

John Phillip Vardiman, PhD, LAT, ATC
 Associate Professor
 Director, Athletic Training Program
 Kansas State University
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 Manhattan, KS 66503
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EDUCATION

PhD Kinesiology, Concentration in Exercise Science. University of Arkansas, Fayetteville, Arkansas.
 December, 2006

MS Health, Physical Education and Leisure, Concentration in Exercise Science. Oklahoma State University,
 Stillwater, Oklahoma. August, 1998

BS Athletic Training, Park University, Parkville, Missouri. May, 1996

LICENSE AND CERTIFICATIONS

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|---|--------------|--------------|
| Board of Certification Certified Athletic Trainer | 1996-present | #119602577 |
| Certified Strength and Conditioning Coach | 2020-present | #7248270704 |
| Tactical Strength and Conditioning Facilitator | 2020-present | #7248352884 |
| Kansas Licensed Athletic Trainer | 2005-present | #24-00483 |
| Missouri Licensed Athletic Trainer | 2012-present | #2014021758 |
| Iowa Licensed Athletic Trainer | 2016-2021 | #087795 |
| American Heart Association Emergency Cardiovascular Care Program Instructor | | #05170571841 |
| National Provider Identifier | | #1194742205 |

EMPLOYMENT HISTORY

Kansas State University- Department of Food, Nutrition, Dietetics, and Health

- Associate Professor- Director, Athletic Training Program 2015-Present

University of Kansas - Department of Health, Sport, and Exercise Sciences

- Associate Professor, Director, Athletic Training Program 2014-2015
- Assistant Professor Director, Athletic Training Program 2013-2014
- Assistant Professor, Clinical Coordinator 2007-2013
- Instructor, Clinical Coordinator 2005-2007

University of Arkansas- Department of Health, Kinesiology, Recreation and Dance

- Instructor/ Clinical Coordinator and Athletic Trainer 2000-2005

Park University- Athletic Training Education Program

- Instructor and Athletic Trainer 1998-2000

Oklahoma State University- Athletic Training

- Athletic Trainer Graduate Assistant 1996-1998

RELATED WORK EXPERIENCE

National Football League-Team Leader Athletic Training Spotter 2013-Present

Big XII Athletic Training Spotter 2016-2020

HONORS AND AWARDS

2021- Mid America Athletic Trainers' Association Most Distinguished Athletic Trainer Nominee
 2019- National Athletic Trainers Association Most Distinguished Athletic Trainer Award
 2019- First Infantry Division, US Army Fort Riley, KS Most Distinguished Trooper Award
 2019- Mid America Athletic Trainers' Association Educator of the Year Award
 2016- Kansas Athletic Trainers' Society Athletic Trainer of the Year
 2016- Department of the Army Commander's Service Award
 2015- National Athletic Trainers Association Athletic Training Service Award
 2012- Big XII Fellowship
 2010 - Dr. Bob Frederick Faculty Award, School of Education

MEMBERSHIPS

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| National Athletic Trainers' Association | 1996-present |
| Mid-America Athletic Trainers' Association | 1996-1998, 2005-present |
| Kansas Athletic Trainers' Society | 2005-present |
| Arkansas Athletic Trainers' Association | 2000-2005 |
| Oklahoma Athletic Trainers Association | 1996-1998 |

PUBLICATIONS

- Gallagher, P., Siedlik, J., Deckert, J., Dunbar, A. Bhatta, A., Gigliotti, N. & **Vardiman, J.P** (2021- In-Review) High-intensity exercise elicits increased proliferation and a gene expression profile associated with improved function of T cells. *Journal of Physiology*
- Siedlik, J. A, Deckert, J., Clopton, A.W., Herda, T.J., Weir, J.P, Gallagher, P.M, & **Vardiman, J.P.** (2021) Change in measures of moral function following acute bouts of Marine Corps Martial Arts Training. *Stress and Health (in-press)*.
- Siedlik, J. A, Deckert, J. A., Benedict, S. H., Bhatta, A., Dunbar, A.J., **Vardiman, J.P.** & Gallagher, P. M. (2017) T cell activation and proliferation following acute exercise in human subjects is altered by storage conditions and mitogen selection. *Immunological Methods* 446, 7-14.
- Siedlik, J.A., Benedict, S.H., Landes, E.J., **Vardiman, J.P.**, & Gallagher, P.M., (2016) Acute bouts of exercise induce a suppressive effect on lymphocyte proliferation in human subjects: A meta-analysis. *Brain Behav Immun.* 56, 343-51. doi: 10.1016/j.bbi.2016.04.008.
- Trevino, M.A., Herda, T.J., Fry, A.C., Gallagher, P.M., **Vardiman, J.P.**, Mosier, E.M., & Miller, J.D. (2016) Influence of the contractile properties of muscle on motor unit firing rates during a moderate-intensity contraction in vivo. *J Neurophysiol* 116(2); 552-62. doi: 10.1152/jn.01021.2015.
- Trevino, M. A., Herda, T. J., Fry, A. C., Gallagher, P. M., **Vardiman, J.P.**, Mosier, E. M., & Miller, J. D. (2016) The influence of myosin heavy chain isoform content on mechanical behavior of the vastus lateralis in vivo. *Journal of Electromyography and Kinesiology* 28,143-51. doi: 10.1016/j.jelekin.2016.04.005.
- Burnett, D. M., **Vardiman, J.P.**, Deckert, J. A., Ward, J., & Sharpe, M. R. (2016) Perception of Exercise Induced Bronchoconstriction in College Athletes. *Respiratory Care.* 61(7); 897-901. PMID: 27006350
- Siedlik, J. A., Deckert, J. A., Gigliotti, N., Chan, M. A., Benedict, S. H., Herda, T. J., Gallagher, P. M., **Vardiman, J. P.** (2016) Immunoendocrine alterations following Marine Corps martial arts training are associated with changes in moral cognitive processes. *Physiology and Behavior*, 154: 76- 82.
- Herda, T.J., Miller, J.D., Trevino, M.A., Mosier, E.M., Gallagher, P.M., Fry, A.C., and **Vardiman, J.P.** (2016) The change in motor unit firing rates at derecruitment relative to recruitment is correlated with Type I myosin heavy chain isoform content of the vastus lateralis in vivo. *Acta Physiol.* 216(4)454-463.
- Siedlik, J., Gallagher, P., Cooper, M, Emmons, R, Moreau, W, Nabhan, D., & **Vardiman, J.P.** (2016). Advanced treatment monitoring for Olympic athletes using unsupervised modeling techniques. *Journal of Athletic Training*, 51(1)74-81.

11. Siedlik, J., Siscos, S. M., Evans, K., Rolf, A., Gallagher, P., Seeley, J., & **Vardiman, J.P.** (2015) Computerized neurocognitive assessments and detection of the malingering athlete. *The Journal of Sports Medicine and Physical Fitness*. PMID 26472603.
12. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z. A., Weir, J. P., Gallagher, P. M., & **Vardiman, J.P.** (2015). Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *Journal of Strength and Conditioning Research*. 29(4):1139-45.
13. **Vardiman, J.P.**, Moodie, N., Siedlik, J., Kudrna, R., Graham, Z., & Gallagher, P. (2015) Short-Wave diathermy pre-treatment and inflammatory myokine response after high-intensity eccentric exercise.. *Journal of Athletic Training*, 50(6):612-20
14. **Vardiman, J.P.**, Siedlik, J.A, Herda, T. J., Cooper, M., Deckert, J., and Gallagher, P. M. (2014) Instrument soft tissue mobilization: Effects on the properties of human plantar flexors. *International Journal of Sports Medicine*, 36(3):197-203.
15. Cooper, M. A., Herda, T. J., **Vardiman, J. P.**, Gallagher, P. M. and Fry, A. C. (2014) Relationships between skinfold thickness and electromyographic and mechanomyographic amplitude recorded during voluntary and non-voluntary muscle actions. *Journal of Electromyography and Kinesiology*, 24, 207-13.
16. Cooper, M.A., Herda, T.J., **Vardiman, J.P.**, Gallagher, P.M., Fry, A.C. (2013). Relationships between the mechanomyographic amplitude patterns of response and concentric isokinetic fatiguing tasks of the leg extensors. *Journal of Physiological Measurements*, 38, 1293-1301.
17. **Vardiman, J. P.**, Jefferies, L., Touchberry, C., & Gallagher, P. (2013). Fluidotherapy: An evaluation of intramuscular heating and heat shock protein response. *Journal of Athletic Training*, 48, 353-361.
18. Andre, M. J., Fry, A. C., Heyrman, M., Hudy, A., Holt, B., & Roberts, C., **Vardiman, J. P.**, & Gallagher, P. M. (2012). A reliable method for assessing rotational power. *Journal of Strength and Conditioning Research*, 26, 720-724.
19. Carr, W. D., Volberding, J. & **Vardiman, P.** (2011). A peer-assisted learning program and its effect upon student skill demonstration. *Athletic Training Education Journal*, 6, 129-135.
20. **Vardiman, J. P.**, Riggs, C. E., Galloway, D., Waxman, M. B., Touchberry, C. D., & Gallagher, P. (2011). Salivary Ig-A is not a reliable indicator of upper respiratory infection in collegiate female soccer athletes. *Journal of Strength and Conditioning Research*, 25, 1937-1942.
21. Miyazawa, A., **Vardiman, P.**, Magee, L., & Washington, E. (2011). Cryptogenic stroke associated with patent foramen ovale in a collegiate volleyball athlete: A case report. *Sports Health*, 2, 395-397.
22. Carr, W., Volberding, J., **Vardiman, P.**, & Greene, L. (2011). Psychomotor and cognitive peer assisted learning. *Kansas Association of Health, Physical Education, Recreation and Dance Journal*, 82, 40- 42.
23. **Vardiman, P.**, Carr, D. & Gallagher, P. (2010). Stretching: does it help? *Strategies*, 23, 32-34.
24. Touchberry, C., Le, T., Richmond, S., Prewitt, M., Beck, D., Carr, D., **Vardiman, P.**, & Gallagher, P. (2008). Diathermy treatment increases heat shock protein expression in female, but not male skeletal muscle. *European Journal of Applied Physiology*, 102, 319-323.
25. Jacobson, B., Ransone, J., & **Vardiman, P.** (2001). Comparison of fluid weight loss between heat related illness episodes and non-episodes in football players. *International Sports Journal*, 5, 95- 100.
26. Ransone, J., **Vardiman, P.**, & Smith, K. (2001). Syndesmotic ankle sprains: A case review. *Athletic Therapy Today*, 6, 48-49.

BOOK CHAPTERS

1. **Vardiman, J.**, Gallagher, P., & Siedlik, J. Potential Cytoprotective Effects of Heat Shock Proteins to Skeletal Muscle. *Heat Shock Proteins-Based Therapies* Volume 8, Springer Nederlands. 2015
2. **Vardiman, J.**, Gallagher, P., & Siedlik, J. Acute and Chronic Inflammation. *Sports Pathophysiology*, F.A. Davis (*In Review*)

MANUSCRIPTS IN REVIEW

1. Gallagher, P., Siedlik, J., Deckert, J., Dunbar, A. Bhatta, A., Gigliotti, N. & **Vardiman, J.P** (2021- In-Review) High-intensity exercise elicits increased proliferation and a gene expression profile associated with improved function of T cells. *Journal of Physiology*

PUBLISHED ABSTRACTS

1. Pacinelli, L. E., Williams, J. A., **Vardiman, J. P.**, & Thiele, R. M. (2019). Examination of Tendon and Muscle Architecture and Their Influence on Postural Stability: 1292: Board# 54 May 30 9: 30 AM-11: 00 AM. *Medicine & Science in Sports & Exercise*, 51(6), 338.
2. Pacinelli, L. E., Palmer, T. B., **Vardiman, J. P.**, & Thiele, R. M. (2019). BICEPS FEMORIS PENNATION ANGLE IS NEGATIVELY CORRELATED WITH PASSIVE STIFFNESS OF THE HAMSTRINGS. *International Journal of Exercise Science: Conference Proceedings* (Vol. 11, No. 6, p. 57).
3. Siedlik, J., Gallagher, P., & **Vardiman, J.** Impact of Acute Training Stress on Moral Decision Making Following Marine Corps Martial Arts Training. *Medicine and Science in Sports and Exercise*,
4. Siedlik, J., Gallagher, P., & **Vardiman, J.** Peripheral Immune Response to Marine Corps Martial Arts Training *The Journal of the Federation of American Societies for Experimental Biology*
5. Alayafi, Y., **Vardiman, J.**, Fry, A., Greene, L., & Gallagher, P. The Physiological Effect of Fasting the Month of Ramadan on Anthropocentric and Blood Variables. *The Journal of the Federation of American Societies for Experimental Biology*
6. Siedlik, J., Deckert, J., Herda, T., Weir, J., Gallagher, P., & **Vardiman, J. P.** (2014) Immunoendocrine Response To Marine Corps Martial Arts Training. *International Journal of Exercise Science*. 11(2) article54.
7. Hawkins, W., Moodie, N., Matuszek, M., Graham, Z., **Vardiman, J.**, Gallagher, P. (2014) Comparison of Different Leg Press Exercise Volumes on the AKT/ MTOR Signaling Pathway. *International Journal of Exercise Science*. 11(2) article 23.
8. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z.A., Weir, J.P., Gallagher, P.M., & **Vardiman, J.P.** (2013). Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *Medicine and Science in Sports and Exercise*, 45, S478.
9. **Vardiman, P.**, Siedlik, J., Cooper, M., Emmons, R., Moreau, W., Nabhan, D., Street, J., & Gallagher, P. (2013). Gold medal sports medicine: Integrative model of medical care during international competition. *Medicine and Science in Sports and Exercise*, 45, S292.
10. Deckert, J., Herda, T., **Vardiman, P.**, Gallagher, P., & Cooper, M. (2013). The Acute Effects of static stretching on the passive muscle properties of the leg extensors. *Medicine and Science in Sports and Exercise*, 45, S301.
11. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresh, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. (2012). The use of instrument assisted soft tissue mobilization to change perception of functional ability in college-aged students. *Medicine and Science in Sports and Exercise*, 44, S407.

12. Hawkins, W., Moodie, N., Matuszek, M., Graham, Z., **Vardiman, J.**, Gallagher, P. (2014) Comparison of Different Leg Press Exercise Volumes on the AKT/ MTOR Signaling Pathway. *International Journal of Exercise Science*. 11(2) article 23
13. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z.A., Weir, J.P., Gallagher, P.M., & **Vardiman, J.P.** (2013). Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *Medicine and Science in Sports and Exercise*, 45, S478.
14. **Vardiman, P.**, Siedlik, J., Cooper, M., Emmons, R., Moreau, W., Nabhan, D., Street, J., & Gallagher, P. (2013). Gold medal sports medicine: Integrative model of medical care during international competition. *Medicine and Science in Sports and Exercise*, 45, S292.
15. Deckert, J., Herda, T., **Vardiman, P.**, Gallagher, P., & Cooper, M. (2013). The Acute Effects of static stretching on the passive muscle properties of the leg extensors. *Medicine and Science in Sports and Exercise*, 45, S301.
16. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresh, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. (2012). The use of instrument assisted soft tissue mobilization to change perception of functional ability in college-aged students. *Medicine and Science in Sports and Exercise*, 44, S407.
17. **Vardiman J. P.**, Horinek RJ, McCartney MK, Graham ZA, Moodie NJ & Gallagher PM. (2012). The ability of instrument assisted soft tissue mobilization to attenuate inflammation and symptoms of muscle damage after an eccentric exercise protocol. *Journal of Athletic Training*, 47, S142.
18. Moodie, N., Kudrna, R., McCartney, M., Graham, Z., Fry, A., **Vardiman, P.**, & Gallagher, P. (2011). The effects of pre-workout supplementation and eight weeks of resistance training on markers of inflammation. *Medicine and Science in Sports and Exercise*, 43, S304.
19. **Vardiman, P.**, Donnelly, J., Honas, J., Horinek, R., Moodie, N., & Gallagher, P. (2011). Comparison of immune status inactive-fit and sedentary-overweight college-aged students. *Medicine and Science in Sports and Exercise*, 43, S334.
20. Lane, M., Fry, A. C., Gallagher, P. M., **Vardiman, J. P.**, Hudy, A., Graham, Z. A., McCartney, M. K., & Andre, M. J. (2011). Relationships of lower body power and strength for NCAA Division I men's collegiate basketball players. *Medicine and Science in Sports and Exercise*, 43, 398.
21. Moodie, N., **Vardiman, P.**, Kudrna, R., Graham, Z., Bustamante, J., & Gallagher, P. (2010). Inflammatory cytokines and pain perception resulting from an eccentric exercise muscle damage protocol. *Medicine and Science in Sports and Exercise*, 42, S828-829.
22. Fry, A. C., Hudy, A., Gallagher, P. M., **Vardiman, J. P.**, Kudrna, R. A., Moodie, N. G. McCartney, M. K., & Bustamante, J. (2010). Lower body power-load curves for NCAA Division-1 men's and women's collegiate basketball players. *Medicine and Science in Sports and Exercise*, 42, S65.
23. **Vardiman, P.**, Riggs, C., Gallagher, P., & Touchberry, C. (2008). Immune response of collegiate female soccer athletes participating in sport training and competition. *Journal of Athletic Training*, 43, S97.
24. Gallagher, P., Richmond, S., Touchberry, C., Le, T., **Vardiman, P.**, & Carr, D. (2006). Effects of diathermy on hsp70 content in human skeletal muscle. *Medicine and Science in Sports and Exercise*, 38, S11.
25. **Vardiman, P.**, Ransone, J., & Jacobson, B. (1999). The use of percentage body weight loss as a predictor for heat related illness in intercollegiate football players. *Journal of Athletic Training*. 34, S20.

PRESENTATIONS

1. Phillip Vardiman, Blood Flow Restriction Therapy, Kansas Athletic Trainers' Society Annual Symposium. Virtual Symposium 2021.

2. Phillip Vardiman, Review of Fitness Remediation for Military Members, Missouri Athletic Trainers' Society Annual Meeting. Virtual Symposium 2021.
3. Phillip Vardiman, Blood Flow Restriction Therapy, Oklahoma Athletic Trainers Association Annual Meeting. Virtual Meeting 2021
4. **Phillip Vardiman**, Current evidence on Instrument-Assisted Soft Tissue Mobilization: Techniques for the Upper Extremity. Missouri Athletic Trainers' Association Educators & Student Leadership Conference, Fayette, MO (February 1, 2020)
5. **Phillip Vardiman**, Aric Warren and Brian Farr, Improving shoulder range of motion: Instrument-Assisted Soft Tissue Mobilization (ISTM) applications for increasing functional ability. The National Athletic Trainers' Association Clinical Symposia Las Vegas, NV (June 25, 2019)
6. **Phillip Vardiman**, Athletic Training Spotter and Team USA Track and Field. Manhattan Rotary Club, Manhattan, KS (June 20, 2019)
7. **Phillip Vardiman**, Making teams stronger through a team-based fitness and wellness program. Wichita Sports Medicine Symposium. Wichita, KS (June 7, 2019)
8. Pacinelli, L. E., Williams, J. A., **Vardiman, J. P.**, & Thiele, R.M. Examination of Tendon and Muscle Architecture and Their Influence on Postural Stability. Poster, Annual American College of Sports Medicine conference, Orlando, FL. May 28- June 1, 2019
9. Pacinelli, L. E., Williams, J. A., **Vardiman, J. P.**, Thiele, R. M. A Study in Reliable Ultrasonography Imaging: Medial Gastrocnemius Cross-Sectional Area in Females. Presented at K-State Graduate Research, Arts, and Discovery Forum, Manhattan, KS (March 26, 2019)
10. Serrano, E., Vardiman, P., & Pacinelli, L. The Effectiveness of a Multi-disciplinary Fitness and Wellness Program for Increasing Readiness and Resiliency in Army Soldiers. Undergraduate Research Conference (April 14, 2019)
11. **Phillip Vardiman**, Recognizing and managing sports-related concussion in football. Kansas Emergency Medical Services Association Annual Conference. Mulvane, KS (August 9, 2018)
12. Bill Ito and **Phillip Vardiman**, Crossing Borders as an Athletic Trainer: What to expect when your team travels abroad. The National Athletic Trainers' Association Clinical Symposia. New Orleans, LA (June 28, 2018)
13. Siedlik, J., **Vardiman, J.**, Deckert, J., Herda, T., Weir, J., Clopton, A., & Gallagher, P. Change in measures of moral function following acute bouts of Marine Corps Martial Arts Training. American College of Sports Medicine's Annual Meeting, Minneapolis, MN (May 31, 2018)
14. Hawkins, W., Thiele, R., **Vardiman, J.**, & Gallagher, P. Effects of Instrument Assisted Soft Tissue Mobilization on Biceps Femoris Muscle Architecture. American College of Sports Medicine's Annual Meeting, Minneapolis, MN (May 31, 2018)
15. Phillip Vardiman, Instrument Assisted Soft Tissue Mobilization: Data Driven Clinical Application. The Mid-America Athletic Trainers' Association Annual Meeting, La Vista, NE (March 15, 2018)
16. Phillip Vardiman and Ryan Thiele, Diagnostic assessment following tissue mobilization. The Mid-America Athletic Trainers' Association Annual Meeting, La Vista, NE (March 16, 2018)
17. **Phillip Vardiman**, Instrument Assisted Soft Tissue Mobilization: Research and Treatment Techniques. World Federation of Athletic Training and Therapy World Congress, Madrid, Spain (October 1, 2017)

18. **Phillip Vardiman**, Investigations of factors and interventions that influence physical activity, muscle quality and performance. Oklahoma State University Center for Health Sciences Seminar. Tulsa, OK (March 3, 2017)
19. **Phillip Vardiman**, Instrument Assisted Soft Tissue Mobilization: Research and Clinical Application. Oklahoma Athletic Trainers' Association, Edmond, Oklahoma (May 21, 2016)
20. **John Phillip Vardiman**, Instrument Assisted Soft Tissue Mobilization Techniques for the Lower Body Wisconsin Athletic Trainers' Association Annual Meeting, Green Bay, Wisconsin (March 31, 2016)
21. **Phillip Vardiman**. Instrumented assisted soft tissue mobilization: Effects on skeletal muscle function, range of motion and pain. Mosaic Life Care Sports Medicine Workshop, St. Joseph Missouri (February 20, 2016)
22. **Phillip Vardiman** and Jake Deckert, Exercise Induced Bronchospasm, Kansas Athletic Trainers' Society, Manhattan, KS (November 8, 2015)
23. Hawkins, W.C., Shalhoub, S., Gallagher, P., Herda, T., & **Vardiman, J.** A Novel Method for the Quantification of Pressure Forces During Administration of Instrument-Assisted Soft Tissue Mobilization. Central States American College of Sports Medicine Conference. Warrensburg, Missouri (October 15, 2015)
24. Trevino, M.A., Mosier, E.M., Jonathan D. Miller, J.D., Fry, A.C., Gallagher, P.M, **Vardiman, J. P.**, and Herda, T.H. The Influence Of Type I Myosin Heavy Chain Expression On Motor Unit Firing Rates Of The Vastus Lateralis In Vivo. Central States American College of Sports Medicine Conference. (October 15, 2015)
25. **Vardiman, J. P.** Measures of Protection: Heat Shock Proteins and Therapeutic Modalities. Presentation at the National Athletic Trainers Association Annual Symposium, St. Louis, Missouri. (June 26, 2015).
26. Siedlik, J., Gallagher, P., & **Vardiman, J.** Impact of Acute Training Stress on Moral Decision Making Following Marine Corps Martial Arts Training. Presentation at the American College of Sports Medicine Annual Meeting, San Diego, California (May 31, 2015)
27. Siedlik, J., Gallagher, P., & **Vardiman, J.** Peripheral Immune Response to Marine Corps Martial Arts Training Presentation at Experimental Biology Conference, Boston, Massachusetts (March 29, 2015).
28. Alayafi, Y., **Vardiman, J.**, Greene, L., & Gallagher, P. The Physiological Effect of Fasting the Month of Ramadan on Anthropometric and Blood Variables. Presentation at Experimental Biology Conference, Boston, Massachusetts (March 31, 2015).
29. **Vardiman, John P.** Evidence Based Practice: Clinical Application of Instrument Assisted Soft Tissue Mobilization. Invited Presentation at the Mid-America Athletic Trainers Association. (March 20, 2015)
30. Hawkins, W., Moodie, N., Matuszek, M., Graham, Z., **Vardiman, J.**, Gallagher, P. Comparison of Different Leg Press Exercise Volumes on the AKT/ MTOR Signaling Pathway. Presentation at the Central States American College of Sports Medicine Conference. Overland Park, Kansas (October 23, 2014)
31. Siedlik, J., Deckert, J., Herda, T., Weir, J., Gallagher, P., & **Vardiman, J. P.** Immunoendocrine Response To Marine Corps Martial Arts Training. Presentation at the Central States American College of Sports Medicine Conference. Overland Park, Kansas (October 23, 2014)
32. **Vardiman, John P.** Clinical Evaluation of Orthopedic Injury. Invited Presentation at the Emergency Medicine Seminar. Tonganoxie, Kansas (August 2, 2014)

33. **Vardiman, John P.** Evidence Based Practice: Clinical Application of Instrument Assisted Soft Tissue Mobilization. Invited Presentation at the Missouri Athletic Trainers Association Annual Meeting, Columbia, Missouri (June 6, 2014)
34. **Vardiman, John P.** Research in Athletic Training. Invited Presentation at the Mid America Nazarene Sports Medicine Seminar. Olathe, Kansas (April 4, 2014)
35. **Vardiman, John P.** Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program. Office of Naval Research Technical Review, Washington, D.C. (February, 8 2014)
36. **Vardiman, John P.** Evidence Based Practice: Clinical Application of Instrument Assisted Soft Tissue Mobilization. Invited Presentation at the Missouri Educators Conference. Warrensburg, Missouri (February 1, 2014)
37. Vardiman, John P. Heavy metal treatment: Using instruments for soft tissue mobilization. Presentation at the Kansas Athletic Trainers Society Annual Meeting, Wichita, Kansas (November 10, 2013)
38. Siedlik, J. A., Siscos, S., Rolf, A., Evans, K., Seeley, J., Gallagher, P. & Vardiman, J. P. Using a computerized neurocognitive assessment instrument to identify a malingering athlete. Presentation at the Central States American College of Sports Medicine Annual Meeting, Warrensburg, Missouri (October 17, 2013)
39. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z. A., Weir, J. P., Gallagher, P. M., & **Vardiman, J. P.** Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana (May 31, 2013)
40. **Vardiman, J. P.**, Siedlik, J., Cooper, M., Emmons, R., Moreau, W., Nabhan, D., Street, J., & Gallagher, P. Gold medal sports medicine: Integrative model of medical care during international competition. Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana (May 30, 2013)
41. Deckert, J., Herda, T., **Vardiman, P.**, Gallagher, P., & Cooper, M. The acute effects of static stretching on the passive muscle properties of the leg extensors. Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana (May 30, 2013)
42. **Vardiman, P.** Instrument assisted soft tissue mobilization: research and application. Invited Full Session Presentation at the Oklahoma Athletic Trainers Association's Annual meeting, Enid, Oklahoma (May 18, 2013)
43. **Vardiman, P.** Gold medal sports medicine: Integrative model of medical care during international competition. Full Session Presentation at the Central States American College of Sports Medicine Annual Meeting, Columbia, Missouri (October 19, 2012)
44. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z. A., Weir, J.P., Gallagher, P. M., & **Vardiman, J. P.** Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. Presentation at Central States American College of Sports Medicine Annual Meeting, Columbia, Missouri (October 18, 2012)
45. Deckert, J. A., Herda, T. J., **Vardiman, J. P.**, Gallagher, P. M., & Cooper, M. A. Differences in musculotendinous stiffness of the rectus femoris following static stretching. Presentation at Central States American College of Sports Medicine Annual Meeting, Columbia, Missouri (October 18, 2012)
46. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresh, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. The use of instrument assisted soft tissue mobilization to change perception of functional ability in college-aged students. Presentation at the American College of Sports Medicine Annual Meeting, San Francisco, California. (June 1, 2012)

47. **Vardiman J. P.**, Horinek R. J., McCartney, M. K., Graham, Z. A., Moodie, N. J. & Gallagher, P. M. The ability of instrument assisted soft tissue mobilization to attenuate inflammation and symptoms of muscle damage after an eccentric exercise protocol. Presentation at the National Athletic Trainers Association Annual Symposium, St. Louis, Missouri. (June 28, 2012)
48. **Vardiman, P.** Clinical insights of instrument assisted soft tissue mobilization: history, theory and application. Full Session Presentation at Mid-America Athletic Trainers Association Annual Meeting and Symposium, Topeka, Kansas. (March 2012)
49. **Vardiman, P.**, Harrison, G., Brigman, R., Graham, Z., & Gallagher, P. Validity and reliability assessment of a power meter field testing device. Presentation at the Mid-America Athletic Trainers Association Annual Meeting and Symposium, Topeka, Kansas. (March 2012)
50. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresch, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. The Use of Instrument Assisted Soft Tissue Mobilization to Change Perception of Functional Ability in College-Aged Students. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, Missouri. (October 20, 2011)
51. Gallagher, P., Harrison, G., Brigman, R., Graham, Z., & **Vardiman, P.** Validity and reliability assessment of a power meter field testing device. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, Missouri. (October 20, 2011)
52. Horinek, R., Moodie, N., **Vardiman, P.**, Kudrna, R., Graham, Z., McCartney, M., & Gallagher, P. Inflammatory cytokines and pain perception from an eccentric exercise muscle damage protocol. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting Kansas City, Missouri. (October 20, 2011)
53. **Vardiman, P.**, Moodie, P., Graham, Z., Maresch, J., Andre, M., Lane, M., Alayafi, Y., & Gallagher, P. Instrument assisted soft tissue mobilization and the effect on muscle damage and perception of functional ability. Invited Presentation at the United States Olympic Training Center, Colorado Springs, Colorado (July 28, 2011)
54. Andre, M., Fry, A., Gallagher, P., **Vardiman, P.**, Fry, M., Kudrna, B., Gandy- Moodie, N., & McCartney, M. The effects of a pre-workout caffeine supplement on endogenous growth hormone levels. Presented at the National Strength and Conditioning National Conference, Las Vegas, Nevada. (July 2011)
55. **Vardiman, P.**, Donnelly, J., Honas, J., Horinek, R., Moodie, N., & Gallagher, P. Comparison of immune status in active-fit and sedentary overweight college aged students. American College of Sports Medicine
56. Moodie, N., Kudrna, R., McCartney, M., Graham, Z., **Vardiman, J. P.**, Fry, A., & Gallagher, P. The effects of pre-workout supplementation and eight weeks of resistance training on markers of inflammation. American College of Sports Medicine Annual Meeting, Denver, Colorado. (June 1, 2011)
57. **Vardiman, P.** Immune response to exercise: A comparison of athletes and non-athletes. Midwest Sports Performance Conference, Lawrence, Kansas.(May 14, 2011)
58. **Vardiman, J.P.**, Horinek, R.J., McCartney, M.K., Graham, Z.A., Moodie, N.J., & Gallagher, P.M. The effects of instrument assisted soft tissue mobilization after an eccentric exercise muscle damage protocol. Presentation at the Mid-America Athletic Trainers Association Annual meeting and Symposium, Omaha, Nebraska. (March 19th, 2011)
59. **Vardiman, P.** Syndesmotoc ankle sprain: A case study. Kansas Athletic Trainers Society Annual Sports Medicine Seminar, Lawrence, Kansas. (November 7, 2010)

60. **Vardiman, P.** Instrument assisted soft tissue mobilization and muscle damage. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Lawrence, Kansas. (October 22, 2010)
61. **Vardiman, P.,** Gallagher, P., Honas, J., Horinek, R., Graham, Z. & Donnelly, J. The immune response to long-term exercise in sedentary-obese college aged students. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Lawrence, Kansas. (October 22, 2010)
62. Andre, M. J., Fry, A. C., Heyrman, M., Hudy, A., Holt, B., Roberts, C., **Vardiman, P.,** & Gallagher, P. A reliable method for assessing rotational power. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Lawrence, Kansas. (October 22, 2010)
63. Kudrna, R., Moodie, N., McCartney, M., Bustamante, J., Fry, A., Gallagher, P., & **Vardiman, P.** The effect of a multi-ingredient high caffeine pre-exercise supplement on strength power and body composition in 8 weeks of resistance training. Presentation at the National Strength and Conditioning National Conference, Orlando, Florida. (July 14, 2010)
64. Moodie, N., **Vardiman, J. P.,** Kudrna, R., Graham, Z., Bustamante, J., & Gallagher, P. Inflammatory cytokines and pain perception resulting from an eccentric exercise muscle damage protocol. Presentation at the American College of Sports Medicine Annual Meeting, Baltimore, Maryland. (June 5, 2010)
65. Fry, A. C., Hudy, A., Gallagher, P. M., **Vardiman, J. P.,** Kudrna, R. A., Moodie, N. G. McCartney, M. K., & Bustamante, J. Lower body power-load curves for NCAA Division-1 men's and women's collegiate basketball players. Presentation at the American College of Sports Medicine Annual Meeting, Baltimore, Maryland. (June 3, 2010)
66. **Vardiman, P.** & Wainwright, K. Manual therapy techniques for the overhead throwing athlete. Presented at the Midwest Sports Performance Conference, Lawrence, Kansas. (May 8, 2010)
67. **Vardiman, P.,** Moodie, N., Wallace, G., Zirkelbach, J., & Gallagher, P. Tart cherry juice and attenuation of exercise induced inflammation. Presentation at the Mid-America Athletic Trainers Association Annual meeting and Symposium, Columbia, Missouri. (March 28th, 2010)
68. Moodie, N., **Vardiman, P.,** Gallagher, P., Wallace, G., & Bird, R. The effects of tart cherry juice on exercise induced markers of inflammation. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Columbia, Missouri. (November 5, 2009)
69. **Vardiman, P.,** Gallagher, P., Honas, J., & Donnelly, J., Comparison of basal cytokine levels in sedentary-obese and active-fit college-aged students. Presentation at the University of Kansas Energy Balance Laboratory 11th Annual Obesity Conference, Kansas City, Missouri. (September 10, 2009)
70. Miyazawa, A., & **Vardiman, P.** Cryptogenic stroke associated with patent foramen ovale in a collegiate female volleyball athlete. Presentation at the Mid-America Athletic Trainers Association Spring Symposium, Omaha, Nebraska. (March 28, 2009)
71. **Vardiman, P.** Hip anatomy and biomechanics. Presentation at the Kansas Athletic Trainers Society Annual Sports Medicine Seminar, Topeka, Kansas. (November 16, 2008)
72. Jefferies, L., **Vardiman, P.,** Touchberry, C., & Gallagher, P. Fluidotherapy's effects on human heat shock protein 70 in males and females. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, Missouri. (October 16, 2008)
73. **Vardiman, P.,** Riggs, C., Gallagher, P., & Touchberry, C. Immune response of collegiate female soccer athletes participating in sport training and competition. Presentation at National Athletic Trainers Association Annual Symposium, St. Louis, Missouri. (June 19, 2008)

74. **Vardiman, P.** Medical emergencies in sports: Heat illness, asthma, cardiac emergencies and commotio cordis. Kansas Athletic Trainers Society Emergency Medical Services Seminar. Lawrence, Kansas. (July 21, 2007)
75. **Vardiman, J.,** Riggs, C., DiBrezza, R., Fort, I., Shadden, B., Turner, R., Touchberry, C., & Gallagher, P. Acute and chronic effects of high-intensity short-duration sport training on salivary immunoglobulin-a in female collegiate athletes. Presentation at the Mid-America Athletic Trainers Association Spring Symposium, Topeka, Kansas. (March 17, 2007)
76. **Vardiman, P.** The use of percentage body weight loss as a predictor for heat related illness in intercollegiate football players. Presented at the National Athletic Trainers Association Annual Symposium, Kansas City, Missouri. (June 17, 2000)

EXTRAMURAL FUNDING

1. Expansion Proposal: Establishing optimal training intervals for the Marine Corps' martial arts program (MCMAP) for improvement in physical performance and warrior mindset. **Principal Investigator** (P. Gallagher, Co-PI). Office of Naval Research (BAA 004-14) \$371,825
2. Establishing optimal training intervals for the Marine Corps' martial arts program (MCMAP) for improvement in physical performance and warrior mindset. **Principal Investigator** (P. Gallagher, Co-PI). Office of Naval Research (BAA 004-13) \$711,519 Intramuscular Inflammatory Response to Application of Graded Pressure Instrument Assisted Soft Tissue Mobilization. **Principal Investigator** (P. Gallagher, Co-Investigator) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$1750 (2013- 2014)
3. Assessment of a Field Testing Device Used to Monitor Workloads in Endurance Cycling Athletes. **Principal Investigator** (P. Gallagher, Co-Investigator, G. Harrison, Co-Investigator) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$3500 (2011-2012)
4. The Inflammatory Response From Eccentric Exercise Muscle Damage and Instrument Assisted Soft Tissue Mobilization, **Principal Investigator** (J. Owensby, Co- Investigator, N. Moodie, Co-Investigator, P. Gallagher, Co-Investigator) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$1500 (2010-2011)\
5. Effects of Resistance Exercise and a Pre-Workout Dietary Supplement on Physical, Psychological and Physiological Adaptations, **Co-investigator** (P. Gallagher, PI, A. Fry Co-PI, M. Fry Co-investigator) Labrada Nutrition, Inc. \$22,500 (2009-2010)
6. The Effect of Protein Supplementation Following Resistance Training on the Inflammation Response, **Co-Principal Investigator** (A. Daveline, PI) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$1500 (2009-2010)

INTERNAL FUNDING

1. Acute and chronic immunoendocrine response to physiological and psychological dual-stress models. **Principal Investigator** (P. Gallagher, Co-Investigator) University of Kansas School of Education Support Funding \$9625 (2014-15)
2. Functional activity, range of motion, power, strength, and subjective assessment following instrument assisted soft tissue mobilization. **Principal Investigator** (P. Gallagher, Co-Investigator) University of Kansas School of Education Support Funding \$8380 (2011-2013)
3. Exercise, Muscle Damage, Inflammation, Instrument Assisted Soft Tissue Mobilization, **Principal Investigator** (P. Gallagher, Co-Investigator) University of Kansas Graduate Research Funding \$8558 (2010-2012)

4. Inflammatory Cytokines and Pain Perception Resulting from Eccentric Exercise Muscle Damage Protocol, **Principal Investigator** (P. Gallagher, Co-Principal Investigator) University of Kansas Graduate Research Funding \$8,600 (2009-2011)
5. The Effect of Long-Term Exercise, Weight Loss and Energy Balance on Serum Cytokines and Immunoglobulins in Obese College Aged Students, **Principal Investigator** (P. Gallagher, Co-investigator) University of Kansas New Faculty Graduate Research Funding- School of Education \$8,000 (2008-2010)
6. Acute Effects of High Intensity Endurance Exercise on Young and Master's Level Athlete Immunoglobulin Levels, **Principal Investigator** (P. Gallagher, Co-Investigator) School of Education Summer Research Funding \$4981 (2007)

KANSAS STATE TEACHING RECORD

Course Number & Title

FNDH 355 Rehabilitation Techniques 1
 FNDH 802 Clinical Therapeutic Interventions I
 FNDH 775 Research (co-teaching)
 FNDH 799 Introduction to Therapeutic Interventions I
 FNDH 589 Professional Preparation Athletic Training
 FNDH 554 General Medical Conditions
 FNDH 558 Advanced Athletic Training (Co-teaching)
 FNDH 320 Care and Prevention of Athletic Injuries
 FNDH 558 Advanced Athletic Training (Co-Teach)
 FNDH 555 Therapeutic Modalities
 FNDH 557 Administration of Athletic Training

Sem/Y ear

Fall 2021
 Fall 2021
 Fall 2021
 Summer 2021
 Spring 2021
 Spring 2021
 Spring 2020- Spring 2021
 Fall 2017- Fall 2020
 Spring 2016- Spring 2021
 Spring 2016- Spring 2020
 Fall 2015

KU TEACHING RECORD

Course Number & Title

HSES 251 Introduction to Athletic Training
 HSES 460 Rehabilitation
 HSES 459 Practicum IV
 HSES 352 Therapeutic Modalities
 HSES 353 Practicum I
 HSES 455 Soft Tissue Mobilization First Aid
 HSES 598 Special Course In ARC FA/ CPR and IASTM
 HSES 459 Practicum III
 HSES 680 Adaptive Physical Education and Recreation
 HSES 351 Introduction of Athletic Training
 HSES 350 Care and Prevention of Athletic Injury

Sem/Year

Spring 2015
 Fall 2007- Spring 2015
 Spring 2010- Spring 2015
 Fall 2008- Fall 2014
 Fall 2008- Fall 2014
 Summer 2013 and Summer 2014
 Summer 2010 and Summer 2012
 Spring 2011 and Spring 2012
 Summer 2010
 Spring 2008
 Spring 2008 and Summer 2008

Undergraduate Research Mentor

Michael Siscos- Undergraduate Research Award Mentor (2013) Grant
 Harrison- Undergraduate Research Award Mentor (2012) Greg Wallace-
 Undergraduate Research Award Co-Mentor (2009)

Graduate Advising

Lauren Pacinelli- Graduated May 2021(Co-Chair)
Ronald Moses- Graduated April 2019
Jake Deckert Graduated August 2018
Will Hawkins- Graduated May 2017 (Co-Chair)
Jacob Siedlik- Graduated May 2016 (Co-Chair)
Patricia Dietz- Graduated August 2015
Becky Kudrna- Graduated August 2014
Yahya Alayafi- Graduated August 2014
Zachary Graham- Graduated May 2014
Matt Andre- Graduated May 2014
Jennifer Volberding- graduated May 2011
Nicole Moodie- graduated May 2010

Masters Committees

Brady Kurtz, Graduated May 2020
Justin Maresh, Graduated May 2015
Michael Cooper, Graduated May 2013
Mallory McCartney, graduated May 2012
Sam Brethauer, (Chair) graduated May 2011
Renee Horniek, graduated December 2011
Justin Fletcher, graduated December 2010
Zachary Graham, graduated December 2010
Michael Prewitt graduated August 2009
Laura Jefferies, graduated December 2008

University Service

Kansas State University

Department

- FNDH Planning Committee, 2019- present
- Chair, Athletic Training Faculty Search Committee 2016-2017
- Chair, Athletic Training Faculty Search Committee 2015-16
- Department Head Search Committee, 2015-2016

College

- Co-Director Institute of Health and Safety of Military Families, 2018- present_

University

- Faculty Senate Committee on Technology (CHHS Representative August 2021-Present)
- Faculty Senate Academic Affairs Committee (Co-Chair, August 2020- Present)
- Faculty Senate Academic Affairs Library committee Representative, 2019-2020
- Kansas State in Kansas City Task Force, 2019
- KSU Representative Fort Riley Ready and Resilient Council 2018- present
- KSU Representative Fort Riley Board of Directors 2018-present
- Faculty Senator Health and Human Sciences Caucus Representative, 2016-present
- Faculty Senator Academic Affairs Representative, 2016-present

University of Kansas

Department

- Undergraduate Curriculum Committee, 2013- 2015
- Dr. Bob Run (Founder and Race Director) 2010-2015
- *Resulted in over \$20,000 in scholarship funds for HSES Students in first 3 years
- Public Relations Committee (Chair), 2009-2010
- Public Relations Committee, 2006-2008
- Awards and Scholarship Committee, 2006-2012
- KU Sports Medicine Club Faculty Advisor, 2005-2015

School

- Grievance Committee, 2012-2015
- School of Education Scholarship Committee, 2006-2012

University

- Human Subjects Committee-Lawrence, 2008-2015

Professional Service

State

- Kansas Athletic Trainers' Society, President 2021-2023
- Kansas Athletic Trainers' Society, President Elect 2018-2020
- Kansas State High School Activities Association Sports Medicine Board Member 2018-2020
- City of Lawrence- Lawrence Memorial Hospital Wellness Steering Committee 2014-2015
- USD 497 Health Professions Committee 2014-2015
- Kansas Athletic Trainers' Society Secretary, 2009-2015
- Kansas Athletic Trainers' Society-Research Grants Committee, 2006-Present
- Kansas Athletic Trainers' Society-Membership Committee, 2006-Present

Region

- Mid-America Athletic Trainers' Association District 5 Executive Board 2021-2023
- Mid-America Athletic Trainers' Association District 5 Research Grants Committee Chair, 2016- 2020
- Mid-America Athletic Trainers' Association District 5 (Chair)-Free Communications Committee, 2013-2018
- Mid-America Athletic Trainer's Association District 5-AbstractReviewer, 2012
- Central States American College of Sports Medicine-Presentation Reviewer, 2012
- Central States American College of Sports Medicine-Site Selection Committee, 2009-2011
- Mid-America Athletic Trainers' Association District 5 Research Grants Committee, 2006-2016
- Mid-America Athletic Trainers' Association District 5 Hall of Fame Committee Kansas Representative, 2006-2012

International and National

- National Athletic Trainers' Association Convention Program Committee, (June 2019-present)
- USA Track and Field Head Athletic Trainer- Pan American Games, Lima, Peru (August 2019)
- USA Track and Field Athletic Trainer- World Championships, Valencia, Spain March 2016
- National Athletic Trainers' Association Foundation, Finance Committee, July 2018-2020
- National Athletic Trainers' Association Foundation, At-Large Director, July 2014-Present
- Promotion and Rank External Reviewer University of Baylor Fall 2017
- USA Track and Field Athletic Trainer-World Championships, London, England August 2017
- Fort Riley Best Ranger Team Athletic Trainer April 2017
- USOC and USA Track and Field Athletic Trainer- Olympic Games, Rio De Janeiro, August 2016
- Fort Riley Best Ranger Team Athletic Trainer January –April 2016
- USA Track and Field Athletic Trainer-World Championships, Cardiff, UK, March 2016
- USA Track and Field Athletic Trainer-World Championships, Beijing, Japan, August 2015

- USA Track and Field Athletic Trainer-Junior World Championships, Eugene, OR, July 2014
- USA Track and Field Athletic Trainer-World Championships, Moscow, Russia, August 2013
- Promotion and Rank External Reviewer for Brian Farr, MS, ATC- University of Texas-Austin, August 2012
- Journal Reviewer- Open Access Journal of Sports Medicine, February 2012
- Journal Reviewer- *Ergonomics*, December 2011
- Commission on Accreditation of Athletic Training Education Peer Reviewer- 2007- 2011
- USA Track and Field Athletic Trainer-Pan American Games, Guadalajara, Mexico October, 2011
- United States Olympic Center-Volunteer Athletic Trainer, Colorado Springs, CO, July 2011
- USA Track and Field Athletic Trainer-Five Nations Match Glasgow, Scotland, January 2009
- USA Track and Field Athletic Trainer-Americas Cup Race Walk, El Salvador, May 2009
- USA Track and Field Athletic Trainer-World Cup Race Walk Cheboksary, Russia, May 2008
- National Athletic Trainers' Association Board of Certification Examiner, 2002-2004