

**Ryan M. Thiele**  
*PhD, ATC, LAT*

**Curriculum Vitae**

**Office:** Kansas State University  
Food, Nutrition, Dietetics and Health  
Athletic Training Education  
146 Lafene Health Center  
**Office:** (515) 203-1932  
**E-mail:** rthiele@ksu.edu

**Education and Employment**

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**Academic Qualifications**

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| 2012-2016 | <b>Oklahoma State University</b><br>Doctor of Philosophy in Health & Human Performance                                 | <b>Stillwater, Oklahoma</b> |
| 2010-2012 | <b>The University of Tulsa</b><br>Master of Arts in Education, <i>Educational Foundations</i>                          | <b>Tulsa, Oklahoma</b>      |
| 2006-2010 | <b>Iowa State University of Science and Technology</b><br>Bachelor of Science in Kinesiology, <i>Athletic Training</i> | <b>Ames, Iowa</b>           |

**Professional Appointments- Academic**

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|--------------|--|--------------------------|
| 2016-Present | <b>Kansas State University</b><br><b>Assistant Professor; Food, Nutrition, Dietetics and Health<br/>Gerontology Faculty; Center on Aging</b> | <b>Manhattan, Kansas</b> |
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**\* Created and developed**

- \*FNDH 321 Medical Documentation for Health Professions
- FNDH 551 Examination of Athletic Injuries of the Extremities
- FNDH 553 Pharmacology in Athletic Training
- FNDH 554 General Medical Conditions in the Athlete
- FNDH 556 Rehabilitation and Conditioning for Athletic Injuries
- FNDH 558 Advanced Athletic Training Techniques
- FNDH 585 Practicum III in Athletic Training
- FNDH 586 Practicum IV in Athletic Training
- FNDH 587 Practicum V in Athletic Training
- FNDH 588 Practicum VI in Athletic Training
- \*FNDH 655 Clinical Applications of Neurological Function

- \*FNDH 610 Clinical Applications in Human Anatomy
- FNDH 775 Research in Health Sciences
- \*FNDH 821 Clinical Evaluation I

2012-2016      **Oklahoma State University**      **Stillwater, Oklahoma**  
**Graduate Teaching/Research Assistant, Health and Human Performance**

- HHP 2733 Procedures in Athletic Training Lab
- HHP 1713 Introduction to Athletic Training Lab
- HHP 3924 Therapeutic Exercise
- HHP 3673 Pathology & Pharmacology (*Online*)
  - \* *Development of course utilized and adapted for MAT program.*
- HHP 2844 Clinical Examination and Diagnosis I: Lower Extremity Lab
- HHP 2602 First Aid & CPR (*Hybrid*)
- HHP 2744 Procedures in Athletic Training
- HHP 3451 Athletic Training Practicum III
- HHP 3461 Athletic Training Practicum IV
- HHP 2802 Medical Terminology for Health Professionals (*Online*)
- HHP 4451 Athletic Training Practicum V
- HHP 2553 Basic Injury Management of Athletic Injuries
- HHP 4461 Athletic Training Practicum VI
- HHP 4983 Current Issues in Athletic Training

### **Professional Appointments- Clinical**

2010-2012      **University of Tulsa**      **Tulsa, Oklahoma**  
**Graduate Assistant Athletic Trainer**

- Certified Athletic Trainer responsible for healthcare in conjunction with Head Athletic Trainer, team physicians as well as all other healthcare professionals for:
  - Men's Soccer
  - Softball
  - Women's Rowing
  - Women's Basketball
  - Football

### **Awards and Honors**

2012-2013      Oklahoma State University, SAHEP Supplementary Fellowship Award; \$5000

2011-2012      University of Tulsa, ATP, Outstanding Clinical Instructor Award

## **Professional Service**

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### **External Reviewer**

- Ad-Hoc Reviewer:
  - Journal of Applied Physiology (IF: 3.35)
  - Journal of Sport Rehabilitation (IF: 1.41)
  - Journal of Sports Sciences (IF: 2.73)
  - Human Movement Science (IF: 2.09)
  - Journal of Strength and Conditioning Research (IF: 2.33)
  - Journal of Aging and Physical Activity (IF: 1.76)
  - Oklahoma State Medical Proceedings

### **Institutional Service**

#### **Kansas State University**

- PEAK 2.0 Advisory Board. Summer 2021-Present
- PEAK 2.0 COVID Criteria Committee. Fall 2021-Present
- College of Health and Human Sciences Course & Curriculum (Academic Affairs) Committee. Spring 2019-Present
- College of Health and Human Sciences Interprofessional Education Committee. Spring 2019
- Food, Nutrition, Dietetics and Health Academic Affairs/Course & Curriculum Committee Chair. Fall 2019-Present
- Food, Nutrition, Dietetics and Health Holistic Admissions Committee. Fall 2019-Present
- Kansas State University Faculty Senate Committee on Technology. Fall 2017-Spring 2018.
- Search Committee: Athletic Training Program; Assistant Professor. Department of Food, Nutrition, Dietetics and Health. Kansas State University. 2016-2017.
- Kansas State University Graduate Research, Arts, and Discovery (GRAD) Forum Poster Session (March 2017)
  - Faculty Judge
- Kansas State University Research and the State Graduate Student Poster Session (2016; 2017)
  - Faculty Judge
- Veterans Steering Committee (Fall 2018)

#### **Oklahoma State University**

- Oklahoma State University Alumni Association: 2015 Grandparent University
  - School of Applied Health & Educational Psychology: *Athletic Training*
- Graduate and Professional Student Government Association (GPSGA) (2013, 2014)
  - Health, Leisure, and Human Performance Graduate Student Association Representative.
- Oklahoma State University Research Week (February 16-20, 2015)
  - 26<sup>th</sup> Annual Research Symposium GPSGA committee.
- Search Committee: Athletic Training Education Program; Assistant Professor. Department of Health & Human Performance. Oklahoma State University. December 2013- February 2014.

### Non-Institutional Service

- National Athletic Trainers' Association Convention Proposal Reviewer (2021- Present)
- Mid-America Athletic Trainers' Association Scholarship Committee (2021 – Present)
- Central States ACSM Regional Chapter Annual Meeting (Kansas City, MO)
  - Abstract and Poster Reviewer (2018-2019)
- Stillwater Public School System **Stillwater, OK**
  - Implementation of pre-participation/post-injury postural stability assessments for concussion management via Biodex Balance SD (7<sup>th</sup>-12<sup>th</sup> grade football, HS Cheer, HS Wrestling). August 2014-December 2014.

### Thesis/Dissertation Committees

#### \* Major Professor

Lauren Pacinelli (PhD)\*  
Priscilla Brenes (PhD)  
Andrew Dole (MS)

## Sponsored Research Grants/Contracts

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### Intramural

- 2019-2020      Kansas State University: University Small Research Grant (USRG)  
Project Title: *Reactive Position Matching: Development of a Novel Assessment to Predict Fall Risk in Older Individuals*  
Investigator(s): Lauren Pacinelli  
Role: **Principal Investigator**                      Not Funded: \$3,735.00 requested
- 2017-2018      Kansas State University: University Small Research Grant (USRG)  
Project Title: *Examining the Influence of Aging on Sensory and Motor Function of the Lower Extremity*  
Investigator(s): Mitch Magrini (Co-PI; Oklahoma State University)  
Role: **Principal Investigator**                      Not Funded: \$2005.00 requested
- 2016-2017      Kansas State University: College of Human Ecology Sponsored Research  
Overhead (CHE-SRO) Grant  
Project Title: *Examining the Influence of Aging on Sensory and Motor Function of the Lower Leg Musculature in Males and Females*  
Role: **Principal Investigator**                      Not Funded: \$4150.00 requested

2015-2016 Oklahoma State University: School of Applied Health & Educational Psychology  
Student Research Support Program: Student Small Grant Support (SSGS);  
Oklahoma State University  
Project Title: *Distinguishing the Contributions of Two Different Exercise  
Protocols on Leg Extensor Sensory and Motor Function*  
Investigator(s): Aric Warren (Supervisor; OSU)  
**Role: Principal Investigator**      **Funded: \$500.00**

### **Extramural**

2021 PEAK 2.0 Evaluation. Kansas Department on Aging and Disability Services  
Project Title: *Medicaid Incentive Quality Performance Program Medicaid  
Agreement*  
Investigator(s): Migette Kaup (PhD); Laci Cornelison (MS)  
**Role: Co-Investigator**      **Funded: \$275,956**

2020 NATA Foundation General Grant  
Project Title: *Concurrent application of contralateral somatosensory  
discrimination and active joint movement training on proprioceptive acuity,  
neuromuscular efficiency, and sensorimotor integration with short-term  
immobilization*  
**Role: Principal Investigator**      Not Funded: \$50,000 requested

Davis Phinney Foundation Research Grant  
Project Title: *Isolated sensorimotor sub-tasks for improving proprioception and  
motor function in patients with Parkinson's disease*  
Co-Investigators: Mark Haub (PhD)  
**Role: Principal Investigator**      Not Funded: \$95,000 requested

NSCA Foundation GNC Nutritional Research Grant  
Project Title: *Influence of collagen peptide supplementation on muscle-tendon  
structure and muscular performance following eccentric muscle damage*  
Investigator: Lauren Pacinelli (PI)  
**Role: Co-Investigator (Mentor)**      Not Funded: \$10,000 requested

2019 National Cattlemen's Beef Association  
Project Title: *Do beef consuming adults experience greater adaptations during  
and following brief periods of limb immobilization and resistance exercise?*  
Co-Investigators: Mark Haub (PhD); Lauren Pacinelli (MAT); Priscilla Brenes  
(MPH)  
**Role: Principal Investigator**      Not Funded: \$167,234.71 requested

NATA Foundation  
Project Title: *Influence of hydrolyzed collagen supplementation and resistance  
training on musculotendinous characteristics following short-term limb  
immobilization*

Co-Investigators: Lauren Pacinelli (MAT); Mark Haubh (PhD)  
**Role: Principal Investigator** Not Funded: \$50,000 requested

Davis Phinney Foundation Research Grant  
Project Title: *Effects of maximal-intention, unilateral training on cross-education in Parkinson's disease patients*  
Co-Investigators: Mark Haub (PhD); Lauren Pacinelli (MAT); Priscilla Brenes (MPH); Zaw Wait Htoo (MPH)  
**Role: Principal Investigator** Not Funded: \$50,000 requested

2018-2019 Mid America Athletic Training Association (MAATA) Research Grant  
Project Title: *Effects of Aerobic Exercises and Peristaltic Pulsed Compression on Exercise-induced Muscle Damage.*  
Investigator(s): Jeffrey Williams (PI); Lauren Pacinelli (Co-Investigator)  
**Role: Co-Investigator (Mentor)** **Funded: \$2,000.00**

Mid America Athletic Training Association (MAATA) Research Grant  
Project Title: *Musculotendinous Adaptations of the Low Leg Following Eccentric Training with Blood Flow Restriction.*  
Investigator(s): Lauren Pacinelli (PI); Phill Vardiman (Co-Investigator)  
**Role: Co-Investigator (Mentor)** **Funded: \$2,000.00**

Mid America Athletic Training Association (MAATA) Research Grant  
Project Title: *Acute Effects of Static Stretching on Hamstring Stiffness, Strength, and Length-Tension Relationship.*  
Investigator(s): Ty Palmer (Co-Investigator)  
**Role: Principal Investigator** Not Funded: \$2,000.00 requested

2017-2018 Mid America Athletic Training Association (MAATA) Research Grant  
Project Title: *Musculotendinous Adaptations of the Low Leg Following Eccentric Training with Blood Flow Restriction.*  
Investigator(s): Lauren Pacinelli (PI); Phill Vardiman (Co-Investigator)  
**Role: Co-Investigator (Mentor)** Not Funded: \$2,000.00 requested

2016-2017 Mid America Athletic Training Association (MAATA) Research Grant  
Project Title: *Time Course of Manually-Applied Passive Stretches on Hamstrings Musculotendinous Stiffness and Postural Stability.*  
Investigator(s): Ty Palmer (Co-PI; Texas Tech University)  
**Role: Principal Investigator** **Funded: \$2,000.00**

## Articles in Referred Scientific Journals

\* Denotes mentorship for the development of research methodology, data collection, statistical analysis, presentation of findings.

### **In Review:**

1. Pacinelli, L.E., **Thiele, R.M.\*** An Ultrasound Investigation into Reliability and Correlations of Low Leg Musculature Quality using B-Mode and Panoramic Imaging. Ultrasound in Medicine & Biology. December 2020.

### **In Print:**

1. Mackey, C.S., **Thiele, R.M.\***, Schnaiter-Brasche, J.A., Smith, D.B., Conchola, E.C. Effects of power-endurance and controlled heavy squat protocols on vertical jump performance in females. International Journal of Exercise Science, 13 (4): 1072-1085.
2. Palmer, T.B. and **Thiele, R.M.** Passive stiffness response during constant-tension stretching and its effects on maximal and explosive strength. Journal of Athletic Training, 54 (5), 519-526.
3. Mackey, C.S., **Thiele, R.M.\***, Schnaiter-Brasche, J.A., Smith, D.B., Conchola, E.C. Acute recovery responses of maximal velocity and angular acceleration of the knee extensors following back squat exercise. Isokinetics and Exercise Science 26 (2): 1-10.
4. Mackey, C.S., **Thiele, R.M.**, Conchola, E.C., DeFreitas, J.M. Comparison of fatigue responses and rapid force characteristics between explosive- and traditional-resistance-trained males. European Journal of Applied Physiology 118 (8): 1539-1546.
5. Magrini, M.A., Colquhoun, R.J., Barrera-Curiel, A., **Thiele, R.M.**, DeFreitas, J.M., Smith, D.B., and Jenkins, N.D.M. Muscle size, strength, power, and echo intensity, but not specific tension, are affected by age in physically active adults. Isokinetics and Exercise Science 26 (2) 95-103.
6. Magrini, M.A., **Thiele, R.M.**, Colquhoun, R.J., Barrera-Curiel, A., Blackstock, T.S., DeFreitas, J.M. The reactive leg drop: a simple and novel sensory-motor assessment to predict fall risk in older individuals. Journal of Neurophysiology. 119 (4): 1556-1561.
7. Magrini, M.A., Colquhoun, R.J., Sellers, J.H., Conchola, E.C., Hester, G.M., **Thiele, R.M.\***, Pope, Z.K., and Smith, D.B. Can squat jump performance differentiate starters vs nonstarters in division I female soccer athletes? Journal of Strength and Conditioning Research. 32 (8): 2348-2355.
8. Palmer, T.B., **Thiele, R.M.**, Thompson, B.J., and Conchola, E.C. Effect of aging on maximal and rapid torque characteristics of the hip extensors and dynamic postural

balance in healthy young and old females. Journal of Strength and Conditioning Research 31 (2): 480-488.

9. Hester, G.M., Pope, Z.K., Sellers, J.H., **Thiele, R.M.**, DeFreitas, J.M. (2017). Potentiation: Effect of ballistic and heavy exercise on vertical jump performance. Journal of Strength and Conditioning Research 2017 March; 31(3).
10. Palmer, T.B., **Thiele, R.M.**, Conchola E.C., Smith, D.B., and Thompson, B.J. (2016). A preliminary study of the utilization of maximal and rapid strength characteristics to identify chair-raise performance abilities in very old adults. Journal of Geriatric Physical Therapy, 39 (3): 102-109.
11. Conchola, E.C., **Thiele, R.M.**, Palmer, T.B., Smith, D.B., Thompson, B.J. (2015). Effects of neuromuscular fatigue on the electromechanical delay of the leg extensors and flexors in young men and women. Muscle & Nerve, 52 (5): 844-851.
12. Palmer, T.B., **Thiele, R.M.**, Williams, K.B., Adams, B.M., Akehi, K., Smith, D.B., and Thompson, B.J. (2015). The identification of fall history using maximal and rapid isometric torque characteristics of the hip extensors in healthy, recreationally-active elderly females: a preliminary investigation. Aging Clinical and Experimental Research, 27(4): 431-438.
13. **Thiele, R.M.**, Conchola, E.C., Palmer, T.B., DeFreitas, J.M., and Thompson, B.J. (2015). The effects of a high-intensity free-weight back-squat exercise protocol on postural stability in resistance-trained males. Journal of Sports Sciences, 33(2): 211-218.
14. Palmer, T.B., Akehi, K, **Thiele, R.M.**, Smith, D.B., Warren, A.J., and Thompson, B.J. (2014). Dorsiflexion, plantar flexion, and neutral ankle positions during passive resistance assessments of the posterior hip and thigh muscles. Journal of Athletic Training, 50(5): 467-474.
15. Conchola, E.C, **Thiele, R.M.**, Palmer, T.B., Smith, D.B., Thompson, B.J. (2014). Acute post-exercise time course responses of a hypertrophic versus power-endurance squat exercise protocols on maximal and rapid torque of the knee extensors. Journal of Strength and Conditioning Research, 29(5): 1285-1294.
16. Palmer, T.B., Akehi, K., **Thiele, R.M.**, Smith, D.B., and Thompson, B.J. (2014). Reliability of Panoramic Ultrasound Imaging to Simultaneously Examine Muscle Size and Quality of the Hamstring Muscles in Young, Healthy Males and Females. Ultrasound in Medicine and Biology, 41(3): 675-684.
17. Hester, G.M., Conchola, E.C., **Thiele, R.M.**, and DeFreitas, J.M. (2014). Power output during a high-volume power-oriented back squat protocol. Journal of Strength and Conditioning Research, 28(10): 2801-2805.

18. Palmer, T.B., Hawkey, M.J., **Thiele, R.M.**, Conchola, E.C., Adams, B.M., Akehi, K., Smith, D.B., and Thompson, B.J. (2014). The influence of athletic status on maximal and rapid isometric torque characteristics and postural balance performance in division I female soccer athletes and non-athlete controls. Clinical Physiology and Functional Imaging, 35(4): 314-322.
19. Palmer, T.B., Thompson, B.J., Hawkey, M.J., Conchola, E.C., Adams, B.M., Akehi, K., **Thiele, R.M.**, and Smith, D.B. (2014). The influence of athletic status on the passive properties of the muscle-tendon unit and traditional performance measures in division I female soccer players and non-athlete controls. Journal of Strength and Conditioning Research, 28(7): 2026-2034.

### **Published Peer-Reviewed Abstract Presentations**

\* Denotes significant mentorship for the development of research methodology, data collection, statistical analysis, presentation of findings.

1. Mackey, C.S., Barrera-Curiel, A., **Thiele, R.M.**, and DeFreitas, J.M. Agonist-Antagonist muscle interactions during dynamic and static contractions. Accepted for presentation, NSCA National Conference 2021. Orlando, FL.
2. Deldin, A.R., Mackey, C.S., **Thiele, R.M.**, and DeFreitas, J.M. Effects of a moderate velocity fatiguing protocol on isometric and isokinetic performance of the upper extremity. Accepted for presentation, NSCA National Conference 2021. Orlando, FL.
3. Pacinelli, L. E., Williams, J. A., **Thiele, R. M.\*** (2020). Influence of Achilles Tendon Structure on Passive Mechanical Characteristics. *Medicine & Science in Sports & Exercise*. American College of Sports Medicine 67th Annual Meeting, San Francisco, CA. May 27.
4. Williams, J. A., Pacinelli, L. E., Serrano, E. F., **Thiele, R. M.\*** (2020). Influence of Rectus Femoris Cross-Sectional Area and Stiffness on Velocity, Power, and Force Production. Presented at the National Strength and Conditioning National Conference in Las Vegas, NV: July 8, 2020.
5. 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. *Medicine & Science in Sports & Exercise*, 51(6), 338.
6. Williams, J.A., Pacinelli, L.E., **Thiele, R.M.\*** (2019). The effects of short-term blood flow restriction application on postural stability. Presented at 2019 NSCA National Conference in Washington, DC. July 2019.

7. 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)
8. Palmer, T.B., **Thiele, R.M.** Time course of passive stiffness responses during a short, practical bout of constant-tension stretching and its effects on maximal and rapid strength. Presented at the 2018 NSCA Conference in Indianapolis, IN. July 2018.
9. Barrera-Curiel, A., Magrini, M.A., **Thiele, R.M.**, Hernandez-Sarabia, J.A., Colquhoun, R.J., Tomko, P.M., Jenkins, N.D.M., DeFreitas, J.M. Antagonist coactivation during a reactive leg drop in young and older adults. Accepted for presentation at the 2018 National ACSM Conference in Minneapolis, MN. May-June, 2018.
10. Magrini, M.A., Barrera-Curiel, A., **Thiele, R.M.**, Hernandez-Sarabia, J.A., Colquhoun, R.J., Tomko, P.M., Jenkins, N.D.M., DeFreitas, J.M. Both slower sensory response time and electromechanical delay explain age-related differences in the reactive limb drop. Accepted for presentation at the 2018 National ACSM Conference in Minneapolis, MN. May-June, 2018.
11. **Thiele, R.M.**, DeFreitas, J.M. The effects of repeated shortening or lengthening muscle actions on knee extensor position sense. Accepted for presentation at the 2018 National ACSM Conference in Minneapolis, MN. May-June, 2018.
12. Mackey, C.S., **Thiele, R.M.**, Conchola, E.C., DeFreitas, J.M. The magnitude of hamstring co-activation during a knee extension is dependent on knee flexor strength. Accepted for presentation at the 2018 National ACSM Conference in Minneapolis, MN. May-June, 2018.
13. Conchola, E.C., **Thiele, R.M.** Acute EMD responses of the knee extensors following free-weight back squat protocols. Accepted for presentation at the 2018 National ACSM Conference in Minneapolis, MN. May-June, 2018.
14. Hawkins, W.C., **Thiele, R.M.\***, Vardiman, J.P., Gallagher, P.M. Effects of instrument assisted soft tissue mobilization on biceps femoris architecture. Accepted for presentation at the 2018 National ACSM Conference in Minneapolis, MN. May-June, 2018.
15. **Thiele, R.M.**, Warren, A.J., and DeFreitas, J.M. The effects of muscle damage on muscle spindle function. Accepted for presentation at the 2017 National ACSM Conference in Denver, CO. May-June, 2017.
16. Mackey, C.S., **Thiele, R.M.**, Magrini, M.A., and DeFreitas, J.M. Relationship between estimated muscle fiber-type and peak velocity for the upper and lower extremities. Accepted for presentation at the 2017 National ACSM Conference in Denver, CO. May-June, 2017.

17. Magrini, M.A., Colquhoun, R.J., Curiel, A.B., **Thiele, R.M.**, Muddle, T.W.D, Smith, D.B., and Jenkins, N.D.M. Relationships among and differences between muscle quality and functional performance in younger and older women. Accepted for presentation at the 2017 National ACSM Conference in Denver, CO. May-June, 2017.
18. Muddle T.W.D., Magrini, M.A., Colquhoun, R.J., **Thiele, R.M.**, and Jenkins, N.D.M. Comparison of quadriceps femoris muscle morphology using ultrasonography during two different body positions. Accepted for presentation at the 2017 National ACSM Conference in Denver, CO. May-June, 2017.
19. Magrini, M.A., **Thiele, R.M.\***, Palmer, T.B., and Smith, D.B. Effects of neuromuscular fatigue on maximal velocity of the shoulder internal rotators. Accepted for presentation at the 2016 National NSCA Conference in New Orleans, LA. July 2016.
20. Schnaiter, J.A., **Thiele, R. M.\***, and Smith D.B. Effects of explosive back squats on maximal and rapid torque of the leg extensors. Accepted for presentation at the 2016 National NSCA Conference in New Orleans, LA. July 2016.
21. Mackey, C.S., Magrini, M.A., **Thiele, R.M.\***, and DeFreitas, J.M. An examination of wrist flexor fatigue following a neutral-grip elbow flexor/extensor exercise protocol. Accepted for presentation at the 2016 National NSCA Conference in New Orleans, LA. July 2016.
22. Followay, B., **Thiele, R.M.**, Conchola, E.C., and Palmer, T.B. Relationships between maximal and rapid torque characteristics and chair rise muscle power in very old adults. *Medicine and Science in Sports and Exercise*. 48(5):830, May 2016
23. Clark, J.C., Mackey, C.S., **Thiele, R.M.\***, Palmer, T.B., and Smith, D.B. Reliability of peak and average velocity measurements during sit-to-stand assessments using a portable linear transducer. *Medicine and Science in Sports and Exercise*. 48(5), May 2016
24. Smith, D.B., Conchola, E.C., **Thiele, R.M.**, Hester, G.M., Sellers, J., Pope, Z., Palmer, T.B., and Warren, A.J. Strength and time torque characteristic comparisons between adolescent females and males. Presented at the 2015 National NSCA Conference in Orlando, FL. July 2015.
25. Schnaiter, J.A., **Thiele, R.M.\***, Smith, D.B., and Conchola, E.C. The effect of a hypertrophic free weight back squat protocol on the maximal and rapid torque characteristics of the leg extensors. Presented at the 2015 National NSCA Conference in Orlando, FL. July 2015.
26. **Thiele, R.M.**, Palmer, T.B., Conchola, E.C., and Smith, D.B. Comparison of postural responses to self-induced balance perturbation between elderly female fallers and non-fallers. *Medicine and Science in Sports and Exercise*. 47(1):s554-557, May 2015.

27. Conchola, E.C., **Thiele, R.M.**, Thompson, B.J., and Smith, D.B. Effects of maximal versus submaximal intensity fatigue-protocols on maximal torque responses of the leg extensors. *Medicine and Science in Sports and Exercise*. 47(5):s191-198, May 2015.
28. Palmer, T.B., **Thiele, R.M.**, Conchola, E.C., Smith, D.B., and Thompson, B.J. Effects of aging on maximal and rapid torque characteristics and dynamic balance performance. *Medicine and Science in Sports and Exercise*. 47(1):s598-603, May 2015.
29. Schnaiter, J.A., Conchola, E.C., **Thiele, R.M.**, and Smith, D.B. Effects of submaximal fatigue on maximal and rapid torque characteristics of the leg extensors. *Medicine and Science in Sports and Exercise*. 47(5):s662, May 2014. May 2015.
30. Palmer, T.B., **Thiele, R.M.**, Williams, K.B., Adams, B.M., Akehi, K., Smith, D.B., and Thompson, B.J. The influence of fall-history status on maximal and rapid isometric torque characteristics in recreationally-active elderly females. Presented at the 37th Annual National Strength and Conditioning Association Conference and Exhibition in Las Vegas, NV. July 2014
31. **Thiele, R.M.**, Hawkey, M.J., Palmer, T.B., Conchola, E.C., and Smith, D.B. Effects of exercise-induced fatigue on postural stability performance in division I collegiate female soccer athletes. *Medicine and Science in Sports and Exercise*. 46(5):s856-858, May 2014.
32. Conchola, E.C., **Thiele, R.M.**, Thompson, B.J., and Smith, D.B. Gender-Related effects of neuromuscular fatigue on the electromechanical delay of the leg extensors and flexors. *Medicine and Science in Sports and Exercise*. 46(5):s5-8, May 2014.
33. Hester, G.M., Conchola, E.C., **Thiele, R. M.**, DeFreitas, J. M., Smith, D.B., and Thompson, B.J. An examination of the relationship between electromechanical delay and muscle quality. Accepted for presentation at the American College of Sports Medicine national conference, Orlando, FL. May 2014
34. Conchola, E.C., **Thiele, R.M.**, Thompson, B.J., Hester, G.M., Wood, M.G., Hawkey, M. J., Palmer, T.B., and Smith, D.B. The effects of two different training intensity protocols using the free weight squat maximal and rapid torque characteristics of the leg extensors. Accepted for presentation at the National Strength and Conditioning Association national conference, Las Vegas, NV. July 2013
35. Smith, D.B., Conchola, E.C., Thompson, B.J., Palmer, T.B., **Thiele, R.M.**, Akehi, K., Warren, A., Hawkey, M.J. A comparison of rapid force production and time-torque characteristics in adolescent males vs young adult males. *Journal of Strength and Conditioning Research*. 27(10):S120-S121, July 2013
36. Palmer, T.B., Hawkey, M.J., Smith, D.B., Conchola, E.C., Adams, B.M., Akehi, K., **Thiele, R.M.**, and Thompson, B.J. Can musculotendinous stiffness of the posterior muscles of the hip and thigh predict muscle power output in NCAA athletes and size-

matched controls? *Journal of Strength and Conditioning Research*. 27(10):S38-S40, July 2013

37. Palmer, T.B., Hawkey, M.J., **Thiele, R.M.**, Smith, D.B., Conchola, E.C., Adams, B.M., Akehi, K., and Thompson, B.J. Test-retest reliability of a commercially designed device for assessing sway index during the modified clinical test of sensory integration and balance. *Journal of Strength and Conditioning Research*. 27(10):S87-S88, July 2013.

### **Regional Conference Abstract Presentations**

1. Pacinelli, L. E., Williams, J. A., Serrano, E. F., Vardiman, J. P., **Thiele, R. M.\*** (2020). Achilles Tendon Thickness may be Associated with Postural Stability. Mid-America Athletic Trainers' Association Annual Meeting, LaVista, NE. March 19.
2. Serrano, E.F., Pacinelli, L.E., Williams, J.A., Vardiman, J.P., **Thiele, R.M.\*** (2020). Assessment of Medial Gastrocnemius Mechanical Properties and Postural Stability. Mid-America Athletic Trainers' Association Annual Meeting, LaVista, NE. March 19.
3. Pacinelli, L.E., Palmer, T.B., Vardiman, J.P., **Thiele, R.M.\*** Biceps femoris pennation angle is negatively correlated with passive stiffness of the hamstrings. Presentation at Central States Chapter of the ACSM regional conference, Kansas City, MO. October 18-19, 2018.
4. Williams, J.A., Palmer, T.B., **Thiele, R.M.\*** The effects of passive, short duration constant-tension stretching on balance performance. Presentation at Central States Chapter of the ACSM regional conference, Kansas City, MO. October 18-19, 2018.
5. **Thiele, R.M.** and Palmer, T.B. Time course effects of manually applied passive stretches on hamstrings musculotendinous stiffness and postural stability. Presentation at Mid America Athletic Training Association Annual Meeting & Symposium, LaVista, NE. March 15-17, 2018.
6. Pacinelli, L.E., Hawkins, W.C., **Thiele, R.M.\***, Vardiman, J.P. Reliability of ultrasonography in examining pennation angle of the biceps femoris at different joint positions. Presentation at Central States Chapter of the ACSM regional conference, St. Charles, MO. October 23-24, 2017.
7. Followay, B., **Thiele, R.M.**, Conchola, E.C., and Palmer, T.B. Relationships between maximal and rapid torque characteristics and chair rise muscle power in very old adults. Presentation at the Midwest Chapter of the ACSM regional conference, Ft. Wayne, IN. November 6-7, 2015.
8. Schnaiter, J.A., **Thiele, R.M.\***, Magrini, M.A., & Smith, D.G. Effects of an explosive back squat exercise on maximal power output during vertical jump assessments.

Presentation at the Central States Chapter of the ACSM regional conference, Warrensburg, MO. October 15-16, 2015.

9. Magrini, M.A., Schnaiter, J.A., **Thiele, R.M.\***, & Smith, D.G. Acute time course recovery of peak power after a hypertrophic bout of back squats in anaerobically trained females. Presentation at the Central States Chapter of the ACSM regional conference, Warrensburg, MO. October 15-16, 2015.
10. **Thiele, R.M.**, Conchola, E.C., Palmer, T.B., Smith, D.B. Static and dynamic postural stability comparisons between anaerobically trained males and females. Presentation at the Central States Chapter of the ACSM regional conference. Overland Park, KS. October 23-24, 2014
11. Palmer, T.B., **Thiele, R.M.**, Conchola, E.C., Smith, D.B. Reliability of portable strength testing for assessing maximal and rapid isometric torque characteristics in frail, elderly adults. Presentation at the Central States Chapter of the ACSM regional conference. Overland Park, KS. October 23-24, 2014
12. Conchola, E.C., **Thiele, R.M.**, Hester, G.M. Effects of dynamic fatigue on maximal and rapid velocity capacities of the leg extensors in college-aged males. Presentation at the Central States Chapter of the ACSM regional conference. Overland Park, KS. October 23-24, 2014
13. Mackey, C.S., **\*Thiele, R.M.**, Palmer, T.B., Conchola, E.C., Smith, D.B. Reliability and relationships among maximal power output during sit-to-stand and vertical jump assessments using a portable commercially-designed testing device. Presentation at the Central States Chapter of the ACSM regional conference. Overland Park, KS. October 23-24, 2014
14. Hester, G.M., Pope, Z.K., Sellers, J.H., **Thiele, R.M.**, DeFreitas, J.M. The acute effects of a ballistic and heavy exercise on vertical jump performance. Presentation at the Central States Chapter of the ACSM regional conference. Overland Park, KS. October 23-24, 2014
15. **Thiele, R.M.**, Conchola, E.C., Palmer, T.B., Thompson, B.J., Smith, D.B. The effects of a high intensity free-weight back squat on postural stability in resistance-trained males. Presentation at the Central States Chapter of the ACSM regional conference. Warrensburg, MO. October 17-18, 2013
16. Conchola, E.C., **Thiele, R.M.**, Thompson, B.J., and Smith, D.B. Effects of maximal versus submaximal intensity fatigue protocols on the electromechanical delay of the leg extensors and flexors. Presentation at the Central States Chapter of the ACSM regional conference. Warrensburg, MO. October 17-18, 2013.

17. Hester, G.M., Conchola, E.C., **Thiele, R.M.**, and Smith, D.B. The influence of free weight squat on percent declines of peak power. Presentation at the Central States Chapter of the ACSM regional conference. Warrensburg, MO. October 17-18, 2013.
18. Palmer, T.B., Akehi, K., **Thiele, R.M.**, Smith, D.B., Warren, A.J., and Thompson, B.J. The influence of ankle position during a straight-leg raise on the passive resistive properties of the posterior hip and thigh muscles. Presentation at the Central States Chapter of the ACSM regional conference. Warrensburg, MO. October 17-18, 2013.
19. **Thiele, R.M.**, Gardner, G. Teaching perspectives inventory: Understanding individual teaching perspectives in clinical education. Presentation at the 34<sup>th</sup> Annual MAATA Meeting & Symposium. Tulsa, OK. March 14-16, 2013.

### **Local Abstract Presentations**

1. 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 Spring 2019.
2. Williams, J.A., Pacinelli, L.E., **Thiele, R.M.\*** Reliability of postural stability assessments with affixed diagnostic ultrasound. Presented at K-State Graduate Research, Arts, and Discovery Forum, Manhattan, KS Spring 2019.
3. **Thiele, R.M.**, Conchola, E.C., Palmer, T.B., and Smith, D.B. Dynamic postural stability comparisons between anaerobically trained males and females. Presented at the 26th Annual Oklahoma State University Research Symposium in Stillwater, OK. February 2015.
4. Schnaiter, J.A., **Thiele, R.M.\***, Smith, D.B., and Conchola, E.C. A case study: Utilization of two different back squat intensities and its effect on vertical jump performance post fatigue. Presented at the 26th Annual Oklahoma State University Research Symposium in Stillwater, OK. February 2015.
5. Konstans, K., Schnaiter, J.A., **Thiele, R.M.\***, and Conchola, E.C. The effects of a low intensity-fast velocity back squat exercise on maximal vertical jump height performance post fatigue. Presented at the 26th Annual Oklahoma State University Research Symposium in Stillwater, OK. February 2015. *1<sup>st</sup> Place Winner of the Undergraduate Oral Presentation for the College of Education.*
6. Palmer, T.B., Akehi, K., **Thiele, R.M.**, Smith, D.B., Warren, A.J., and Thompson, B.J. The influence of ankle position during a straight-leg raise on the passive resistance to stretch. Presented at the 25th Annual Oklahoma State University Research Symposium in Stillwater, OK. February 2014.

7. **Thiele, R.M.** The relationship between the attitudes student-athletes have toward academic achievement and the importance they place on academic services. Presented at the 24th Annual Oklahoma State University Research Symposium in Stillwater, OK. February 2013.
8. **Thiele, R.M.** Attitudes student-athletes have toward academic services. University of Tulsa Research Colloquium: Urban Education Research (Spring 2012)

### **Invited (Oral) Presentations**

1. **Thiele, R.M.** Musculoskeletal Ultrasonography: Measurements for Clinical and Research Methodology. 16<sup>th</sup> Annual Wichita Sports Medicine Symposium June 8, 2019; Wichita, KS
2. **Thiele, R.M.** Prevention and rehabilitation techniques of the lower extremity and lumbar spine. Presentation for Oklahoma State University Institute for Teaching and Learning Excellence (ITLE). December 10, 2015.
3. **Thiele, R.M.** Musculoskeletal ultrasonography measurements for evaluation and research methodology. HHP 5033: Advanced Techniques in Orthopedic Assessment. September 23, 2015.
4. **Thiele, R.M.** Prevention and rehabilitation techniques of common lower extremity, and spine pathologies. Presentation for Oklahoma State University Wellness Department. July 15, 2015.
5. **Thiele, R.M.** and Conchola, E.C. Differences between genders on strength, recovery, and endurance-time with fatigue. Accepted for presentation at The Oklahoma Association for Health Physical Education Recreation and Dance conference at the University of Central Oklahoma. October 7, 2014.
6. **Thiele, R.M.** and Conchola, E.C. Mechanisms of lower extremity injuries for youth/young adult females. Accepted for presentation at The Oklahoma Association for Health Physical Education Recreation and Dance conference at the University of Central Oklahoma. October 8, 2013.
7. **Thiele, R.M.** and Palmer, T.B. Muscle strength, balance, and functional performance testing. Oral/slide Presentation for Life-Long Learning at Golden Oaks Village, Stillwater, OK: May 22, 2014.
8. **Thiele, R.M.** and Palmer, T.B. Muscle strength and balance testing. Oral/slide Presentation for Life-Long Learning at Golden Oaks Village, Stillwater, OK: March 14, 2014.

9. **Thiele, R.M.** Oral presentation for Big 12 Chief Academic Officers meeting. Oklahoma State University, Stillwater, OK. November 17, 2013.

## **Professional Memberships and Certifications**

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### **Certifications/Licensure**

- Certified Athletic Trainer (ATC). *Board of Certification*. 2010-Present (# 2000005429)
- Licensed Athletic Trainer (LAT). *Kansas State Board of Healing Arts* (# 24-01165)
- NPI Number (1447706031)
  - American Red Cross: CPR/AED for Professional Rescuers and Health Care Providers

### **Certificates**

- Deep Tissue Massage: Safe and Effective Techniques for Common Problem Areas (Summer 2011)
- Preparing Online Instructors. Oklahoma State University; Institute for Teaching & Learning Excellence. (Spring 2013)

### **Current Professional Memberships**

- National Athletic Training Association (# 10000811)
- American College of Sports Medicine (# 740350)
- National Strength & Conditioning Association (ID # 001069260)
- Central States American College of Sports Medicine (CSACSM)
- Kansas Athletic Training Society (KATS)
- Mid America Athletic Trainers' Association (MAATA)

## **Laboratory and Computer Skills**

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- Biodex System 2, 3, 4; CSMI Humac Norm Dynamometry
- Surface Electromyography (sEMG)
- Musculoskeletal Ultrasonography Assessment, GE Logiq S8; NextGen Logiq e
- Myotonometry (MyotonPro)
- Biodex Balance SD
- Power testing: Tendo Weightlifting Analyzer Unit and Jump Mat
- Manual Muscle Test System (Lafayette Instrument)
- Delysis Trigno
- EMGWorks
- Biopac Signal Processing (MP 100; MP 150; MP160)
- LabView 8.5
- AcqKnowledge 4.0
- Endnote
- SPSS/PASW
- MS PowerPoint, Word, Excel