

Personal Information

Country of Origin: United States
Languages: English

Contact Information

414 Health South
500 N 3rd St
Phoenix, Arizona 85004

dmlarson@asu.edu
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Current Position

Position: Assistant Teaching Professor
Current Academic Rank: Assistant Teaching Professor
Faculty Rank: Assistant Teaching Professor

Biography

David earned his Doctor of Health Science and Master's degree in Kinesiology from A. T. Still University and his Bachelor's in Kinesiology from Arizona State University. His research is primarily on conservative treatment modalities for the postpartum condition diastasis of the rectus abdominis and also strength and conditioning. David is a Certified Strength and Conditioning Specialist (CSCS), a Certified Pre- and Postnatal Coach (CPPC), USA Weightlifting Coach (USAW), and Certified Level 2 Nutrition Coach through Precision Nutrition (PN2). He specializes in pre- and post-natal training, youth athletic performance, and strength and conditioning.

Expert Areas

Postpartum Exercise, Strength and Conditioning, Metabolic Health, Maternal Child Health, Human Performance, Behavior Change, Kinesiology, Health Science, Physiology, Strength and Conditioning, Fitness, Maternal Child Health, Postnatal Exercise

Degrees

2024	M.B.A., Business Administration, W.P. Carey School of Business, Arizona State University, Tempe, Arizona, United States
2020	D.S., Health Science, A. T. Still University, Mesa, Arizona, United States, Diastasis Recti: Physical Therapy Practices, Perceptions, Adherence, and Outcomes from a Patient Perspective
2016	M.S., Kinesiology, A. T. Still University, Mesa, Arizona, United States
2011	B.S., Kinesiology, Arizona State University, Tempe, Arizona, United States

Work Experience

Administrative

2019 - Ongoing

Associate Teaching Professor & Program Director CHS 100/300, Arizona State University, Phoenix, Arizona, United States [Administrative Appointment: Administrative]

Additional Activities

2016 - 2016

Subject Matter Expert, Certification Management Services

2016 - Ongoing

Adjunct Instructor, A. T. Still University, Mesa, Arizona, United States

2012 - 2014

Personal Trainer, Pulse Fitness, Scottsdale, Arizona, United States

2011 - Ongoing

Personal Trainer, Larson Fitness, Scottsdale, Arizona, United States

Awards / Honors / Fellowships

Jan 2020 - Dec 2020 Adjunct Faculty of the Year Award
A. T. Still University, Is this award for research, instruction or service?: Teaching

Professional Licensures and Certifications

USA Weightlifting Level 1 Coach, June 2020, USA Weightlifting, Arizona
Quality Matters (AAPQMR), June 2018, Quality Matters
Level 2 Nutrition Coach, April 2016, Precision Nutrition
Certified Strength and Conditioning Specialist, February 2012, National Strength and Conditioning Association
Certified Pre- and Postnatal Coach, September 2018, Coaching and Training Women Academy

Credit-bearing Instruction

Date	Course Prefix	Course Number	Section	Course Title	Maximum Enrollment	Instruction Mode	Instructor Credit Hours	Enrollment	Course: Special Topic	Course: Academic Career Level	Course: SSR Component	Course: Enrollment by Instructor	Course: Instructor Role
Jan 2023	CHS	100	17696	Optimizing Health&Performance	100	Online	3	93		UGRD	Lecture	93	PI
Jan 2023	CHS	100	17697	Optimizing Health&Performance	50	Online	3	47		UGRD	Lecture	47	PI
Jan 2023	CHS	100	17699	Optimizing Health&Performance	40	Hybrid	3	37		UGRD	Lecture	37	PI
Jan 2023	CHS	100	17700	Optimizing Health&Performance	100	Hybrid	3	36		UGRD	Lecture	36	PI
Jan 2023	CHS	394	21053	Special Topics	100	In Person	3	73	Peer Instruct. Facilitator	UGRD	Lecture	10	PI
Jan 2023	CHS	394	25372	Special Topics	100	Online	3	12	Peer Instruct. Facilitator	UGRD	Lecture	1	PI
Jan 2023	CHS	394	25941	Special Topics	100	Online	3	9	Peer Instruct. Facilitator	UGRD	Lecture	1	PI
Jan 2023	CHS	484	24678	Internship	10	Online	3	5	Translational Research	UGRD	Lecture	5	PI
Jan 2023	CHS	484	24679	Internship	10	Online	3	1	Translational Research	UGRD	Lecture	1	PI
Jan 2023	CHS	493	26023	Honors Thesis	100	In Person	3	45		UGRD	Research	1	PI
Jan 2023	CHS	494	25651	Special Topics	100	In Person	3	27	Adv. Undergrad Teach Assist	UGRD	Lecture	5	PI
Jan 2023	KIN	290	21068	Intro Evidence-Based Practice	25	In Person	3	25		UGRD	Lecture	25	PI
Jan 2023	KIN	340	12842	Physiology of Exercise	100	In Person	3	74		UGRD	Lecture	74	PI
Aug 2022	CHS	100	78187	Optimizing Health&Performance	100	Hybrid	3	99		UGRD	Lecture	99	PI
Aug 2022	CHS	100	78188	Optimizing Health&Performance	107	Hybrid	3	103		UGRD	Lecture	103	PI
Aug 2022	CHS	100	78972	Optimizing Health&Performance	100	Online	3	94		UGRD	Lecture	94	PI
Aug 2022	CHS	100	78973	Optimizing Health&Performance	50	Online	3	48		UGRD	Lecture	48	PI
Aug 2022	CHS	100	78975	Optimizing Health&Performance	100	Online	3	91		UGRD	Lecture	91	PI
Aug 2022	CHS	100	78976	Optimizing Health&Performance	50	Online	3	48		UGRD	Lecture	48	PI
Aug 2022	CHS	394	83012	Special Topics	100	In Person	3	50	Peer Instruct. Facilitator	UGRD	Lecture	3	PI
Aug 2022	CHS	484	86599	Internship	10	Online	1	2	Translational Research	UGRD	Lecture	2	PI
Aug 2022	CHS	484	86714	Internship	10	Online	3	1	Translational Research	UGRD	Lecture	1	PI
Aug 2022	CHS	492	82866	Honors Directed Study	99	In Person	3	41		UGRD	Lecture	1	PI
Aug 2022	CHS	494	82868	Special Topics	50	In Person	3	19	Adv. Undergrad Teach Assist	UGRD	Lecture	4	PI
Aug 2022	KIN	340	75317	Physiology of Exercise	108	In Person	3	85		UGRD	Lecture	85	PI
May 2022	CHS	100	42493	Optimizing Health&Performance	125	Online	3	94		UGRD	Lecture	94	PI
May 2022	CHS	100	42494	Optimizing Health&Performance	75	Online	3	17		UGRD	Lecture	17	PI

May 2022	CHS	100	42587	Optimizing Health&Performance	50	Online	3	12		UGRD	Lecture	12	PI
May 2022	CHS	100	42588	Optimizing Health&Performance	150	Online	3	84		UGRD	Lecture	84	PI
May 2022	CHS	394	44603	Special Topics	30	Online	3	2	Peer Instruct. Facilitator	UGRD	Lecture	1	PI
May 2022	CHS	484	45452	Internship	10	Online	3	2	Translational Research	UGRD	Lecture	2	PI
Jan 2022	CHS	100	18519	Optimizing Health&Performance	100	Online	3	95		UGRD	Lecture	95	PI
Jan 2022	CHS	100	18520	Optimizing Health&Performance	50	Online	3	48		UGRD	Lecture	48	PI
Jan 2022	CHS	394	25316	Special Topics	100	In Person	3	16	Peer Instruct. Facilitator	UGRD	Lecture	10	PI
Jan 2022	CHS	484	28001	Internship	10	Online	3	4	Translational Research	UGRD	Lecture	4	PI
Jan 2022	CHS	484	28002	Internship	10	Online	3	1	Translational Research	UGRD	Lecture	1	PI
Jan 2022	CHS	493	30114	Honors Thesis	100	In Person	3	43		UGRD	Research	1	PI
Jan 2022	CHS	494	30160	Special Topics	100	In Person	1	6	Adv. Undergrad. Teach. Asst	UGRD	Lecture	3	PI
Jan 2022	KIN	290	22623	Intro Evidence-Based Practice	25	Online	3	23		UGRD	Lecture	23	PI
Jan 2022	KIN	340	13048	Physiology of Exercise	100	Online	3	78		UGRD	Lecture	78	PI
Aug 2021	CHS	100	79175	Optimizing Health&Performance	107	Hybrid	3	104		UGRD	Lecture	104	PI
Aug 2021	CHS	100	79176	Optimizing Health&Performance	107	Hybrid	3	83		UGRD	Lecture	83	PI
Aug 2021	CHS	100	80102	Optimizing Health&Performance	100	Online	3	91		UGRD	Lecture	91	PI
Aug 2021	CHS	100	80103	Optimizing Health&Performance	50	Online	3	50		UGRD	Lecture	50	PI
Aug 2021	CHS	394	85020	Special Topics	100	In Person	3	48	Peer Instruct. Facilitator	UGRD	Lecture	9	PI
Aug 2021	CHS	484	90090	Internship	10	Online	3	5	Translational Research	UGRD	Lecture	5	PI
Aug 2021	CHS	492	84853	Honors Directed Study	99	In Person	3	40		UGRD	Lecture	1	PI
Aug 2021	CHS	494	84855	Special Topics	30	In Person	4	22	Adv. Undergrad. Teach. Asst	UGRD	Lecture	4	PI
Aug 2021	EXW	101	96775	Found of Health & Fitness Sci	40	Hybrid	3	22		UGRD	Lecture	22	PI
Aug 2021	KIN	340	75914	Physiology of Exercise	108	In Person	3	107		UGRD	Lecture	107	PI
May 2021	CHS	100	42776	Optimizing Health&Performance	125	Online	3	105		UGRD	Lecture	105	PI
May 2021	CHS	100	42777	Optimizing Health&Performance	75	Online	3	15		UGRD	Lecture	15	PI
May 2021	CHS	100	42879	Optimizing Health&Performance	50	Online	3	14		UGRD	Lecture	14	PI
May 2021	CHS	100	42880	Optimizing Health&Performance	150	Online	3	107		UGRD	Lecture	107	PI
May 2021	CHS	394	44294	Special Topics	30	In Person	3	3	Peer Instruct. Facilitator	UGRD	Lecture	3	PI
May 2021	CHS	394	44295	Special Topics	30	In Person	1	2	Peer Instruct. Facilitator	UGRD	Lecture	2	PI
May 2021	CHS	394	44297	Special Topics	30	In Person	1	4	Peer Instruct. Facilitator	UGRD	Lecture	1	PI
May 2021	CHS	484	46706	Internship	10	Online	3	1	Translational Research	UGRD	Lecture	1	PI
Jan 2021	CHS	100	19481	Optimizing Health&Performance	100	Hybrid	3	79		UGRD	Lecture	79	PI

Jan 2021	CHS	100	19482	Optimizing Health&Performance	100	Hybrid	3	49		UGRD	Lecture	49	PI
Jan 2021	CHS	100	22440	Optimizing Health&Performance	100	Hybrid	3	62		UGRD	Lecture	62	PI
Jan 2021	CHS	100	27027	Optimizing Health&Performance	50	Hybrid	3	38		UGRD	Lecture	38	PI
Jan 2021	CHS	394	24565	Special Topics	100	In Person	3	65	Peer Instruct. Facilitator	UGRD	Lecture	16	PI
Jan 2021	CHS	484	33184	Internship	10	Online	3	3	Translational Research	UGRD	Lecture	3	PI
Jan 2021	CHS	484	33185	Internship	10	Online	3	2	Translational Research	UGRD	Lecture	2	PI
Jan 2021	CHS	494	24925	Special Topics	30	In Person	3	30	Adv. Undergrad. Teach. Asst	UGRD	Lecture	3	PI
Aug 2020	CHS	100	80320	Optimizing Health&Performance	107	In Person	3	107		UGRD	Lecture	107	PI
Aug 2020	CHS	100	80321	Optimizing Health&Performance	107	In Person	3	103		UGRD	Lecture	103	PI
Aug 2020	CHS	100	82962	Optimizing Health&Performance	101	In Person	3	98		UGRD	Lecture	98	PI
Aug 2020	CHS	100	93662	Optimizing Health&Performance	40	HybridY	3	37		UGRD	Lecture	37	PI
Aug 2020	CHS	394	88449	Special Topics	75	In Person	3	58	Peer Instruct. Facilitator	UGRD	Lecture	2.41667	PI
Aug 2020	CHS	484	96114	Internship	30	In Person	3	5	Translational Research	UGRD	Lecture	2.5	PI
Aug 2020	CHS	484	96340	Internship	5	Online	3	1	Translational Research	UGRD	Lecture	0.5	PI
Aug 2020	KIN	465	86244	Muscle Physiology	39	In Person	3	39		UGRD	Lecture	39	PI
Aug 2020	KIN	598	84077	Special Topics	6	In Person	3	6	Muscle Physiology	GRAD	Lecture	6	PI
May 2020	CHS	100	43252	Optimizing Health&Performance	125	Online	3	95		UGRD	Lecture	95	PI
May 2020	CHS	100	43253	Optimizing Health&Performance	75	Online	3	48		UGRD	Lecture	48	PI
May 2020	CHS	100	43387	Optimizing Health&Performance	50	Online	3	32		UGRD	Lecture	32	PI
May 2020	CHS	100	43388	Optimizing Health&Performance	150	Online	3	137		UGRD	Lecture	137	PI
May 2020	CHS	394	45625	Special Topics	30	Online	4	3	Peer Instruct. Facilitator	UGRD	Lecture	1	PI
May 2020	CHS	394	45626	Special Topics	30	Online	4	3	Peer Instruct. Facilitator	UGRD	Lecture	3	PI
May 2020	CHS	394	45632	Special Topics	30	Online	4	1	Peer Instruct. Facilitator	UGRD	Lecture	0.5	PI
May 2020	CHS	394	45644	Special Topics	30	Online	4	1	Peer Instruct. Facilitator	UGRD	Lecture	1	PI
May 2020	CHS	494	47054	Special Topics	30	Online	4	1	Adv. Undergrad. Teach. Asst	UGRD	Lecture	0.5	PI
Jan 2020	CHS	100	20632	Optimizing Health&Performance	110	Hybrid	3	108		UGRD	Lecture	108	PI
Jan 2020	CHS	100	20633	Optimizing Health&Performance	110	Hybrid	3	100		UGRD	Lecture	100	PI
Jan 2020	CHS	100	24402	Optimizing Health&Performance	100	Hybrid	3	97		UGRD	Lecture	97	PI
Jan 2020	CHS	294	34756	Special Topics	30	Online	3	4	Comm. Hlth/Trans. Res.	UGRD	Lecture	2	PI
Jan 2020	CHS	394	27858	Special Topics	100	In Person	4	46	Peer Instruct. Facilitator	UGRD	Lecture	2.09091	PI
Jan 2020	CHS	494	28522	Special Topics	30	In Person	4	20	Adv. Undergrad. Teach. Asst	UGRD	Lecture	1.17647	PI

Jan 2020	EXW	217	30284	Fit & Flex Instructional Lab	24	In Person	3	22		UGRD	Integrated Lecture/Lab	22	PI
Aug 2019	CHS	100	81413	Designing Your Well-Being	100	Hybrid	3	98		UGRD	Lecture	98	PI
Aug 2019	CHS	100	81414	Designing Your Well-Being	100	Hybrid	3	99		UGRD	Lecture	99	PI
Aug 2019	CHS	100	82706	Designing Your Well-Being	48	Online	3	48		UGRD	Lecture	48	PI
Aug 2019	CHS	100	82707	Designing Your Well-Being	50	Online	3	51		UGRD	Lecture	51	PI
Aug 2019	CHS	100	84668	Designing Your Well-Being	100	Hybrid	3	97		UGRD	Lecture	97	PI
Aug 2019	CHS	100	85311	Designing Your Well-Being	70	Hybrid	3	68		UGRD	Lecture	68	PI
Aug 2019	CHS	394	92760	Special Topics	60	In Person	4	45	Peer Instruct. Facilitator	UGRD	Lecture	2.04545	PI
May 2019	CHS	100	43876	Designing Your Well-Being	20	Online	3	19		UGRD	Lecture	19	PI
May 2019	CHS	100	43877	Designing Your Well-Being	20	Online	3	18		UGRD	Lecture	18	PI
May 2019	CHS	100	44051	Designing Your Well-Being	20	Online	3	19		UGRD	Lecture	19	PI
May 2019	CHS	100	44052	Designing Your Well-Being	20	Online	3	20		UGRD	Lecture	20	PI
May 2019	CHS	394	47419	Special Topics	30	In Person	4	2	Peer Instruct. Facilitator	UGRD	Lecture	2	PI
Jan 2019	CHS	100	22252	Designing Your Well-Being	110	Hybrid	3	104		UGRD	Lecture	104	PI
Jan 2019	CHS	100	22253	Designing Your Well-Being	110	Hybrid	3	93		UGRD	Lecture	93	PI
Jan 2019	CHS	100	28042	Designing Your Well-Being	110	Hybrid	3	96		UGRD	Lecture	96	PI
Aug 2018	CHS	100	83366	Found Health & Well-Being	110	Hybrid	3	107		UGRD	Lecture	107	PI
Aug 2018	CHS	100	83367	Found Health & Well-Being	110	Hybrid	3	102		UGRD	Lecture	102	PI
Aug 2018	CHS	100	85057	Found Health & Well-Being	50	Online	3	46		UGRD	Lecture	23	PI
Aug 2018	CHS	100	85058	Found Health & Well-Being	50	Online	3	49		UGRD	Lecture	24.5	PI
Jan 2018	CHS	100	24692	Found Health & Well-Being	100	Hybrid	3	83		UGRD	Lecture	83	PI
Jan 2018	KIN	499	16543	Individualized Instruction	15	In Person	3	16		UGRD	Lecture	1.77778	PI
Aug 2017	KIN	101	82539	Introduction to Kinesiology	40	In Person	3	39		UGRD	Lecture	39	PI
Aug 2017	KIN	334	80471	Functional Anatomy/Kinesiology	40	In Person	3	39		UGRD	Lecture	39	PI
Jan 2017	CHS	100	29361	Intro to Health Solutions	110	Hybrid	3	87		UGRD	Lecture	87	PI
Jan 2017	KIN	101	19628	Introduction to Kinesiology	45	In Person	3	40		UGRD	Lecture	40	PI
Aug 2016	CHS	100	89225	Intro to Health Solutions	106	Hybrid	3	81		UGRD	Lecture	81	PI
Jan 2016	KIN	340	15091	Physiology of Exercise	80	In Person	3	66		UGRD	Lecture	66	PI
Aug 2015	KIN	101	75435	Introduction to Kinesiology	36	In Person	3	33		UGRD	Lecture	33	PI
Aug 2015	KIN	340	82041	Physiology of Exercise	84	In Person	3	80		UGRD	Lecture	80	PI
Jan 2015	KIN	290	25629	Intro Evidence Base Practice	25	In Person	3	23		UGRD	Lecture	23	PI
Jan 2015	KIN	340	15632	Physiology of Exercise	80	In Person	3	53		UGRD	Lecture	53	PI
Aug 2014	KIN	101	89000	Introduction to Kinesiology	60	In Person	3	52		UGRD	Lecture	52	PI
Aug 2014	KIN	340	86520	Physiology of Exercise	80	In Person	3	63		UGRD	Lecture	63	PI
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												5241.00728	

Teaching: Curriculum Development

- Jan 2023 - May 2023 Physiology of Exercise, KIN 340, ASU Unit: Kinesiology, Undergraduate or Graduate Level: Undergraduate ,
Converted an on-ground C session course to iCourse B session.
Does this apply to course or degree development?: Revised Course, Course Delivery: iCourse, Special Topic Course: No, Team Taught: No,
Does your unit consider this activity to be Research, Service or Teaching?: Teaching
Research Methods, KIN 290, ASU Unit: Kinesiology, Undergraduate or Graduate Level: Undergraduate , General Studies Core Area: Literacy
and Critical Inquiry (L),
Converted an in-person C session KIN 290 to online A/B session.
Does this apply to course or degree development?: Revised Course, Course Delivery: iCourse, Special Topic Course: No, Team Taught: No,
Does your unit consider this activity to be Research, Service or Teaching?: Teaching
- Aug 2021 - Dec 2021 Exercise and Wellness, EXW101, Undergraduate or Graduate Level: Undergraduate ,
I completed a major course conversion from online to hybrid, which included new PPTS, in-class activities, and discussions.
Does this apply to course or degree development?: Revised Course, Course Delivery: On-ground and Online, Special Topic Course: No,
Team Taught: No, Does your unit consider this activity to be Research, Service or Teaching?: Teaching
- Aug 2020 - Dec 2020 Muscle Physiology, KIN 465/598, Course Section Number: 86244, Undergraduate or Graduate Level: Undergraduate ,
Total redevelopment of the course including 12 new lectures, quizzes, discussion boards, in-class activities, assignments, and final project
with an emphasis on active learning.
Does this apply to course or degree development?: New Course, Course Delivery: On-ground, Special Topic Course: No, Team Taught: No
- Jan 2021 - Present Translational Research, CHS484, Undergraduate or Graduate Level: Undergraduate ,
Our translational research teaching core for the Maternal Child Health Translational Team created a training shell for students to complete
prior to working on research within the team. We now use this shell for onboarding new students and for students taking CHS 484
Translational Research.
Does this apply to course or degree development?: New Course, Course Delivery: On-ground and Online, Special Topic Course: No, Team
Taught: Yes, Does your unit consider this activity to be Research, Service or Teaching?: Teaching
- Jan 2023 - Present General, CHS, Course Section Number: 100, ASU Unit: College of Health Solutions,
Assisting Tannah Broman with redevelopment of CHS 100 for Fall 2023.
Does this apply to course or degree development?: Revised Course, Course Delivery: On-ground and Online, Special Topic Course: No,
Team Taught: No, Does your unit consider this activity to be Research, Service or Teaching?: Teaching
- Jan 2019 - Present Optimizing Health & Performance, CHS 100, Undergraduate or Graduate Level: Undergraduate , General Studies Core Area: Social-
Behavioral Sciences (SB),
Total redevelopment of CHS100 hybrid curriculum with a focus on optimizing one's health and performance with an emphasis on active
learning.
Does this apply to course or degree development?: New Course, Course Delivery: On-ground and Online, Special Topic Course: No, Team
Taught: No

Sponsored Projects / Grants

Submitted - Not Funded

Translational Leadership and Education Training in MCH for Underserved Undergraduates: TRANSCEND-Up Program, Funded by HHS: Health Resources and
Services Administration (HRSA) June 1, 2021 - May 31, 2026 (**\$774,916.00**), Submitted - Not Funded, Jan 2021, Other David Larson (10%) with PI Meredith
Bruening (90%) [Award or Proposal: Proposal] [Direct Costs Requested: 752145.00] [Indirect Costs Requested: 22771.00] [Investigator Recognition Amount:
77491.60]

Scholarship and Publications

Journal Article

Completed/Published

Whisner, C. M., Brown, J. C., Larson, D. M., Alonso Rodriguez, L., Peter, B., Reifsnider, E. A., ... Bruening, M. (2022). A New American University Model for
Training the Future MCH Workforce Through a Translational Research Team. *Maternal and Child Health Journal*.

Accepted

Whisner, C. M., Brown, J. C., Larson, D. M., Alonso Rodriguez, L., Peter, B., Reifsnider, E. A., ... Bruening, M. (2022). A New American University Model for
Training the Future MCH Workforce Through a Translational Research Team. *Maternal and Child Health Journal*.

Presentation

Completed/Published

Larson, D. M. (2020). *Diastasis Recti: Bridging the Gap*. A. T. Still University Summer Institute Mesa, AZ, USA: [Cancelled due to COVID-19].
Invited Speaker: 1

Larson, D. M. (2019). *Pre- and Post Natal Workouts*. Phoenix, AZ, USA: The Village Health & Racquet Club.
Invited Speaker: 1

Larson, D. M. (n.d.). *Work Trip Programs*. Phoenix, AZ, USA: The Village Health & Racquet Club.

Larson, D. M. (2019). *Diastasis Recti: Bridging the Gap*. A. T. Still University Summer Institute Mesa, AZ, USA.
Invited Speaker: 1

Broman, T., & Larson, D. M. (2019). *Translational Health Scholars Program*. Phoenix, AZ.

Larson, D. M. (2018). *Muscular Hypertrophy: From Science to Practice*. A. T. Still University Summer Institute Mesa, AZ, USA.
Invited Speaker: 1

Larson, D. M. (2017). *Muscular Hypertrophy: From Science to Practice*. A. T. Still University Summer Institute Mesa, AZ, USA.
Invited Speaker: 1

Larson, D. M. (2016). *Muscular Hypertrophy: From Science to Practice*. A. T. Still University Summer Institute Mesa, AZ, USA.
Invited Speaker: 1

Research Data

In Progress

Mentorship and Student Success

Aug 2020 - Present	Israel, Kyle, Student's College or School: College of Health Solutions, Student Product: Undergraduate Honors Thesis, Dissertation / Thesis / Applied Project Title: Preventative Measures to Help Minimize Chances of an ACL Injury for Athletes, Completion Status: In Progress, Student Level: Undergraduate, Mentoring Role: Committee Member, Additional Faculty Involved: Chris Ramos
Jan 2020 - May 2020	Solomon-Duda, Victoria , Student Level: Master's, Mentoring Role: Graduate Student Assistant
Aug 2019 - Dec 2019	Krueger , Kelsey , Student Product: Undergraduate Student Mentoring , Mentoring Role: Sleep and Academic Performance Solomon, Santana , Degree Program: Barrett Honors , Student Product: Undergraduate Student Mentoring , Mentoring Role: Sleep and Academic Performance Khoushaba , Bronika , Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Zittel, Morgan , Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Joseph, Jeffin, Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Enriquez, Martina , Student Level: Master's, Mentoring Role: Graduate Student Assistant Weigand , Bethany , Student Level: Master's, Mentoring Role: Graduate Student Assistant
Aug 2019 - Present	Fang, Charles, Student's College or School: College of Health Solutions, Student Product: Undergraduate Honors Thesis, Dissertation / Thesis / Applied Project Title: Preventative Measures to Help Minimize Chances of an ACL Injury for Athletes, Completion Status: In Progress, Student Level: Undergraduate, Mentoring Role: Committee Member Hanley, Breanna, Student Product: Undergraduate Honors Thesis, Dissertation / Thesis / Applied Project Title: The Physical and Mental Impact of COVID-19 and Pandemic Isolation on Collegiate Athletes: A Survey-Based Study, Completion Status: In Progress, Student Level: Undergraduate, Mentoring Role: Committee Chair - Undergraduate, Additional Faculty Involved: Dr. Ross, Is the mentorship associated with a Barrett, the Honors College contract?: Yes
May 2019 - Aug 2019	Junk, Jordan , Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Vila, Rosie, Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Lopez , Angelica , Student Level: Master's, Mentoring Role: Graduate Student Assistant
Jan 2019 - May 2019	Romine , Adrio, Student Level: Undergraduate, Mentoring Role: Barrett Honors Vega, Emilia , Student Level: Undergraduate, Mentoring Role: Barrett Honors Amaya, Jaquelin, Student Level: Undergraduate, Mentoring Role: Barrett Honors Maston, Rylee , Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Conger, Sarah, Student Level: Undergraduate, Mentoring Role: Undergraduate Teaching Assistant Hender, Adam, Student Level: Undergraduate, Mentoring Role: Barrett Honors Melendez, Beya , Student Level: Undergraduate, Mentoring Role: Barrett Honors Twishimie, Nancy, Student Level: Undergraduate, Mentoring Role: Barrett Honors Villa , Rosario , Student Level: Undergraduate, Mentoring Role: Barrett Honors ;Stress in college Students Birch , Skylar , Student Level: Undergraduate, Mentoring Role: Barrett Honors Lopez, Sarah , Student Level: Undergraduate, Mentoring Role: Barrett Honors; Study Habits:What Works and What Doesn't Rho, Lauren , Student Level: Undergraduate, Mentoring Role: Barrett Honors Vance , Zach, Student Level: Undergraduate, Mentoring Role: Barrett Honors Weinman, Maya , Student Level: Undergraduate, Mentoring Role: Barrett Honors Das, Eashan, Student Level: Undergraduate, Mentoring Role: Barrett Honors Mcguigan, Maya, Student Level: Undergraduate, Mentoring Role: Barrett Honors
Jan 2018 - Dec 2018	Santos, Karen , Student Level: Undergraduate, Mentoring Role: Peer Leader
Jan 2018 - May 2018	Mousser, Courtney , Student Level: Undergraduate, Mentoring Role: Peer Leader Khatri, Heena, Student Level: Undergraduate, Mentoring Role: Metabolic Disease Translational Team

University or Unit Committee Service

Jan 2023 - Present	Search Committee: Assistant Dean of Career Track Faculty, (College of Health Solutions)
Aug 2022 - Present	Faculty Mentor Committee, (College of Health Solutions)
Aug 2019 - Present	University Senate - Personnel Committee, (University) Translational Teams Committee, (College of Health Solutions)
Aug 2019 - Dec 2019	Search Committee: Sports Science , (College of Health Solutions)
Jan 2019 - Present	Vitality and Wellness Committee , (College of Health Solutions)

University or Unit Non-committee Service

Aug 2019 - Present	Student Research Engagement Point Person, (College of Health Solutions) Develop and maintain a list of everyone in our neighborhood engaged in research, along with a general description of their research interests. Maintain a list of translational teams with which anyone in our neighborhood is affiliated, along with a general description of the team's mission Help inquiring students to identify appropriate research opportunities and direct them to the relevant supervising faculty
May 2019 - Present	Summer Bridge Committee, (University) Helped design new summer bridge program for incoming CHS freshman Evaluate student data to determine and develop summer bridge curriculum
Jan 2019 - Aug 2020	Digital Credentialing Committee, (University) Worked in a committee on bringing digital credentialing to ASU and the College of Health Solutions and Translational Teams.

Service: Professional Activities

Aug 2014 - Present National Strength and Conditioning Association, Bodybuilding Special Interest Group, Role or Position: Member

Community Activities

- Jan 2022 - Present 2023-01-10, Partner or Community Group: Ryan House, Describe community programming or education activities: Ryan House helps families facing the unimaginable situation of a child with a life-limiting or terminal condition., Describe Your Role or Activities:
I work with Ryan House to create opportunities for student volunteers and community involvement.
Did you represent an ASU unit? If yes, which?: College of Health Solutions, Partner Type: Non-profit, Location, City and State: Phoenix, AZ, Does your unit consider this activity to be Service or Teaching?: Service
- Jan 2019 - Present 2020-04-12, End Date: 2012-04-12, Describe community programming or education activities: Feed My Starving Children, Partner Type: Non-profit, Location, City and State: Mesa, AZ

Professional Memberships

- May 2020 - Present USA Weightlifting
- Aug 2012 - Present National Strength and Conditioning Association

Professional Development

- Aug 2022 - Dec 2022 WPC Inclusive Communities for W. P. Carey Graduate Students, W.P. Carey School of Business, Tempe, Arizona, Understand how the ASU charter and Design Aspirations contribute to Diversity, Equity, Inclusion, and Belonging (DEIB) and innovation at ASU. Discuss how graduate students occupy multiple roles at the university (as students, course instructors, staff and/or researchers) and are impacted in different ways based on these roles. Learn the ways power and privilege influence individuals' relationships to their social identities, bias, and equity. Define empathy and articulate how it helps us understand the impact of structural inequalities and discrimination in personal and interpersonal realms. Explain how dialogue can be used to connect with others and to promote learning about how to address bias. Demonstrate a capacity for critical thinking and conversations about social differences that recognize their complex intersectionality. Explore differences as they relate to various social identities and how power, privilege, and bias impact us all.
- May 2021 - Aug 2021 NATCON, National Strength and Conditioning Association , Credit or CPE Hours: 20, Orlando, Florida, National Conference
- Jan 2021 - May 2021 LEAD Workshop, Arizona State University 2021-01-08, End Date: 2021-01-08, Credit or CPE Hours: 3, Phoenix, Arizona, Teaching, pedagogy, student retention workshop

Collaborators

- Aug 2019 - Present Collaborator's Name: Ann Sebren, Collaborator's Institution / Organization: Arizona State University, Collaboration Outcomes:
I have been working with Ann for advice on professional development within ASU and peer evaluation for CHS 100.
Ann has been my mentor within the College of Health Solutions since 2019 as part of the Faculty Mentor Committee.