Academy (S&C): Fall 2020-present

US Army 301st BN (S&C): Spring 2019, Fall 2019, Spring 2020

Marcos de Niza High School (S&C): Fall 2019-present

Liberty Performance Training (S&C): Fall 2019-present

Grand Canyon University, Phoenix, Arizona

August 2014 to July 2016

Adjunct Faculty, Exercise Science

- BIO155L Anatomy & Physiology Lab (*1 section Summer 2015*)
- EXS200 Resistance Training: Theory and Practice (*2 sections Spring 2016*)
 - Designed this course and all course content
- EXS200L Resistance Training: Theory and Practice Lab (*3 sections, Spring 2016*)
 - Designed this course and all course content
- EXS335 Kinesiology (*1 section, Summer 2016*)

- EXS335L Kinesiology Lab (*1 section, Summer 2016*)
 - Development new assignments to enhance student learning
- EXS340 Exercise Physiology (*1 section Spring 2015, Summer 2015, Summer 2016*)
- EXS458 Theory and Practice of Strength and Conditioning (*2 sections Fall 2014, 2 sections Spring 2015*)
 - Developed content to prepare students to take the NSCA CSCS exam

Mesa Community College, Mesa, Arizona

August 2014 to May 2016

Adjunct Faculty, Exercise Science

- HES100 Healthful Living (*Fall 2015, Spring 2016*)

Chandler Gilbert Community College, Chandler, Arizona

January 2011 to May 2016

Adjunct Faculty, Exercise Science, Fire Science Strength and Conditioning

- PED115 Lifetime Fitness (*Spring 2011, Fall 2011, Spring 2012, Fall 2012, Spring 2013*)
- PED117 Weight Training (*Fall 2011, Spring 2012*)

- HES100 Healthful Living (*Spring 2011, Spring 2012*)
- EXS130 Strength Fitness-Physiological Principles and Training Techniques (*Fall 2011, Fall 2012, Fall 2013*)
 - Developed all content for this course
- EXS132 Cardiovascular Fitness-Physiological Principles and Training Techniques (*Fall 2013*)
 - Assisted in course content development
- EXS145 Exercise Testing and Prescription (*Spring 2014*)
 - Redeveloped course with new assignments and exams
- EXS218 Instructional Competency: Cardiovascular Exercises (*Spring 2014*)
- FSC134 Fitness and Conditioning for Firefighters (*Spring 2015, Fall 2015, Spring 2016*)
 - Restructured this course by adding educational lectures on program design and nutrition
 - Developed tactical specific strength and conditioning programs
 - Added exercise testing of recruits to this course

RELEVANT PROFESSIONAL EXPERIENCE

Arizona State University, Phoenix, Arizona

Athletics & Tactical Affinity Network Member

2018-2024

- Fitness testing ASU Police Department, Spring 2024
- ASU Women's Soccer GPS data tracking and analysis, Fall 2021-Fall 2022
- Led VO₂Max testing with ASU Men's Tennis, Fall 2021
- Partnered with BARCA soccer academy, created an internship, 2020
 - Set up testing for athletes Fall 2020, Fall 2021, COVID cancelled
- Partnered with Eagle Impact Rugby Academy, created experiential learning opportunities, 2020
- Partnered with US Army Reserves 301st Battalion – 2019, 2020
 - Familiarize and test soldiers on ACFT
 - Assist students with tactical programming experience
- Partnered with ASU ROTC – 2019-present
 - Familiarize and test soldiers on ACFT
 - Assist students with tactical programming experience
 - Put on a fitness and nutrition seminar Fall 2021, Spring 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024
- Led testing with USAFL, Saguaro High School, Marcos de Niza High School, US Army – 2019, 2020
- Planned and hosted a conference with NSCA, ASU Sports Performance, and CHS Athletics Affinity Network, December, 2019, December 2022.

Grand Canyon University, Phoenix, Arizona

August 2015 to August 2016

Head Strength and Conditioning Coach, Men's Rugby

- Develop and oversee strength and conditioning programs for men's rugby
- Track athlete progress through exercise testing and monitoring

Elite Performance 101, Phoenix, Arizona

February 2005 to 2023

Strength and Conditioning Specialist

- Assess and monitor athletes
- Develop personalized and team performance enhancement programs
- Teams:
 - US Army Reserves
 - ASU ROTC*
 - AZ Heat Volleyball Club
 - Arsenal Soccer Club
 - Sparkz Softball Club
 - Tempe Rugby Club*, earned 2016 DII Men's USA Rugby National Championship
 - AZ Olympic Development Team Rugby 7s
 - Eagle Impact Rugby Academy*
 - USA Rugby High School All-Americans (*current teams)

Chandler Gilbert Community College, Chandler, Arizona

Jan 2011 to Dec 2016

Strength and Conditioning Coach, Fire Science Academy

Jan 2015 to Dec 2016

- Coach on all aspects of fitness for current and prospective firefighters. To include physical and mental aspects of performance for optimal achievement on fire department agility test and firefighter tasks; individual conditioning strategies, and nutritional guidelines. Perform exercise testing: metabolic cart, Wingate test, BodPod, muscular endurance, muscular strength, flexibility and agility.

Fitness Center Supervisor/ Strength and Conditioning Coach

Aug 2012 to Aug 2014

- Develop and oversee strength programs for collegiate athletes and students
- Track student/athlete progression via exercise testing
- Sports:
 - Volleyball, Soccer, Golf

YMCA, Mesa, AZ

Aug 2011 to March 2013

Healthy Living & Membership Program Director

- Oversee branch Healthy Living (personal training, group fitness, sports conditioning, US Army Reserves) and Membership departments.
- Educational training for fitness staff
- Implement new healthy living programs
- Develop and implement sports specific, military, and corporate wellness programs.
- Create community partnerships

- Implement member retention strategies
- Manage departmental budgets
- Promotional events, volunteer recruitment, fundraising

Uptown Health Center, Phoenix, AZ Sept 2004 to July 2011

North Health Center, Scottsdale, AZ Sept 2004 to July 2011

Principal Co-Owner

- Oversee day-to-day operations of Uptown and North Health Centers.
- Train and manage staff
- Direct inside marketing team
- Coordinate marketing events and promotions
- Design and implement health and wellness programs

RESEARCH EXPERIENCE

Arizona State University, Phoenix, Arizona 2016-present

Faculty

- “Cross-cutting Prevention Through an Upstream Focus on Social Determinants of Health Within Military Settings” IRB approved, grant funded, 2021-present.
- “Understanding statewide suicide prevention programs” IRB approved, in progress.
- “2021-2025 Arizona Veteran’s survey,” continuation.
- “A Community-Based and Multidisciplinary Collaboration to Prevent Veteran Suicide in Arizona” IRB approved, grant funded, 2019-present.
- “Be Connected written narrative project,” completed August 2020.
- “2019-2020 Arizona Veteran’s survey,” completed February 2020.
- “The Longitudinal Effects of Attentional Focus on Muscular Strength” IRB approved, in progress, on COVID-masking hold.
- “The Acute Effects of Attentional Focus on Muscular Strength” completed Dec 2019, manuscript in progress.
- “Differential Effects of Attentional Focus Strategies During Long-term Resistance Training” published 2018.

The Leighton Institute, Scottsdale, Arizona 2013-2016

Director of Health Operations and Student Research

- Oversee Grand Canyon University, University of Arizona and Midwestern University student research development and scholarly project completion.
 - “Survival Rates of Autologous Fat Transfer in Post Mastectomy Patients”
- Oversee Mayo Clinic Resident Rotations

Pacific University, Forest Grove, Oregon 2001 to 2003

Student Research Internship

- “The Effects of Stretching on Landing Kinetics and Stability,” grant funded, 2002.
- “A Comparison of Three Leg Stiffness Assessment Techniques,” 2003.

PUBLICATIONS

Larson, R. et al. (2024) Application of Long-Term Athletic Development for Tactical Athletes. *Strength and Conditioning Journal*, submitted.

Larson, R., Stevenson, K., Straus, A., Cruz, A., Magana, J. (2024) Evaluation of Components to Include in a Cross-Cutting Prevention Model Adaptable for Use Across Diverse Military Settings. *Military Medicine*, submitted.

Straus, A., **Larson, R.**, Wright, W. (2024) The Impact of Military Service on Social Determinants as Predictive Factors for Suicide among Female Veterans. *Journal of Community Health*, 1-8.

Larson, R. M., Saxon, M., Phillips, M. A., Broussard, M. L., Straus, A. R., & Wright, W. A. (2024). The Social Determinants of Suicide among Female Service Members and Veterans. *Journal of community health*, 1-7.

Larson, R., Straus, A. (2024). 2023 Arizona Veteran Survey Full Report. <https://connectveterans.org/wp-content/uploads/2024/04/Survey-Report-2023-April-16.pdf>

Larson, R., Straus, A. (2022). 2021 Arizona Veteran Survey Full Report. <https://connectveterans.org/wp-content/uploads/2023/12/Survey-Report-2021-FINAL.pdf>

Larson, R., Straus, A. (2021). 2019 Arizona Veteran Survey Full Report. <http://connectveterans.org/wp-content/uploads/2023/07/2019-AZ-Veteran-Survey-Full-Report.pdf>

Larson, RM (2019). The Acute Effects of Attentional Focus on Muscular Strength (Doctoral Dissertation). Rocky Mountain University of Health Professions, Provo, UT.

Schoenfeld, B., Vigotsky, A., Contreras, B., Golden, S., Alto, A., **Larson, R.**, Winkleman, N., Paoli, A. (2017). Differential effects of attentional focus strategies during long-term resistance training. *European Journal of Sports Science*, 18(5), 705-712.

PODCAST

Agora Podcast

Honored Guest

- “The Mind-Muscle Connection and Force Velocity Training with Rachel Larson,” agoraten.com June, 2018.

Power Athlete HQ Podcast

Honored Guest

- “Preventing Veteran Suicide” powerathlethq.com March, 2021
- “The Mind-Muscle Connection” powerathlethq.com March, 2019.

PRESENTATIONS AND INVITED LECTURES

Conference Presentations

“Coaching into Connection: Risk Reduction Through Social Connectedness,” American Public Health Association, poster presentation, October 2024.

"Beyond the Uniform: Mental and Physical Health Experiences of Female Veterans in Arizona" Arizona Health Equity Conference, virtual poster presentation, October 2024.

"The Impact of Ethnicity on the Experiences of Hispanic Veterans in Arizona, "Arizona Health Equity Conference, virtual poster presentation, October 2024.

“Cross-cutting prevention through an upstream focus on social determinants of health within military settings.” Military Health Systems Research Symposium, oral presentation, August 2024.

“Implementation of a cross-cutting prevention model in military settings.” VA/DoD Conference, oral presentation, July 2024.

“Cross-cutting prevention through an upstream focus on social determinants of health within military settings.” DoD Military Operational Medicine Research Program -IRP, oral presentation, June 2024.

“Thinking outside the box: Innovative approaches and alternatives for connecting veterans to services and care.” Invited presenter, Veteran’s mental health community forum, hosted by US Senator Kyrsten Sinema and the Veterans Medical Leadership Council, May 2024.

“Cross-cutting prevention to increase positive behaviors and decrease negative behaviors in the Military.” Military Health Systems Research Symposium, poster August, 2023.

“Cross-cutting prevention to increase positive behaviors and decrease negative behaviors in the Military.” Military Operational Medicine Research Program -IPR Cross-cutting Prevention, March, 2023.

“Risk Reduction and Resiliency,” American Public Health Association, Poster presentation, November, 2022.

“Veteran Resiliency Review,” Veterans in society conference, October, 2022.

“Cross-cutting prevention model to decrease negative behaviors and increase signature behaviors within the military,” Military Health Systems Research Symposium, September, 2022.

“Graduate Programs in Strength and Conditioning,” NSCA National Conference, July 2022.

“Cross-Cutting Prevention Through an Upstream Focus on Social Determinants of Health Within Military Settings,” Military Operational Medicine Research Program- Sexual Assault & Violence Prevention Research IPR conference, May 2022.

“University Tactical Programs Panel,” National Guard Performance Education Center, Military Human Performance Optimization and H2F Annual Training Event, April 2022.

“Ready for action: Utilizing a Scorecard and Index Tool to Advance State-Level Suicide Prevention Efforts and Identify High Risk Populations,” Arizona Health Equity Conference, October 2021.

“Ready for action: Utilizing a scorecard tool to advance state-level suicide prevention efforts,” 2021 DoD/VA Suicide Prevention Conference, May 2021.

“From Responsive to Proactive: Arizona’s CDC High Risk Project,” 11th Annual Statewide Symposium in Support of Service Members, Veterans & Their Families, April 2021.

“A “Do no harm” approach to preparing US Army soldiers for the Army Combat Fitness Test,” NSCA Hawaii State Clinic, April 2020 *COVID Cancelled*

“Programming considerations across the career of a rugby athlete,” NSCA Hawaii State Clinic, April 2020 *COVID Cancelled*

“The social determinants of veteran suicide: Understanding the social, physical, and mental health needs of Arizona’s military community” (team presenter), American Public Health Association Annual meeting, October 2020.

International Conference Presentations

“The Community of the NSCA,” Universidad Alfonso X El Sabio fitness center dedication, Madrid, Spain, December 2019.

“The Role of a Mind-Muscle Connection in Resistance Training,” NSCA Spain National Conference, Madrid, Spain, December 2019.

“Squat Progressions and Variations to Build Muscular Strength,” NSCA Spain National Conference, Madrid, Spain, December 2019.

“The Role of a Mind-Muscle Connection in Resistance Training,” NSCA-Brazil Strength and Conditioning Conference, Brasilia, Brazil, November 2018.

“Optimal Performance Training for the Aging Rugby Athlete,” NSCA British Columbia Provincial Conference, Vancouver, BC, November 2017.

Guest Lecture

“Tactical Strength and Conditioning for Firefighters,” Phoenix College, 2017.

“Program Periodization,” Arizona State University, 2013.

“The Field of Personal Training,” Arizona State University, 2012.

“The Field of Personal Training,” Glendale Community College, 2007.

Moderator

“CHS Health Talk: Veteran Transition,” October, 2022.

NSCA Course Instructor

Foundations of Coaching Lifts Course, NSCA, December 2019.

- This 10-hour hands on course is centered on how to effectively coach athletes to perform using core/compound lifts as a basis for teaching all lifts. 25 attendees learn fundamental progressions/regressions, and coaching cues.

YMCA Organizational Training

“Customer Service Training,” East Valley Regional Training, YMCA, 2012

“Creating the Most Enjoyable Results Driven Atmosphere,” YMCA Personal Trainer Symposium, 2011

Additional Presentations

“CHS Physical Fitness Education in Military Populations,” ASU Military Education Summit, Arizona State University, August 2024.

“CHS Human Performance in the Military,” Arizona Military Leaders, Arizona State University, November 2024.

“CHS Military and Veteran Support,” Flag Officers Advisory Council, Arizona State University, March 2023.

“ROTC Tactical Athlete Seminar” Fall 2021, Spring 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025.

“CHS Military and Veteran Support,” Salute to Service Arizona Commanders Summit, Arizona State University, November 2022.

PROFESSIONAL CERTIFICATION

Tactical Strength and Conditioning Facilitator (TSAC-F,*D), National Strength and Conditioning Association, 2018-present

Certified Strength and Conditioning Specialist (CSCS,*D), National Strength and Conditioning Association, 2009-present

ViPR Golf Certified, ViPR, 2012-present

Cybex Golf Certified, Cybex, 2012-present

CPR/AED/First Aid, present

Certified Kinesio Taping Practitioner (CKTP), 2008-present

Certified Chiropractic Assistant (CA), 2005-present

Association of College and University Educators (ACUE), Credential in Effective College Instruction, 2021-present

PROFESSIONAL AFFILIATIONS

National Strength and Conditioning Association

- Certified Strength and Conditioning Specialist
- Tactical Strength and Conditioning Facilitator
- NSCA Professional Member

AMSUS, the Society of Federal Health Professionals

- Professional Member

Medical Technology Enterprise Consortium

- Professional Member
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USA Volleyball

- Registered Girl's Coach
- Registered Player

USA Rugby

- Registered Men's Coach
- Registered Player

PROFESSIONAL SERVICE

Arizona Center for Violence Prevention and Community Safety

Advisory Board Member, Arizona Violent Death Reporting Project

Aug 2024-Present

- Violent crime dashboard to track death investigations across the state. The goal is for police chiefs, medical examiners, journalists and the public to better understand the

scope of these investigations. Building a veteran specific dashboard.

Arizona Department of Health Services

Veteran Suicide Mortality Review Team

May 2024-Present

- The purpose of the VSMR is to review data and cases of deaths by suicide for individuals who had served in the military and develop prevention recommendations that can be implemented by our public and private sector partners to prevent further loss of life.

National Strength and Conditioning Association Committees and Positions

Executive Council, Sports Science and Technology Special Interest Group **Jan 2020-Present**

- Connecting NSCA members who share a common interest in the scientific disciplines related to sport science, technology, and tactical & athletic performance. These scientific disciplines include, but are not limited to: Biomechanics, physiology, data science/analytics, measurement/research methods, and computer science. This SIG is unique in focus, emphasizing integrative approaches to utilizing data and technology while working across multiple scientific disciplines to improve human performance.

Chair, State and Provincial Directors Program

July 2021-July 2023

- The SPD program plays a key role in helping members and potential members build connections. SPDs help make these connections through clinics, volunteerism, and as mentors. They provide goals and direction to their advisory boards and report to their Regional Coordinators.

Vice Chair, State and Provincial Directors Program

July 2020-July 2021

- The SPD program plays a key role in helping members and potential members build connections. SPDs help make these connections through clinics, volunteerism, and as mentors. They provide goals and direction to their advisory boards and report to their Regional Coordinators.

Executive Council & Founding Member, Rugby Special Interest Group

Jan 2019-July 2023

- Developed a special interest group to connect NSCA members with an interest in the sport of rugby and/or who work with rugby athletes. We want to share best practices and increase the performance levels of our athletes.

International Task Force

July 2018-present

- Grow the strength and conditioning profession throughout the world. Provide resources for global chapters to offer certification and educational opportunities.

Women's Committee Member

July 2017-July 2023

- Encourage and promote the strength and conditioning profession for women.
- Coordinate, monitor, and advocate action to increase the participation of women

within the organization by providing a forum for discussion of current issues and dissemination of information.

Rocky Mountain Regional Coordinator

Jan 2016-July 2023

- Promote the mission of the NSCA as the worldwide authority on strength and conditioning, and fitness.
- Oversee State Directors and Regional education events in Arizona, Colorado, New Mexico, and Utah.
- Organize a quarterly newsletter for NSCA Rocky Mountain Region members.
- Annual reporting to NSCA Headquarters on relevant activities in the region.
- Plan and host an annual Regional Conference

Arizona State Director

July 2014-Jan 2016

- Promote the mission of the NSCA as the worldwide authority on strength and conditioning, and fitness.
- Increase public awareness of the NSCA and importance of certification.
- Serve as a liaison between NSCA Headquarters and NSCA members in AZ.
- Annual reporting to NSCA Headquarters on relevant activities in the state.
- Establish and develop an advisory board.
- Plan and host NSCA educational clinics and events in Arizona.

Arizona State Board Member

Jan 2010-July 2014

- Promote the mission of the NSCA as the worldwide authority on strength and conditioning, and fitness

Conference Host

- Inaugural Summit to Support Those Who Serve, MVRHC, Jan 2024
- NSCA Rocky Mountain Regional Conference: 2016(AZ), 2017(UT), 2018(CO),2019(AZ),2020(virtual, NM), 2021(CO), 2022(AZ)
- NSCA Arizona State Clinic: 2014, 2015

Conference Co-Host

- NSCA Arizona State Clinic: 2017, 2018
- NSCA Colorado State Clinic: 2016, 2017,2019, 2020,2022
- NSCA New Mexico State Clinic: 2016, 2017, 2018, 2019, 2022
- NSCA Utah State Clinic: 2016, 2018, 2019, 2020

Curriculum Committees

Grand Canyon University

- EXS 344 Exercise Science: Special Populations, 2015
 - Developed this course to introduce analysis of special populations to assist students in designing health education and physical fitness programs

Arizona State University

- EXW Undergraduate Degree Committee, Member, 2018-2019
 - Assist with the transition of the Exercise and Wellness Undergraduate degree to Healthy Lifestyles Coaching with anticipation of a new degree in Lifestyle and Fitness Science beginning Fall 2021
 - Identified course modifications and major map updates
- EXW Master's Degree Committee, Member, 2019-2021
 - Assist with the re-development of our EXW Master's Degree
 - Assist with re-writing the degree catalog and major map
- Sports Science and Performance Programming Undergraduate Degree Committee, Member, 2019-present
 - Assisted with degree major map to coincide with NSCA accreditation guidelines
 - Designed new courses required for the degree, SSP 325, SSP 460, SSP 530
 - Developed community partnerships for student experiential learning opportunities
- Strength and Conditioning Master's Degree Committee, Chair, 2019-2023
- Committee member 2023-present
 - Creation of a new master's degree focused on the strength and conditioning field and teaching practitioners how to enhance the health, safety and performance of athletes.
 - Developed a committee
 - Approved for planning, working on degree proposal to coincide with NSCA accreditation guidelines.
 - Designed new courses required for the degree, SSP 501, SSP 560, SSP 530
 - Course map and alignment of program in preparation for accreditation

ASU College of Health Solutions Committee

- DISH, 2024-present
- Study Abroad Committee, 2019-2022
- Personnel Ad Hoc Committee, Annual Review for Lecturers and Instructors, 2020-2022
- Personnel Search Committee, Clinical Associate Professor, 2021-2022
- Personnel Search Committee, Lecturer (west campus), 2021-2022
- Personnel Search Committee, Director of Human Performance, 2021-2022
- Salute to Service Committee, 2021-2022

ASU Events

CHS Open door 2017, 2018
Homecoming event 2021, CHS fitness booth
MS S&C Welcome Seminar, 2021, 2022
MS S&C virtual info session & marketing, 2021, 2022
S2S Military Leaders Presentation 2023
Luke Days 2024
Tillman Run 2024

ASU Veteran's Event

Flag holder for ASU vs USC football game, 2019

YMCA

Military Events, Ross Farnsworth East Valley YMCA, 2011, 2012, 2013, 2014

YMCA

Strong Kids Events, Ross Farnsworth East Valley YMCA, 2011, 2012, 2013, 2014

YMCA

Basketball and Volleyball S&C, Ross Farnsworth East Valley YMCA, 2011, 2012, 2013, 2014

Artificial Limb Specialist, Phoenix, AZ 2009

Next Level Physical Therapy and Sports Performance, Mesa, AZ 2003

PROFESSIONAL DEVELOPMENT

- 2024 NSCA Rocky Mountain Regional Conference
- 2024: DoD MOMRP-IPR
- 2024: VA/DoD conference
- 2024: VA/SAMHSA Conference
- 2024: ASU Safety and De-escalation training
- 2024: ACMF Symposium
- 2024: ACUE: Embracing the future: ACUE's AI Series
- 2024: Utilizing Veterans Health Data: Workshop for Arizona Researchers and Clinicians
- 2024: MVRHC Conference
- 2023: NSCA National Conference
- 2023: CDC Foundation Veteran Suicide Prevention Evaluation
- 2023: Arizona Coalition for Military Families Annual Symposium
- 2023: IWTSD Industry Day
- 2023: BeConnected Team of Teams
- 2023: MOMRP-IPR Cross-cutting Prevention

- 2023: VA/SAMHSA Innovations Conference: Data and Evaluation Summit
- 2023: VA/SAMHSA Governor's and Mayor's Challenge to Prevent Suicide Among Service Members, Veterans, and their families: Arizona Pre-SMR Academy
- 2022: ASU Inclusive Communities training
- 2022: "Foster a Culture of Belonging, Campus-wide" Inside Higher Ed webinar-ACUE
- 2022: How to do longitudinal data analysis using REDcap,SAS,R,Stata &SPSS
- 2022: Pat Tillman Veteran's Center & AZ Department of Veteran Services Proving Grounds
- 2022: Veterans in society Conference
- 2022: Military Health Systems Research Symposium
- 2022: NSCA Tactical Annual Training
- 2022: NSCA National Conference
- 2022: CDC-F Community of Practice Webinar
- 2022: Kickstarting your Department of Defense Research Webinar. ASU Research Academy
- 2022: The 3 worlds of sports science conference
- 2022: PEC Military Human Performance Optimization and H2F Annual Training Event
- 2022: NSCA Coaches Conference (virtual attendance).
- 2021: How authentic engagements and data insights can optimize Chinese student recruitment in North America, Times Higher Education.
- 2021: CDC-F Community of Practice Webinar
- 2021: CDC-F Evaluation Webinar.
- 2021: Arizona Health Equity Conference
- 2021: NSCA National Conference.
- 2021: International Sport & Tactical Fitness Conference. *Gained information on building research, student, and community relationships in the tactical environment. Also, course content and best practices for tactical strength and conditioning.*
- 2021: NSCA Tactical Annual Training (virtual attendance).
- 2021: 11th Annual Statewide Symposium in Support of Service Members, Veterans & Their Families
- 2021 DoD/VA Suicide Prevention Conference
- 2021 APHA Annual Conference, Abstracts submitted, research team presented
- October 2020-May 2021, ACUE, Effective Teaching Practices certification
- 2020: South East ACSM Fall 2020 Lecture, "A law enforcement agency is not a lab: Practical considerations for working with tactical athletes." *Content used to develop tactical testing strategies as well as insights to community partnership.*
- 2020: NSCA Tactical Annual Training. *Content used to build teaching materials in SSP460/530.*
- 2020: REMOTE: The Connected Faculty Summit. *Learned best practices for hybrid learning environments to incorporate fall semester.*
- 2020: ASU Sync Training. *Training to utilize new technology and successfully engage students for fall semester.*
- 2020: EdX, HarvardX Leaders of Learning Course. *Understand leadership beliefs and styles while recognizing opportunities for innovation in different learning environments. *certificate earned**
- 2020: ACMF Navigator Training. *Training to connect service members, veterans, and*

family members to resources addressing a range of issues.

- 2020: CHS Health Talks: Women in Leadership. *Learn of the joys and challenges that women in leadership face and strategies to overcome.*
- 2020: SportTehie Conference. *Attended virtual sessions to gain information to build sports science courses.*
- 2020: The Horizon Summit. *Attended the sports technology conference to learn new ideas and technology for presentation in our sports science undergraduate courses.*
- 2020: Seattle Sounders FC Sports Science Seminar. *Attended virtual lectures. Content to build Sports Science Undergraduate Degree and Strength and Conditioning Master's Degree.*
- 2020: The Power Conference hosted by Hawkins Dynamics, Sorinex, Catapult, Power Lift, Momentous, Plae, Eleiko, & Matrix. *Attended virtual lectures and demonstrations to gain information to apply in sports science and strength and conditioning courses.*
- 2020: NTE Faculty Promotion Workshop. *Attended the virtual session to gain insights and discuss the promotion process at ASU.*
- 2020: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended virtual lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in EXW and SSP programs.*
- 2019: NSCA Spain National Conference. *Presented two lectures: the mind-muscle connection and resistance training & squat progressions for the development of muscular strength. Attended lectures relating to the strength and conditioning field. Meetings to build the strength and conditioning profession in Spain.*
- 2019: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in EXW and SSP programs.*
- 2019: NSCA Regional Coordinator Retreat. *Re-assessment of the NSCA state and provincial directors program. Develop new ways to create educational content and reach strength and conditioning professionals throughout the world.*
- 2019: NSCA Tactical Strength and Conditioning Conference. *Content used for EXW 460 coursework. Networking for opportunities to work with the tactical community.*
- 2019: NSCA National Conference. *Meetings for organizational responsibilities. Gain ideas for course content development EXW 460, EXW 215. Attended Accreditation meeting to determine new guidelines academic programs would need to follow to become accredited. Shared this information with ASU curriculum committees.*
- 2019: Cultivating Mental Agility, LinkedIn learning. *Develop thinking habits to become faster at problem solving and decision-making. To cultivate mental agility and resilience in the face of change. Create course content for EXW 320, EXW 460*
- 2019: Establishing Credibility as a Speaker, LinkedIn learning. *Improve presentation style in the classroom and during professional conferences. Learn to connect with students in the classroom. All EXW and SSP courses.*
- 2019: CHS Mentoring Program Workshop. *Paired with a mentor and learned ways to mentor.*
- 2018: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in EXW and SSP programs.*

- 2018: NSCA Brazil Strength and Conditioning Conference. *Presented: the mind-muscle connection and resistance training. Attended lectures relating to the strength and conditioning field. Meetings to build the strength and conditioning profession in Brazil.*
- 2018: CHS Faculty Leadership Series. *Leading from where you are.*
- 2018: ASU Faculty Women's Association Clinic for NTE faculty promotion. *Gain ideas to work towards promotion in the future.*
- 2018: NSCA National Conference. *Meetings for organizational responsibilities. Gain ideas for course content development EXW 460/530, EXW 215, EXW 217, EXW 216.*
- 2018: NSCA Arizona State Clinic. *Integrated lecture content into EXW 460/530.*
- 2017: NSCA Rocky Mountain Regional Conference. *Hosted conference, attended lectures relating to specific content in the strength and conditioning industry. Content specific to many courses in the EXW program.*
- 2017: NSCA National Conference. *Meetings for organizational responsibilities. Gain ideas for course content development EXW 460/530, EXW 215, EXW 217, EXW 216.*
- 2017: NSCA Arizona State Clinic. *Integrated presentations and research into course content for EXW 425, EXW 460/530, EXW 216*
- 2017: NSCA Coaches Conference. *Integrated presentations and research to redevelop EXW 460/530.*