

**Oladipo Eddo, PhD., CSCS, CPSS, USAW, ACSM EP, EIM 2**

Associate Professor, School of Kinesiology

Sports Medicine Assessment, Research & Testing (SMART) Laboratory

George Mason University

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Manassas, VA 20110

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## **EDUCATION**

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**Candidate for Juris Doctor**, Antonin Scalia Law School, Arlington, VA (2026)

**Doctor of Philosophy, Exercise, Fitness and Health Promotion Program**, George Mason University, Fairfax, VA (2019)

**Focus:** *Biomechanics*

**Dissertation:** *Gait modification to reduce lower extremity joint load: A review and investigation into unintended consequences*

**Master of Science, Exercise, Fitness and Health Promotion Program**, George Mason University, Fairfax, VA (2014)

**Thesis:** *Dynamic Muscle Function is Inversely Related to Knee Joint Moment during Gait*

**Bachelor of Science in Kinesiology, minor in Psychology**, George Mason University, Fairfax, VA (2012)

## **PROFESSIONAL EXPERIENCE**

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**Associate Professor**, School of Kinesiology, College of Education and Human Development, George Mason University, Sports Medicine Assessment, Research & Testing (SMART) Laboratory (2025 – Present)

**PhD in Education, Kinesiology Concentration Coordinator**, School of Kinesiology, College of Education and Human Development, George Mason University (2020 – 2025)

- Performed administrative duties for the PhD kinesiology concentration
- Performed tasks related to marketing and recruitment
- Led proposal for new PhD in kinesiology to the State Council of Higher Education in Virginia

**Assistant Professor**, School of Kinesiology, College of Education and Human Development, George Mason University, Sports Medicine Assessment, Research & Testing (SMART) Laboratory (2019 – 2025)

**Laboratory manager**, School of Kinesiology, College of Education and Human Development, George Mason University, Sports Medicine Assessment, Research & Testing (SMART) Laboratory (2014 – 2019)

- Coordinated the delivery of gait assessments and exercise interventions specific to runners
- Managed the delivery of VO2 Maximum assessments to runners
- Oversaw the delivery of body composition analysis to members of the local community
- Delivered resting metabolic rate assessments to members of the community for nutritional and exercise applications

**Teaching Assistant**, Division of Health and Human Performance, College of Education and Human Development, George Mason University (2012 – 2015)

- Provided tutoring opportunities during class and office hours
- Assisted with creating and implementing experiential learning opportunities

- Developed and evaluated quizzes and exams

**Graduate Research Assistant**, College of Education and Human Development, George Mason University, Sports Medicine Assessment, Research & Testing (SMART) Laboratory (2012 – 2014)

- Mentored undergraduate students engaging in research through OSCAR
- Assisted students and faculty with research projects
- Assisted with motion analysis equipment and research studies

**Georgetown University Sports Performance**, Interning strength and condition coach, Georgetown University (2012 – 2012)

**Exercise instructor**, Fitness instructor, Sports Club LA, Northwest, DC (2010 – 2012)

**Exercise instructor**, Fitness instructor, Washington Sports Club, Northwest, DC (2006 – 2011)

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## INSTRUCTION

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### Teaching

School of Kinesiology, College of Education and Human Development, George Mason University (2016 – Current)

*Undergraduate*

KINE 400/355	Biomechanics
KINE 360	Strength Training: Concepts & Application
KINE 341	Kinesiology Internship I
KINE 490	Kinesiology Internship III
KINE 310	Exercise Physiology I
KINE 330	Seminar in Kinesiology
KINE 350	Exercise Prescription and Programming
KINE 370/340	Exercise Testing and Evaluation
KINE 450	Research Methods
KINE 409	Strength and Conditioning

*Graduate*

KINE 603	Advanced Applied Biomechanics
KINE 605	Research Method Applied Kinesiology
KINE 615	Advanced Technology to Measure Human Movement
EFHP 815	Measurement Techniques and Instrumentation
EFHP 825	Data Analytics in Exercise Fitness and Health Promotion
EFHP 813	Musculoskeletal Biomechanics in Human Movement
KINE 609	Applied Strength and Conditioning Programming

*Independent studies*

EDUC 897	Independent Study for the Doctoral of Philosophy in Education
EDUC 994	Internship for the Doctoral of Philosophy in Education
KINE 501	Independent Study
KINE 798	Directed Inquiry

**Teaching Professional Presentations**

American Kinesiology Association, Annual Undergraduate Education (2021)

- **Pre-Workshop** - Adapting instruction of undergraduate biomechanics to an online delivery

School of Kinesiology, College of Education and Human Development, George Mason University (2014)

- **Graduate Biomechanics** - Guest lecturer for EFHP 613

**Teaching Assistant**

School of Kinesiology, College of Education and Human Development, George Mason University (2012 – 2015)

- ATEP 300 – Functional Anatomy.
- KINE 400 - Undergraduate Biomechanic

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**SERVICE**

**University, College, and School Service**

- Undergraduate in Kinesiology Program Committee, 2019 –
- Masters in Kinesiology Program Committee, 2019 –
- School of Kinesiology Faculty Evaluation Committee, 2025 –
- PhD in Education and Human Development Committee, 2020 – 2025
- CEHD Professional Development Committee, 2021 – 2023
- School of Kinesiology Curriculum Committee, 2020 – 2021
- CEHD Student Appeals/Faculty Grievance Committee, 2020 – 2021
- Faculty Advisor of Kinesiology Undergraduate Club, *Fall 2019 – 2021*
- Faculty Lead School of Kinesiology – Virtual Learning Community, *Fall 2020 – 2021*
- Ad-hoc Committee for Mason Nation Thriving Together 5K virtual race, *Fall 2020 – 2021*
- Bull Run Hall Expansion Committee, Summer 2019 – 2025
- Sports Medicine Assessment and Research Testing (SMART) lab Committee, *Fall 2020 –*

### **Community Service**

- Running gait presentation, 2016
- Presented on running injuries and biomechanics at Orange Theory Fitness (Fairfax, VA).
- Running gait presentation, 2015
- Presented on running injuries and biomechanics at Pacers Running Store (Fairfax, VA).

### **Journal Reviewer**

- *Sports Biomechanics*, 2019 –
- *International Journal of Sports Medicine*, 2019 –
- *Journal of Biomechanics*, 2020 –
- *Journal of Engineering in Medicine*, 2020 –
- *Physical Therapy in Sport*, 2021–

### **PhD Student Mentorship**

*Mandana Sanandaji (Current)*

PhD in Education and Human Development – Kinesiology Concentration

*Ahmadreza Souri* (Current)

PhD in Education and Human Development – Kinesiology Concentration

*Navid Ghoddosi* (Current)

PhD in Education and Human Development – Kinesiology Concentration

*Mike Toczko* (Current)

PhD in Education and Human Development – Kinesiology Concentration

*Kelly Poretti* (2025)

PhD in Education and Human Development – Kinesiology Concentration

*Charles McCrory* (Current)

PhD in Education and Human Development – Kinesiology Concentration

*Megan Sax Van Der Weyden* (2024)

PhD in Education and Human Development – Kinesiology Concentration

*Patrick Fleming* (2023)

PhD in Education and Human Development – Kinesiology Concentration

*Matthew Prebble* (2022)

PhD in Education and Human Development – Kinesiology Concentration

### **Master's Student Mentorship**

*Bryan Huarita* (2025)

Project Title: A Comparative Analysis of Physiological and Methodological Differences Between Intermittent Training and High-Intensity Interval Training in Intermittent Sport Athletes: A Scoping Review

*Ioanna Mantzouratos* (2023)

Project Title: Analysis of Weekly Relative TRIMP as a Method of Understanding Changes in VO<sub>2</sub> Max Test Data Taken Before and After an Off-season in Division I Women's Lacrosse Players.

*E'Yad Al'Taha* (2021)

Project Title: Boys' Soccer Injuries in Prince William County Public Schools.

*Jamie Ludwick* (2018)

Project Title: Increased Trunk Kinetics Observed During Dose-Specific Trunk Lean Gait Modification.

*Tarique Siragy* (2015)

Project Title: Reducing Implicit Video Feedback Frequency Does Not Alter Jump-Landing Mechanics

### **Undergraduate Research Mentorship**

*Sarah Tran*, Bioengineering Major – University of Virginia (Summer 2019)

*Marla Albanese*, Kinesiology Major – George Mason University (Summer 2019)

*David Hollinger*, Undergraduate Research Scholars Program – Summer Intensive Program (Summer 2017)

*Brad Boeji*, Undergraduate Research Scholars Program (Spring 2014)

*Sumin Chun*, Undergraduate Research Scholars Program – Summer Intensive Program (Summer 2014)

### **High School Research Mentorship**

*Jennifer Lee*, Aspiring Scientists Summer Internship Program (Summer 2014)

*Kendall Dalkiewicz*, Governor's School at Innovation Park High School Student (2013-2014). Dynamic Muscle Function Adversely Altered During Gait in Patients with Knee Osteoarthritis

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## **SCHOLARSHIP**

### **Peer-Reviewed Published Articles**

1. Matt Prebble, Qi Wei, Joel Martin, **Oladipo Eddo**, Bryndan Lindsey, Nelson Cortes. (2023). Simulated Tibiofemoral Joint Reaction Forces for Three Previously Studied Gait Modifications in Healthy Controls. *J Biomech Eng.* 2023;145(4)
2. Poretti, K., Ghoddosi, N., Martin, J., **Eddo, O.**, Cortes, N., & Clark, N. (2023). The Nature of Rehabilitation Programs to Improve Musculoskeletal, Biomechanical, Functional, and Patient-Reported Outcomes in Athletes with ACL Reconstruction: A Scoping Review. *SportsHealth.* 2023;0(0)
3. Merrigan, J., Burke, A., **Eddo, O.**, Kearney, J., Marks, D., and Martin, J. (2022). Upper Body Push to Pull Ratios in Law Enforcement Officer Recruits. *Work.* 2022; 73(4): 1167-1174
4. Leary, M., Bryner, R., & **Eddo, O.** (2021). Lessons Learned During the Pandemic: Recommendations for Kinesiology Programs' Emerging Future. *Kinesiology Review.* 2021;10(4): 428-435
5. **Eddo, O.**, Ludwick, J., Lindsey, B., Vaz, J., Martin, J., Caswell, S., & Cortes, N. (2021). Increased Trunk Kinetics Observed During Subject-Specific Trunk Lean Gait Modification. *Journal of Applied Biomechanics.* 2021;1(aop):1-7
6. Lindsey, B., Bruce, S., **Eddo, O.**, Caswell, S., Cortes N. (2020) Relationship between Kinematic Gait Parameters during Three Gait Modifications Designed to Reduce Peak Knee Abduction Moment. *Knee.* 2021;28:229-239
7. Kettlety, S., Lindsey, B., **Eddo, O.**, Prebble, M., Caswell, S., & Cortes, N. (2020). Changes in hip mechanics during gait modification to reduce knee abduction moment. *Journal of biomechanics.* 2020; 99:109509.
8. Lindsey, B., **Eddo, O.**, Caswell, S., Prebble, M., & Cortes, N. (2020). Reductions in peak knee abduction moment in three previously studied gait modification strategies. *Knee.* 2020;27(1):102–110.
9. **Eddo, O.**, Lindsey, B., Caswell, S., Prebble, M., & Cortes, N. (2020). Unintended changes in contralateral limb as a result of gait modification. *Journal of Applied Biomechanics.* 2020;36(1):13–19.

10. **Eddo, O.**, Lindsey, B., Caswell, S., & Cortes, N. (2017). Current evidence of gait modification with real-time biofeedback to alter kinetic, temporal spatial, and function related outcomes: A review. *International Journal of Kinesiology and Sports Science*. 2017;5(3):35–55.

#### **Article in peer review**

1. Matt Prebble, Qi Wei, Joel Martin, Oladipo Eddo, Bryndan Lindsey, Nelson Cortes (2021). Estimating Medial and Lateral Tibiofemoral Joint Reaction Forces in Common Gait Modifications via OpenSim.
2. Ahmadreza Souri, Mandana Sanandaji, Shane Caswell, Oladipo Eddo, Abigail Schmitt, Tiphonie Raffegau (2025). The Effects of an Extemporaneous Speech Dual-Task on Older Adult Gait Control.

#### **Peer-Reviewed Published Abstracts**

1. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., Cortes N. (2019) Increased Dynamic Knee Joint Load at the Non-Modified Limb During Medial Knee Thrust Gait Modification. *Med Sci Sports Exerc*, 51 (6), 12.
2. Prebble, M., Wei, Q., **Eddo, O.**, Lindsey, B., Caswell, S., Cortes N. (2019) Preliminary analysis: The Effects of Gait Interventions on Knee Joint Contact Forces in Healthy Adults. *Med Sci Sports Exerc*, 51 (6), 703.
3. Lindsey, B., **Eddo, O.**, Prebble, M., Caswell, S., Cortes N. (2019) Single-Parameter Gait Modifications Cause Involuntary Secondary Gait Changes. *Med Sci Sports Exerc*, 51 (6), 704.
4. **Eddo, O.**, Lindsey, B., Caswell, S., Hollinger, D., Pope, J., Prebble, M., Azevedo, A. M., Cortes, N. (2018) Effects of Gait Modification on Lower Extremity Sagittal Plane Biomechanics. *Med Sci Sports Exerc*, 50 (5S), 372-373.
5. Lindsey, B., **Eddo, O.**, Caswell, S., Hollinger, D., Pope, J., Prebble, M., Azevedo, A. M., & Cortes, N. (2018) Reductions in Peak Knee Adduction

- Moment in Three Previously Studied Gait Modification Strategies: Preliminary Analysis. *Med Sci Sports Exerc*, 50 (5S), 388.
6. Prebble, M., Sikdar, S., **Eddo, O.**, McCrory, S., Caswell, S., Azevedo, A. M., & Cortes, N. (2018) Biomechanics of Walking in Healthy Adults at Different Gait Speeds. *Med Sci Sports Exerc*, 50 (5S), 10.
  7. Crawford, M., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: Effects Of An Intervention Program In Aging Adults With History Of Falling. *Med Sci Sports Exerc*, 49 (5S), 542.
  8. Pope, J., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Effects of Exercise Intervention on Falls Risk Score in Aging Adults with History of Falling. *Med Sci Sports Exerc*, 49 (5S), 542.
  9. McCrory, S., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: No Differences in Leg Strength Between Fallers and Non-Fallers. *Med Sci Sports Exerc*, 49(5S), 658-659.
  10. **Eddo, O.**, Lindsey, B., Caswell, S., & Cortes, N. (2017). Current Evidence of Gait Modification Strategies to Reduce Knee Adduction Moment: Systematic Review and Meta-Analysis. *Med Sci Sport Exer*; 49(5S): 806
  11. Cortes, N., Popovic, T., **Eddo, O.**, Benjaminse, A., Caswell, A., & Caswell, S. (2017). Implicit and Explicit Video Feedback On Landing Mechanics: A Randomized Controlled Trial. *Br J Sports Med*, 51(4), 309
  12. **Eddo, O.**, Sikdar, S., Caswell, S., Ambegaonkar, J., & Cortes, N. (2016). Evidence supporting biphasic action of *rectus femoris* during gait using ultrasound imaging. *Med Sci Sport Exer*; 48(5S): 890
  13. Ambegaonkar, J. P., **Eddo, O.**, Caswell, S.V., Greska, E., Shimokochi, Y., & Cortes, N. (2016) Effects of changing ball-handling positions on lower extremity moments during landing. *J Athl Train*.
  14. Cary, A., Cortes, N., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Caswell, S. V. (2015). Head Impact Exposure in Girls' High School Varsity Lacrosse Players. *Med Sci Sports Exerc*, 47(5S), 904-905.

15. Cortes, N., **Eddo, O.**, Caswell, S., Martin, J., Greska, E., & Ambegaonkar, J. (2015). Lower Extremity Joint Kinetics Do Not Differ Between Different Athletic Upper Body Positions. *Med Sci Sport Exer*; 47(5S): 344
16. Caswell, S., Cary, A., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Cortes, N. (2015). Head Impact Exposure in Boys' High School Varsity Lacrosse Players. *Med Sci Sport Exer*; 47(5S): 903
17. Ambegaonkar, J, **Eddo, O.**, Caswell, S., Shimokochi, Y., & Cortes, N. (2014) Changing hand positions alters lower extremity biomechanics during landing. *Br J Sport Med*, 48(7), 561.
18. **Eddo, O.**, Jones, M., Rusbasan, T., & Delgado, J. (2012). Repeated measures of vertical jump performance with two devices in collegiate women athletes during off-season training. *J Strength Cond Res*; 27(1): S10

#### **Peer-Reviewed Research Presentations**

1. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., & Cortes, N. (2019). Increased Trunk Kinetics Observed During Subject-Specific Lateral Trunk Lean Gait Modification. Presented at the annual ASB national conference in Calgary, CAN.
2. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., Cortes N. (2019) Increased Dynamic Knee Joint Load at the Non-Modified Limb During Medial Knee Thrust Gait Modification. Presented at the annual ACSM national conference in Orlando, FL.
3. **Eddo, O.**, Lindsey, B., Prebble, M., Caswell, S., & Cortes, N. (2018). Altered Loading Patterns Observed in Contralateral Limb during Medial Knee Thrust. Presented at the annual ASB national conference in Rochester, MN.
4. **Eddo, O.** (2018) Unintended Changes in the Contralateral Limb as a Result of Gait Modification. Presented for the symposium on motor control in biomechanics at the annual ACSM national conference in Minneapolis, MN.
5. **Eddo, O.**, Lindsey, B., Caswell, S., Hollinger, D., Pope, J., Prebble, Azevedo, A. M., Cortes N. (2018) Effects of Gait Modification on Lower Extremity Sagittal Plane Biomechanics. Presented at the annual ACSM national conference in Minneapolis, MN.

6. Lindsey, B., **Eddo, O.**, Caswell, S., Hollinger, D., Pope, J., Prebble, M., Azevedo, A. M., & Cortes, N. (2018) Reductions in Peak Knee Adduction Moment in Three Previously Studied Gait Modification Strategies: Preliminary Analysis. Presented at the annual ACSM national conference in Minneapolis, MN.
7. Prebble, M., Sikdar, S., **Eddo, O.**, McCrory, S., Caswell, S., Azevedo, A. M., & Cortes, N. (2018) Biomechanics of Walking in Healthy Adults at Different Gait Speeds. Presented at the annual ACSM national conference in Minneapolis, MN.
8. Crawford, M., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: Effects Of An Intervention Program In Aging Adults With History Of Falling. Presented at the annual ASCM national conference in Denver, CO.
9. Pope, J., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Effects of Exercise Intervention on Falls Risk Score in Aging Adults with History of Falling. Presented at the annual ASCM national conference in Denver, CO.
10. McCrory, S., Caswell, S., Estep, A., Ambegaonkar, J., **Eddo, O.**, Morrison, S., & Cortes, N. (2017) Preliminary Analysis: No Differences in Leg Strength Between Fallers and Non-Fallers. Presented at the annual ASCM national conference in Denver, CO.
11. **Eddo, O.**, Lindsey, B., Caswell, S., & Cortes, N. (2017). Current Evidence of Gait Modification Strategies to Reduce Knee Adduction Moment: Systematic Review and Meta-Analysis. Presented at the annual ASCM national conference in Denver, CO.
12. Cortes, N., Popovic, T., **Eddo, O.**, Benjaminse, A., Caswell, A., & Caswell, S. (2017). Implicit and Explicit Video Feedback On Landing Mechanics: A Randomized Controlled Trial. International Olympic Committee Conference in Injury Prevention. Monaco
13. **Eddo, O.**, Popovic, T., Caswell, S., Ambegaonkar, J., Onate, J., Benjaminse, A., & Cortes, N. (2016). Early evidence suggests no difference in retention between an implicit and explicit feedback group: A preliminary analysis. Presented at the annual ASB national conference in Raleigh, NC.

14. **Eddo, O.**, Sikdar, S., Caswell, S., Ambegaonkar, J., & Cortes, N. (2016). Evidence supporting biphasic action of *rectus femoris* during gait using ultrasound imaging. Presented at the annual ASCM national conference in Boston, MA.
15. Ambegaonkar, J. P., **Eddo, O.**, Caswell, S.V., Greska, E., Shimokochi, Y., & Cortes, N. (2016) Effects of changing ball-handling positions on lower extremity moments during landing. Annual meeting of the National Athletic Trainers Association Conference. Baltimore, MD
16. Cary, A., Cortes, N., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Caswell, S. V. (2015). Head Impact Exposure in Girls' High School Varsity Lacrosse Players. Presented at the annual ASCM national conference in Orlando, FL.
17. Cortes, N., **Eddo, O.**, Caswell, S., Martin, J., Greska, E., & Ambegaonkar, J. (2015). Lower Extremity Joint Kinetics Do Not Differ Between Different Athletic Upper Body Positions. Presented at the annual ASCM national conference in Orlando, FL.
18. Caswell, S., Cary, A., **Eddo, O.**, Chung, S., Lee, J., Ambegaonkar, J., Hepburn, L., Lincoln, A., & Cortes, N. (2015). Head Impact Exposure in Boys' High School Varsity Lacrosse Players. Presented at the annual ASCM national conference in Orlando, FL.
19. **Eddo, O.**, Sikdar, S., Caswell, S., Johnson, D., Johnson, T., Ambegaonkar, J., & Cortes, N. (2015). Dynamic thickness change of rectus femoris muscle during gait measured using ultrasound is related to hip and knee joint moments and muscle electrical activation and presented at the annual ASB national conference in Columbus, OH.
20. Ambegaonkar, J, **Eddo, O**, Caswell, S., Shimokochi, Y., & Cortes, N. (2014) Changing hand positions alters lower extremity biomechanics during landing. International Olympic Committee – Injury Prevention. Monaco.
21. **Eddo, O.**, Jones, M., Rusbasan, T., & Delgado, J. (2012). Repeated measures of vertical jump performance with two devices in collegiate women athletes during off-season training. Presented at the annual NSCA national conference in Providence, RI.

## **Other publications**

1. **Eddo, O.** (2016). Hip Dip During Stance Leads to Steep Increase in Knee Joint Loads. Sports Med Res

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## **GRANTS**

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### **Funded**

**2018 Dissertation Completion Grant**, George Mason University. Dissertation title: Real-Time Biofeedback Gait Retraining to Alter Lower Extremity Biomechanics: a Patient Specific Approach.

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## **LABORATORY SKILLS**

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- Motion analysis
  - 3D gait system
  - Bertec & AMTI force plates
- Electromyography
  - Delsys wired & wireless system
- Air Displacement Plethysmography (BOD POD)
- VO2 Max Testing
- Resting metabolic rate
- GFT and X2 impact sensors
- VICON software
- Visual 3D software
- OpenSim software
- Matlab
- MaxTRAQ software
- Isokinetic Dynamometer

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## **PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS**

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- American College of Sports Medicine (ACSM)

- National Strength and Conditioning Association (NSCA)
- American Society of Biomechanics (ASB)
- United States Weightlifting (USAW)
- American Kinesiology Association (AKA)
- ACSM Exercise Physiologist (EP)
- NSCA Certified Strength and Condition Specialist (CSCS)
- NSCA Certified Performance and Sport Scientist (CPSS)
- USAW Level 1 Coach
- National Academy of Sports Medicine Corrective Exercise Specialist (CES)
- Exercise is Medicine Credential Level 2 (EIM2)

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### **HONORS & AWARDS**

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- ACSM Biomechanics Interest Group Student Travel Award – Orlando, Florida, 2019
- Dissertation Research Fellowship Award – George Mason University, 2018
- ASB Diversity Award – Rochester, Minnesota, 2018
- Motor control symposium at ACSM student travel award – Minneapolis, Minnesota, 2018
- ASB diversity award – Columbus, Ohio, 2015
- Student as Scholars Travel Award - George Mason University, 2011
- Undergraduate kinesiology student of the year - George Mason University, 2012

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### **CONSULTING**

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#### **Exercise Programming**

- Implemented testing protocols to determine baseline function and for goal-setting
- Designed periodized exercise programs and provided feedback in a recursive process
- Design educational workshops and seminars for trainers and fitness professionals.

## **Collegiate Athletics**

- Designed and recommended a battery of tests for football athletes
- Assisted in implementing an entire season macrocycle training program
- Provided support and feedback through suggested modifications