

# CURRICULUM VITA (CV)

**NAME:** William Emil Amonette

**DATE:** 2019-Sep

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## PRESENT POSITION

Associate Professor of Exercise and Health Sciences  
Executive Director, Exercise and Nutritional Health Institute  
Department of Clinical, Health, and Applied Sciences  
University of Houston – Clear Lake  
2700 Bay Area BLVD  
Houston, TX 77058

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## BIOGRAPHICAL

Place of Birth:	Houston, TX
Citizenship:	United States of America
Language:	English

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## EDUCATION

### 1. Graduate

2007-2011 University of Texas Medical Branch  
Galveston, Texas  
Degree: Doctor of Philosophy  
Field of Study: Rehabilitation Sciences  
Specialization: Clinical Exercise Physiology

1999-2001 University of Houston-Clear Lake  
Houston, Texas  
Degree: Master of Arts  
Field of Study: Fitness and Human Performance  
Specialization: Biological Sciences

### 2. Undergraduate

1997-1999 University of Houston-Clear Lake  
Houston, Texas  
Degree: Bachelor of Science  
Field of Study: Fitness and Human Performance  
Specialization: Exercise Science

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## CERTIFICATION INFORMATION

1999 -	Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA) –9910756
2003-	USA Track and Field Level I Coach
2000-2006	USA Weightlifting Level I Coach
2007-	CITI Human Subjects Training (Biomedical Sciences)
2019-	Radiation Safety Training (4 Hours)

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2019- DXA Operator Training (16 Hours – expected October)

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### PROFESSIONAL AND TEACHING EXPERIENCE

#### A. Academic

- Aug 2017- Present Associate Professor (with Tenure)  
Exercise and Health Sciences**  
Department of Clinical, Health, and Applied Sciences  
University of Houston-Clear Lake Houston, TX
- Program Director for Exercise and Health Sciences (MS)
  - Program Director for Joint DC-MS Concentration
- Aug 2018- Present Executive Director, Exercise and Nutritional Health Institute**  
University of Houston-Clear Lake Houston, TX
- Aug 2011- Aug 2017 Assistant Professor  
Exercise and Health Sciences & Fitness and Human Performance**  
Department of Clinical, Health, and Applied Sciences  
University of Houston-Clear Lake Houston, TX
- Program Director for Joint DC-MS Concentration
  - Program Director for Exercise and Health Sciences (MS)
  - Program Director for Fitness and Human Performance (BS)  
from Jun 2013 – Aug 2016
- Apr 2011 Aug 2011 Instructor, Exercise Physiology**  
Department of Physical Therapy  
University of Texas Medical Branch, Galveston, TX
- Sep 2007- Aug 2011 Graduate Research Assistant, Exercise Testing Laboratory**  
Division of Rehabilitation Sciences  
University of Texas Medical Branch, Galveston, TX
- Aug 2006- July 2011 Lecturer, Fitness and Human Performance**  
Human Sciences Division  
University of Houston-Clear Lake, Houston, TX
- Aug 2002- Aug 2006 Adjunct Instructor, Fitness and Human Performance**  
Human Sciences Division  
University of Houston-Clear Lake, Houston, TX

#### B. Non-Academic

- Jan 2010- Present President**  
**REP Human Performance Consulting, LLC**

## CURRICULUM VITA (CV)

- Strength, conditioning, clinical research, and applied sport science and performance analytics consultant for individuals and organizations.
- Clients include professional and amateur athletes, private training organizations, sport teams and university athletics, and health care facilities.
- Legal consulting and expert witness services.
- LLC replaced previous strength and conditioning business active since 1999.

**Jan 2006- Sport Scientist**

**Jun 2008 Memorial Herman Ironman Sports Medicine Institute (formerly Roger Clemens Institute), Houston, TX**

- Led the development of a new sports science laboratory (Physiology and Biomechanics) in a large hospital system in the Texas Medical Center.
- Developed laboratory procedures, protocols, for research, clinical, and performance testing
- Trained laboratory personnel and monitored interns.

**Apr2006- Strength and Conditioning Coach**

**Jan 2007 Chinese National Basketball Team, Beijing, China**

- Designed and implemented basketball specific strength and conditioning programs for China's National Team in preparation for international competitions including World Championships (2006).
- Assisted and led the development and execution of all aspects of training, conditioning, testing, and flexibility.
- Designed and completed a comprehensive testing plan that included strength, power, aerobic and anaerobic fitness, body composition, and biochemical monitoring of fatigue and training load.
- Prepared reports for coaches and Chinese basketball government officials.

**Aug 2005- Assistant Strength & Conditioning Coach - Rehabilitation**

**May 2006 Coordinator Houston Rockets, Houston, TX**

- Designed and implemented basketball specific strength and conditioning programs for athletes in the National Basketball Association (NBA).
- Assisted in all aspects of training, conditioning, testing, rehabilitation and flexibility.
- Implemented and monitored nutritional strategies for athletes.
- Coordinated rehabilitation protocols for injured athletes.
- Prepared training manual for off-season and in-season workouts.

**Nov 2004- Astronaut Strength, Conditioning, and Rehabilitation Specialist**

**Sep 2005 Wyle Laboratories, NASA Johnson Space Center, Houston, TX**

- Designed and implemented evidence-based strength and conditioning programs for Astronauts and Astronaut candidates.

## CURRICULUM VITA (CV)

- Prepared annual training plan for Astronaut candidates.
- Lead for initial development for strength and conditioning requirements for extended duration spaceflight.

### **Dec 2001- Integrated Testing Regimen Specialist**

**Oct 2004 Bergaila Engineering Services, Inc., NASA-JSC, Houston, TX**

- Served as quality control for administration of the Integrated Testing Regimen tests (ITR) for ground-based research (including bed-rest projects) nationally and internationally.
- ITR included 10 testing protocols from 6 different JSC laboratories. Tests included bone densitometry (DXA), computerized dynamic posturography, cardiac tilt test, computerized cognitive testing, nutritional biochemistry, isokinetic and functional strength, coordination, and aerobic capacity with 12-lead EKG.
- Represented the countermeasures evaluation and validation project (CEVP) in meetings nationally and internationally.
- Implemented ground-based research studies involving exercise countermeasures for space flight and testing protocols nationally and internationally.
- Developed research projects, budgets, and managed project personnel.
- Authored and co-authored scientific manuscripts and government reports.

### **Aug 2001- Strength and Conditioning Intern**

**Dec 2001 US Olympic Committee, Olympic Training Center, Chula Vista, CA**

- Assisted in implementation of strength and conditioning programs for United States men's and women's developmental, world-class, and Olympic athletes.
- Athletes training at the ARCO Olympic Training Center in Chula Vista, CA included rowers, sprint kayakers, archers, field hockey, soccer, and track and field athletes.

### **Jul 2000- Exercise Physiologist**

**Aug 2001 Bergaila Engineering Services, Inc NASA-JSC, Houston, TX**

- Worked for Human Adaptations and Countermeasures Office (HACO) at Johnson Space Center in the Exercise Physiology Laboratory.
- Primary responsibilities were to assist in studies evaluating the effectiveness of resistive exercise for International Space Station (ISS).
- Served as an exercise trainer for research projects on the interim resistance exercise device (iRED).
- Served as study lead for a project quantifying the ground reaction forces while using iRED.

### **Apr 1999- Exercise Physiologist**

**Jul 2000 Progressive Physical Therapy, Houston, TX**

## CURRICULUM VITA (CV)

- Progressed rehabilitation protocols and implemented exercise routines for sport injury rehabilitation.
- Conducted isokinetic evaluations as well as other clinical exercise tests on patients throughout therapy.
- Provided athletes with an individualized return to sport program specific to their sport to ensure efficient clinic to field transition.
- Maintained and managed gym and exercise equipment.

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### RESEARCH ACTIVITIES

#### A. Scope of Research

I am an interdisciplinary scientist with interest in human integrated physiology and biomechanics of sport and rehabilitation. Using a broad spectrum of scientific tools and technologies, my research describes metabolic, hormonal, immunological, and biomechanical responses to routine and novel training stimuli with the goal of identifying biologic or mechanical mechanisms or markers that may predict or limit human performance. I am experienced in translating and applying these findings to practice, assisting athletes and patients to achieve their peak potential and rehabilitate from injury or chronic disease.

#### B. Grant Support

##### 1. Current

**Title:** Development of a new Biomarker Risk Index for Cardiovascular Disease

**Role:** Principal Investigator

**Funding Agency:** Moore Family Foundation

**Dates:** October 2018 - 2019

**Amount Awarded:** \$50,000

##### 2. Pending (in Review)

**Title:** A Virtual Reality-Based Exercise Countermeasure to Reduce Stress and Inflammation and Improve Human Performance during Sleep Deprivation

**Role:** Principal Investigator

**Funding Agency:** Department of Defense

**Dates:** January 2019 - 2022

**Amount Requested:** \$649,000

**Title:** University of Houston Clear Lake Center for Exploration and Sustainability

**Role:** Biomedical Science PI

**Funding Agency:** MUREP Institutional Research Opportunity (MIRO)

**Dates:** January 2019 - 2022

**Amount Requested:** \$2,995,206.00

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### 3. Past (Funded)

**Title:** NextGen Crew Countermeasure Software for Exploration Mission Support

**Principal Investigator:** Jeevan Perera

**Role:** Science Principal Investigator

**Funding Agency:** National Space and Biomedical Research Institute

**Dates:** June 2016 – June 2017

**Amount Awarded:** \$484,227

**Title:** Exercise Responses to Motion-Based Video Game Play in Individuals with Lower Extremity Mobility Impairments.

**Principal Investigator:** William E. Amonette

**Role:** Principal Investigator

**Funding Agency:** University of Houston – Clear Lake, Faculty Research Support Funds (FRSF),

**Dates:** 2013 - 2014

**Amount Awarded:** \$4,900.

**Title:** A mentoring system for young Chiropractic researchers.

**Principal Investigator:** John Ward

**Role:** Co-Investigator

**Funding Agency:** National Chiropractic Mutual Holding Company (NCMI).

**Dates:** 2012 - 2013

**Amount Awarded:** \$10,350

**Title:** Sonification Techniques for sEMG Data Interpretation and Utilization. Co-Principal Investigator.

**Principal Investigator:** Camille Peres

**Role:** Co-Investigator

**Funding Agency:** University of Houston – Clear Lake, Faculty Research Support Funds (FRSF),

**Dates:** 2012 - 2013

**Amount Awarded:** \$2,000

**Title:** Post-Excitatory Potentiation and Metabolic Responses to Whole Body Vibration.

**Principal Investigator:** William E. Amonette

**Role:** Principal Investigator

**Funding Agency:** University of Houston – Clear Lake, Faculty Research Support Funds (FRSF),

**Dates:** 2006 - 2007

**Amount Awarded:** \$3,480

**Title:** Effects of pulmonary resistance training on aerobic exercise performance.

**Principal Investigator:** Terry Dupler

**Role:** Co-Investigator

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**Funding Agency:** Powerlung, Inc.

**Dates:** 2000 - 2001

**Amount Awarded:** \$2,954

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### DOCTORAL DISSERTATION

- 2011 Amonette, W.E. Acute Metabolic and Neuroendocrine Responses to Maximal Treadmill Exercise in Patients Recovering from Traumatic Brain Injury (TBI). University of Texas Medical Branch, August 2011.©  
<https://gradworks.umi.com/35/19/3519513.html>

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### BOOKS, CHAPTERS, PEER-REVIEWED PUBLICATIONS & INTELLECTUAL PROPERTIES<sup>1</sup>

Total Citations >1150

h-index=16 : i10-index=16

#### A. Books

- 2016 Amonette W.E., K.L. English and W.J. Kraemer. *Evidence-Based Practice in Exercise Science: The Six-Step Approach*. Human Kinetics; Chicago, IL: 352 pp; 2016. ISBN 978-1-4504-3419-5.

#### B. Book Chapters

- 2019 Amonette, W.E Screening for Injury and Assessing Athlete Performance. In: *The Professional's Guide to Strength and Conditioning*. (ed: T. Nesser). BYU Publishing, Salt Lake City, UT; 2019.
- 2017 Vu L, H. Kim, E. Benson, WE Amonette, A Hanson, J Perera, S Rajulu. Development of a Depth-Camera Based Instructional Tool for Resistive Exercise During Spaceflight. In *Advances in Human Factors in Sports, Injury Prevention and Outdoor Recreation* (ed: Ahram T.). *Advances in Intelligent Systems and Computing*, vol 603. Springer, Cham; 2017.
- 2012 Amonette WE, BA Spiering, KL English, WJ Kraemer. Evidence-based practice in strength and conditioning. In: *Conditioning for Strength and Human Performance* 2nd ed. (ed: Chandler TJ, Brown LE). Lippincott, Williams, and Wilkins: Baltimore, MD; 2012.
- 2012 Spiering BA, WE Amonette, WJ Kraemer. Resistance exercise prescription. In: *Conditioning for Strength and Human Performance*, 2nd ed. (ed: Chandler TJ, Brown LE). Lippincott, Williams, and Wilkins: Baltimore, MD; 2012.
- 2010 Magee DJ, WS Quillen, WE Amonette, BA Spiering. Preparticipation physical examination. In: *Musculoskeletal Rehabilitation Series, Volume IV: Selected Topics in Sports Injuries and Rehabilitation* (ed: Magee DJ, Manske RC, Zachazewski JE, Quillen WS). Elsevier: Baltimore, MD; 2010.

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- Laboratory using first-last author convention, common for biomedical sciences, to determine order of authorship. Thus, last author designation is given to PI or Senior Author / Mentor.
  - \*Indicates student author mentored in the project



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### C. Articles in Peer Reviewed Journals

- 2018 DeWitt J, \*M Gonzales, MS Laughlin, WE Amonette. External Loading is Dependent Upon Position and Game State and Varies by Position in Professional Women's Soccer Players. *J Sci Med Football*. 2018; 2(3), 225-230.
- 2018 Tufano JJ, WE Amonette. Assisted versus resisted training to enhance vertical jump and linear sprint performance. *Strength Cond J*. 40(1): 106-110.
- 2018 \*Santos L, J Fernández-Río, E Iglesias-Soler, M Blanco-Traba, MD Jakobsen, V González-Díez, M Iscar-Urrutia, M del Valle, X Dopico-Calvo, E Carballeira-Fernández, WE Amonette, OE Suman. Postural Control and Physiologic Responses to a Simulated Match in U-20 Judo Competitors. *Sport Biomech*, 2018; 1-14.
- 2017 Ward J, K Tyer, J. Coats, A Purmoghaddam, W. Amonette. Case series of symptomatology compression rates of chiropractic patients with low back pain at 2-weeks and 4-weeks. *Chiro J Austral* . 2017. 45 (4): 289-303.
- 2016 \*Edionwea J, C Hessa, J Fernandez-Riob, DN Herndon, CR Andersen, GL Kleind, OE Suman, WE Amonette. Effects of whole-body vibration exercise on bone mineral content and density in thermally injured children. *Burns*. 2016; 42(3): 605-613. [PMID: 26796240](#)
- 2015 Amonette WE, \*M Boyle, \*M Psarakis, \*J Barker, TL Dupler, S Ott. Neurocognitive responses to a single bout of static semi-squats with whole body vibration. *J Strength Cond Res*. 2015; 29(1): 96-100. [PMID 25536489](#)
- 2015 Timmerman, KL, WE Amonette, MM Markofski, HA Ansinelli, EA Gleason, BB Rasmussen, KA Mossberg. Impaired IL-6 and IL-10 response to exercise in patients with traumatic brain injury. *Eur J Applied Physiol*. 2015; 115: 111-118. [PMID: 25213007](#)
- 2015 Coleman AE, WE Amonette. Sprint accelerations to first base among Major League Baseball players with different years of career experience. *J Strength Cond Res*. 2015; 29(7):1759-65. [PMID 25353082](#)
- 2014 Amonette WE, \*D Brown, TL Dupler, \*J Xu, \*JJ Tufano, JK De Witt. Physical determinants of interval running speed in youth soccer players. *J Hum Kin*. 2014; 40 (1): 141-150. [PMID: 24396315](#)
- 2014 J Ward, WE Amonette, J Coats, C Stastny, S Oguzhan. Preliminary comparison of Gatorade G2® to Red Bull® on maximal cycle ergometer performance. *Top Int Health Care*. 2014; 5(1).
- 2013 Amonette WE, and Mossberg, KA. Ventilatory anaerobic threshold following traumatic brain injury. *J Head Traum Rehab*. 2013; 28(5): 13-20. [PMID:](#)



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- 2013 \*Humphries KM, J Ward, J Coats, J Nobert, W Amonette, S Dyess. Immediate effects of lower cervical spine manipulation on handgrip strength and free-throw accuracy of asymptomatic basketball players: a pilot study. *J Chiro Med.* 2013; 12(3): 153-159. PMCID: 3838708.
- 2012 Amonette WE, JK DeWitt, TL Dupler, \*T Tran, \*J Tufano, LE Brown, BA Spiering. Peak power prediction equations in young athletes and youths. *J Strength Cond Res.* 2012; 26(7): 1749-1755. PMID: 22505126
- 2012 Coleman AE, and WE Amonette. Pure acceleration is the primary determinant of speed to first-base in Major League Baseball game situations. *J Strength Cond Res.* 2012; 26(6): 1455-1460. PMID: 22505126
- 2012 English KL, WE Amonette, BA Spiering, M Graham. What is 'evidence-based' strength and conditioning? *Strength Cond J.* 2012; 34(3): 19-24.
- 2010 \*Stroud L., WE Amonette, and TL Dupler. Metabolic responses to accelerometer controlled video games. *Appl Physiol Nurt Metab.* 2010; 35: 1-7. PMID: 2096292
- 2010 Dupler TD, WE Amonette, AE Coleman, and J Hoffman. Anthropometric and performance differences among high school football players. *J Strength Cond Res.* 2010; 24(8): 1975-1982. PMID: 22450255
- 2010 Amonette WE, KL English, and K Ottenbacher, Nullius in verba: A call for evidence-based practice in the teaching and practice of exercise science. *Sport Med.* 2010; 40(6): 1-10. PMID: 20524711
- 2010 Mossberg KA, WE Amonette, BE Masel. Endurance training and cardiorespiratory conditioning after traumatic brain injury. *J Head Trauma Rehabil.* 2010; 25 (3): 1-11. PMID: 20473091
- 2010 Bentley JR, WE Amonette and JK DeWitt. Cadence affects inertial forces experienced by the musculoskeletal system during the squat exercise. *J Strength Cond Res.* 2010; 24 (5): 1414-20. PMID: 20386484
- 2007 Abercrombie AF, WE Amonette, M Hinman, WH Paloski, and C Layne. Quantitative evaluation of whole body vibration training safety in healthy adults. *Med Sci Sports Exerc.* 2007; 39(10): 1794-800. PMID: 17909407
- 2007 Abercrombie AF, WE Amonette, M Hinman, WH Paloski, and C Layne. Variation in neuromuscular responses to whole body vibration training. *Med Sci Sports Exerc.* 2007; 39(9): 1642-1650. PMID: 17805098
- 2003 Schneider SM, WE Amonette, K Blazine, J Bentley, SMC Lee, JA Loehr, ER Mulder, AD Moore, M Rapley, SM Smith. Strength training with the International Space Station interim Resistive Exercise Device. *Med Sci Sports Exerc.* 2003; 35(11): 1935-1945. PMID: 14600562

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- 2002 Amonette WE and TL Dupler. The effects of respiratory muscle training on VO<sub>2</sub> max, the ventilatory threshold and pulmonary function. *J Exerc Phys.* 2002; 5(2) 29-5.

### D. Government Technical Reports

- 2009 Amonette WE, G Schaffner, JR Bentley, JA Loehr, SMC Lee, AD Moore, J Norcross, F Moore, and SM Schneider. Evaluation of Horizontal Exercise Fixture in conjunction with the Interim Resistive Exercise Device (iRED) for use in bed rest research. Washington, DC: *National Aeronautics and Space Administration, Technical Report (2009- CN-18762)*, 2009.
- 2009 Laughlin MS, SMC Lee, JA Loehr, and WE Amonette. Isokinetic Strength and Endurance Tests Used Pre- and Post-Spaceflight: Test-Retest Reliability. Washington, DC: *National Aeronautics and Space Administration, Technical Report (2009-214787)*, 2009.
- 2004 Bentley JR, WE Amonette and JK DeWitt. Effects of Different Lifting Cadences on Ground Reaction Forces during the Squat Exercise. Washington, DC: *National Aeronautics and Space Administration, Technical Report (2008-0013257)*, 2004.
- 2004 Amonette WE, JR Bentley, SMC Lee, JA Loehr, and SM Schneider. Differences in ground reaction forces and mechanics between the Interim Resistive Exercise Device (iRED) and Smith machine during a squat. Washington, DC: *National Aeronautics and Space Administration, Technical Report (2004-212063)*, 2004.
- 2004 Moore AD, WE Amonette, JR Bentley, KL Blazine, JA Loehr, MG Rapley, C Lundquist, and SM Schneider. International Space Station Interim Resistance Exercise Device Man in the Loop Test Results. Washington, DC: *National Aeronautics and Space Administration, Technical Report (2004-212062)*, 2004.
- 2004 Amonette WE, JR Bentley, K Blazine, JK DeWitt, M Laughlin, JA Loehr, J Chauvin, M Guilliams, AD Moore, MG Rapley, and DH Hagan. Man in the Loop Testing of the Schwinn Resistive Exercise Device (SCHRED). Washington, DC: *National Aeronautics and Space Administration, Technical Report (2004-212071)*, 2004.

### E. Intellectual Properties

#### United States Patents

- 2013 Amonette WE, KL English, W Buford, and BW Amonette. An apparatus to facilitate upright posture. US 8,597,62 B2; December 03, 2013.

### F. Peer-Reviewed Papers and Abstracts Published in Conference Proceedings

- 2019 Kusters, IS, WE Amonette. Physical Activity Behaviors and Park Use & Barriers Among Members of a Mid-Sized University. Conference Proceedings from Society of Behavioral Medicine Annual Meeting; Washington, DC: 2019.

## CURRICULUM VITA (CV)

- 2018 Vu L, H Kim, E Benson, WE Amonette, J Barrera, \*J Perera, S Rajulu, A Hanson. Virtual Exercise Training Software System. Conference Proceedings from NASA Human Research Program Investigator's Workshop; Galveston, TX: 2018.
- 2018 Cross EV, JS Perera, AM Hanson, K English, L Vu, W Amonette. NextGen One Portal Usability Evaluation. Conference Proceedings from NASA Human Research Program Investigator's Workshop; Galveston, TX: 2018.
- 2017 Amonette WE, KL English, A Hanson, \*D Arcemant, J Bentley, \*J Berera, \*P Fullmer, \*K Keener, \*R Patrick, J Perera. Analysis of a Virtual Training Tool for Metabolic Conditioning in Support of Extended Duration Spaceflight. *J Strength Cond Res*, 30(S1-210): 2017.
- 2017 J Bentley, KL English, A Hanson, \*D Arcemant, \*J Berera, \*P Fullmer, \*K Keener, \*R Patrick, J Perera, WE Amonette. Feasibility of an Intense Daily Treadmill Protocol to Assess a Virtual Environment Software Application. *J Strength Cond Res*, 30(S1-210): 2017.
- 2017 \*Arcemant D, \*D Perez, \*Kesar A. J. DeWitt, WE Amonette. Prediction Equations may Significantly Underestimate Power in Youth Adolescent Female Volleyball Player. *J Strength Cond Res*, 30(S1-210): 2017.
- 2017 \*Kesar A. \*Arcemant, D, \*D Perez, J. DeWitt, WE Amonette Age and Position Differences in Jump Capabilities among Competitive. *J Strength Cond Res*, 30(S1-210): 2017.
- 2017 \*S. Sims, B. Nelson, \*K. Lanza, \*J. Lozano, T. Kartrude, WE Amonette. Physical Activity, Park, Nature Train Usage Among Students, Faculty, and Staff at a Mid-Sized University. *Int J Exer Sci*: 2: (9): 2017
- 2017 J. Perera, A.M. Hanson, K. English, A. Frank, M. Hardy, H. Kim A. Sándor, L. Vu, Lihn, E. Benson, T. Williams, WE Amonette. NextGen Crew Countermeasure Software for Exploration Mission Support. Conference Proceedings from NASA Human Research Program Investigator's Workshop; Galveston, TX: 2017.
- 2017 A.M. Hanson, K. Kalogera, A. Sandor, M. Hardy, A. Frank, K. English, T. Williams, J. Perera, WE Amonette. NextGen Evaluation of the Next-Gen Exercise Software Interface in the NEEMO Analog. Conference Proceedings from NASA Human Research Program Investigator's Workshop; Galveston, TX: 2017.
- 2016 Amonette WE and /J Grant Accuracy of Speed Prediction Equations in American Football Players. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*Barker W, \*P Fullmer, \*K Hall, \*A Steakley, and WE Amonette. Kinetic and Lower Extremity Kinematic Differences Between American and Russian-Style Kettlebell Swings. *J Strength Cond Res*, 30(S1-210): 2016.

## CURRICULUM VITA (CV)

- 2016 \*Bores JM, \*C Vernon, \*D Ridings, \*J Champion, WE Amonette. Isokinetic Knee Strength is Associated with Knee Flexion Range of Motion Kinematics in the Vertical Jump. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*Brightwell CR, BD Brightwell, \*G McDonald, WE Amonette. Comparison of Vertical Jump Scores Measured Using Center of Mass Displacement and Jump Height with Different Standing Reach Techniques. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*Fullmer P, \*W Barker, \*D Bauer, \*J Grant, \*M Watts, and WE Amonette. Gender Comparison of American and Russian Style Kettlebell Swings. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*Gonzalez M, \*B De Leon, \*S Harper, \*E Nunn, WE Amonette. Velocity Specific Differences in Plantar Flexion Performance Resulting from 50 Hz Whole Body Vibration. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*Harper S, \*B De Leon, \*M Gonzalez, \*E Nunn, and WE Amonette. Whole Body Vibration Frequency Affects Neuromuscular Potentiation Responses in the Plantar Flexors. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*McDonald G, \*C Brightwell, \*T Butts, \*M Ivey, \*J Lee, and WE Amonette. Gender Differences in Correlates of Speed and Acceleration in Youth Soccer Players. *J Strength Cond Res*, 30(S1-210): 2016.
- 2016 \*Bores JM, \*C Vernon, \*D Ridings, \*C Champion, and WE Amonette. Isokinetic Knee Strength is Associated with Knee Landing Kinematics during Double-leg Vertical and Depth Jumps. *Int J Exer Sci: Conference Proceedings*: 2: (8): 2016 Article 45.
- 2015 \*Bohanon FJ, \*J Edionwe, C Hess, DN Herndon, W Amonette, J Fernandez, RP Mlcak, OE Suman. Effects of Whole Body Vibration on Bone of Thermally Injured Children. Conference Proceedings from the American Burn Association National Meeting, Chicago, IL; 2015.
- 2014 \*Mazzola C, \*S Hopson, \*C Michalak, K Mossberg, J Rowland, WE Amonette. Metabolic responses to peak exercise, selected ADLs, and upper-body accelerometer controlled video game play. Conference Proceedings from the Texas Physical Therapy Association Conference, Galveston, TX., 2014.
- 2014 \*Edionwe J, J. Fernandez-Rio, W Amonette, D Herndon, G Klein, OE Suman. Effects of whole body vibration on bone of thermally injured patients. Student Research Conference sponsored through National Heart, Lung, and Blood Institute., Galveston, TX. 2014.
- 2013 \*Urrea, J, \*J Vohra, J Ward, W Amonette, J Coats. Pilot study of the impact of Rocktape® on female depth jump performance. *World Academy of Science, Engineering, and Technology International Science Index*. 2013; Vol 83: 1266-1271.

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- 2013 Amonette WE, P Lea, B Masel, M Moore, R Urban, KA Mossberg. Glucose and lactate responses to peak treadmill exercise in patients with a traumatic brain injury. *J Strength Cond Res*, 2013; 27(3): 563 - 859.
- 2013 \*Srinivasan K, \*P Darmouth, \*R Ferrell, \*CM Minor, \*D Myers, \*S Hussein, AE Coleman, TL Dupler, WE Amonette. Reactive strength index during depth jumps from three heights in high school baseball players. . *J Strength Cond Res*, 2013; 27(3): 563 - 859.
- 2013 Dever R, WE Amonette. Horizontal jumping: An off-ice training modality to minimize accumulative musculoskeletal stress in figure skaters. Conference Proceedings from the 18th Annual Sports Medicine and Sports Science of Figure Skating Symposium - in conjunction with the 2013 PSA International Conference, Chicago, IL: 2013.
- 2013 Amonette WE, \*M Boyle, \*N McGlone, \*M Psarakis, T Dupler, S Ott. Neurocognitive ImPACT® of whole body vibration exercise. *J Strength Cond Res*, 2013; 27(S1): 1-29.
- 2013 \*Duffield TJ, SC Peres, WE Amonette. Standard Deviation of sEMG: Measuring the dynamicity of muscle activity. Conference Proceedings from the Human Factors and Ergonomics Society International Meeting: San Diego, CA: 2013.
- 2012 Timmerman KL, WE Amonette, MM Markofski, H Ansinelli, E Gleason, KA Mossberg. Traumatic brain injury is associated with an impaired IL-6 and IL-10 response to a bout of maximal aerobic exercise. *Med Sci Sport Exerc*, 2012 (in press).
- 2012 Williams K, C Goldstraw, S Kellagar, S Tham, and WE Amonette. Balance and lower extremity isometric strength as determinants of functional gait performance in skilled nursing facility patients. *American Physical Therapy Association (APTA) national Conference (in press - 2012)*.
- 2012 \*Vazquez D, WE Amonette, J De Witt. Relative age effect in U16 and U18 youth soccer players does not influence team performance. Conference Proceedings, National Center for Human Performance, Houston, TX: November 2012.
- 2012 \*Gonzalez M, \*D Vazquez, \*C Bollier, J De Witt, A Khan, MJ Welch, BD McCullough, WE Amonette. Reactive strength index is associated with performance in maximum strength and power tasks *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2012.
- 2012 \*Palencia DV, \*CD Barnett, \*G Killian-Rubash, \*JS Shin, AE Coleman, TL Dupler, WE Amonette. Metabolic and ventilatory responses to interval rope swing exercise. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2012.

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- 2012 \*Patel N, \*A O'Donnell, WE Amonette. Multiple regression equations using FMS components are more accurate than composite scores along to predict performance. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2012.
- 2012 \*Rowe T, \*V Aguilar, WE Amonette, AE Coleman, TL Dupler, C Seponski. Vertical jump kinetics subsequent to squats performed with constant or variable external resistance. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2012.
- 2012 \*Urrea J, \*R Burdsall, \*R Byrne, \*T Lee, \*B Ramey, \*J Vohra, \*A Watson, B Weiss, WE Amonette. Relationship between orthopedic hip screening tests and peak force production in unilateral isometric and dynamic movements. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2012.
- 2013 Amonette WE, \*M Boyle, \*N McGlone, \*M Psarakis, T Dupler, S Ott. Neurocognitive ImPACT® of whole body vibration exercise. *J Strength Cond Res*, 2013; 27(S1): 1-29.
- 2012 Amonette WE, P Lea, B Masel, M Moore, R Urban, KA Mossberg. Acute response of the growth hormone to peak treadmill exercise in patients recovering from traumatic brain injury. *Endocrine Rev*, 33 (meeting Abstracts) 681: 2012.
- 2012 \*Spellman M, L Harrison, J Meers, WE Amonette, M Short. Parental factors associated with Weight and Health Behaviors in Adults. *Conference Proceedings, Association of Behavioral and Cognitive Therapies*, Washington DC: July 2012.
- 2012 9Barnett C, K Williams, C Goldstraw, S Kellagar, S Tham, and WE Amonette. Timed up-and-go scores are associated with balance but not lower-extremity force production in skilled-nursing facility patients. *Int J Exercise Sci*, 4(12): 2012.
- 2012 Williams, K, C Goldstraw, S Kellagar, S Tham, and WE Amonette. Preliminary analysis of the feasibility and effectiveness of whole body vibration as a therapeutic intervention in a skilled nursing facility. *Int J Exercise Sci*, 4(12): 2012.
- 2012 \*Boiler C, \*B Alexander, AE Coleman, \*A Hatton, \*C Seponski, WE Amonette. Association between anthropometrics, vertical jump and broad jump to pure and transitional acceleration in junior college baseball players. *Int J Exercise Sci*, 4(12): 2012.
- 2012 \*Seponski C, \*C Boiler, AE Coleman, WE Amonette. Changes in NFL combine performance over the past decade. *Int J Exercise Sci*, 4(12): 2012.
- 2012 \*Reveron JA, \*C Goodson, T Dupler, L Stroud, WE Amonette. Metabolic responses to symmetrical whole body vibration. *Int J Exercise Sci*, 4(12): 2012.



## CURRICULUM VITA (CV)

- 2011 Amonette, W.E. and Mossberg. Gender differences in peak aerobic capacity in patients recovering from traumatic brain injury. *Med Sci Sports Exerc.* 43 (5): 2011 Suppl.
- 2011 Spiering BA, WE Amonette, K DeWitt, TL Dupler, \*TT Tran, \*J Tufano, LE Brown,. A novel equation to predict peak power in young athletes. *Med Sci Sports Exerc.* 43 (5): 2011 Suppl.
- 2010 \*Ugartechea JL, \*D Boudreaux, \*C Ellis, \*M Handy, \*A Sauser, WE Amonette. Development of a Model Equation to Predict Vertical Ground Reaction Forces During The Sit-to-Stand Maneuver. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2010.
- 2010 \*Minor CM, \*H Hamilton, \*S Buchanan, T Dupler, \*J Holliday, \*C Perez, \*P Roberts, \*J Tufano, WE Amonette. Relationship Between Ground Reaction Forces during Jump Tests and Sprinting Speed and Agility in Youth American Football Players. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2010.
- 2010 \*Boyle M, \*J Barker, \*N McGlone, S Ott, \*M Psarakis, \*H Shah, WE Amonette. Acute Neurocognitive Responses to Submaximal Isometric Exercise With and Without Whole Body Vibration *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2010.
- 2010 \*Holliday J., \*C. Perez, \*S. Buchanan, \*H. Hamilton,\*C. Minor, \*J. Tufano, J.K. DeWitt, W.E. Amonette. Determinants of Speed and Agility in Youth Soccer Players. *Conference Proceedings, National Center for Human Performance*, Houston, TX: November 2010.
- 2010 \*Shepherd J, TL Dupler, \*A Greenwood, \*B Trevino, \*J Patlan, \*R West, WE Amonette. Jaw clinching increases vertical ground reaction forces during isometric Mid-thigh pulls but not in the vertical jump. *Conference Proceedings, National Center for Human Performance, Houston, TX: November 2010.*
- 2010 \*Fairchild B, WE Amonette, BA Spiering. Prediction models of speed and agility in NFL combine attendees. *J Strength Cond Res*, 2010; 24(7): 1704-1794.
- 2010 \*Tufano J, \*D Brown, \*J Xu, TL Dupler, JK DeWitt, BA Spiering, \*TT Tran, and LE Brown, WE Amonette. A novel equation to predict peak power in young athletes. *J Strength Cond Res*, 2010; 24(7): 1704-1794.
- 2010 \*Xu J, \*Tufano, \*D Brown, TL Dupler, BA Spiering, AE Coleman, WE Amonette. Physical determinants of sprinting velocity and agility in high school football players: Differences between position groups. *J Strength Cond Res*, 2010; 24(7): 1704-1794.
- 2010 \*Sanchez B, \*M Jennings, WE Amonette, TL Dupler, JK DeWitt, K Gandler, The effects of center of gravity location, ambulation speed, and grade on walking biomechanics. *Int J Exercise Sci.* (2): Article 21.



## CURRICULUM VITA (CV)

- 2010 \*Tufano J, WE Amonette, AE Coleman, TL Dupler, JK DeWitt. Predictive Modeling of Speed in American football Players. *Intl J Exerc Sci.* 2 (2): Article 19.
- 2009 Amonette, WE, KA Mossberg. Anaerobic thresholds of patients after traumatic brain Injury: Comparison to healthy sedentary controls. *Cardiopulm Phys Ther J.* 20 (4) 2009.
- 2009 \*Tufano JJ, JK DeWitt, T Dupler, K English, \*L Paduh, WE Amonette. A cross-sectional analysis of elite youth soccer players. *Conference Proceedings, National Center for Human Performance, Houston, TX: November 2009.*
- 2009 \*Shepherd J, JK DeWitt, T Dupler, \*P Roberts, \*J Xu, and WE Amonette. Prediction model of interval sprinting velocity in youth soccer players. *Conference Proceedings, National Center for Human Performance, Houston, TX: November 2009.*
- 2009 \*Brown D, J DeWitt, T Dupler, \*B Fairchild, \*K Hatfield, WE Amonette. Differences in athletic performance between elite and sub-elite soccer players. *Conference Proceedings, National Center for Human Performance, Houston, TX: November 2009.*
- 2009 Amonette WE, KA Mossberg. Anaerobic thresholds of patients after a traumatic brain injury. *Conference Proceedings, National Institute of Health (NIH) Young Investigators Workshop, Denver, CO; October 2009.*
- 2009 Amonette WE, D Paddon-Jones. Analysis of the dietary intake of hospitalized elders. *Conference Proceedings, Experimental Biology National Conference, New Orleans, LA: April 2009.*
- 2009 \*Mukundi SG, \*A Burley, \*M Charles, \*A Culver, \*S Cyr, \*M Jennings, \*H Paul, TL Dupler, WE Amonette. Lower extremity kinematics in terrestrial and simulated lunar conditions. *Conference Proceedings, American Society of Exercise Physiologist National Conference, Wichita Falls, TX: April 2009.*
- 2008 Amonette WE, D Paddon-Jones. Preliminary analysis of the dietary intake of hospitalized elderly patients. *Conference Proceedings, Sealy Center on Aging Annual Conference, Galveston, TX: November 2008.*
- 2008 \*Stroud, L, WE Amonette, TL Dupler. Metabolic responses to tradition and accelerometer controlled video games. *J Strength Cond Res.* 2008, 22(6): 1-115.
- 2008 Garcia YA, \*J Solis, \*T Denton, KL English, D Cazes, N Petersen, TL Dupler, W.E. Amonette. Loading Order does not alter power output during the squat exercise. *J Strength Cond Res.* 2008, 22(6): 1-115.
- 2008 \*Stroud L, \*T Denton, \*J Johnson, \*R Lannes, \*S Wilburn, TL Dupler, AFJ Abercromby, WE Amonette. Metabolic Responses to loaded and unloaded squats with and without whole body vibration. *J Strength Cond Res.* 2008, 22(6): 1-115.

## CURRICULUM VITA (CV)

- 2008 Dupler TD, AE Coleman, J Hoffman, WE Amonette. Performance Differences Among High School Football Players: A Comparison of Grade Level and Position. *J Strength Cond Res*. 2008, 22(6): 1-115.
- 2005 Amonette WE, AFJ Abercrombie, M Hinman, WH Paloski. Neuromuscular Responses to Whole Body Vibration in Standing Humans: Effect of vibration direction. *J Strength Cond Res*. 2005, 17(4): e3-e38.
- 2005 Bentley JR, WE Amonette, JK DeWitt, Y Garcia, CA Twine, S Casperson, RD Hagan. Measurement of power output during leg press using a linear encoder and customized software program. *J Strength Cond Res*. 2005, 17(4): e3-e38.
- 2005 Abercrombie A, WE Amonette, M Hinman, WH Paloski. Neuromuscular Responses to Whole Body Vibration in Standing Humans: Effect of body posture. *J Strength Cond Res*. 2005, 17(4): e3-e38.
- 2005 \*Casperson S, WE Amonette, JR Bentley, JK DeWitt, Y Garcia, MA Guilliams, CA Twine, B Edwards, D Mockus, RD Hagan. Accuracy of a commercial linear encoder system to predict leg press 1-RM and measure mechanical power. *J Strength Cond Res*. 2005, 17(4): e3-e38.
- 2005 Casperson S, WE Amonette, JR Bentley, JK DeWitt, MA Guilliams, CA Twine, RD Hagan. Evaluation of a linear encoder system to predict bench press 1-RM and measure power output. *Conference proceedings from the Texas American College of Sports Medicine*: Dallas TX, March 2005.
- 2004 Henderson R., WE Amonette, KL English, CA Twine TL Dupler. Changes in balance strategies following brief anaerobic work. *J Strength Cond Res*. 2004, 17(4): Abstract.
- 2003 Charles J, Evanoff, M Johnson, L Loerch, S Whelan, W Amonette, J Sanders, C Haralson, W Paloski. Mars Surface Analog Project: Preparing for Astronauts' First Hours on Mars. *Conference Proceedings from the Lunar and Planetary Science XXXV: Human Occupation of Space: Radiation, Risk, and Refuse*, 2004 - LPI-Contrib-1197
- 2003 Amonette WE, TL Dupler. Pulmonary resistance training improves ventilatory efficiency in competitive endurance athletes. *J Strength Cond Res*. 2003, 17(4): 629-831.
- 2003 Bentley JR, WE Amonette, JK DeWitt, LJ Rudner, DH Hagan. Total inertial force and peak power cannot be accurately calculated from bar motion during a loaded squat *J Strength Cond Res*. 2003, 17(4): 629-831.
- 2003 English KL, WE Amonette, LJ Johnston, D Babbington, TL Dupler, D Wise. Closed or open kinetic chain strength training does not reduce landing forces in female athletes. *Med Sci Sports Exerc*. May 2003, 35(5); 289 (Suppl.).
- 2003 Rudner LJ, WE Amonette, JR Bentley, JK Dewitt, MS Laughlin DH Hagan. Squat exercise load affects bar trajectory. *Conference proceedings from the*

## CURRICULUM VITA (CV)

*Texas American College of Sports Medicine:* Houston TX, March 2003.

- 2002 Amonette WE, JR Bentley, JK DeWitt, LJ Rudner, DH Hagan, Squat Exercise Cadence effects ground reaction forces and rate of force development. Conference proceedings from 3<sup>rd</sup> International Conference on Strength Training: Budapest, Hungary, November 2002; *CD-ROM and Abstract Book*.
- 2002 Loehr JA, WE Amonette, K Blazine, J Bentley, M Rapley, E Mulder, SMC Lee, SM Schneider. A comparison between strength training with the International Space Station (ISS) interim Resistive Exercise Device (iRED) and free weights. *Med Sci Sports Exerc.* May 2002, 34(5); 289: (Suppl.).
- 2001 Schneider SM, MG Rapley, E Mulder, J Bentley, SMC Lee, WE Amonette, K Blazine, M DeRidder, K Cobb, C Lundquist. Evaluation of the interim resistance exercise device for use on the International Space Station. *Conference proceedings from Bioastronautics Conference*, Galveston, TX, 2001.

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### REFEREED PAPERS PRESENTED (Podium Presentations)

- 2009 Amonette WE. Anaerobic thresholds of patients after traumatic brain Injury: Comparison to healthy sedentary controls. Oral presentation given at American Physical Therapy Association (APTA) Combined Sections Meeting (CSM). San Diego, CA. February, 21, 2009 (15 min).
- 2005 Amonette WE. Neuromuscular responses to whole body vibration: Effect of vibration direction. Oral presentation given at the National Strength and Conditioning Association Annual Convention, Las Vegas, NV. July 7, 2005.
- 2002 Amonette WE. The ground reaction forces associated with three different squat cadences. Oral presentation given at the 3<sup>rd</sup> International Conference on Strength Training, Budapest Hungary. November 15, 2002.

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### PEDAGOGICAL PHILOSOPHY

To enthusiastically teach students the philosophy of evidence-based practice - the methodology of using research, clinical, and practical information to make educated decisions in programming for athletes, clients, and patients as it relates to exercise program design.

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#### A. Teaching Responsibilities - Past & Present

\*indicates newly developed course

\$ indicates doctoral level course

##### 1. Undergraduate (Upper-level)

HLTH 3316: Applied Kinesiology

## CURRICULUM VITA (CV)

HLTH 3317: Motor Control and Learning\*  
HLTH 3379: Undergraduate Practicum  
HLTH 4305: Seminar in Sports Medicine  
HLTH 4302: Biomechanics  
HLTH 4308: Resistance Exercise: Theory and Practice\*  
HLTH 4309: Undergraduate Research Practicum\*  
HLTH 4378: Capstone in Fitness and Human Performance\*  
HLTH 4379: Undergraduate Internship  
HLTH 4389: Independent Research in Exercise Physiology and Biomechanics

### 2. Graduate

EXHS 5231: Technology in Human Performance\*  
EXHS 5335: Exercise for Special Populations  
EXHS 5931: Special Topics - Principles of Personal Training\*  
EXHS 5939: Independent Research in Exercise Physiology and Biomechanics  
EXHS 6032: Advanced Seminar in Sports Medicine  
EXHS 6037: Advanced Seminar in Peak Performance  
EXHS 6039: Research in Human Performance\*  
PHYT 6316: Exercise Physiology<sup>s</sup>

### 3. Students/Mentees/Advisees/Trainees

Annually Undergraduate and Graduate Student Academic Advisor for 60-100 students and Graduate Research Mentor for 15-25 students

### 4. Master's Thesis Supervisory Committee

#### a. Committee Chair

Diane Ugartechea. Effects of whole body vibration on force output in the sit-to-stand maneuver. University of Houston-Clear Lake; December 2011.

Daryl Boudreaux. Development and validation of a model equation to predict vertical ground reaction forces during the sit-to-stand maneuver. University of Houston-Clear Lake; December 2011.

Mandy Boyle. Association between fitness testing measures and on-field performance in elite youth soccer players. University of Houston-Clear Lake; May 2011.

Amber Gell. Use of the functional movement screen to predict deficits in unilateral force and rate of force development. University of Houston-Clear Lake; May 2010.

Heather Paul. The effects of center of gravity location on walking biomechanics and exercising metabolism: Implications for space suit design. University of Houston-Clear Lake; May 2009.

Leah Stroud. Energy expenditure associated with accelerometer controlled and traditional video games. University of Houston-Clear Lake; December

## CURRICULUM VITA (CV)

2008.

### 5. Committee Member

Mackenzie Spellman. Multiple influences of weight behavior. University of Houston-Clear Lake; August 2014.

Brittany Sanchez. Relationship between single leg stability, trunk muscle endurance, and critical velocity in trained runners. University of Houston-Clear Lake; May 2011.

### 6. Master's Project Supervisory Committee

#### a. Committee Chair

Sam Cyr. National Football League Combine performance as a predictor of on-field professional football success. University of Houston-Clear Lake; May 2014.

Laney Sumrall. Resistive exercise technique supplementary curriculum development. University of Houston-Clear Lake; December 2008.

Sheila Wiori. Identification of common health and fitness misconceptions. University of Houston-Clear Lake; April 2008.

Sally Wilbur. An anterior cruciate ligament (ACL) prevention program for female athletes. University of Houston-Clear Lake; December 2007.

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## SERVICE, LEADERSHIP, & AWARDS

### A. International and National

#### 1. Journal Editor

- 2017- Senior Associate Editor, *Journal of Strength and Conditioning Research* (Pub Med Indexed)
- 2013-2017 Associate Editor, *Journal of Strength and Conditioning Research* (Pub Med Indexed)
- 2015 Guest Editorial Board Member, *Aerospace Medicine and Human Performance*, Special Issue - "Operational Exercise Countermeasures: The first Decade on the ISS Expeditions 1-25." (Pub Med Indexed)

#### 2. Journal Peer Reviewer

- 2015- Ad Hoc Reviewer, *European Journal of Physiotherapy*
- 2014- Ad Hoc Reviewer, *Journal of Clinical Endocrinology and Metabolism*
- 2014- Ad Hoc Reviewer, *Medicina Sportiva*
- 2013- Ad Hoc Reviewer, *Journal of Strength and Conditioning Research*
- 2013- Ad Hoc Reviewer, *Journal of Exercise Science and Fitness*
- 2012- Ad Hoc Reviewer, *Strength and Conditioning Journal*
- 2011- Ad Hoc Reviewer, *Journal of Athletic Training*
- 2011- Ad Hoc Reviewer, *International Journal of Sports Medicine*

## CURRICULUM VITA (CV)

2006- Ad Hoc Reviewer, *Medicine and Science in Sport and Exercise*

### 3. Grant Reviewer

2017 NSCA Foundation  
2012 Natural Sciences and Engineering Research Council of Canada

### 4. Committee Service

2005-2007 Executive Council Member for NSCA Olympic Weightlifting SIG  
2009-2010 American Congress of Rehabilitative Medicine (ACRM) Young Investigators Committee

### 5. Expert Scientific Consultant

2012- The Wyly Law Firm, PC  
2012- The Drake Law Firm, PC  
2015- The Apffel Law Firm, PC

### B. State/Regional

None

### C. University Level Service

2018 Member, AVP Search Committee, Facilities and Maintenance  
2016-2017 Member, Advisory Board, Center for Faculty Development  
2015-2015 Member, Architect Selection Committee, Recreation and Wellness Center  
2014-2015 Member, Teaching & Learning Enhancement Center (TLEC) – Task Force  
2015-2015 Member, Pearland Health Science Building – Planning Committee  
2014-2015 Member, Recreation and Wellness Center Committee  
2013-2014 Faculty Senator, UHCL Faculty Senate  
2013-2014 Member, UHCL Budget and Finances Sub-Committee  
2013-2014 Alternate, UHCL Shared Governance Budget Committee  
2012-2013 Member, Recreational Facilities Sub Committee  
2012-2013 Member, Health and Recreation Task Force

### D. College Level Service

2018- Chair, Curriculum Committee  
2013-2014 Member, Committee on Educational Policy (CEP)  
2018-2019 Chair, Faculty Search Committee, Assistant Professor, Exercise and Health Sciences  
2017-2018 Member, HSH Curriculum Committee  
2017-2018 Member, Tenure and Promotion Committee  
2015-2016 Chair, Faculty Search Committee, Assistant Professor, Exercise and Health Sciences  
2015-2015 Member, Faculty Search Committee, Assistant Professor, Nursing  
2012-2014 Member, Academic Honesty Committee  
2013-2014 Chair, Faculty Search Committee, Assistant Professor, Exercise and



## CURRICULUM VITA (CV)

	Health Sciences
2013-2014	Chair, Faculty Search Committee, Assistant Professor, Fitness and Human Performance
2013-2014	Member, Faculty Search Committee, Assistant Professor, Nursing
2013-2014	Member, Student Services Search Committee, Assistant Director of Recreation and Fitness
2012-2013	Member, Faculty Search Committee, Assistant Professor in Psychology
2012-2014	Member, International Initiatives Committee
2012-2013	Member, Graduate Policy Committee
2011-2012	Member, Grades Appeal Committee, University of Houston-Clear Lake
2010-2011	Member, Faculty Search Committee, Lecturer in Fitness and Human Performance

### D. Department Service and Accomplishments

- 2011- UHCL Program Director, Joint DC-MS Program
- Serve as Exercise and Health Sciences program lead for the development of joint Doctor of Chiropractic (DC) and Master of Science (MS) program with the Texas Chiropractic College in 2011
  - Developed course rotation with TCC provost and all implementation protocols.
  - Program resulted in an immediate 12% increase in graduate student enrollment
  - Currently, joint DC-MS students comprise approximately 20% of Exercise and Health Sciences graduate program
  - Serve as the primary liaison between the TCC administration and UHCL
  - Student advisor for all TCC students joint degree students
- 2013- Program Director for MS in Exercise and Health Sciences
- Management and administrative duties for the second largest graduate program in the Department of Clinical, Health, and Applied Sciences.
  - Led the renaming and reorganization of the Exercise and Health Sciences program to include three concentrations: Sport Science, Public Health, and clinical exercise physiology.
  - Led the conversion of the previous MA degree to MS.
  - Led CIP code change to Biomedical Sciences, resulting in increased revenue for program.
  - Led the development and implementation of new public health and clinical exercise physiology concentrations.
  - Daily Duties include:
    - Development of course schedules, identifying adjunct instructors, development of program curriculum, and student reports



## CURRICULUM VITA (CV)

- Serve as primary liaison to the CHAS department chair
  - Responsible for program marketing development
  - Developed program and implement strategic plan and goals
  - Prepare annual and 5-year program progress reports for graduate and undergraduate programs
  - Program Director for NSCA – Educational Recognition Program for Graduate Studies. Developed accreditation packet for recognition and ensured adherence to NSCA standards for Graduate Studies
  - Research Director – Human Performance Laboratory
- 2013-2016 Program Director, BS in Fitness and Human Performance
- Management and administrative duties for the largest undergraduate program in the Department of Clinical, Health, and Applied Sciences and second largest program in the School of Human Sciences and Humanities.
  - Developed new curriculum and implementation plan for EC-12 teachers' certification for Physical Education.
  - Program Director for NSCA – Educational Recognition Program for Strength and Conditioning. Developed accreditation packet for recognition and ensured adherence to NSCA standards for Strength and Conditioning.
- 2006 Developed memorandum of understanding (MOU) with the Roger Clemens Institute for Sports Performance

### E. Student Level Service

- 2010- Faculty Sponsor, Exercise and Health Sciences Honor Society, University of Houston-Clear Lake
- 2010-2014 Faculty Sponsor, Weightlifting Student Organization, University of Houston-Clear Lake
- 2009-2012 Faculty Sponsor, Intramural Organization, University of Houston-Clear Lake
- 2009-2010 Vice Chair, PMCH Graduate Student Organization (GSO), University of Texas Medical Branch
- 2009-2010 PMCH Seminar Committee, University of Texas Medical Branch

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### MEMBERSHIPS IN PROFESSIONAL SOCIETIES

- 1999-present National Strength and Conditioning Association (NSCA) – 99-02-02-023
- 2001-2012 American College of Sports Medicine (ACSM) - 655109
- 2000-2010 USA Weightlifting (USAW)
- 2009-2011 American Physiological Society (APS)
- 2009-2011 American Congress of Rehabilitation Medicine (ACRM)
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## CURRICULUM VITA (CV)

### HONORS

201	Commencement Speaker, Texas Chiropractic College, Spring 2018
2013	Keynote Speaker, Texas Chiropractic College Homecoming, Galveston, TX
2013	American Physical Therapy Association (APTA) Abstract Excellence Award
2013	Commencement Speaker, Texas Chiropractic College, Spring 2013
2012	Meritorious Service Key Award, University of Houston – Clear Lake
2007-2012	Predoctoral Fellowship in Interdisciplinary Rehabilitation Research Training Program, supported by the National Center for Medical Rehabilitation Research, NIH
2005	Outstanding Scientist, Wyle Laboratories
2005	Space flight Special Achievement Team Award, NASA-Johnson Space Center
2003	Space flight Special Achievement Individual Award, NASA-Johnson Space Center
2001	Space flight Special Achievement Team Award, NASA-Johnson Space Center
2001	Outstanding Graduate Student, Fitness and Human Performance
2002	Student Leadership Honoree, School of Human Sciences

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### ADDITIONAL INFORMATION

2018-Present	Sport Science Consultant, Houston Dash
2016-Present	Sport Science Consultant, Texas Rangers Baseball
2019	NSCA Abstract Reviewer
2018	NSCA Abstract Reviewer
2018	NSCA Foundation Grant Review
2013-2014	Scientific Consultant, Hands-on-Labs <i>Inc.</i>
2012	Doctoral Poster Award Judge, NSCA National Conference; Providence, RI
2011	Session Moderator, Free Communications, NSCA National Conference; Las Vegas, NV
2010	Session Moderator, Free Communications, NSCA National Conference; Orlando, FL
2010-present	Scientific Advisory Board, Center for Sports Performance; California State University-Fullerton
2010-2012	Clinical Research Consultant, Legend Healthcare
2005-2009	Sport Science Consultant, Memorial Hermann Sports Medicine and Human Performance Institute
2004-2009	Strength and Conditioning Consultant, Peak Performance Inc.
2003-2005	Scientific Advisory Panel for PowerPlate USA

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### INVITED LECTURES AND SYMPOSIA

#### A. International

## CURRICULUM VITA (CV)

### **Symposia - Chinese Basketball Association (CBA), Beijing Sports University, Beijing, China**

**June 22, 2006**

- The fundamentals of coaching speed, agility, and quickness (SAQ) in basketball. Beijing, China
- Testing and measurement theory for basketball
- Basic Periodization I: Designing long-term strength and conditioning plans for basketball. Beijing, China
- Basic Periodization II: Designing daily workouts for basketball

### **Symposia - Guatemalan Baseball Federation, Hilton Hotel, Guatemala City, Guatemala (W.E. Amonette)**

**April 11-12, 2005 (8-hours)**

- Developing foundational movement skills and strength in young athletes
- Coaching linear and multi-directional speed
- Adaptations to resistance training: Applications to the game of baseball
- Designing a periodization model for year-round training

### **Symposia - Guatemalan Olympic Sports Federation, Olympic Training Center, Guatemala City, Guatemala (W.E. Amonette)**

**April 14, 2005 (6-hours)**

- Training the female athlete
- Nutritional supplements and ergogenic aids for sports performance
- Preventing common baseball Injuries through strength and conditioning

## **B. National**

### **Symposia - Certified Chiropractic Sports Physician Preparatory Course (CCSP), American Chiropractic Board of Sports Physicians (W.E. Amonette)**

**September 28, 2013 (6-hours)**

- A Review of the Physiological Adaptations to Resistance Exercise
- Evidence-Based Practice in Exercise Prescription
- Resistance Exercise Prescription
- Periodization of Resistance Exercise

**September 29, 2013 (6-hours)**

- Program Design for metabolic Conditioning
- Testing and Measurement Theory
  - Maximal Strength Testing Laboratory
- Functional Movement Screening
  - Movement Screening Laboratory
- Introduction to Resistance Exercise
  - Traditional Resistance Exercise Laboratory

## CURRICULUM VITA (CV)

- Olympic Weightlifting Theory and Practice
  - Weightlifting Laboratory

Zuker RF, W Evans, WE Amonette, A Darwish. Developing partnerships between chiropractic colleges and higher education institutions. Lecture at the Association of Chiropractic Colleges – Research Agenda Conference, Las Vegas, NV; March 17, 2012 (1.5 hrs).

Amonette WE, KL English. Evidence based practice in strength and conditioning. Lecture given for the National Strength and Conditioning Association (NSCA) Annual Conference, Orlando, FL; July 17, 2010 (2 hrs).

Coleman AE, WE Amonette. Sports Science Application for Baseball: Designing World Class Testing Plans. Lecture given for the NSCA Sports Specific Conference, Anaheim, CA January 05, 2008 (1 hr).

Amonette WE. The human space explorer: Exercise. Lecture given for the National Science Teachers Association. Web based seminar. June 2, 2005 (1 hr).

### C. State and Regional

Zuker, F and WE Amonette. Helping you and your students avoid transitional trauma. Lecture Given at the Texas Association of College and University Student Personnel Administrator's (TACUSPA) Annual Conference, Houston, TX. October 14, 2013 (1 hr).

Williams, K and WE Amonette. Whole Body Vibration: Mechanisms and Clinical Applications. Lecture to be given at the Southeastern District of Texas Physical Therapy Association (TPTA). April 16, 2013.

Amonette WE. Exercise and bone mineral density: Lecture given at 2<sup>nd</sup> Houston Strength and Conditioning Annual Clinic, The Institute for Rehabilitation and Research (TIRR), Houston TX. November 8, 2003 (1 hr).

Amonette WE. Female athletes: ACL epidemic. Lecture given at Texas National Strength and Conditioning Association Annual Clinic, Texas Women's University, Denton, TX. April 26, 2003 (1 hr).

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### NATIONAL AND LOCAL MEDIA APPEARANCES

ABC Channel 13 Newscast. *Expert Interview*. Whole body Vibration Exercise; KTRH Houston: February 2012.

"Stan Lee's Superhumans" Documentary. *Expert Scientific Analysis*; The History Channel: January 2011.

Soccer Matters with Glenn Davis. *Personal interview, Physiological and Physical Predictors of Elite and Non-Elite youth soccer players*; Fox Sports Southwest: January 21, 2010.

## CURRICULUM VITA (CV)

Great Day Houston, Person Interview. *The Importance of Stretching Before and After a Race*; KHOU Houston: January 12, 2007.

NASA SCI Files™ *The Case of the Physical Fitness Challenge*; National Aeronautics and Space Administration educator guide is available Office of Communication and Education at the NASA Langley Research Center, Hampton, VA: 2005-2006.