

DAVID H. FUKUDA

Curriculum Vitae

WORK ADDRESS:

Department of Exercise Science
Creighton University
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Omaha, NE 68178

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EDUCATION:

- PhD **University of Oklahoma**, May 2012
Major: Exercise Physiology
Dissertation Title: *A systematic approach for the classification of age-related muscle loss and elderly obesity using field-based testing methods and isoperformance curves.*
- MS **University of Oklahoma**, May 2010
Major: Exercise Physiology
Thesis Title: *The effects of creatine loading and gender on anaerobic running capacity.*
- BBA **Boise State University**, December 2004
Major: Production/Operations Management (cum laude)
Minor: Japanese Studies

ACADEMIC PROFESSIONAL EXPERIENCE:

Assistant Professor Department of Exercise Science
Creighton University – Omaha, NE (2012-Current)

Courses Taught: EXS 334 Biomechanics
EXS 407 Basic Statistics and Research Design
EXS 493 Directed Independent Readings
EXS 495 Directed Independent Study
EXS 497 Directed Independent Research

Graduate Assistant Metabolic and Body Composition Laboratory
Department of Health and Exercise Science
University of Oklahoma – Norman, OK (2008-2012)

Courses Taught: HES 1211 Beginning Weight Training
HES 1131 Intermediate Weight Training
HES 1351 Intermediate Judo
HES 2823 Introductory Nutrition
HES 3813 Health and Fitness
HES 3843 Biomechanics
HES 3873 Principles of Personal Training
HES 4823 Sport and Exercise Nutrition (Guest Lecturer)

NON-ACADEMIC PROFESSIONAL EXPERIENCE:

Capacity Analyst Test Department
Micron Technology – Boise, ID (2005-2006)

- Developed long-term production forecasts and equipment needs
- Managed multi-site backend testing equipment and facilities

CERTIFICATIONS:

- Certified Strength and Conditioning Specialist with Distinction, CSCS*D – National Strength and Conditioning Association (NSCA)
- Certified Sports Nutritionist from the International Society of Sports Nutrition, CISSN
- CPR/AED Certified – Adult and Standard First Aid, American Red Cross
- Professional Ethics Training – Responsible Conduct of Research (PET-RCR), University of Oklahoma Graduate College
- enCORE™ Operator Training Certification – Dual-Energy X-ray Absorptiometry (DEXA)
- Basic Phlebotomy Training, Regional Medical Laboratory (RML)
- Fourth-Degree Black Belt in Judo (United States Judo Federation)
- National Level Coach and Referee, USA Judo

AWARDS and SCHOLARSHIPS:

- GNC Nutritional Research Grant, National Strength and Conditioning Association Foundation, 2011
- Minority Scholarship, National Strength and Conditioning Association, 2011
- Minority Scholarship, National Strength and Conditioning Association, 2010
- G. Michael Sims Scholarship (Outstanding Master's Student Award), University of Oklahoma, 2010
- Graduate Teaching and Research Assistantship: University of Oklahoma, 2008-2012
- Outstanding Graduate in Production/Operations Management. Boise State University, 2004
- Micron Scholar (Production/Operations Management): Micron Technology, 2003-2004

BOOK CHAPTERS:

1. **Fukuda, DH**, KL Kendall, RP Hetrick, and JR Stout. *Nutritional strategies to optimize youth development*. Strength and Conditioning for Young Athletes: Science and Application. RS Lloyd and JL Oliver (Eds). Routledge (*in press*).
2. Smith, AE, J Antonio, **DH Fukuda**. *Carbohydrates: What we know about low vs. high levels for athletes*. Nutritional Guidelines for Athletic Performance: The Training Table. L Taylor (Ed). Boca Raton: CRC Press, 2012.
3. **Fukuda, DH**, and JR Stout. *Nutrition for Optimal Judo Performance*. USA Judo Coaching Handbook. 2010.
4. Smith, AE, **DH Fukuda**, and JL Graef. *Beta-Alanine and Other Essential Amino Acids*. VPX. 2009.

RESEARCH PUBLICATIONS (refereed journals):**Manuscripts in Preparation for Submission**

- **Fukuda, DH**, RP Hetrick, KL Kendall, ME Wray, and JR Stout. Characterization of the work-time relationship during upper-body dominant exercise (*in progress*).
- Stout, JR, AE Smith, KL Kendall, JR Moon, and **DH Fukuda**. The effects of beta-hydroxy-beta-methylbutyrate and resistance training in elderly men and women (*in progress*).

Manuscripts Submitted for Publication

1. Moon, JR, JR Stout, AE Smith, KL Kendall, **DH Fukuda**, JT Cramer, ML Rea, and SE Moon. Tracking fat-free mass changes in elderly men and women using single frequency bioimpedance and dual-energy x-ray absorptiometry: A four-compartment model comparison. *European Journal of Clinical Nutrition* (*in review*).

Articles in Press

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Articles Published in 2012

2. Smith-Ryan, AE, **DH Fukuda**, JR Stout, and KL Kendall. High-velocity intermittent running: effects of beta-alanine supplementation. *Journal of Strength and Conditioning Research* 2012 Jul 12. [Epub ahead of print]
3. **Fukuda, DH**, KL Kendall, AE Smith, ME Wray, RP Hetrick, and JR Stout. The effects of intensive judo training on anthropometric and sport-specific performance measures in youth athletes. *Journal of Strength and Conditioning Research*. 2012 Apr 3. [Epub ahead of print]
4. Smith, AE, JR Stout, KL Kendall, **DH Fukuda**, and JT Cramer. Exercise-induced oxidative stress: the effects of β -alanine supplementation in women. *Amino Acids*. 2012 July; 43(12): 77-90.
5. **Fukuda, DH**, AE Smith, KL Kendall, RP Hetrick, RL Hames, JT Cramer, and JR Stout. The reliability of the intermittent critical velocity test and assessment of critical rest interval in men and women. *European Journal of Applied Physiology*. 2012 Apr; 112(4): 1197-1205.
6. Spradley, BD, KR Crowley, CY Tai, KL Kendall, **DH Fukuda**, EN Esposito, and JR Moon. Ingesting a pre-workout supplement containing caffeine, B-vitamins, amino acids, creatine, and beta-alanine before exercise delays fatigue while improving reaction time and muscular endurance. *Nutrition and Metabolism*. 2012 Mar 30; 9(1): 28.
7. **Fukuda, DH**, KL Kendall, AE Smith, and JR Stout. REPLY: The development of physiological profiles and identification of training needs in NCAA female collegiate rowers using isoperformance curves. *European Journal of Applied Physiology*. 2012 Mar 13. [Epub ahead of print]
8. Kendall, KL, AE Smith, **DH Fukuda**, TR Dwyer, JT Cramer, and JR Stout. Predicting Maximal Aerobic Capacity (VO₂MAX) from Critical Velocity in Female Collegiate Rowers. *Journal of Strength and Conditioning Research*. 2012 Mar; 26(4): 733-738.
9. **Fukuda, DH**, AE Smith, KL Kendall, JT Cramer, and JR Stout. An alternative approach to the Army Physical Fitness Test two-mile run using critical velocity and isoperformance curves. *Military Medicine*. 2012 Feb; 177(2): 145-151.

Articles Published in 2011

10. **Fukuda, DH**, JR Stout, PM Burris, and RS Fukuda. Judo for Children and Adolescents: Benefits of Combat Sports. *Strength and Conditioning Journal*. 2011 Dec; 33(6): 60-63.
11. Costa, PB, H Medeiros, and **DH Fukuda**. Warm-up, cool-down, and stretching strategies for combat sports. *Strength and Conditioning Journal*. 2011 Dec; 33(6): 71-79.
12. Kendall, KL, and **DH Fukuda**. Rowing Ergometer Training for Combat Sports. *Strength and Conditioning Journal*. 2011 Dec; 33(6): 80-85.
13. Santana, JC, and **DH Fukuda**. Unconventional Methods, Techniques, and Equipment for Strength & Conditioning in Combat Sports. *Strength and Conditioning Journal*. 2011 Dec; 33(6): 64-70.
14. Smith, AE, **DH Fukuda**, ED Ryan, KL Kendall, and JR Stout. Ergolytic/ergogenic effects of creatine on aerobic power. *International Journal of Sports Medicine*. 2011 Nov; 32(12): 975-981.
15. Kendall, KL, AE Smith, **DH Fukuda**, TR Dwyer, and JR Stout. Critical velocity: A predictor of 2000-m rowing ergometer performance in NCAA D1 female collegiate rowers. *Journal of Sports Sciences*. 2011 Jun; 29(9): 945-950.
16. **Fukuda, DH**, AE Smith, KL Kendall, JT Cramer, and JR Stout. The determination of critical rest interval from the intermittent critical velocity test in club-level collegiate hockey and rugby players. *Journal of Strength and Conditioning Research*. 2011 Apr; 25(4): 889-895.
17. **Fukuda, DH**, KL Kendall, AE Smith, TR Dwyer, and JR Stout. The development of physiological profiles and identification of training needs in NCAA female collegiate rowers using isoperformance curves. *European Journal of Applied Physiology*. 2011 Apr; 111(4): 679-685.
18. Smith, AE, KL Kendall, **DH Fukuda**, TR Dwyer, JT Cramer, and JR Stout. Determination of aerobic and anaerobic performance: a methodological consideration. *Physiological Measurement*. 2011 Apr; 32:423-431.
19. Moon JR, JR Stout, AA Walter, AE Smith, MS Stock, TJ Herda, VD Sherk, KC Young, CM Lockwood, KL Kendall, **DH Fukuda**, JL Graef, JT Cramer, TW Beck, and EN Esposito. Mechanical scale and load cell underwater weighing: A comparison of simultaneous measurements and the reliability of methods. *Journal of Strength and Conditioning Research*. 2011 Mar; 25(3): 652-661.

Articles Published in 2010

20. Moon, JR, JR Stout, AE Smith, SE Tobkin, CM Lockwood, KL Kendall, JL Graef, **DH Fukuda**, PB Costa, MS Stock, KC Young, P Tucker, E Kim, TJ Herda, AA Walter, S Ferguson, VD Sherk, and JT Cramer. Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. *British Journal of Nutrition*. 2010 Nov; 104(8): 1384-1394.
21. **Fukuda, DH**, AE Smith, KL Kendall, and JR Stout. The possible combinatory effects of acute consumption of caffeine, creatine, and amino acids on the improvement of anaerobic running performance in humans. *Nutrition Research*. 2010 Sep; 30(9): 607-614.
22. **Fukuda, DH**, AE Smith, KL Kendall, and JR Stout. Phosphate Supplementation: An Update. *Strength and Conditioning Journal*. 2010 Oct; 32(5): 53-56.

23. Smith, AE, CM Lockwood, JR Moon, KL Kendall, **DH Fukuda**, SE Tobkin, JT Cramer, and JR Stout. Physiological effects of caffeine, epigallocatechin-3-gallate, and exercise in overweight and obese women. *Applied Physiology, Nutrition, and Metabolism*. 2010 Oct; 35(5): 607-616.
24. **Fukuda, DH**, AE Smith, KL Kendall, TR Dwyer, CM Kerksick, TW Beck, JT Cramer, and JR Stout. The effects of creatine loading and gender on anaerobic running capacity. *Journal of Strength and Conditioning Research*. 2010 Jul; 24(7): 1826-33.
25. Smith, AE, **DH Fukuda**, KL Kendall, and JR Stout. The effects of a pre-workout supplement containing caffeine, creatine, and amino acids during three weeks of high-intensity exercise on aerobic and anaerobic performance. *Journal of the International Society of Sports Nutrition*. 2010 Feb 15; 7(10): 10.

Articles Published in 2009

26. Graef, JL, AE Smith, KL Kendall, **DH Fukuda**, JR Moon, TW Beck, JT Cramer, and JR Stout. The effects of four weeks of creatine supplementation and high-intensity interval training on cardiorespiratory fitness: a randomized controlled trial. *Journal of the International Society of Sports Nutrition*. 2009 Nov 12; 6: 18.
27. Kendall KL, AE Smith, JL Graef, **DH Fukuda**, JR Moon, TW Beck, JT Cramer, and JR Stout. Effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. *Journal of Strength and Conditioning Research*. 2009 Sep; 23(6):1663-9.
28. Smith AE, AA Walter, JL Graef, KL Kendall, JR Moon, CM Lockwood, **DH Fukuda**, TW Beck, JT Cramer, and JR Stout. Effects of beta-alanine supplementation and high-intensity interval training on endurance performance and body composition in men; a double-blind trial. *Journal of the International Society of Sports Nutrition*. 2009 Feb 11; 6: 5.

PUBLISHED RESEARCH ABSTRACTS AND PRESENTATIONS:

1. **Fukuda, DH**, KL Kendall, AE Smith, ME Wray, RP Hetrick, DC Hyde, and JR Stout. An examination of compartmental hydration and jumping performance in elite female basketball players. Accepted for presentation at the NSCA National Conference in Providence, RI. July, 2012.
2. Smith AE, JR Moon, JR Stout, **DH Fukuda**, and KL Kendall. Validity of ultrasound and DEXA for assessment and tracking changes of percent fat and lean mass in older adults. Accepted for presentation at the NSCA National Conference in Providence, RI. July, 2012.
3. Kendall, KL, JR Stout, **DH Fukuda**, ME Wray, and RP Hetrick. Post-workout considerations for recovery from muscle damage: nutrient timing and chocolate milk. Accepted for presentation at the NSCA National Conference in Providence, RI. July, 2012.
4. Ryan, ED, AE Smith, PB Costa, **DH Fukuda**, TJ Herda, JR Stout, and JT Cramer. The influence of creatine loading on stretch tolerance and passive stiffness. Accepted for presentation at the NSCA National Conference in Providence, RI. July, 2012.
5. Tai, CY, BD Spradley, KR Crowley, KL Kendall, **DH Fukuda**, G Purdy, A Magner, EN Esposito, and JR Moon. Chronic supplementation of a pre-workout supplement increases ventilatory threshold and improves lower body muscular strength and endurance. Accepted for presentation at the NSCA National Conference in Providence, RI. July, 2012.
6. Spradley, BD, CY Tai, KR Crowley, KL Kendall, **DH Fukuda**, G Purdy, A Magner, EN Esposito, and JR Moon. The safety of a pre-workout supplement containing caffeine, amino

- acids, creatine, beta-alanine, and b-vitamins after 30 days of ingestion. Accepted for presentation at the NSCA National Conference in Providence, RI. July, 2012.
7. **Fukuda, DH**, LM Rossow, JP Loenneke, CA Fahs, KL Kendall, AE Smith, JR Moon, JR Stout, and MG Bemben. Critical Power and Body Composition during Preparation for a Bodybuilding Competition: A Case Study. Presented at the 59th Annual Meeting of the ACSM in San Francisco, CA. May 29 - June 2, 2012.
 8. Kendall, KL, **DH Fukuda**, AE Smith, RP Hetrick, and JR Stout. Validity of Futrex-6100 X/L for body composition determination in elite male rowers. Presented at the 59th Annual Meeting of the ACSM in San Francisco, CA. May 29 - June 2, 2012.
 9. Rossow, LM, **DH Fukuda**, JP Loenneke, CA Fahs, KL Kendall, AE Smith, JR Stout, and MG Bemben. Bodybuilding Contest Preparation – A Six-Month Case Study. Presented at the 59th Annual Meeting of the ACSM in San Francisco, CA. May 29 - June 2, 2012.
 10. Smith, AE, JR Stout, KL Kendall, **DH Fukuda**, and JT Cramer. Muscle Quality Measurement Techniques and Age Related Changes in Men and Women (65-89 yrs). Presented at the 59th Annual Meeting of the ACSM in San Francisco, CA. May 29 - June 2, 2012.
 11. Walter, AA, TJ Herda, PB Costa, AM Valdez, AE Smith, KL Kendall, **DH Fukuda**, JR Stout, and JT Cramer. Sarcopenia Indices: Age- and Gender-Related Differences in Body Composition, Strength, and Muscle Quality. Presented at the 59th Annual Meeting of the ACSM in San Francisco, CA. May 29 - June 2, 2012.
 12. **Fukuda, DH**, AE Smith, KL Kendall, RP Hetrick, JT Cramer, and JR Stout. An alternative approach to the two-mile running test using critical velocity and isoperformance curves. Presented at the NSCA National Conference in Las Vegas, NV. July, 2011.
 13. Kendall, KL, **DH Fukuda**, AE Smith, RP Hetrick, JT Cramer, and JR Stout. Predicting maximal aerobic capacity (VO₂MAX) from critical velocity in female collegiate rowers. Presented at the NSCA National Conference in Las Vegas, NV. July, 2011.
 14. Smith, AE, Kendall, KL **DH Fukuda**, RP Hetrick, JT Cramer, CM Kerksick, and JR Stout. The antioxidant effect of beta-alanine supplementation with reduced exertion during treadmill running. Presented at the NSCA National Conference in Las Vegas, NV. July, 2011.
 15. Hetrick, RP, **DH Fukuda**, AE Smith, KL Kendall, JT Cramer, and JR Stout. The reliability of the intermittent critical velocity test and validation of critical rest interval. Presented at the NSCA National Conference in Las Vegas, NV. July, 2011.
 16. Wray, ME, Kendall, KL, AE Smith, **DH Fukuda**, RP Hetrick, DS Willoughby, JT Cramer, and JR Stout. Regional body composition as a determinant of intermittent sprint capabilities. Presented at the NSCA National Conference in Las Vegas, NV. July, 2011.
 17. Moon, JR, JR Stout, AE Smith, KL Kendall, **DH Fukuda**, JT Cramer, ML Rea, EN Esposito. Limitations In The Classification Of Sarcopenia: A Comparison Of Two Accepted Methods. Presented at the 58th Annual Meeting of the ACSM in Denver, Colorado. May 31 - June 4, 2011.
 18. **Fukuda, DH**, AE Smith, KL Kendall, TR Dwyer, CM Kerksick, JT Cramer, and JR Stout. The effects of creatine loading and gender on anaerobic running capacity. Presented at the NSCA National Conference in Orlando, FL. July, 2010.

19. Smith, AE, ED Ryan, **DH Fukuda**, P Costa, KL Kendall, JT Cramer, and JR Stout. The effect of creatine loading on neuromuscular function. Presented at the NSCA National Conference in Orlando, FL. July, 2010.
20. Kendall, KK, TR Dwyer, AE Smith, **DH Fukuda**, JT Cramer, and JR Stout. The relationship between selected performance variables and 2,000-meter rowing performance in NCAA D1 female collegiate rowers. Presented at the NSCA National Conference in Orlando, FL. July, 2010.
21. Moon, JR, JR Stout, AE Smith, KL Kendall, **DH Fukuda**, JT Cramer, ML Rea, EN Esposito, KE Flanagan, F Cromartie, PJ Wojnar, SR Johnson, T Foley, W Price, and A Ogden. Dual-Energy X-Ray Absorptiometry accurately tracks fat-free mass changes in older men and women: a four-compartment molecular model validation. Presented at the NSCA National Conference in Orlando, FL. July, 2010.
22. Moon, JR, JR Stout, AE Smith, KL Kendall, **DH Fukuda**, JT Cramer, EN Esposito, KE Flanagan, F Cromartie, PJ Wojnar, SR Johnson, T Foley, W Price, and A Ogden. Dual-Energy X-Ray Absorptiometry (DXA) accurately tracks fat-free mass changes in older men and women: a four-compartment (4C) molecular model validation. Presented at the 52nd ICHPER-SD Anniversary World Congress. Fall 2009.
23. Moon, JR, AE Smith, KL Kendall, JL Graef, **DH Fukuda**, CM Lockwood, ML Rea, TW Beck, JT Cramer, and JR Stout. Analysis of total body and segmental muscle mass in elderly men and women using bioimpedance: a dual-energy x-ray absorptiometry comparison. Presented at the 50th Annual Meeting of the American College of Nutrition in Orlando, Florida. October 1-4, 2009.
24. **Fukuda, DH**, AE Smith, KL Kendall, JL Graef, JR Moon, and JR Stout. Effects of a pre-exercise supplement on critical velocity and anaerobic running capacity in college-aged men and women. Presented at the NSCA National Conference in Las Vegas, NV. July 9th, 2009.
25. Smith, AE, **DH Fukuda**, KL Kendall, JL Graef, JR Moon, and JR Stout. Acute pre-exercise supplementation improves times to exhaustion during high-intensity running in men and women. Presented at the NSCA National Conference in Las Vegas, NV. July 9th, 2009.
26. Graef, JL, KL Kendall, **DH Fukuda**, AE Smith, JR Moon, TW Beck, JT Cramer, and JR Stout. The effects of four weeks of high-intensity interval training and creatine supplementation on cardiorespiratory fitness in college-aged men. Presented at the NSCA National Conference in Las Vegas, NV. July 9th, 2009.
27. Kendall, KL, **DH Fukuda**, JL Graef, AE Smith, JR Moon, TW Beck, JT Cramer, and JR Stout. The effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. Presented at the NSCA National Conference in Las Vegas, NV. July 9th, 2009.
28. Moon, JR, AE Smith, KL Kendall, JL Graef, **DH Fukuda**, TW Beck, JT Cramer, ML Rea, and JR Stout. Concerns and limitations of dual-energy x-ray absorptiometry (DXA) for the evaluations of fat and fat-free mass in older men and women. Presented at the NSCA National Conference in Las Vegas, NV. July 9th, 2009.

29. Smith, AE, **DH Fukuda**, KL Kendall, JL Graef, JR Moon, and JR Stout. The combined effects of a pre-workout supplement and three weeks of high-intensity interval training on critical velocity, anaerobic running capacity, training volume and body composition in men and women. Presented at the International Society of Sports Nutrition Annual Conference. New Orleans, LA. June 13th, 2009.

GRANTS AWARDED (Total to date: \$419,182.50)

- 1. \$2,498.52 (GNC Nutritional Research Grant, NSCA Foundation) Summer 2011**
The acute effects of chocolate milk on markers of muscle damage
Principal investigator/Student investigator
- 2. \$750.00 (College of Arts and Sciences, University of Oklahoma) Summer 2010**
Travel Grant for National Strength and Conditioning Association National Conference
- 3. \$67.45 (Graduate Student Senate, University of Oklahoma) Spring 2010**
Travel Grant for Tactical Strength and Conditioning National Conference
- 4. \$220.33 (Graduate Student Senate, University of Oklahoma) Spring 2010**
Research Grant for *Critical rest interval and maximal oxygen uptake*
Co-investigator (Principal investigator, Jeffrey R. Stout)
- 5. \$366,145.20 (Abbott Nutrition, Abbott Laboratories) Fall 2008**
A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects.
Sub-investigator (Principal investigator, Jeffrey R. Stout)
- 6. \$50,251.00 (Corr-Jensen Labs, Inc.) Fall 2008**
The effects of GameTime™ and high-intensity training on critical velocity, aerobic power, endurance capacity and safety.
Co-investigator (Principal investigator, Jeffrey R. Stout)

INVITED PRESENTATIONS

- Methods, techniques, and equipment for unconventional strength and conditioning in combat sports.* Presented at the 2011 International Martial Arts Conference in Sao Paulo, Brazil. November 26th, 2011.
- Body composition during rapid weight loss and nutrition for performance of combat athletes.* Presented at the 2011 International Martial Arts Conference in Sao Paulo, Brazil. November 27th, 2011.

PROFESSIONAL SERVICE

National Strength and Conditioning Association – Research Grants Reviewer
Sports Medicine – Invited Reviewer
Journal of Sports Sciences – Invited Reviewer
International Journal of Sports Medicine – Invited Reviewer
International Journal of Sports Physiology and Performance – Invited Reviewer
Strength and Conditioning Journal – Invited Reviewer
Archives of Budo – Invited Reviewer
Journal of Applied Physiology – Assisted Reviewer
Journal of Strength and Conditioning Research – Assisted Reviewer

Journal of the International Society of Sports Nutrition – Assisted Reviewer
Journal of Sports Science and Medicine – Assisted Reviewer
Journal of Sports Medicine and Doping Studies – Editorial Board Member
National Strength and Conditioning Association – Research Consortium Member
USA Stars Sports Training Center – Assistant Judo Instructor
Western Idaho Judo Institute – Assistant Judo Instructor

PROFESSIONAL AFFILIATIONS

National Strength and Conditioning Association (NSCA)
American College of Sports Medicine (ACSM)
University of Oklahoma Health and Exercise Science Student Association (HESSA)
United States Judo Federation (USJF)
USA Judo

CONFERENCES ATTENDED

2011 International Martial Arts Conference, Sao Paulo, Brazil
2011 NSCA National Conference, Las Vegas, NV
2011 USOC National Coaches Conferences, Colorado Springs, CO
2010 NSCA National Conference, Orlando, FL
2010 USOC National Coaching Educators Conference, Savannah, GA
2010 USOC National Coaches Conferences, Savannah, GA
2010 USOC Training Design Symposium, Colorado Springs, CO
2010 NSCA National Tactical Strength and Conditioning Conference, Las Vegas, NV
2009 NSCA National Conference, Las Vegas, NV
2009 NSCA Tactical Strength and Conditioning Symposium, Colorado Springs, CO

REFERENCES

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