

Joseph Marsit, MS, CSCS

Sports Science and Performance Programming
College of Health Solutions
Arizona State University

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EDUCATION

1996: Masters of Science (Exercise Physiology), Appalachian State University, Boone, NC

Specialized study on sports performance training utilizing resistance based exercise.
Graduate Coaching and Graduate Research Assistant
Thesis: Effects of Ascorbic Acid Supplementation on Testosterone:Cortisol in Olympic Weightlifters. Advisor: Dr. Michael H. Stone. Grant funded through USA Weightlifting

1992: Bachelors of Science (Exercise Science), The Pennsylvania State University – University Park, PA

CONTINUING PROFESSIONAL EDUCATION

2007: Sports Performance Director Training, Velocity Sports Performance Corporate Office, Irvine, CA.
2009: Center Director Management Training, Velocity Sports Performance Corporate Office, Irvine, CA.
2011: Level 3 Speed Development and Sports Performance Coaching Training, Athletic Republic Corporate Headquarters, Salt Lake City, Utah.
2019: Neuromuscular Profiling and Performance Assessment, Noraxon, Phoenix, AZ
2019: Vald Performance Athletic Assessment, Phoenix, AZ
2020: Noraxon ForcePlate and IMU Integration, Phoenix, AZ
2020: Seattle Sounders Performance Clinic, Online Clinic
2021: Noraxon Portable Lab Training, Phoenix, AZ
2021: Bertec Analysis of Vertical Jump for Injury Identification, Online Clinic
2022: Force-Velocity Applications for Assessment and Programming, Online Clinic

PROFESSIONAL EXPERIENCE

Arizona State University

2021-Present: Movement Sciences

Sports Science and Performance Programming Director (2018-present)

College of Health Solutions

Downtown Phoenix Campus

Rank – Teaching Professor

2017-Sp2021: Movement Sciences

Sports Science and Performance Programming Degree Coordinator (2018-present)

Exercise and Wellness Undergraduate Degree Coordinator(2017-SP20)

College of Health Solutions
Downtown Phoenix Campus
Rank – Senior Lecturer

2013-2017 Exercise and Wellness Undergraduate Degree Coordinator(2014-SP20)
College of Health Solutions
Rank - Lecturer

Maricopa County Community Colleges

2005-2013: Department of Health, Physical Education, Recreation and Dance
Adjunct Instructor

Previous Related Experience

2005-2012: Velocity Sports Performance/Athletic Republic
Scottsdale, AZ
Center Director and Sports Performance Specialist

2003-2005: Fitlife-Arrowhead
Peoria, AZ
Performance Enhancement Specialist

1997-2003: Arizona State University
Tempe, AZ
Associate Head Strength and Conditioning Coach

CURRICULUM AND INSTRUCTION

Academic Programs Developed at Arizona State University

Concentrations for the Sports Science and Performance Programming Degree (Began Fall 2022):
Strength and Conditioning Concentration

- Chair of the Curriculum Development Committee
- Coordinated review and revision of current major map to align with new standards
- Developed, wrote and submitted concentration proposal with input from the committee
- Worked with advising and the CHS academic specialist to develop the major maps
- Ensured concentration aligns with CASCE standards for strength and conditioning education and will be eligible for accreditation

Proposal for creation of an inter-department certificate program in Sports and Performance Counseling – planning and discussions began Spring 2020

Attended several planning meetings with faculty and administration from CHS and CISA and discussed several options for course integration from both colleges to complete certificate, began certificate proposal

Proposal for creation of a Masters Degree in Strength and Conditioning – assistant and consultant role (began Fall 2019 – submitted paperwork Spring 2020 – passed CHS Curriculum committee December 2020 – Approved and offered as a Masters degree in Fall 2021)

Assisted with the completion of all paperwork for degree planning purposes including EMSI data collection and UOEEE evaluation criteria; collaborated on program of study and creation of new courses

Transition of Exercise and Wellness Undergraduate Degree to Clinical Exercise Science Undergraduate Degree (Spring 2019) final approval Fall 2021

Transition of the more general Exercise and wellness degree to a revised program more focused on utilizing physical activity interventions to assist those populations at risk of or suffering from chronic disease or neuromuscular related conditions

- Co-Developed and wrote program description, program outcomes and degree justification
- Re-wrote degree catalog and major map to be reflective of more clinical focus
- Presented explanations and justifications for transition to program area, faculty assembly and administrative meetings

Transition of Exercise and Wellness Undergraduate Degree to Healthy Lifestyles Coaching Concentration in Health Sciences with anticipation of a new degree creation in Lifestyle and Fitness Sciences for Fall 2021.

This transition included the discussion and inclusion of key courses from the Exercise and Wellness Degree into the current Healthy Lifestyles Degree program allowing for students to complete competencies to sit for nationally accredited personal training certification exams along with wellness coaching certification.

- Co-Developed and wrote program description, program outcomes and degree justification
- Assisted with catalog and major map updates for the HLC degree
- Identified necessary course modifications and course leads for transitioning classes to online format for the HLC degree program.

Creation of a new BS degree: Sports Science and Performance Programming (SSP) (Began first freshman class Fall 2019)

Creation of a new degree focused on maximizing performance related to more active populations and enhancing sports performance coaching abilities

- Developed and wrote degree proposal including development of major map for the degree to more carefully allow student transfer from other CHS programs
- Designed, developed and wrote syllabi for new courses required for the degree
- Restructured and rewrote syllabi for current EXW courses to better align with multiple degrees
- Opened communications with community partners and ASU athletics to provide opportunities for students in the SSP degree to have experiential learning opportunities
- Conducted and summarized marketing reports for degree and created catalog descriptions for the program

- Aided in initial marketing and presentations for student services and recruiting

Restructuring for the Exercise and Wellness (EXW) Degree (On Academic Plan 2016-17 to begin Fall 2017):

Revision of degree per Provost recommendations to remove concentrations and restructure degree to a core concentration of Exercise and Wellness classes and upper division electives (tracks)

- Coordinated review and revision of current major map to align with new standards
- Developed, wrote and submitted the new degree structure after review from the curriculum committee and feedback from faculty as a whole
- Worked with advising and the CHS academic specialist to develop the major maps
- Wrote and edited e-advisor, course catalog and website descriptions for the current degree

Development of Personal Fitness Training Certificate (On Academic Plan 2016-17 to begin Fall 2017):

Additional certificate offering for those students interested in basic fitness instruction working with apparently healthy individuals

- Developed, wrote and submitted the new certificate program
- Worked with college curriculum specialist to launch certificate program in expedited fashion
- Worked with curriculum committee to revise pre-requisite coursework for class included in certificate

Concentrations for the Exercise and Wellness Degree (Began Fall 2016):

Fitness and Wellness Specialist (revised and renamed from current Exercise and Wellness concentration)

Strength and Conditioning Specialist

Exercise and Obesity Prevention

- Chair of the Curriculum Development Committee (2013-present)
- Coordinated review and revision of current major map to align with new standards
- Developed, wrote and submitted all three concentration proposals with input from the committee
- Worked with advising and the CHS academic specialist to develop the major maps
- Developed accelerated programs for all 3 concentrations
- Wrote and edited e-advisor, course catalog and website descriptions for the current degree
- Worked with committee on substantive changes to current exercise and wellness concentration to meet the requirements of the new concentration
- Wrote and submitted proposal to have the Arizona State University Exercise and Wellness degree meet the educational recognition criteria of the National Strength and Conditioning Association

Instructional Spaces Planned at Arizona State University

Planned and Performed Instructional Laboratory Redesign (Spring 2022 – Summer 2022)

- Evaluated space, secured new flooring and equipment
- Resurfaced floors and expanded weight room space from 3 to 7 platforms
- Submitted budget to CHS
- Secured equipment from companies
- Modified equipment and flooring to comply with NSCA Safety and ADA standards

Designed Exercise Lab Space for West Campus Expansion of SSP Degree (2021-ended Spring 2022)

- Site visit, evaluated equipment, and proposed purchases
- Measured rooms and provided cost estimates for restructure of lab spaces
- Wrote up and presented proposal to CHS
- Reviewed drawings with equipment companies
- Obtained competitive bids for equipment to present to committee

Closure and restructure of laboratory spaces for Downtown Phoenix Campus (2021)

- Conducted tours, evaluated equipment, and proposed moving lab spaces
- Measured rooms and provided cost estimates for restructure of lab spaces
- Wrote up and presented proposal to CHS

Planned and Purchased Mobile Laboratory for Research and Affinity Network Use

- Wrote out justification and proposal for mobile lab
- Priced out and submitted purchase order for mobile lab equipment

Laboratory Space Planning at Poly and West Campuses for Exercise and Wellness (2019-21)

- Provided input and cost/size estimations for moving exercise laboratories to both campuses
- Visited both spaces and reviewed layout with administration of West and Poly campus
- Considerable time and detail to design facility needs and provide cost estimations
- Reviewed schedule of potential available fitness center space

Performance Space Planning with Phoenix Rising (Spring 2020)

- Met with team ownership and ASU administration to discuss investment into joint owned and utilized space for team training and classroom labs
- Planned and provided budget of all equipment needs for utilization of space

Sun Devil Fitness Center Downtown Phoenix Campus Exercise and Wellness Laboratories and Classrooms (2013-2018)

- Provided input and oversight of completion of fitness center building and completion of the EXW classroom and laboratory space
- Reviewed and finalized the order of all equipment

- Received and placed all equipment in classrooms and instructional laboratories
- Recommended and purchased all storage space needs
- Served as liaison between contractor, architect and department for all troubleshooting after taking ownership of classrooms and labs
- Coordinated (\$500,000+) sound mitigation project after occupation of classrooms and labs
- Coordinator for EXW 200 level instructional competency labs overseeing all equipment purchases
- Continued partnerships with Sun Devil Fitness and YMCA for shared equipment and space

Courses Developed at Arizona State University

Course Submission and Creation: SSP 142 Sports Performance Practical Training – Fall 2022 – new course required for BS Sports Science and Performance Programming; wrote syllabus, set up grading scale, designed all assignments and evaluation, set learning objectives with instructional design – approved Summer 2021 for Fall 2022 implementation

Course Redesign: SSP 461 Performance Programming Components and Periodization – Fall 2021 – review of gap analysis of degree program and necessary certification competencies necessitated a complete redesign of this course to fulfill overall performance training program needs; wrote syllabus, set up grading scale, designed all assignments and evaluation, set learning objectives

Course Conversion: SSP 320 Coaching Leadership, Teamwork and Performance Management – Summer 2021 – course was converted to iCourse format for summer session; all lectures recorded, assignments revised for online delivery

Course Creation: SSP 560 Coaching Science – later termed Performance Coaching Science – Fall 2020 – new course required for MS Strength and Conditioning; wrote syllabus, set up grading scale, designed all assignments and evaluation, set learning objectives with instructional design – approved through CHS curriculum committee December 2020

Course Creation: EXW 484 (Internship-Applied Project) – Summer 2020 – emergency need course for students unable to complete normal internship required for degree; wrote syllabus, set up grading scale, designed all assignments and evaluation

Online Course Development: EXW 215 (Resistance Training and Recovery Techniques) – Spring/Summer 2020 – first offer Fall 2020

Course Collaboration on Restructure of Online EXW 335 (Physical Activity and Physiology Concepts) – Spring 2020 with Janelle Anderson – course needed to be rebuilt to fit into the learning objectives of the new Healthy Lifestyles and Fitness Science degree program and adjusted for larger enrollment

Course Submission and Creation: SSP 242 (Resistance Training Foundations for Performance) – Spring 2019 – first offer Fall 2020

- Created and submitted syllabus to curriculum changemaker for new course approval
- Designed course to match accreditation needs for the new SSP degree program
- Created lecture and assessment materials for class
- Re-designed syllabus for ASU Sync in Fall 2020

Course Submission: SSP 275 (Experiential Seminar for Sports Science) – Spring 2019 – first offer Fall 2020

- Created and submitted syllabus to curriculum changemaker for new course approval
- Designed course to match accreditation needs for new SSP degree program

Course Creation: EXW 217 (Fitness and Flexibility Competency Laboratory) – Summer 2019 – offered Fall 2019

- Complete revision of submitted syllabus for EXW 217 based on feedback from faculty
- Rewrite of all lectures and lab assignments due to departure of assigned “lead” faculty
- Creation of new course assessments to align with course and program objectives

Course Creation: EXW 215 (Resistance Training and Recovery Competency Laboratory) – Summer 2019 – offered Fall 2019

- Complete revision of submitted syllabus for EXW 215 based on feedback from faculty
- Rewrite of all lectures and lab assignments
- Creation of new course assessments to align with course and program objectives

Major Revision: EXW 320 (Leadership and Management in Exercise and Wellness) convert to SSP 320 – Spring 2019 for Spring 2020 implementation

- Update and record all lectures for large section online delivery of content in summer
- Review and update lectures to have more coaching sports focus for SSP degree
- Update assignments to reflect needs for accreditation
- Rewrite assignments for more efficient grading of large section numbers
- Addition of new materials and options to address diverse degree needs

Major Revision: EXW 214, 216, 218 (2 credits each) converted to EXW 215 (Resistance Training and Recovery Instructional Competency Laboratory and EXW 217 (Fitness and Flexibility Instructional Competency Laboratory (3 credits each) – Spring 2018

- Substantive revision of courses to integrate material from three (3), two-credit classes into two (2), three-credit classes
- Expansion of lab and practical activities to provide students with more “hands-on” experiences
- Extensive work with AZ Transfer to ensure proper articulation of courses with community college partners

Course Submission and Co-Development: SSP 325: Applied Anatomy and Biomechanics of Sport and Movement (4 cr.) – Spring 2018

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- Creation of new applied biomechanics course to provide students in SSP the overview of sports movement they require to best assess and prescribe training programs
- Wrote and developed syllabus, lecture schedule and lab projects for the course
- Chose applied textbook for course

Course Submission: SSP 423: Performance Testing and Technology (3 cr.) – Spring 2018

- Creation of new exercise assessment course emphasizing the tests performed on high performance participants and the emerging technologies that measure performance
- Wrote the syllabus and proposed lecture topics for the course

Major Revision: EXW 484: Internship (3-12 cr.) – Fall 2018

- Substantive revision of course including assignments, reports and letters to students and sites
- Worked with committee to revise schedule for class and align coursework across multiple degrees

Major Revision: EXW 425: Exercise Prescription (3 cr.) – Fall 2017

- Substantive revision of course moving from a traditional lecture to problem based learning format
- Designed and developed all problem based assignments
- Organized inter-professional and teamwork based curriculum for this upper division capstone course
- Wrote and developed new project, exam and case based final keeping consistent with the academic assessment plan for his course
- Selected audio and video content
- Chaired committee to hire new faculty to assist in the delivery of the course

EXW 101: Foundations in Exercise Science and Wellness (3 cr.) – Summer 2017

- Substantive revision of course emphasis from the original EXW 300 course
- Selected new textbook
- Submitted course name and number change for curricular approval
- Wrote and developed professional development assignments and quizzes
- Selected audio and video content
- Chaired committee to hire new instructor to deliver course
- 2018 revision: Aligned course to better integrate with all degree programs in the movement sciences area; including addition of new lectures, research assignments and article reviews

CHS 100: Introduction to Health Solutions (3 cr.)

- Served on committee that was tasked with creating the content for the new CHS core freshman course
- Assisted in the writing of the syllabus for consideration by the college
- Reviewed and wrote case study examples with co-worker that encompasses all the disciplines found within CHS
- Continue to be involved in the development of content and redesign of the CHS core curriculum

Courses Taught at Arizona State University

Exercise and Wellness and Sports Science and Performance Programming Degrees (2013 – current)

Undergraduate:

EXW 101	Foundations in Exercise Science and Wellness
EXW 214	Flexibility Instructional Competency Laboratory
EXW 215	Resistance Training and Recovery Competency Lab (in-person and oCourse)
EXW 217	Fitness and Flexibility Competency Lab
SSP 142	Sports Performance Practical Training
SSP 242	Resistance Training Foundations for Performance
EXW/SSP 320	Leadership and Management in Exercise and Wellness (in-person and iCourse)
EXW 335	Physical Activity and Fitness Concepts
EXW 425	Exercise Prescription
EXW/SSP 434	Sports Movement and Conditioning
SSP 460	Resistance Training Application and Theory
SSP 461	Performance Programming Components and Periodization
EXW/SSP 484	Internship
EXW 484	Internship – Applied Project

Graduate:

EXW 534	Sports and Fitness Conditioning
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Instructional and Curricular Professional Development

Translational Teams or Affinity Networks:

- 2019: Athletics Affinity Network – founder and co-leader (community outreach)
 - Create engagement opportunities for students
 - Provide education resources for community partners
 - Provide sports performance services to partners
 - Develop partnerships with ASU and community partners
 - Oversee reports, meetings and operations budget of affinity network
 - Development of key educational and experiential partnership with Phoenix Rising Soccer Club
 - Featured article in ASU NOW – “Rising Above the Competition” – Dec. 2019
 - Collaborated on team testing for Phoenix Rising in Spring 2020

- Utilized network to obtain research study grant from Woodway (2020 – on hold) and received donation of two Woodway treadmills for study
- Created and conducted tactical performance seminars for ASU ROTC
- Provided continuing education on performance training for North High School PE

Content/Professional Development:

- 2022: *NSCA Regional Conference*. Attended lectures specific to biomechanics and assessment to be utilized in upper division SSP coursework
- 2022: *ASU Bias in Hiring Training*. Learned best practices to limit bias in the hiring process
- 2022: *ROTC Tactical Seminar*. In cooperation with the Athletic Affinity network, organized and delivered an 18 hour seminar over 3 days on tactical fitness and readiness
- 2021: *Noraxon Travel Lab Training*. 8 hour training seminar with Noraxon representative to establish functioning of travel biomechanics lab.
- 2021: *ROTC Tactical Seminar*. In cooperation with the Athletic Affinity network, organized and delivered an 18 hour seminar over 3 days on tactical fitness and readiness to the ASU ROTC command group.
- 2021: *NSCA National Conference*. Participated in recruiting efforts for MS program, reviewed equipment for new facilities and gathered material for SSP 461
- 2021: *Liberty Performance Health and Fitness Seminar*. Presented and attended local conference targeting practitioners in the personal training field. Materials on recovery from high intensity exercise incorporated into SSP 242 classes.
- 2020: *Sport Techie Conference*. Conference focused on leadership during a crisis as well as how technology allows for athlete monitoring and tracking progress in a virtual landscape (8 total hours)
- 2020: *Diversity and Inclusion Training for Job Searches*. Zoom webinar presented by the Provost's office for search committee chairs and members designed to enhance the diversity in our faculty searches. (2 hours)
- 2020: *Collaboration on Peer Review*. Garrett Bingham peer review completed November 2020.
- 2020: *ASU Sync Workshop*. Presented by UTO and EdPlus, this 2 week intensive course covered better pedagogy and online practices and reviewed how we will connect with our students in the new ASU Sync environment. – **Earned 8 BADGES**
- 2020: *Master Class for Teaching Online*. Presented by EdPlus, this 2 week intensive course prepares faculty to teach courses for the ASU Online environment
- 2020: *Zoom Webinar on Class Management and Delivery*. 2 complete webinars on how to effectively integrate Zoom into your classroom for both synchronous and asynchronous delivery of content and connecting with students
- 2020: *Seattle Sounders Performance Clinic*. This 3 day conference offered over 3 consecutive weeks in virtual format covered a variety of topics on athletics and athletic development ranging from the marketing and promotion of athletes to performance tracking on the field and optimizing performance through technology and maximal workload (12 total hours)

- 2019: *NSCA Regional Clinic*. Co-sponsored lectures on practical experiences in the field as well as use of alternate forms of resistance in training. Content specific to many classes in EXW and SSP programs
- 2019: Undergraduate Program Outcomes Alignment – complete re-assessment of the program goals, outcomes and sub-competencies for both the SSP and EXW degree programs (~80 hours total work)
- 2019: *Noraxon – Motion Capture Training*. Training from Noraxon on how to use forceplates, 3-D video capture and integrated EMG (12 hours total)
- 2019: *Leading the College to Success Retreat*. Academic and Graduate Success Sub-Committee meetings
- 2019: *Online Learning Consortium*. Innovate Virtual Attendee – Adapting content for large classes. Content used in EXW 320
- 2019: *Noraxon Conference*. Neuromuscular Profiling and Assessment. Content used for SSP 434 and SSP 325. (12 hour conference)
- 2018: *NSCA Arizona State Clinic*. Presented on Long Term Athlete Development. Other content used to enhance EXW and SSP coursework.
- 2018: *Mastering the Back Squat Seminar*. Content used for SSP 325, EXW 215 and SSP 242 coursework.
- 2018: *CHS Faculty Leadership Series – Leading from Where You Are*
- 2018: *AKA Leadership Conference*. Utilized ideas presented at conference to launch new degree proposal and teaching assistant structure
- 2017: *NSCA Arizona State Clinic*. Integrated signaling lectures from keynote speaker into lectures for EXW 425
- 2016: *NSCA Regional Clinic*. Directly integrated presentations and research presentations into course content for EXW 425 and EXW 434/534 including adding guest speaker from clinic to courses
- 2016: *NSCA National Convention*. Directly integrated presentations and research presentations into course content for EXW 425 and EXW 434/534
- 2016: *Problem Based Learning Instructors Clinic*. Utilized best practices and research methods presented to develop the new problem based EXW 425 course
- 2015: *2nd Annual Arizona State University Sports Performance Coaches Clinic*. Directly integrated presentations about new technologies in evaluation of athletic performance and injury prevention into lectures for EXW 494/534 and EXW 320
- 2014: *National Strength and Conditioning Association (NSCA) Arizona State Clinic*. Utilized presentations as resources for additional information in EXW 494/534. As a member of the NSCA State Board encouraged student attendance.
- 2014: *NSCA National Convention*. Directly integrated career advancement information into curriculum for EXW 320 and utilized video resources in the creation of material for EXW 101.
- 2013: *NSCA National Convention*. Directly integrated in the field presentations and performance enhancement lectures for the redesign of EXW 494/534. Spoke with NSCA representatives about creating strength and conditioning specialist concentration and recognizing the Exercise and Wellness program at ASU as educational resource.

Independent Study Supervision

Graduate Students

Sina Wegel – Masters Internship mentor – Fall 2022
 Min Gao – Masters Thesis – committee (Spring/Summer 2022)
 Mackenzie Paul – MS comprehensive exam – faculty lead for preparation (Spring 2021)
 Zach Buzzard – MS research project – committee (completed Spring 2020)
 Matthew Blair – MS research project – chair (completed 2019)
 Alexander Stark – Masters Thesis – committee (completed 2019)
 Sean Kao – Masters Thesis – committee (completed 2018)
 Joshua Nassif – MS research project – switched to comps in 2018
 Ryan Pierskalla – MS research project – chair (completed 2018)
 Erin Dierickx – Masters Thesis – committee (completed 2017)
 Mark Rubin – MS research project (completed 2016)
 Richard Mulder – EXW 599 Independent Study Sports Performance (completed 2015)
 Mycal Anders – MS research project (completed 2014)

Undergraduate Students

Matthew Nofi – Barrett Honors Project – Fall 2022
 Olivia Andalero – Undergraduate Teaching Mentor/Tactical Internship – Fall 2022
 Harrison Dover - Undergraduate SSP Project – Spring 2022
 Isiah Chavez - Undergraduate SSP Project – Spring 2022
 Benjamin Burnell - Undergraduate SSP Project – Spring 2022
 Kimberly Angel - Undergraduate SSP Project – Spring 2022
 Tyler Hoel - Undergraduate SSP Project – Spring 2022
 Hafiz Sourkaty - Undergraduate SSP Project – Spring 2022
 Ryan Williams - Undergraduate SSP Project – Spring 2022
 Derrick Roach - Undergraduate SSP Project – Spring 2022
 Vanessa Murietta - Undergraduate SSP Project – Spring 2022
 Kelly McKenzie - Undergraduate SSP Project – Spring 2022
 Gilbert Gonzales – Undergraduate SSP Project – Spring 2022
 Ray Cruz – Undergraduate SSP Project – Spring 2022
 Matthew Defiebre – Barrett Tactical Project – Spring 2022
 Jordan Kilgore – Undergraduate Tactical Internship – Fall 2022
 Jacob Kendall – Undergraduate Internship Supervisor – Fall 2021/Spring 2022
 Jordan Kilgore – Undergraduate Teaching Mentor – Fall 2021
 Tanisha Begay – Barrett Thesis Committee – Fall 2021 – second reader
 Isabel Dehakiz – Barrett Thesis Committee – Fall 2021 – second reader
 Liske Carleer – Barrett Thesis Committee – Fall 2021 – second reader
 Matthew Defiebre – Barrett Honors Project – Fall 2021
 Danelle Tucker – Undergraduate teaching mentor – Spring 2021
 Kaelynn Nadonza – Undergraduate teaching mentor – Spring 2021
 Matthew Defiebre – Barrett Honors Project – Spring 2021
 Adrian Reyes – Barrett Honors Project – Spring 2021
 Alvaro Pacheco – Undergraduate student – bi-weekly meetings to discuss degree/future – Fall 2020
 Kaitlin Harvey – Barrett Honors Project/undergraduate teaching mentor – Fall 2020

Matthew Defiebre – Barrett Honors Project – Fall 2020
 Ryan Esparza – Barrett Honors Project – Spring 2020
 Paige Mcglothlin – Barrett Honors Class Project – Fall 2019
 Ryan Esparza – Barrett Thesis Committee – third reader – Spring 2020
 Carly Santini – Undergraduate teaching mentor – Fall 2019
 Layne Gainer – Independent Study/teaching mentor – Fall 2019
 Josephine Kempsey – Undergraduate teaching mentor – Spring/Fall 2019
 Zeeshan Mallick – Barrett Honors Applied Project – chair (completed 2019)
 Sydney Johnson – Barrett Honors Applied Project – 2nd reader (completed 2019)
 Charles Parker – EXW 499 Independent study – Sports Performance (completed 2017)
 Solomon Levin-Sanders – EXW 499 Independent study - Sports Performance (completed 2017)
 Lindsey Mahoney – Chair, BIS 401 directed study project (completed 2016)
 Erin Dierickx – Committee, Barrett Honors Thesis (completed 2016)
 Jessica Raybe – Committee, Barrett Honors Thesis (completed 2015)

Master's Comprehensive Exams

Mycal Anders – 2014 – Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Catherine Timp – 2015 - Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Mark Rubin – 2016 - Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Richard Mulder – 2016 - Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Brooke Carroll - 2018 - Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Derek Oetken – 2020 - Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Lex Hollenback – 2020 - Exercise and Wellness Program – wrote study questions, wrote and evaluated comprehensive exam questions on sports performance program development
 Joel Frusti – 2021 – Exercise and Wellness Program - wrote study questions, wrote and evaluated comprehensive exam questions on EXW 530, conducted oral exam
 Mackenzie Paul – 2021 - Exercise and Wellness Program - wrote study questions, wrote and evaluated comprehensive exam questions on EXW 534, met and prepped student for exam
 David Mikel – 2021 - Exercise and Wellness Program - wrote study questions, wrote and evaluated comprehensive exam questions on EXW 530, conducted oral exam
 Monay Mariscal – 2022 – Exercise and Wellness Program wrote study questions, met and reviewed

Additional Teaching/Mentoring

Group Mentoring Development – SDFC – Lindsey Miossi, Jason Siegler, Rachel Larson – began Fall 2021
 Faculty Advisor – ASU Barbell Club (Downtown and Tempe Campus) – ended Spring 2021
 Peer Faculty Mentor – Tiffany Gray – through Spring 2022
 Peer Faculty Mentor – Garrett Bingham – serve as faculty mentor
 Faculty Mentor – Jason Siegel – assist with mobile lab and introduction to all equipment and facilities available

Program Director Mentor – Simon Holzapfel
 Program Director Mentor – Micki Hrcir
 Peer Faculty Mentor – Charles Leddon

ADMINISTRATIVE RESPONSIBILITIES

Fall 2018 – current: Program Director, Sports Science and Performance Programming Undergraduate degree

- Prepare annual program related reports
 - Academic Program Review report
 - Annual Assessment Plan reports
- Oversee degree alignment for accreditation with National Strength and Conditioning Association
- Provide ongoing evidence-based justifications for facilities, equipment purchases and new full time hires
- Chair all hiring committees for degree
- Coordinate Sports Science Program faculty teaching assignments. Provide recommendations to appropriate administration on course and workload assignments
- Coordinate and submit final proposals for new and revised undergraduate and graduate classes
- Chair - Undergraduate Curriculum Committee
- Primary point of contact for students with concerns regarding the SSP UG programs
- Primary point of contact for faculty with questions regarding curriculum
- Collaborating with instructional design team on degree assessment
- Coordinate expansion of program to other campus
- Lead hiring committees for new faculty in area
- Represent SSP to other committees/entities needing overview of our programs
 - Advising
 - Marketing
 - Student Success
 - Other program coordinators
- Oversee equipment orders, repairs and lab room organization
- Oversee damage and repair of classrooms
- Coordinate degree offer at West campus

Spring 2014 – 2020: Degree Coordinator, Exercise and Wellness Undergraduate degree

- Provide recommendations for operations of exercise and wellness program to program coordinator or school director or academic program lead
- Prepare annual program related reports
 - Academic Program Review report
 - Annual Assessment Plan reports
- Provide ongoing evidence based justifications for facilities, equipment purchases and new full time hires
- Chair all hiring committees for degree
- Coordinate Exercise and Wellness Undergraduate Degree Committee assignments
- Coordinate Exercise and Wellness Program faculty teaching assignments. Provide recommendations to appropriate administration on course and workload assignments

- Coordinate and submit final proposals for new undergraduate classes, fees, and concentrations
- Write and edit course catalog and website material for EXW Undergraduate degree
- Coordinate and prepare all semester schedules for both Exercise and Wellness and Health Education Health Promotion degrees including all graduate course work
- Hire necessary faculty or associates for course coverage
- Assist new faculty with course needs
- Interview, hire and recommend assignment of graders
- Chair - Undergraduate Curriculum Committee
- Primary point of contact for students with concerns regarding the EXW UG programs
- Primary point of contact for faculty with questions regarding curriculum
- Represent EXW to other committees/entities needing overview of our programs
 - Advising
 - Marketing
 - Student Success
 - Other program coordinators
- Work with community college faculty to assist with program alignment with EXW curriculum
- Member, Articulation Task Force Committee for coordination with Arizona community college system
 - Host, meeting Fall 2016
 - Chaired meeting in Fall 2016 - Exercise Science, Kinesiology, Physical Education, Health, and Wellness (EXS) ATF meeting
 - Wrote and submitted reports for EXW regarding the course equivalency guide, shared majors, common courses and EXW updates to the EXS ATF meeting
- Review all ACETS transfer courses for equivalency to EXW courses
- Attended and participated in Undergraduate Commencement and CHS Convocation
- Conduct tours of EXW facilities for visiting groups, invited guests, student tours, community college visits and other interested parties
- Engage in on-going recruitment and retention efforts by attending freshman orientations and enrollment
- Coordinated facilities for use by University President's office during Trustee's Annual meeting
- Coordinated presentations with student success and presented at community colleges
- Serve on Glendale Community College Advisory Board
- Serve on Maricopa Community College advisory council
- Undergraduate Program Degree Assessment and Alignment Project (2019-)
- Transitioned degree to move to Clinical Exercise Science, changed major map and rewrote UOEEE evaluation
- Transitioned elements of the EXW degree to move into Healthy Lifestyles and Fitness Sciences degree – re-designed major map, helped with course re-design and wrote UOEEE evaluation

SERVICE

University

Lead, Articulation Task Force – responsible for all ACETS reviews for EXW/SSP and representing EXW/SSP at EXS ATF annual meeting (2014-present)- extensive meetings with community college representatives to align current curriculum and plan new pathways

Faculty Representative – ASU Athletics recruiting functions (2018-present)

Member, Residency Classification Appeals Committee (2019-present) (Monthly hearings in Tempe each semester, review of candidate files, training)

Member, Engaged Thinkers Committee, Global Sports Initiative (2019 – present) – semi-regular meetings to discuss conference plans and other topics to present

Member, Faculty Cross Talk: Human Performance Sciences – Global Sport Institute – represent CHS in discussions and development of human performance center with GSI, Mayo, ASU and ASU Athletics (2020-present) – monthly discussions and regular interactions with other departments

Member, Sun Devil Fitness and Wellness Advisory Board (2020 - present) – monthly meetings with fitness and wellness staff and other community members to improve overall wellness in the ASU community

College of Health Solutions

Member, Course Creation Committee – CHS 100, Introduction to Health Solutions SDFC liaison (2015-17)

Member, College Core Task Force, co-chair (2016-17)

Member, Academic Success Sub-Committee (2018)

Member, Personnel Committee (2017- present) (Lead 2018)

Member, NTE Promotion Ad-Hoc Committee (2017-present)

Member, CHS Curriculum Committee (2017-18) and (2020-present)

Member, NTE Annual Review Ad-Hoc Committee (2016-), Chair (2017-2018)

Chair and Founder Athletics Affinity Group (established 2018) - ~6 hours work per week

- Develop recruitment tools/database
- Email regular updates to students
- Continuous meetings and discussions with community partners

Member, Summer Bridge Task Force (2018-2019)

- Developed case scenarios for Choose Your Own Adventure Program

Member, Workload Database Taskforce (2019-2020)

Member, Cross-disciplinary Digital Credentials Innovation team (2019-2020)

Participant/Speaker, Dean’s Circle Bus Tour (12/11/2019)

Presenter, Student Recruitment – More to Explore (Spring 2020 - present) – multiple events and presentations

Faculty Representative, Student Success – ASU Homecoming (Fall 2021)

Special Recognition

Winner, College of Health Solutions Affinity Network Award, 2020

Nominated, College of Health Solutions Teacher Award, 2019

Nominated, College of Health Solutions Affinity Network Award, 2019

Nominated, College of Health Solutions Mentor Award, 2019

Finalist, College of Health Solutions Service Award, 2014

School of Nutrition and Health Promotion

Chair, Non-Tenure Eligible Annual Review Committee. 2016-17
 Member, Non-Tenure Eligible Annual Review Committee, 2014-current
 Representative, American College of Sports Medicine conference booth, Annual Fitness Conference,
 Phoenix, AZ (2016-17)
 Member, SNHP Program Coordinator's Committee (2014-2018)
 Member, Health Careers Expo Team, 2016-current

Movement Science

Member, MS Strength and Conditioning Curriculum Committee (2020-)
 Chair, SSP Undergraduate Degree Committee (2018-)
 Chair, EXW Undergraduate Degree Committee (2015-19)
 Member, Awards and Scholarship Committee (2016-2018; 2019-20)
 Co-Advisor, Exercise and Wellness Organization Undergraduate student club (2014-2017)
 Submit all Curriculum Changemaker related changes for undergraduate courses (2015-)
 Coordinate review of student petitions to the EXW/SSP UGCC with the internship coordinator and EXW
 Advisors (2015-)
 Work with advising team to insure adequate understanding of program, coursework, content and
 Ongoing changes (2015-)
 Student Recruitment Presentations (Campus and Community) (2014- ongoing; ~3 events each semester)
 Faculty Presentation at Freshman Orientation (8 events – 2018)
 Faculty Presentation at Freshman Orientation (5 events – 2019)
 Faculty Presentation at Freshman Orientation (1 event – 2020 – remaining virtual due to Covid)
 EXW Degree Program Change Committee (Spring 2019-transitioned to new degrees Fall 2020)
 Faculty Presenter at More2Explore Programs in the Movement Sciences (Summer 2020)
 Faculty Presentation at Community College Recruiting Event (April 2021)
 Faculty Presentation at Freshman Welcome (Fall 2021)
 Faculty Member at World Cup watch party (Fall 2022)

Faculty/Staff Search Committees:

Member, Applied Kinesiology Lecturer Search Committee, 2013
 Member, Health Promotion Lecturer Search Committee, 2013
 Chair, EXW Instructor Search Committee, 2013
 Chair, EXW Instructor Search Committee, 2013
 Member, Internship Coordinator Assistant Search Committee, 2014
 Chair, EXW Instructor Search Committee, 2014
 Chair, Foundations Lecturer Search Committee, 2014
 Chair, Sport Management and Sport Performance Lecturer Search Committee, 2015
 Member, EXW Instructor Search Committee, 2015
 Member, Lab Coordinator Search Committee, 2015
 Member, CHS Scheduler Search Committee, 2016
 Chair, EXW Instructor Search Committee, 2016
 Chair, EXW Clinical Assistant Professor Search Committee, 2016
 Chair, EXW Lecturer Search Committee, 2016
 Member, EXW Administrative Assistant Search Committee, 2016

Member, KIN Biomechanics Lecturer Search Committee, 2017
 Member, KIN Lecturer Search Committee, 2017
 Chair, EXW Lecturer Search Committee, 2018
 Chair, Movement Science Lecturer Search Committee, 2019 (3 positions filled)
 Member, Sports Science Associate Professor Digital Technologies Search Committee, 2019-20
 Chair, Movement Science – Two Lecturers – began 2019 – put on hold 2020
 Chair, Movement Science, Sport Psychology and Performance Lecturer Search – Spring 2021
 Member, Movement Science, Exercise Programming Lecturer Search – Spring 2021 (2 hires made)
 Chair, Movement Science, West Campus Lecturer Search – Spring 2022
 Co-Chair, Movement Science, Clinical Associate Professor Search – Spring 2022

Arizona State University Presentations, Workshops, Projects and Guest Lectures

(2020). Posture and Flexibility – CHS social media post – created content and filmed with media relations.

(2020). Degree and Career Outcomes for Sports Science and Performance Programming – Created a 1-hour talk to provide to interested students on the SSP degree, courses and career outcomes. Hosted two webinars.

(2020). Grant funded Woodway Treadmill Project – written by Simon Holzapfel utilizing the Athletics Affinity Network – study to validate the use of a high speed 3 minute VO2 max testing protocol – lab was given Woodway Force and Woodway high speed treadmills – completed Spring 2022

(2020). Introduction to Sports Science and Performance Programming – EXW/KIN 101 guest lecture (X2)

(2019). Degree and Course Modifications, 2020 and beyond. Student services and advising – Faculty presenter

(2019). Sports Science and Performance Programming. CAA Downtown Advising – Faculty presenter

(2019). NTE Promotion Process – Faculty presenter

(2019). Introduction to Sports Science and Performance Programming – KIN 101 guest lecture (X3)

(2018). Faculty presenter for Global Sports Program – Chinese Coach visit – 5 presentations

(2016). Interim instructor during family leave for Dr. Jonathan Kurka. EXW 214.

(2015). Alterations in Common Weightlifting Movements. Guest lecture in EXW 460/598.

(2015). Resistance Training Program Design. Guest lecture in EXW 425.

(2015). Digital Analysis of Common Weightlifting Exercises. EXW 425.

(2014). Choosing Appropriate Exercise Intensity. Invited speaker for lunch presentation ASU Wellness,

Arizona State University.

- (2014). Interim instructor during family leave for Dr. Jared Dickinson. EXW 460/598.
- (2014). Alterations in Common Weightlifting Movements. Guest lecture in EXW 460/598.
- (2014). Resistance Training Program Design. Guest lecture in EXW 425.
- (2014). Career Options in EXW_ Guest lecture in EXW 290.

Professional Organizations

CASCE Accreditation Review, National Strength and Conditioning Association (2022-)
 Arizona State Board Member, National Strength and Conditioning Association (2018- 2022)
 Arizona State President, National Strength and Conditioning Association (2016-2018)
 Certified Strength and Conditioning Specialist, National Strength and Conditioning Association

SCHOLARLY ACTIVITY

Publications

- MARSIT, J.** and Kraemer, W.J. (1992). *“Designing a resistance training program for high school volleyball.”* **National Strength and Conditioning Journal**, 14(3).
- MARSIT, J.** (1994). *“Strength and conditioning for women's basketball.”* **Strength and Conditioning**, 16(1).
- Stone, M.H., Fry, A.C., Ritchie, M., Stoessel, L., and **MARSIT, J.** (1994). *“Injury potential and safety aspects of weightlifting movements.”* **Strength and Conditioning**, 16(3).
- Nimmons, M., **MARSIT, J.**, Stone, M.H., et al. (1995). *“Physiological and performance effects of two commercially marketed supplement systems.”* **Strength and Conditioning**, 17(4).
- MARSIT, J.** *“Efficient Strength Training for Women’s Basketball.”* (1996). **Women’s Basketball Coaches Association Journal**, January.
- MARSIT, J.**, Conley, M., Stone, M.H., et al. (1998). *“Effects of Ascorbic Acid on Serum Cortisol and the Testosterone:Cortisol Ratio in Junior Elite Weightlifters.”* **Journal of Strength and Conditioning Research**, 12(3).
- MARSIT, J.** *“Developing the Young Athlete.”* (2007). **Arizona Sports A to Z**, Winter.
- MARSIT, J.** and Mulder, RT (2015) *“Unbalanced Load Training for Athletic Performance.”* **NSCA Coach** 3(2).

Presentations

- MARSIT, J.L., Conley, M.S., and Stone, M.H. *“The effect of different doses of sodium bicarbonate on performance of the leg press exercise”*. Presented 7/93 - **NSCA National Convention, Las Vegas, NV.**
- MARSIT, J.L., Stone, M.H., Conley, M., et al. *“Physiological and performance effects of two commercially marketed training and supplement systems.”* Presented 6/94 - **NSCA National Convention, New Orleans, LO.**
- Conley, M.S., Stone, M.H., MARSIT, J., et al. *“Effects of carbohydrate ingestion on resistance exercise.”* Presented 6/94 - **NSCA National Convention, New Orleans, LO.**
- Fry, A.C., Kraemer, W.J., vanBorselen, F., Lynch, J.M., MARSIT, J.L., et al. *“Performance decrements: Development of an intensity-specific resistance exercise overtraining model.”* Presented 6/93 - **ACSM Annual Meeting, Seattle, WA.**
- Fry, A.C., Kraemer, W.J., vanBorselen, F., Lynch, J.M., MARSIT, J.L., et al. *“Endocrine response to short-term intensity-specific resistance exercise overtraining.”* Presented 7/93 - **NSCA National Convention, Las Vegas, NV.**
- Stone, M.H., Fry, A.C., Thrush, J., Fleck, S.J., Kraemer, W.J., and MARSIT, J. *“Overtraining and weightlifting.”* Presented 5/93 - **IWF Sport Science and Research Committee Meeting, Olympia, Greece.**
- Stone, M.H. and MARSIT, J. *“Androgens and athletics.”* Presented 5/93 - **IWF Sport Science and Research Committee Meeting, Olympia, Greece.**
- Stone, M.H. and MARSIT, J. *“Explosive exercises and training.”* Presented 1/94 - **Speed/Strength Symposium, NSCA, California.**
- MARSIT, J. *“Sports nutrition and supplementation.”* Presented 2/96 - **NSCA Arizona State Conference, Phoenix, AZ.**
- MARSIT, J. *“Computerized periodization design.”* Presented 3/97 - **NSCA Arizona State Conference, Phoenix, AZ.**
- MARSIT, J. *“Developing low back and neck strength to prevent injuries.”* Presented 5/98 – **NATA State Conference, Phoenix, AZ.**
- MARSIT, J. *“Teaching safe olympic lifting techniques.”* Presented 5/99 – **Arizona State University Strength and Speed Enhancement Clinic**
- MARSIT, J. *“Use of Powerlifting and OlympicWeightlifting Exercises in Strength and Conditioning Programs .”* Presented 9/99 – **Arizona Association for Health, Physical Education, Recreation, and Dance State Convention.**
- MARSIT, J. *“Strength Training for Golf.”* Aired May 2004 – **In The Bag – The Golf Channel**

MARSIT, J. & Tuitele, J. *“Use of Periodization Training Concepts with Physical Therapy Modalities.”* Presented 8/04 – **Arizona Physical Therapy Association State Meeting.**

MARSIT, J. *“Use of Sport Supplements in High School Athletes.”* Presented 5/05 – **Peoria Unified School District Coaches Class.**

MARSIT, J. *“Use of Periodization for Training in High School Athletes.”* Presented 5/05 & 5/06 – **Peoria Unified School District Coaches Class.**

MARSIT, J. *“Advanced Firefighter Fitness.”* Presented 6/07 – **Phoenix Fire Department Health and Fitness Symposium.**

MARSIT, J. *“Year Round Program Development for the High School Track Athlete.”* Presented 1/13 – **Arizona State High School Track and Field Conference**

MARSIT, J. Keynote Address - *“Strength and Conditioning.”* Presented 11/17 – **Arizona NSCA State Clinic**

Broman, T and MARSIT, J. *“Modernizing Kinesiology Curriculum.”* Presented 1/18 – **American Kinesiology Academy Leadership Conference.**

MARSIT, J. *“Leadership in Sport.”* Presented 10/18 – FUSC Chinese Coaches Program – **Global Sports Initiative – ASU.**

MARSIT, J. *“Overuse and Overtraining.”* Presented 11/18 – FUSC Chinese Coaches Program – **Global Sports Initiative – ASU.**

MARSIT, J. *“Sport vs. Physical Education”* Presented 11/18 – FUSC Chinese Coaches Program – **Global Sports Initiative – ASU.**

MARSIT, J. *“Long Term Athlete Development – Applications to Working with Youth in Physical Activity”* Presented 12/18 – **Arizona NSCA State Clinic – Mesa, AZ.**

MARSIT, J. *“Leadership in Sport.”* Presented 10/19 – FUSC Chinese Coaches Program – **Global Sports Initiative – ASU.**

MARSIT, J. *“Plyometrics and Performance”* Presented 11/19 – FUSC Chinese Coaches Program – **Global Sports Initiative – ASU.**

MARSIT, J. *“Enhancing Movement Skills”* Presented 11/19 – FUSC Chinese Coaches Program – **Global Sports Initiative – ASU.**

MARSIT, J. *“Non-Traditional Objects and Alternate Loading”* Presented 2/21 – **Health and Fitness Seminar – Liberty Performance, Phoenix, AZ.**

Larson, R. and MARSIT, J. "Tactical Performance Summit" Presented 8/21, 8/22, 8/23 – **ASU Army ROTC Cadet Leadership** – College of Health Solutions, Phoenix, AZ.

Larson, R. and MARSIT, J. "Advanced Tactical Performance Summit" Presented 1/22, 1/23 – **ASU Army ROTC Cadet Leadership** – College of Health Solutions, Phoenix, AZ.