

## **Dr. JoEllen M. Sefton**

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H-index = 24. I10 – index = 34

### **Education**

Ph. D., University of North Carolina at Charlotte, 2007.

Major: Interdisciplinary Biology & Sports Medicine

Supporting Areas of Emphasis: Athletic Training/Kinesiology

Dissertation/Thesis Title: Sensorimotor Measures in Chronic Ankle Instability

M.S., Central Connecticut State University, 2003.

Major: Exercise Science

Dissertation/Thesis Title: Examination of Factors that Influence Knowledge of and Reporting of Head Injuries in College Football

1800 hour Athletic Training Internship Program (no degree), Central Connecticut State University, 2001.

Major: Athletic Training

Connecticut Center for Massage Therapy, 1995.

Major: Medical Massage Therapy

Supporting Areas of Emphasis: sports massage

B.S., Ohio University, 1981.

Major: Zoology

Supporting Areas of Emphasis: Environmental Biology

Dissertation/Thesis Title: Field Study of Fishing Spider Behavior

### **Licensures and Certifications**

Georgia Athletic Training License, State of Georgia, (September 2009 - 2024).

NATABOC Certified in Athletic Training, National Athletic Training Association Board of Certification, (2001 - 2024). #060102284

AMTA Sports Massage Event Specialist, American Massage Therapist Association, (1998).

Certified in First Aid and CPR/AED, AHA, (1995 - Present).

Nationally Certified in Therapeutic Massage and Bodywork, NTMBOC, (1995 - 2011).

North Carolina Athletic Training License, State of North Carolina, (2005 - 2007).

Indiana State Athletic Training License, State of Indiana, (2003 - 2005).

Connecticut Massage Therapist License, State of Connecticut, (1995 - 2005).

## **Professional Experience**

Auburn University, Auburn Alabama. School of Kinesiology, Professor (2018)

Auburn University, Auburn Alabama. School of Kinesiology, Associate Professor (2011 – 2018)

Auburn University, Auburn Alabama. School of Kinesiology, Assistant Professor (2007 – 2011)

University of North Carolina at Charlotte, Doctoral Fellow/Instructor. (2005 - 2007).

Indiana State University, Certified Athletic Trainer. (2003 - 2005).

Indiana State University, Doctoral Fellow/Instructor. (2003 - 2005).

University of New Haven, Assistant Athletic Trainer. (2001 - 2003).

New Haven Ninjas Arena Football, Certified Athletic Trainer. (2001).

Connecticut College, Athletic Training - internship. (1998 - 2001).

CT Chiefs Professional Football, Head Certified Athletic Trainer. (1997 - 2001).

MuscleWorks Massage Therapy Center, Owner. (1995 - 2001).

New England Seawolves Arena Football, Certified Athletic Trainer. (1999).

Norwich Inn and Spa, Massage Therapist. (1996 - 1998).

## **Honors and Awards**

**Awards and Honors Summary:** *received 11 academic and 38 military awards*

### **Received – Academic**

**Auburn University Endowed Alumni Professor (2025 -2030)**

Auburn University Award for Outstanding Faculty Outreach. (November, 2024).

Outstanding Faculty Award for Outreach, College of Education. (April 2019).

Affiliate Faculty Appointment, Auburn University Raymond J. Harbert College of Business. (June 2017).

Affiliate Faculty Appointment, Auburn University School of Aviation. (May 2017).

Affiliate Faculty Appointment, Auburn University College of Engineering, Department of Industrial and Systems Engineering. (March 2017).

Army ROTC Center of Influence. Leadership in STEM fields of service, education and support to Army Recruiting and ROTC Commands. (June 2016)

Outstanding Faculty Award for Outreach, College of Education. (April 2012).

Emily and Gerald Leischuck Graduate Teaching Award, College of Education. (April 2010).

Society for Neuroscience featured abstract, Society for Neuroscience. (October 2009).

Massage Therapy Body of Knowledge Task Force Member, Massage Therapy Stewards. (September 2009).

Young Investigator Award, College of Education. (April 2009).

NATA Research and Education Foundation Doctoral Scholarship, National Athletic Training Association. (June 2005).

Best Life Sciences/Medical Presentation, Indiana State University, Graduate/Undergraduate Research Showcase. (April 2004).

President's Award - Best Research Presentation. Indiana State University, Indiana State University, Graduate/Undergraduate Research Showcase. (April 2004).

Andrew H. Chase Outstanding Service Award, Connecticut College - Athletics. (May 2002).

#### **Received - Military**

*Military service awards and certificates of appreciation are awarded by a Commander in recognition of outstanding service, effort or contribution to a unit (at any level, i.e. military post-wide, Regiment, Brigade, Battalion, or Company) in areas such as leadership, education, support, professional development or efforts on a special problem/program. Military coins are presented by a military unit in recognition of a special achievement.*

#### **Military Awards**

Service Award, 194th Armor Brigade - Fort Benning, GA. (August 2016).

Dedication/appreciation award – 5-15 Cavalry Squadron - Fort Benning, GA. (July 2016).

Certification of Appreciation, 6th Brigade Recruiting Command, Southeastern United States Region, Redstone Arsenal, AL. (June 2016).

Certification of Appreciation, Ranger Training Brigade - Fort Benning, GA. (October 2014).

Certification of Appreciation, 5-15 Cavalry Squadron - Fort Benning, GA. (August 2014).

Dedication/appreciation award, Commander 1-378 Infantry Battalion Commander, Fort Benning, GA. (January 2011).

Certification of Appreciation, Major General Ferriter, Commanding General - Fort Benning, GA. (November 2010).

Inspirational Leader, Major General Ferriter, Commanding General - Fort Benning, GA. (February 2010).

#### Military Coins

Military Coining, Army Research Laboratory Director, Natick MA. (July 2017).

Military Coining, Wright Patterson Air Force Base Director Human Performance Wing, Air Force Research Laboratory, Wright-Patterson, OH. (July 2017).

Military Coining, 2-47 Infantry Battalion, Battalion Commander - Fort Benning. (July 2016).

Military Coining, 30th Adjutant General Reception Battalion, Battalion Commander - Fort Benning. (June 2016).

Military Coining, 5-15 Cavalry Squadron, Squadron Commander - Fort Benning, GA. (June 2016).

Military Coining, 6th Brigade Recruiting Command - Brigade Commander, Redstone Arsenal, AL. (June 2016).

Military Coining, Montgomery Region Recruiting Command - Brigade Commander, Redstone Arsenal, AL. (June 2016).

Military Coining, 2-58 Infantry Battalion, Battalion Commander - Fort Benning, GA. (May 2016).

Military Coining, Delta Company, 5-15 Cavalry, Company Commander - Fort Benning, GA. (December 2016).

Military Coining, 30th Adjutant General Reception Battalion, Battalion Commander - Fort Benning, GA. (May 2015).

Military Coining, 2-58 Infantry Battalion, Battalion Commander - Fort Benning, GA. (March 2015).

Military Coining, 3-47 Infantry Battalion, Battalion Commander - Fort Benning, GA. (May 2014).

Military Coining, 2-54 Infantry Battalion, Battalion Commander - Fort Benning, GA. (May 2013).

Military Coining, ROTC Cadet Commander, Auburn University – Auburn, AL. (May 2012).

Military Coining, 192nd Infantry Brigade Command Sargent Major - Fort Benning, GA. (March 2012).

Military Coining, 2-46 Battalion Command Sargent Major - Fort Benning, GA. (November 2011).

Military Coining, 2nd Stryker Combat Battalion Deputy Commander - Fort Lewis, WA. (October 2011).

Military Coining, 192d Infantry Brigade Commander - Fort Benning, GA. (April 2011).

Military Coining, 2-46 Infantry Battalion Commander and Command Sargent Major, Fort Benning, GA. (January 2011).

Military Coining, 197th Infantry Brigade Commander - Fort Benning, GA. (October 2010).

Military Coining, **Command Sargent Major of the Army, Pentagon.** (October 2010).

Military Coining, **Major General Brown**, Commanding General -Fort Benning, GA. (October 2010).

Military coining, Army Military and Safety Command Commander and Command Sargent Major, Fort Rucker, AL. (September 2010).

Military Coining, 192d Infantry Brigade Commander - Fort Benning, GA. (July 2010).

Military Coining, **Major General Ferriter**, Commanding General - Fort Benning, GA. (July 2010).

Military Coining, 2-54 Infantry Battalion Commander- Fort Benning, GA. (April 2010).

Military Coining, 192d Infantry Brigade Command Sargent Major - Fort Benning, GA. (March 2010).

Military Coining, 2-47 Infantry Battalion Commander/Command Sargent Major - Fort Benning, GA. (March 2010).

Military Coining, 2-47 Infantry Battalion Commander - Fort Benning, GA. (September 2009).

Military Coining, 2-54 Infantry Battalion Executive Officer -Fort Benning, GA. (March 2009).

#### **Awards Nominated**

Outstanding Outreach Award – Auburn University runner up (fall 2023)

National Athletic Trainers' Association Fellow – fall 2017 first year of eligibility (eligible after 10 years post-terminal degree).

Outstanding Faculty Award for Outreach, Auburn University. (April 2012).

Outreach Research Award, Auburn University. (2010).

National Athletic Trainers' Association Doctoral Dissertation Award, National Athletic Trainers' Association. (June 2009).

#### **Fellowships**

Doctoral Fellowship, University of North Carolina at Charlotte (September 2005 - September 2007)

Doctoral Fellowship, Indiana State University (September 2003 - September 2005)

## Publications

*My research, outreach and instructional activities are inter-related and listed in the most appropriate section.*

**Authorship: lead author is listed first, senior author is listed last.**

**Publication Summary:** 65 peer reviewed publications, Editor for 2 special journal issues, 10 military white papers (requested, non-restricted), 84 military technical reports (restricted), 11 general publication articles, 8 electronic publications, 9 book chapters. H-index = 23, i10-index = 30, 1592 citations (\* denotes graduate student). Senior author is listed last.

### Book, Chapter in Textbook-Revised

**Sefton JM.** Chapter 6 Research in Massage Therapy. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 8th Edition*: ELSEVIER; 2021. (submitted 3-2025)

**Sefton JM.** Chapter 6 Research in Massage Therapy. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 7th Edition*: ELSEVIER; 2021. (submitted 8-2021)

**Sefton JM** Chapter 5 Massage, Effects and Indications. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 6th Edition*: ELSEVIER; 2018.

**Sefton JM.** Chapter 6 Research in Massage Therapy. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 6th Edition*: ELSEVIER; 2018.

**Sefton JM.** Chapter 5 Massage, Effects and Indications. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 5th Edition*: ELSEVIER; 2015.

**Sefton JM.** Chapter 6 Research in Massage Therapy. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 5th Edition*: ELSEVIER; 2015.

**Sefton JM.** Chapter 5 Massage, Effects and Indications. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 4th Edition*: ELSEVIER; 2012.

**Sefton JM.** Chapter 6 Massage, Effects and Indications. In: Waltrous J, ed. *Massage Therapy: Principals and Practice, 4th Edition*: ELSEVIER; 2012.

### Electronic Publication/Media – Science Dissemination

**Sefton JM.** "Protecting Tactical Athletes." Auburn University EagleCast webinar series. Sep 23, 2025

White paper position statement from Tactical Athlete Leadership Board on the status of research in female tactical athletes. Pub March 2023 from Booze Allen Hamilton.

Mata, JD. Human performance Health Research Blog highlighting our work.  
[https://www.linkedin.com/posts/jd-mata\\_i-will-start-highlighting-research-that-i-activity-7010662255574859776-mPon/](https://www.linkedin.com/posts/jd-mata_i-will-start-highlighting-research-that-i-activity-7010662255574859776-mPon/)

Breen, L., Churchward-Venne, T. A., Moore, D., eds. (2022). Dietary Protein for Performance, Health and Disease Management. Lausanne: Frontiers Media SA. doi:10.3389/978-2-88976-874-5. (e-book contribution)

**Sefton JM** PNMT Discovery Series – Trapezius. Interview on my research with H-reflex and FCU. (March 2021)

**Sefton JM** Massage Therapy Foundation Research Perch Podcast: History of MTF research and a look into the research process. (April 2020)

[https://massagefoundation.org/research-grants-perch/?fbclid=IwAR3SezOy37oxz5-lrjpRp7TiloyY0wRUJq7gtyGooO5t2Z4ibP\\_eoj-zKl8](https://massagefoundation.org/research-grants-perch/?fbclid=IwAR3SezOy37oxz5-lrjpRp7TiloyY0wRUJq7gtyGooO5t2Z4ibP_eoj-zKl8)

**Sefton JM**, Zandieh, N\*. Webinar Series: Part III – Finding Quality Resources. National Certification Board for Therapeutic Massage and Bodywork/ Massage Therapy Foundation Webinar Series. (November 2019.) <https://youtu.be/c1Wbh8YLhPQ>

**Sefton JM**, Salvo S. Mosby's Pathology for Massage Therapists - Research Blocks. In: Waltrous J, ed. *Mosby's Pathology for Massage Therapists*: Elsevier; October (4th Quarter/Autumn) 2010.

#### Patent Submissions

**JM Sefton**; Cremaschi L; Bush BM ; Crumbley CD. ExForce (EX4C): The Next Generation of Blood/Medical Transport Device for En Route Care In Remote, Hostile Environments Disclosure Date: AU IP Disclosure No.: 2022-044. September 16, 2022:

Beale A., Weimar W., **Sefton JM**. Superelastic Shoe Augmentation Device and Process. AU 130768-2054.

#### Article-length publications

Refereed Journal Articles (Principal author first, senior author last, \* indicates graduate student)

67. Lawson DJ, Lowell R., Mobley DB, Frick K, Bordonie NC, Clouse KG, Ott CD, Dimick HC, Mauldin NR, Sefton JM. Comprehensive fitness assessment in a professional military education cohort: A Cross-Sectional Study. *Int J Ex Sci*. Accepted July 23, 2025

66. Boledovic RE,\* Frick KA, Lawson DJ, Lowell RK, Sefton JM. The effect of microbreaks in on-duty Police officers. *Auburn Univ J Undergrad Research*. Aug 2025.

65. Agostinelli PJ, Bordonie NC, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, Sefton JM. The impact of fitness on performance, exertion, and cognition during simulated firefighter occupational tasks. *Comments: J Functional Morphology and Kinesiology. J Funct Morphol Kinesiol*. 2025 Apr 11;10(2):129. doi: 10.3390/jfmk10020129. PMID: PMC12015927 . (IF 2.6)

64. Sefton JM, Neal FA,\* Bordonie NC,\* Agostinelli PJ,\* Whitley PE, Hogue J, Pickle NT, Sedberry K,Taylor A, Haering C, Zehnbauser TP, Register A, Roos PE. The impact of a commercial lower extremity exoskeleton on metabolic load, perceived exertion, and physiological response to a challenging military relevant task: a randomized cross-over pilot study. *PLOS1* 2025 Jan 24;20(1):e0314613.2025. doi: 10.1371/journal.pone.0314613. PMID: 39854361; PMID: PMC11761108. (IF 3.2)

63. Rightmire Z, Roper JA, Miller M, Murrah W, Sefton JM. High Intensity Interval Training improves eSport Performance Scores in Super Smash Brothers Ultimate Competitors. *J of Electronic Gaming and e-Sports*. 2024. 2(1). <https://doi.org/10.1123/jege.2023-0031>

62. Agostinelli PJ, Bordonie NC, Linder BA, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW,

- Murrah WM, Sefton JM. Impact of acute exercise on performance and physiological stress during simulated firefighter occupational tasks. *Scientific Reports*. 2024; 14:29778. DOI : 10.1038/s41598-024-81015-8. <https://rdcu.be/d1Ui5> (IF 4.6)
61. Agostinelli PJ,\* Bordonie NC,\* Linder BA,\* Robbins AM, Jones PL,\* Reagan LF,\* Mobley CB, Miller MW, Murrah WM, Sefton JM. Acute exercise impacts heart rate variability but not cognitive flexibility during subsequent simulated firefighter occupational tasks. *Eur J Appl Physiol*; 2024. <https://doi.org/10.1007/s00421-024-05650-9>. (IF 3.346)
  60. DadeMatthews O,\* Roper JA, Vazquez A,\* Shannon DM, **Sefton JM**. Virtual assessment of functional mobility in lower extremity prosthesis clients: an exploratory study. *Archives of Rehabilitation Research and Clinical Translation*. 2024; 6(3). 100355. (IF 1.9)
  59. Neal F\*, Bordonie N\*, Miller, MM, Agostinelli PH,\* **Sefton JM**. Assessing the Validity of a Core Temperature Monitoring Tool for Tactical Athletes. *International Journal of Occupational and Environmental Safety*; 8 (2) 2024. doi: <https://doi.org/10.24840/2184-0954-008.002-002379>. (IF 1.195)
  58. Tsai PF, Edison J, Wang C, Sefton J, Manning K, Gamlich MW. Characteristics of patients with myofascial pain syndrome of the low back. *Scientific Reports*. 2024;14(1), 11912. (IF 4.8)
  57. Rightmire Z,\* Roper JA, Miller M, Murrah C, **Sefton JM**. An Acute Bout of High Intensity Interval Training Improves eSport Performance in Super Smash Brothers Ultimate Competitors. *Journal of Electronic Gaming and Esports*. 2024; 2(1). DOI: 10.1123/jege.2023-0031
  56. Frick KA,\* Agostinelli PH,\* Harris M,\* Swinford J,\* Mobley CB, Sefton JM. Age-Related Declines in Health and Fitness among Law Enforcement Officers Compared to Population Norms. *Healthcare* , 12(7), 714, 2024. <https://doi.org/10.3390/healthcare12070714>. (IF 2.5)
  55. Tsai PF, Edison J, Wang C, **Sefton J**, Manning K, Gamlich MW. Myofascial Trigger Point (MTrP) Size and Elasticity Properties Can Be Used To Differentiate Active and Latent MTrPs In Lower Back Skeletal Muscle. *Scientific Reports*. 2024; 14 (1), 7562 (IF 4.8)
  54. Agostinelli PJ,\* Linder BA,\* Frick KA,\* Bordonie NC,\* Neal FA,\* Sefton JM. Validity of Heart-Rate Derived Core Temperature Estimation During Simulated Firefighting. *Scientific Reports*. 13: 22503, 2003. DOI: 10.1038/s41598-023-49929-x . (IF 4.6). <https://rdcu.be/dtSAX>
  53. Monaghan PG, Knight AD, Brinkerhoff S, Dearth C, Hendershot BD. **Sefton JM**, Zabala M, Vazquez A, Shannon D, Crumley D, Roper JA. Characterization of ankle-foot prosthesis prescription patterns in U.S. Service members following unilateral transtibial amputation. *Frontiers in Rehabilitation Science*. 2023; Aug 25;5:1235693. <https://doi.org/10.3389/fresc.2023.1235693> (IF 4.06)
  52. DadeMatthews O, Roper JA, Vazquez A, Shannon DM, **Sefton JM**. Prosthetic device and service satisfaction, quality of life, and functional performance in lower limb prosthesis clients. *Prosthetics and Orthotics International*. 2023; 10 - 1097. PMID: 37870367. DOI: 10.1097/PXR.0000000000000285 (IF 1.482)
  51. Agostinelli PJ, Hirschhorn RM, **Sefton JM**. Exercise Habits and Resources for Southeastern United States Firefighters. *J Occupational and Environmental Medicine*. 1;65(e351-e357 2023. PMID: 36914371 DOI: 10.1097/JOM.00000000000002822. (IF 1.355, 1 citation)



50. Parks AG, Murrah W., Weimar W., Zabala M, McHenry P., Bingham D., Giordano K., **Sefton JM.** Impact of two types of fitness programs on Soldier physical fitness. *Int J Ex Sci.*15(4):1326-1346. 2022. <https://digitalcommons.wku.edu/ijes/vol15/iss4/30>
49. Lyons KD, Parks A, DadeMatthews O, Zandieh N, McHenry P, Games KA, Goodlett, M, Murrah W, Roper JA, **Sefton JM.** Vertical and side-alternating whole body vibration platform parameters influence lower extremity blood flow and muscle oxygenation. *Vibration.* 2022; 5(3) 557-567. doi.org/10.3390/vibration5030031 (IF 2.0)
48. Agostinelli PJ,\* Braxton AL,\* Frick KA,\* **Sefton JM.** Anthropometrics Impact Army Combat Fitness Test Performance in Reserve Officer Training Corps Cadets. *Mil Med.* Usac202, 2022. (IF 1.563, 3 citations).
47. Pope RP, Orr R, **Sefton JM.** Special Issue Editor. Tactical Forces Risk Management. *International Journal of Environmental Research and Public Health.* (IF 4.614) [https://www.mdpi.com/journal/ijerph/special\\_issues/TFIRM](https://www.mdpi.com/journal/ijerph/special_issues/TFIRM).
46. DadeMatthews O,\* Neal F,\* Agostinelli P,\* Oladipupo O,\* Hirschhorn R, Wilson A, **Sefton JM.** A Systematic Review and Meta-analysis on the Effects of Whole-body Vibration on Bone Health:. *Complementary Therapies in Medicine.* 2022; May; 65: 102811. doi: 10.1016/j.ctim.2022.102811.(IF 1.9, 7 citations).
45. McAdam JS,\* McGinnis K,\* Ory R,\* Young K, Frugé A, Roberts M, **Sefton JM.** Whey protein supplementation effects on body composition, performance, and blood biomarkers during Army initial entry training. *Frontiers of Nutrition.* 2022; 9. doi.org/10.3389/fnut.2022.807928 (IF 6.57)
44. Lyons KD,\* Parks A,\* DadeMatthews O,\* Zandieh N,\* McHenry P,\* Games KA, Goodlett, M, Murrah W, Roper JA, **Sefton JM.** Core and whole-body vibration exercise improves military foot march performance. *Military Med.* 2021; July. PMID: 34259328 DOI: 10.1093/milmed/usab294 (IF 0.906, 3 citations).
43. Hirschhorn R., DadeMatthews O,\* **Sefton, JM.** Exertional heat stroke knowledge and management among emergency medical service providers. *Int. J. Environ. Res. Public Health.* 2021; 18, 5016. doi: [10.3390/ijerph18095016](https://doi.org/10.3390/ijerph18095016) (IF 4.614)
42. Lyons KD,\* Coker J,\* Parks A,\* DadeMatthews O,\* Zabala M, **Sefton JM.** Core and whole body vibration exercise influences muscle sensitivity and posture during a military foot march. *Int. J. Environ. Res. Public Health.* 2021; 18(9): 4966. DOI: [10.3390/ijerph18094966](https://doi.org/10.3390/ijerph18094966) (IF 4.614, 2 citations)
41. **Sefton JM,** Dexheimer J, Munk N, Miccio R, Kennedy AB, Cambron J, MacDonald G, Hemsworth R. A research agenda for the massage therapy profession: a report from the massage therapy foundation. *The International Journal of Therapeutic Massage and Bodywork.* 2020; 13(4) 42-46. PMID: [33282035](https://pubmed.ncbi.nlm.nih.gov/33282035/) (IF 0.41, 2 citations).
40. **Sefton JM.** McGinnis KD,\* Beck DT, Haun CT,\* Romero MA,\* Mumford PW,\* Robertson PA,\* Young KC, Roberts MD, McAdam JS.\* Markers of bone health and impact of whey protein supplementation in Army initial entry training Soldiers: a double-blind placebo-controlled study. *Nutrients.* 2020; 12(8), 2225. doi: [10.3390/nu12082225](https://doi.org/10.3390/nu12082225) (IF 3.55, 7 citations)

39. Radzak KN, **Sefton JM**, Timmons MK, Lopp R, Stickley CD, Lam KC. Musculoskeletal Injury in Reserve Officers' Training Corps: A Report from the Athletic Training Practice-Based Research Network. *Orthopaedic Journal of Sports Medicine*. 2020; 8 (9). 2325967120948951. (IF 2.589, 10 citations).
38. Games KE, Winklemann ZK, McGinnis KD, McAdam JS, Pascoe DD, **Sefton JM**. Functional performance of firefighters after exposure to environmental conditions and exercise. *Journal of Athletic Training*; 2020; 55(1). doi: 10.4085/1062-6050-75-18. (IF 2.478, 14 citations).
37. McGinnis KD,\* McAdam JS,\* Lockwood CM, Young KC, Roberts MD, **Sefton JM**. Impact of protein and carbohydrate supplementation on musculoskeletal injuries in army initial entry training soldiers. *Nutrients*;2018; 10(12). doi.org/10.3390/nu10121938. (IF 3.55, 6 citations).
36. McAdam JS\*, McGinnis KD,\* Ory, RL,\* Young, KC, Fruge' AD, Roberts MD, **Sefton JM**. Estimation of energy balance and training volume during Army Initial Entry Training. *Journal of the International Society of Sports Nutrition*. 2018; 15(15). doi.org/10.1186/s12970-018-0262-7 (IF 3.135, 29 citations)
35. McAdam JS,\* McGinnis KD,\* Beck, DT, Haun, CT,\* Romero, MA,\* Mumford, PW,\* Robertson, PA,\* Young, KC, Lohse KR, Lockwood, CM, Roberts MD, **Sefton JM**. Effect of whey protein supplementation on physical performance and body composition in Army initial entry training soldiers. *Nutrients* 2018; 10(9). DOI: 10.3390/nu10091248. (IF 3.55, 31 citations).
34. Games KE,\* Lakin JM, Quindry JC, Weimar WH, **Sefton JM**. Local pressure application effects on neurological and circulatory function. *Aerosp Med Hum Perform*. 2018; 89(8):693–699. DOI:10.3357/AMHP.4675.2018. (IF 0.85, 1 citation).
33. Hanks M,\* **Sefton JM**, Oliver G. Neck kinematics and electromyography while wearing head supported mass during running. *Aerosp Med Hum Perform*. 2018; 89(1):9-13. DOI:10.3357/AMHP.4955.2018.( IF 0.85, 2 citations).
32. **Sefton JM**, Games KA. Interdisciplinary research centers: a pathway for solving complex problems. *Kinesiology Review*. October (4th Quarter/Autumn) 2017. DOI:10.1123/kr.2017-0025
31. Journal of Athletic Training: Editor, special issue on the tactical athlete. In: **Sefton JM**, Burkhardt TA, ed: 2016;51:140. (IF 2.478, 25 citation).
30. Strube EM\*, Sumner A\*, Kollock R, Games K\*, Lackamp MA\*, Mizutani M\*, **Sefton JM**. The effect of military load carriage on postural sway, forward trunk lean, and pelvic girdle motion. *International Journal of Exercise Science*. 2017; 10(1) 3. PMID:PMC5213736 (26 citations).
29. **Sefton JM**, McAdam J\*, Lohse K. Prediction of Injuries and Injury Types in Army Basic Training, Infantry, Armor, and Cavalry Trainees Using a Common Fitness Screen. *Journal of Athletic Training*. 2016;51:849-857. DOI: 10.4085/1062-6050-51.9.09 (IF 2.478, 49 citations).
28. **Sefton JM**, McAdam J\*, Pascoe D, Lohse K, Banda RL\*, Jenault CB\*, Cherrington AR\*, Adams NE\*. Evaluation of 2 heat-mitigation methods in Army trainees. *Journal of Athletic Training*. 2016;51:936-945. DOI: 10.4085/1062-6050-51.10.13 (IF 2.478, 12 citation).
27. Kollock R\*, Andrews C\*, Elliott T\*, Games K\*, Wilson A, **Sefton JM**. A meta-analysis to determine if lower extremity muscle strengthening should be included in military knee-overuse injury-prevention programs. *Journal of Athletic Training*. 2016;51:919-926. DOI: 10.4085/1062-6050-51.4.09 (IF 2.478, 36 citations).
26. Games K\*, Lakin J, Quindry J, Weimar W, **Sefton JM**. Local pressure application effects on

- discomfort, temperature, and limb oxygenation. *Aviation, Space and Environmental Medicine*. 2016; 87 (8), 697 – 703. DOI: 10.3357/AMHP.4516.2016 (IF 0.85, 4 citation)
25. Kollock RR\*, Games K\*, Wilson A, **Sefton JM**. Vehicle ride exposure and spinal musculature fatigue in military warfighters: a meta-analysis. *Journal of Athletic Training*. 2016;51(11):981-990. DOI: 10.4085/1062-6050-51.9.13 (IF 2.478, 15 citations).
  24. Kephart W, Mobley B, Fox CD, Pascoe D, **Sefton JM**, Wilson TJ, Goodlett MD, Kavazis AN, Roberts MD, Martin JS. A single bout of whole-leg, peristaltic pulse external pneumatic compression upregulates PGC-1 $\alpha$  mRNA and eNOS protein in human skeletal muscle tissue. *Experimental Physiology*. 2015;100:852-864. DOI: 10.1113/EP085160 (IF 2.818, 33 citations).
  23. Kollock R\*, Games K\*, **Sefton JM**. Effects of vehicle-ride exposure on cervical pathology - a meta-analysis. *Industrial Health*. 2015. DOI: 10.2486/indhealth.2014-0156 (IF 1.057, 11 citations).
  22. Games K\*, **Sefton JM**. Tissue changes during operational load bearing conditions of the UH-60 Black Hawk helicopter using high field magnetic resonance imaging. *Aerospace Medicine and Human Performance*. June 2015. DOI: 10.3357/AMHP.4227.2015 (IF 0.85, 2 citations).
  21. Games K\*, **Sefton JM**, Wilson A. Whole-body vibration and blood flow and muscle oxygenation: A meta-analysis. *Journal of Athletic Training*. 2015;50:542-9. DOI: 10.4085/1062-6050-50.2.09 (IF 2.478, 95 citations).
  20. Games K\*, Lakin J, Quindry J, Weimar W, **Sefton JM**. Prolonged restricted sitting effects in UH-60 helicopters. *Aerospace Medicine and Human Performance*. January (1st Quarter/Winter) 2015. DOI: 10.3357/AMHP.4092.2015 (IF 0.85, 7 citations).
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  16. **Sefton JM**, Yazar C\*, Berry J. Six weeks of massage therapy produces changes in balance, neurological and cardiovascular measures in older persons. *The International Journal of Therapeutic Massage and Bodywork*. 2012;5:28-40. PMCID: PMC3457720, 21 citations).
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1. **Sefton JM**. An examination of factors that influence knowledge and reporting of head injuries in college football. 2003. Central Connecticut State University Thesis (25 citations).

## Journal Article, Professional

**Sefton JM.** Massage Therapy Utilization in the Military Health System. *Massage Therapy Journal*. November, 2025. In Press.

**Sefton JM.** Top types of evidence-based research: scaling the research pyramid. *Massage Magazine*. November, 2019.

Tactical Athletes: maximizing their ability to protect and serve. *Lower Extremity Review*. 2017; 9(7). Cover Story.

Massage Therapy for Runners. *Runners World*: March 21, 2014.

**Sefton JM, Pizzi AA\*.** Warrior Athletic Training: Unexpected Benefits of Army-University Collaborations. *Infantry*. 2012; 101(2) 47-48. (6 citations).

**Sefton JM, Pizzi AA\*.** Army-University Collaborations: Fort Benning's Warrior Athletic Training Program. 2012;Summer:12-13.

**Sefton JM, Shea M, Hines C.** Developing, maintaining, and utilizing a body of knowledge for the massage therapy profession. *The International Journal of Therapeutic Massage and Bodywork*. 2011;4:1-12.

**Sefton JM.** Myofascial release for athletic trainers, Part 1: Theory and session. *Athletic Therapy Today*. 2004;9:148-149. (68 citations).

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## In Review

1. Kosek J, Houde H, Beale D, Halvorson M, Williams L, Touliatous G, Rasarmos A, Sefton JM, Wilburn C, Weimar W. Investigation of Nitinol Shoe Inserts as Stress Injury Reduction Mechanisms for the Modern Warfighter. *Int J Env Res and Public Health*. Submitted 3-22-23
2. Frick KA,\* Agostinelli PH,\* Harris M,\* Swinford J,\* Mobley CB, Sefton JM. Protective Gear Negatively Impacts Police Officer Mobility, Stability, and Power Generation. *Journal of Applied Ergonomics*. June 2025.

## In Preparation

Neal FK, Agostinelli PJ, Frick KA, Sefton JM. Effective Cooling Methods for Firefighters: A Systematic Review and Meta-Analysis. Comments: Preliminary draft being written.

#### Military White Papers (unrestricted)

*These are requested by Command or a funding source. These papers summarize a completed or potential project, research, or a new approach to solve a problem. They run 3-30 pages, and are fully referenced and researched articles. They may lead to new funding, implementation of a new protocol/approach, or new research to address an issue.*

**Sefton JM**, McAdam, J. McGinnis, K. Evaluation of Energy Expenditure and Whey Protein Supplementation on Fitness, Body Composition and Injury Rates in Army Initial Entry Training. June, 2018.

**Sefton JM** Ability Group Physical Readiness Training. November 2017.

**Sefton JM** Evaluation of energy expenditure and impact of whey protein supplementation on fitness, injury rates and medical visits in army OSUT students. October 2016.

**Sefton JM** First year Assessment of the Initial Entry Training Physical Resiliency Enhancement Program (I-PREP). October 2016.

**Sefton JM** Use of the 1:1:1 for Initial Injury Screen in Initial Entry Training Soldiers. October 2016.

**Sefton JM** Command Dashboard with Integrated Injury Tracking. July 2016.

**Sefton JM** Impact of Cockpit Design on Pilot Performance and Health. February 2016.

**Sefton JM** Evaluation of two heat mitigation methods in Army Trainees. September 2015.

**Sefton JM** Development of a Human Dimension Military Research and Technology. September 2015.

#### Military Research/Technical papers (restricted)

*These publications are peer-reviewed by Military Command (local to pentagon level) and contain data/information that is restricted from public access. Papers range from 30-300 pages, and contain all of the data collected for a specific project or contract time-period. The paper provides information such as analysis of data for the time-period, trend reports, suggested interventions, research results, intervention cost analysis, or a military research literature review. An example is a year-end Warrior Athletic Training Program summary that includes analysis of all the data collected for that contract year for the Warrior Athletic Training program: including injury information for 5 Army training Brigades (50,000 Soldiers across the year), injury trend analysis, intervention analysis, training events and weeks when injuries occur, how quickly Soldiers return to duty, numbers of each specific type of injury, how these trends vary between units, training hours lost/saved, and cost/benefit analysis. Some injuries are so important (stress fractures) that they required a separate report and analysis. The Command contract-reports also include a detailed report of all actions on the contract (meetings, briefs, educational briefs, training event coverage, personnel reports, issues/concerns), and full budget report. The first two listed below is a full read-to-publish manuscript that the Army restricted (after publication approval) prior to publication.*

**Sefton JM**, McAdam J, Lohse K. Assessment of walking distance, weight carried, and musculoskeletal injury in initial entry Soldiers. 2017.

**Sefton JM, Uhl E, Bower B.** Assessment of a military injury prevention and fitness enhancement program. 2016.

**Sefton JM.** FY 2016 Year End Warrior Athletic Training Program Command Contract Report: August 2016.

**Sefton JM.** FY 2016 Year End Warrior Athletic Training Program Report: August 2016.

**Sefton JM.** FY 2016 Year End Warrior Athletic Training Program Stress Fracture Report: August 2016.

**Sefton JM.** FY 2016 3rd QTR Warrior Athletic Training Program Command Contract Report: July (3rd Quarter/Summer) 2016.

**Sefton JM.** FY 2016 3rd QTR Warrior Athletic Training Program Report: July (3rd Quarter/Summer) 2016.

**Sefton JM.** FY 2016 2nd QTR Warrior Athletic Training Program Command Contract Report: April (2nd Quarter/Spring) 2016.

**Sefton JM.** FY 2016 2nd QTR Warrior Athletic Training Program Report: April (2nd Quarter/Spring) 2016.

**Sefton JM.** FY 2106 2nd QTR Warrior Athletic Training Program Stress Fracture Report: April (2nd Quarter/Spring) 2016.

**Sefton JM.** FY 2016 1st QTR Warrior Athletic Training Program Command Contract Report: December 2015.

**Sefton JM.** FY 2016 1st QTR Warrior Athletic Training Program Report: December 2015.

**Sefton JM.** FY 2106 1st QTR Warrior Athletic Training Program Stress Fracture Report: December 2015.

**Sefton JM.** FY 2015 Executive Summary Command Warrior Athletic Training Program Report: November 2015.

**Sefton JM.** FY 2015 Year End Warrior Athletic Training Program Command Contract Report: October (4th Quarter/Autumn) 2015.

**Sefton JM.** FY 2015 Year End Warrior Athletic Training Program Report: September 2015.

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**Sefton JM.** FY 2015 3rd QTR Warrior Athletic Training Program Command Contract Report: July (3rd Quarter/Summer) 2015.

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Quarter/Spring) 2015.

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**Sefton JM.** FY 2015 1st QTR Warrior Athletic Training Program Report: December 2014.

**Sefton JM.** FY 2015 1st QTR Warrior Athletic Training Program Stress Fracture Report: December 2014.

**Sefton JM.** FY 2014 Year End Warrior Athletic Training Program Command Contract Report: October (4th Quarter/Autumn) 2014.

**Sefton JM.** FY 2014 Year End Warrior Athletic Training Program Report: September 2014.

**Sefton JM.** FY 2014 Year End Warrior Athletic Training Program Stress Fracture Report: September 2014.

**Sefton JM.** FY 2014 3rd QTR Warrior Athletic Training Program Report: June 2014.

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**Sefton JM.** FY 2014 3rd QTR Warrior Athletic Training Program Command Contract Report: June 2014.

**Sefton JM.** FY 2014 2nd QTR Warrior Athletic Training Program Command Contract Report: March 2014.

**Sefton JM.** FY 2014 2nd QTR Warrior Athletic Training Program Report: March 2014.

**Sefton JM.** FY 2014 2nd QTR Warrior Athletic Training Program Stress Fracture Report: March 2014.

**Sefton JM.** FY 2014 1st QTR Warrior Athletic Training Program Command Contract Report: December 2013.

**Sefton JM.** FY 2014 1st QTR Warrior Athletic Training Program Report: December 2013.

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**Sefton JM, Kollock RR\*, Lee V\*, Ferguson B\*, Games K\* 10, Sumner A, Hartis AA\*, Pizzi AR\*.** No. W911NF-11-D-0001 - Volunteer investigations for mounted and head-supported mass in dismounted operation: Review of literature: July (3rd Quarter/Summer) 2012:300 pages.

**Sefton JM.** FY 2012 3rd QTR Warrior Athletic Training Program Report: June 2012.

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#### Published Abstracts

Agostinelli PJ, Bordonie NC, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, Sefton JM. The Effect of Two Acute Exercise Modalities on Physiology and Cognition During Firefighting Performance. Comments: Poster presentation at the National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.

Bordonie NC, Agostinelli PJ, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, Sefton JM. Sex-Differences in Physiology and Cognition During Simulated Firefighting Tasks Following Acute Exercise. Comments: Poster presentation at the National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.

Frick KA, Agostinelli PJ, Bordonie NC, Neal FK, Swinford JF, Harris ME, Sefton JM. Fitness of the Force: Tactical Wellness Collaboration. Comments: Poster presentation at the National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.

Neal FK, Bordonie NC, Miller MW, Agostinelli PJ, Sefton JM. Assessing the Validity of a Core Temperature

Monitoring Tool for Tactical Athletes. Comments: Poster presentation at the National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.

Bordonie NC, Agostinelli PJ, Linder BA, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, Sefton JM. Impact of anaerobic fitness on performance and physiology during firefighter occupational tasks. Comments: Poster presentation at the American Physiological Summit, Long Beach, CA. April 4 – 7th, 2024.

Agostinelli PJ, Bordonie NC, Linder BA, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, Sefton JM. The impact of training status on firefighter task performance after acute exercise. Comments: Poster presentation at the American Physiological Summit, Long Beach, CA. April 4 – 7th, 2024.

Bordonie NC,\* Agostinelli PJ,\* Linder BA,\* Frick KA,\* Neal FK,\* **Sefton JM**. Physiological Impact of Firefighter Turnout Gear During Simulated Firefighting Activities. National American College of Sports Medicine Annual Meeting, Denver CO. May 30 – June 2, 2023.

Agostinelli PJ, Linder BA, Frick KA, Bordonie NC, Neal FK, **Sefton JM**. Validity of Heart-Rate Derived Core Temperature Estimation During Simulated Firefighting. National American College of Sports Medicine Annual Meeting, Denver, CO. May 30 – June 2, 2023.

Birdsong JG, Reesman KL, **Sefton JM**, Miller MW. Efficacy of using virtual reality to support the training of the emerging pilot workforce. International Symposium on Aviation Psychology. 5-1-2023

Roos P, Zehnbauer T, Register A, Hogue J, Pickle N, Martin J, Marschner K, **Sefton JM**, Whitley P, Taylor A, Haering C, Sedberry K. ExoSense – A biosensor solution for real-time and prognostic health status monitoring in the field. MHSRS 2023.

DadeMatthews, O. O., Agostinelli, P. J., Neal, F. K., Oladipupo, S. O., Hirschhorn, R. M., Wilson, A.E., & **Sefton, J. M.** (2022). Systematic review and meta-analyses on the effects of whole-body vibration on bone health. *Complementary Therapies in Medicine*, 102811.

Agostinelli PJ, Rightmire ZB, Neal FK, DadeMatthews OD, **Sefton JM**. Army Combat Fitness Test Performance Sex Differences in Reserve Officer Training Corps Cadets. Abstract #4137 June 2022, *Medicine and Science in Sports and Exercise* 2022 – Volume 54 – Issue 9S.

Lyons, K. **Sefton JM**. Development of a work – rest protocol for firefighter recovery operations. 5<sup>th</sup> International Congress on Soldiers' Physical Performance. Quebec, Canada. February 2020.

**Sefton JM**. *"Tactical Athletes: Integrating a sports medicine model into health care and training."* Warsaw, Poland. International Meeting of Orthopaedic Research. (September 2019.)

Lazicki, R., DeWitt, T., **Sefton JM** "Interdisciplinary Teams Working with Military Athlete". National Athletic Trainer' Association, Las Vegas, NV. (June 2019).

McGinnis KD,\* McAdam JS,\* Lockwood, CM, Young, KC, Roberts MD, **Sefton JM**. Impact of protein and carbohydrate supplementation on musculoskeletal injuries in army initial entry training soldiers. *Journal of Athletic Training*, 2018. 53(6) s-111.

McAdam J,\* McGinnis K,\* **Sefton JM**. "A bone to pick with nutrition and training volume during initial entry training." Tactical Athlete Human Factors Summit, Auburn, Alabama. (September 2018).

- McGinnis K.,\* McAdam J,\* **Sefton JM**. "Evaluation of impact levels during Army IET events." Tactical Athlete Human Factors Summit, Auburn, Alabama. (September 2018).
- Winkelmann ZK, McGinnis KD, McAdam JS, Pascoe DD, **Sefton JM**, Games KE. The Effect of Environmental Heat Stress on Functional Balance in Firefighters. *Journal of Athletic Training, supplement*: 2017;103.
- Kephart W, Mobley B, Fox CD, Pascoe D, **Sefton JM**, Wilson TJ, Goodlett MD, Kavazis AN, Roberts MD, Martin JS. A single bout of whole-leg, peristaltic pulse external pneumatic compression upregulates PGC-1 $\alpha$  mRNA and eNOS protein in human skeletal muscle tissue. *FASEB Journal* 2015; 29 (1 supplement), 947.19.
- Games K\*, **Sefton JM**, Wilson A. Whole-body vibration's influence on blood flow and muscle oxygenation: A meta-analysis. *Medicine and Science in Sports and Exercise*. 45(5), 249.
- Keeler J\*, Culton A, Games K\*, **Sefton JM**. Atypical Stress Fracture in a Male Collegiate Track and Field Thrower. *Journal of Athletic Training, supplement*: 2012;47.
- Yarar-Fisher C\*, Pascoe D, Gladden L, Quindry J, Hudson J, **Sefton JM**. Acute physiological effects of whole body vibration (WBV) on central hemodynamics, muscle oxygenation and oxygen consumption in individuals with chronic spinal cord injury. *Medicine and Science in Sports and Exercise*. 2012; 44, 730
- Yarar C, **Sefton JM**. Massage therapy produces long-term modulation of postural control and sensorimotor measures in older persons. *Society for Neuroscience Annual Meeting*: November 2011.
- Games K\*, **Sefton JM**. The acute effects of whole-body vibration on the soleus Hoffmann reflex and superficial skin temperature in the lower leg of healthy adults. *Society for Neuroscience Annual Meeting*: November 2011.
- Yarar C\*, **Sefton JM**. The effect of weekly therapeutic massage on soleus Motor Neuron pool excitability in older individuals. *Medicine and Science in Sports and Exercise*: 2011;43:928.
- Rich J\*, **Sefton JM**. Peripheral blood flow and temperature modulations with cryotherapy treatment variations. *J Atl Train*: 2010;45:S10-140.
- Yarar C\*, **Sefton JM**. Therapeutic massage effects on skin and muscle blood flow. *Med Sci Sport Exerc*: 2010;42:244.
- Yarar C\*, **Sefton JM**. The effects of ankle bracing during a 6-week rehabilitation protocol on spinal reflex modulation during double and single legged stance. *Society for Neuroscience Annual Meeting*: 2010;Electronic and conference book.
- Yarar C\*, **Sefton JM**. The effect of therapeutic neck and shoulder massage on flexor carpi radialis motor neuron pool excitability. *Society for Neuroscience Annual Conference*: 2009;Electronic and conference book.
- Brock S, Wadsworth D, Robinson L, **Sefton JM**, Coleman K, Elmore J. Steps accumulated during interactive gaming versus traditional physical education activities. *Research Quarterly for Exercise and Sport*: 2009;80:A51, Supp 5.
- Brock S, Wadsworth D, Robinson L, **Sefton JM**, Coleman K, Elmore J. Steps accumulated during interactive gaming versus traditional physical education activities. *Research Quarterly for Exercise and Sport*: 2009;80:A51, Supp 5.
- Sefton JM**, Hicks-Little CA **Yarar C\***, Berry J, Cordova ML. The effect of a 6-week balance training program on sensorimotor measures in chronically unstable ankles. *Society for Neuroscience Annual Meeting*:

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**Sefton JM**, Hicks-Little CA, Kocaja DA, Hubbard TJ, Clemmens MG, Yengo CM, Cordova ML. Does short term reflex training enhance sensorimotor function in chronically unstable ankles. *Journal of Athletic Training*: 2008;43:S28.

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**Sefton JM**, Hicks-Little CA, **Yarar C\***, Berry J, Cordova ML. Discriminant Analysis of Sensorimotor Measures in Chronically Unstable and Healthy Ankles. *Journal of Athletic Training*: 2007;42:S28.

**Sefton JM**, Hicks-Little CA, Kocaja DM, Cordova ML. Effect of Inversion Perturbation and External Support on the Hoffmann Reflex in the Peroneus Longus Muscle. *Medicine and Science in Sports and Exercise*: 2006;DOI: 10.1111/j.1600-0838.2006.00593.x.

**Sefton JM**, Hicks-Little CA, Kocaja DM, Cordova ML. Influence of Stance and Support on Soleus Presynaptic Inhibition. *Medicine and Science in Sports and Exercise*: 2006; 38(5), S441. (2 citations).

Bernard LW, Au KK, **Sefton JM**, Cordova ML. The effects of cryotherapy and ankle bracing on peroneus longus response during sudden inversion. *Journal of Athletic Training*: 2006;41:S27.

**Sefton JM**, Kocaja DM, Cordova ML. Modulation of soleus H-reflex by presynaptic spinal mechanisms during varying surface and ankle brace conditions. *Society of Neuroscience Annual Meeting*: 2005;Electronic and conference book.

**Sefton JM**, Pirog, K, Capitato A, Harackiewicz D, Cordova M. An examination of factors that influence knowledge and reporting of mild brain injuries in collegiate football. *J Athletic Training*: 2004: 39:S52-53. (20 citations).

## **Presentations / Briefings**

### **Presentation Summary:**

**240 research and invited presentations, 83 military presentations (outreach, education, service, research), 29 research poster presentations and 7 roundtable/panel presentations.**

### **Keynote/Plenary Address, Invited**

**241. Sefton JM. "Protecting Tactical Athletes." Auburn University Faculty Outreach and Engagement Council. May 1, 2025**

**240. Sefton JM. "Massage Research: Building a Better Future." National Conference of the Canadian Massage Therapy Association, Vancouver, BC. September 6-7, 2024**

**239. Sefton JM. "Serving the Tactical Athlete: Auburn University's Warrior Research Center." Kiwanis International, Auburn, AL. Invited. (June 2022)**

**238. Sefton JM, Kate Frick. "Military Athletic Trainers." Alabama Athletic Trainers Clinical Meeting. Birmingham, AL. Invited. (June 2022)**

**237. Sefton JM "Building Teams and Collaborations with Tactical Athletes." Mississippi State Conference on Athlete Engineering. Starkville, MS. (May 2022)**

236. **Sefton JM**, Kate Frick. *"We've Got Your 6: Athletic Trainers Serving Tactical Athletes."* Central Connecticut State University Sports Medicine Conference. Invited. (March 2022)
235. **Sefton J**, Philip Agostinelli.\* *"Keeping You Safe – Bringing You Home."* Alabama Fire Chiefs Annual Conference. Birmingham, AL Invited. (January 2022)
234. **Sefton JM** "Warrior Research Center Research Capabilities and Collaborations." Aptima, Inc. Invited. (August 2021).
233. **Sefton JM** *"Massage Therapy for Athletic Trainers."* Central Connecticut State University Sports Medicine Conference. Invited. (March 2021)
232. **Sefton JM.** *"WRC Capabilities and Implementing a Sports Medicine Model for the US Marines."* Sergeant Major of the Marines Brief. Auburn University School of Kinesiology. Invited. (December 2020)
231. **Sefton JM.** *"The Future Battlefield Series: Soldier Performance Forum Panel."* Potomac River Officers Club. Invited. (November 2020)
230. **Sefton JM.** *"Collecting Real Human Performance Data: needs, trials and tribulations."* Human Machine Symbiosis, Lockheed Martin company-wide research conference. Invited. (November 2020).
229. **Sefton JM.** *"Exploring the Use of Gamification for Training Project Review."* FAA COE TTHP 5<sup>th</sup> Annual Conference. Invited. (November 2020).
228. **Sefton JM.** *"Whole Lot of Shaking Going On."* BOC Evidence Based Practice CEU credits. Central Connecticut State University Sports Medicine Conference. Invited. (March 2020)
227. **Sefton JM.** Panel Moderator, Improving Firefighter Health and Performance. 5<sup>th</sup> International Congress on Soldiers' Physical Performance. Quebec, Canada. February 2020.
226. McGinnis KD, Dademathews O, Parks A, Zandieh N, Campbell A, Burns A, **Sefton JM.** *Development of a Work – Rest Protocol for Firefighter Recovery Operations: Improving Firefighter Health and Performance.* 5th International Conference on Soldiers' Physical Performance. Québec City, Canada. (February 2020).
225. **Sefton JM.** *"Tactical Athletes: Integrating a sports medicine model into health care and training."* Warsaw, Poland. International Meeting of Orthopaedic Research. Peer-reviewed. (September 2019.)
224. Lazicki R., DeWitt T, **Sefton JM.** "Interdisciplinary Teams Working with Military Athlete". National Athletic Trainer' Association, Las Vegas, NV. (June 2019).
223. McGinnis KD, McAdam JS, **Sefton JM.** The Effects of Body Composition and Physical Fitness on IET Road Marches. NATA 69th Clinical Symposium and AT Expo Certified Free Communication. Las Vegas, NV. (June 2019).
222. **Sefton JM.** *"My twisty path."* International Massage Therapy Research Conference Plenary Address. (May 2019.)
221. McAdam J,\* McGinnis K,\* **Sefton JM.** "A bone to pick with nutrition and training volume during initial entry training." Tactical Athlete Human Factors Summit, Auburn, Alabama. (September 2018).
220. McGinnis K,\* McAdam J,\* **Sefton JM.** "Evaluation of impact levels during Army IET events." Tactical Athlete Human Factors Summit, Auburn, Alabama. (September 2018).

219. McGinnis KD,\* McAdam JS,\* Lockwood, CM, Young KC, Roberts MD, **Sefton JM**. "Impact of protein and carbohydrate supplementation on musculoskeletal injuries in army initial entry training soldiers." National Athletic Trainers' Association 60<sup>th</sup> Clinical Symposium; New Orleans, LA (June 2018).
218. McAdam J,\* McGinnis K,\* **Sefton JM**. "Evaluation of dietary intake and training volume during Army initial entry training." American College of Sports Medicine 65<sup>th</sup> Congress on Exercise is Medicine; Minneapolis, MN. (June 2018).
217. **Sefton JM**. Carnahan Research Symposium, "Injury Patterns and Treatments for the Tactical Athlete," 33<sup>rd</sup> Annual Sports Medicine Symposium, Central Connecticut State University. (March 2018).
216. McGinnis KD, McAdam JS, **Sefton JM**. "Physiological measures of stress can predict marksmanship success in basic training Soldiers." Southeast American College of Sports Medicine. Chattanooga, TN. (February 2018).
215. McAdam J, McGinnis K, Young K, Lockwood C, Roberts M, **Sefton JM**. "Evaluation of the effects of whey protein hydrolysate supplementation on performance, body composition, and health during Armor One Station Unit Training" Tactical Athlete Human Factors Summit, Auburn, Alabama. (July 2017).
214. Gordon S, McAdam J, McGinnis K, **Sefton JM**. Posture in Trainees over 16 kilometer Ruck March, Tactical Athlete Human Factors Summit, Auburn Alabama, (July 2017).
213. McGinnis KD, McAdam JS, Neidert L, **Sefton JM**. Pilot: Use of HRV to predict and increase success in basic combat training rifleman marksmanship. Tactical Athlete Human Factors Summit. Auburn, AL. (July 2017).
121. Winkelmann ZK, McGinnis KD, McAdam JS, Pascoe DD, **Sefton JM**, Games KE. The Effect of Environmental Heat Stress on Functional Balance in Firefighters. NATA 68th Clinical Symposium and AT Expo Certified Free Communication. Houston, TX. (June 2017).
120. **Sefton JM**. Carnahan Research Symposium, "The Warrior Research Center: making a difference," Deep South Center for Occupational Health and Safety, Auburn University. (March 2017).
212. **Sefton JM**. "The Warrior Research Center: making a difference," Bond University - Tactical Research Unit, Gold Coast, Australia. (March 2017).
211. **Sefton JM**. Army Human Performance Conference, "The Auburn University Warrior Research Center: Research and Outreach Overview," Washington, DC. (February 2017).
210. McAdam JS\*†, Pascoe DD, Lohse KR, Banda RL\*, Henault CB\*, Cherrington AR\*, Adams NE\*, **Sefton JM**. Southeast American College of Sports Medicine "Evaluation of two heat mitigation methods in Army Trainees" Greenville, South Carolina. (February 2016)
209. **Sefton JM**. Command General Azimuth Check, "WAT Program Injury Prevention results presentation," Maneuver Center of Excellence, Fort Benning, GA. (December 2015).
208. **Sefton JM**. Command General Azimuth Check, "WAT Program Injury Prevention results presentation," Maneuver Center of Excellence, Fort Benning, GA. (September 2015).
207. Games K,\* **Sefton JM**. US Coast Guard command meeting, "Warrior Research Center - making

- helicopter pilots safer," US Coast Guard, Mobile, AL. (June 2013).
206. **Sefton JM.** PTSD, from disorder to growth, "Healing: Brain and Body," AL National Guard and others, Mobile AL. (November 2011).
205. **Sefton JM.** Georgia Athletic Trainers Association Annual Meeting, "Working with our Active Duty, Reserves, National Guard, Veterans, and their Families," GATA, Emory University, GA. (January 2017).
204. **Sefton JM.** AMTA Annual Conference, "Working with our Active Duty, Reserves, National Guard, Veterans, and their Families," America Massage Therapy Association, Milwaukee, WI. (October 2016).

Presentations Given – Academic/Professional

203. Agostinelli PJ, Bordonie NC, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM.** The Effect of Two Acute Exercise Modalities on Physiology and Cognition During Firefighting Performance. National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.
202. Bordonie NC, Agostinelli PJ, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM.** Sex-Differences in Physiology and Cognition During Simulated Firefighting Tasks Following Acute Exercise. National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.
201. Frick KA, Agostinelli PJ, Bordonie NC, Neal FK, Swinford JF, Harris ME, **Sefton JM.** Fitness of the Force: Tactical Wellness Collaboration. National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.
200. Neal FK, Bordonie NC, Miller MW, Agostinelli PJ, **Sefton JM.** Assessing the Validity of a Core Temperature Monitoring Tool for Tactical Athletes. National American College of Sports Medicine Annual Meeting, Boston, MA. May 28 – 30th, 2024.
119. Bordonie NC, Agostinelli PJ, Linder BA, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM.** Impact of anaerobic fitness on performance and physiology during firefighter occupational tasks. American Physiological Summit, Long Beach, CA. April 4 – 7th, 2024.
118. Agostinelli PJ, Bordonie NC, Linder BA, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM.** The impact of training status on firefighter task performance after acute exercise. American Physiological Summit, Long Beach, CA. April 4 – 7th, 2024.
117. Agostinelli PJ, Bordonie NC, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM.** Acute exercise impacts heart rate variability but not cognitive flexibility during subsequent simulated firefighter occupational tasks. College of education poster presentation award received at Auburn Research Symposium. March 26th, 2024.
116. Bordonie NC, Agostinelli PJ, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM.** Sex-Differences in Physiology and Cognition During Simulated Firefighting Tasks Following Acute Exercise. Auburn Research Symposium. March 26th, 2024.
115. Frick, KA, Mobley, CB, Swinford, JF, Harris, ME, Agostinelli, PJ, Bordonie, NC, Neal, FK, **Sefton, JM.** The cost of safety: Movements limited by police protective gear. Auburn University Research



Symposium. Auburn, Alabama. March 2024.

114. Neal FK, Bordonie NC, Miller MW, Agostinelli PJ, **Sefton JM**. Assessing the Validity of a Core Temperature Monitoring Tool for Tactical Athletes. Auburn Research Symposium. March 26th, 2024.
113. Agostinelli PJ, Bordonie NC, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller MW, Murrah WM, **Sefton JM**. The Effect of Two Acute Exercise Modalities on Physiology and Cognition During Firefighting Performance. Southeast Chapter of the American College of Sports Medicine Annual Meeting. February 22-24th, 2024.
112. Frick KA, Agostinelli PJ, Bordonie NC, Neal FK, Swinford JF, Harris ME, **Sefton JM**. Fitness of the Force: Tactical Wellness Collaboration. Chapter of the American College of Sports Medicine Annual Meeting. February 22-24th, 2024.
111. Neal FK, Bordonie NC, Miller MW, Agostinelli PJ, **Sefton JM**. Assessing the Validity of a Core Temperature Monitoring Tool for Tactical Athletes. Comments: Accepted for thematic poster award presentation at Southeast Chapter of the American College of Sports Medicine Annual Meeting. February 22-24th, 2024.
110. **Sefton JM**, Frick KA, Harris M, Stewart C, Mobley CB. Tactical wellness collaboration: Fitness of the force. Tactical Athlete Summit. Auburn, Alabama. September 2023.
109. **Sefton JM**, Neal FK, Langford J, Agostinelli PJ. Keeping Firefighters Safe in Extreme Conditions. Tactical Athlete Summit. Auburn, Alabama. September 2023.
108. Whitley PE, Pickle NT, Hogue J, Zehnbauser T. Register A. Martin J, **Sefton JM**, Roos PE. A Combat Network Approach to Soldier Real-time Prognostic Health Monitoring. Warrior Research Center Tactical Athlete Summit. Auburn University. Sept 27-28, 2023.
107. Bordonie NC, Agostinelli PJ, Linder BA, Frick KA, Neal FK, **Sefton JM**. Physiological Impact of Firefighter Turnout Gear During Simulated Firefighting Activities. National American College of Sports Medicine Annual Meeting, Denver CO. May 30 – June 2, 2023.
106. Agostinelli PJ, Linder BA, Frick KA, Bordonie NC, Neal FK, **Sefton JM**. Validity of Heart-Rate Derived Core Temperature Estimation During Simulated Firefighting. National American College of Sports Medicine Annual Meeting, Denver, CO. May 30 – June 2, 2023.
105. Birdsong JG, Reesman KL, **Sefton JM**, Miller MW. Efficacy of using virtual reality to support the training of the emerging pilot workforce. International Symposium on Aviation Psychology. Submitted 5-1-2023
104. Birdsong J, Reesman K, **Sefton JM**, Miller M. Efficacy of Using Virtual Reality to Support the Training of the Emerging Pilot Workforce. Int. Symposium Aviation Psychology. Rochester NY. June 2023.
103. **Sefton JM**, Frick K. Myofascial Release: relieve pain and restore function on and off the field. Learning Lab. 74<sup>th</sup> Clinical Symposia and AT Expo, June, 2023. Indianapolis IN. (Invited presentation, got sick that day and didn't complete).
102. Dademathews O,\* Agostinelli PJ,\* Rightmire Z, Neal F,\* **Sefton JM**.. "Quality of life, device satisfaction, and functional status of lower limb prostheses clients." NASPSA International Conference, Kona, Hawaii. (May 2022).

101. Dadematthews O,\* Agostinelli PJ,\* Rightmire Z, Neal F,\* **Sefton JM**. "Functional Performance and User Satisfaction of Lower Limb Prosthesis Clients." SEACSM, Greenville, SC. (February 2022). Rapid Research Race 2022 Award Winner
100. Lyons K, **Sefton JM**. Development of a work – rest protocol for firefighter recovery operations. 5<sup>th</sup> International Congress on Soldiers' Physical Performance. Quebec, Canada. February 2020.
99. **Sefton JM**. "*Protecting the Tactical Athlete*." Auburn University Honors College invited research lecture. (May, 2019).
98. McAdam JS, McGinnis KD, **Sefton JM**, "*A bone to pick with nutrition and training volume during Initial Entry Training*," Auburn University 2018 Warrior Research Center Tactical Athlete Summit. (September 2018.)
97. McGinnis KD, McAdam JS, **Sefton JM**. "*Evaluation of impact levels during Army IET events*," Auburn University 2018 Warrior Research Center Tactical Athlete Summit. (September 2018.)
96. McGinnis KD, McAdam JS, **Sefton JM**. "Evaluation of Dietary Intake and Training Volume During Army Initial Entry Training," University of Alabama Birmingham, Center for Exercise Medicine 6<sup>th</sup> Annual Symposium. (September 2018.)
95. McGinnis KD, McAdam JS, Young K, Roberts M, **Sefton JM**. "Impact of Protein or Carbohydrate Supplementation on Musculoskeletal Injury Rates, Profile Rates and Training Days Missed in Initial Entry Training," University of Alabama Birmingham, Center for Exercise Medicine 6<sup>th</sup> Annual Symposium. (September 2018.)
94. McAdam JS, McGinnis KD, **Sefton JM** "Contributing factors to structural Firefighter injury" 4<sup>th</sup> International Congress on Soldiers' Physical Performance, Melbourne, Australia. (November, 2017)
93. McAdam JS, McGinnis KD, **Sefton JM**. "Impact of whey protein supplementation on fitness performance, body composition and injury rates in Army initial entry soldiers" 4<sup>th</sup> International Congress on Soldiers' Physical Performance, Melbourne, Australia. (November, 2017)
92. **Sefton JM**. "Evaluation of musculoskeletal injury trends in United States initial entry Soldiers" 4<sup>th</sup> International Congress on Soldiers' Physical Performance, Melbourne, Australia. (November, 2017)
91. **Sefton JM**. "A Yankee's Approach to Managing Research Chaos," Bond University, Gold Coast, Australia. (March 2017).
90. **Sefton JM**. Carnahan Research Symposium, "The Warrior Research Center: making a difference," Deep South Center for Occupational Health and Safety, Auburn University. (March 2017).
89. **Sefton JM**. "The Warrior Research Center: making a difference," Bond University - Tactical Research Unit, Gold Coast, Australia. (March 2017).
88. **Sefton JM**. Federal Aviation Administration Center of Excellence Quarterly Meeting, "Gamification of Aviation Training - plan and progress," Daytona Beach, FL. (February 2017).

87. **Sefton JM.** American Kinesiology Association, "Interdisciplinary Research Centers as a Pathway to Building Collaborations and Solving Complex Problems," Dallas, TX. (January 2017).
86. **Sefton JM.** American Kinesiology Association, "Speaking their language: building kinesiology/military partnerships," Dallas, TX. (January 2017).
85. **Sefton JM.** Georgia Athletic Trainers Association Annual Meeting, "Working with our Active Duty, Reserves, National Guard, Veterans, and their Families," GATA, Emory University, GA. (January 2017).
84. **Sefton JM.** "The Warrior Research Center: making a difference," Army Special Operations Command, Auburn University. (January 2017).
83. **Sefton JM.** Federal Aviation Administration Center of Excellence Quarterly Meeting, "Gamification of Aviation Training - update," Oklahoma City, OK. (December 2016).
82. **Sefton JM.** AMTA Annual Conference, "Working with our Active Duty, Reserves, National Guard, Veterans, and their Families," America Massage Therapy Association, Milwaukee, WI. (October 2016).
81. **Sefton JM.** Federal Aviation Administration Center of Excellence Quarterly Meeting, "Gamification of Aviation Training," Oklahoma City, OK. (October 2016).
80. **Sefton JM.** Research Week - lightning round, "Warrior Research Center - serving those that serve for us," Auburn University. (September 2016).
79. **Sefton JM** (Presenter & Author), Burkhardt TA (Presenter & Author). Homeland Security Brief, "Warrior Research Center - research capabilities and programs," Auburn University, Auburn University. (June 2016).
78. **Sefton JM** (Presenter & Author), Burkhardt TA (Presenter & Author), Delamotte S (Presenter & Author). NATA Annual Conference, "Caring for Military Athletes: Why a Sports Medicine Model is Critical for the Care of Our Military Forces," National Athletic Trainer' Association, Baltimore, MD. (June 2016).
77. McAdam JS (Presenter & Author), **Sefton JM** (Author Only), Pascoe D (Author Only), Lohse K (Author Only), Banda RL, Henault CB, Cherrington AR. Southeast American College of Sports Medicine, "Evaluation of two heat mitigation methods in army trainees." (June 2016).
76. **Sefton JM.** Annual AMSUS Society of Federal Health Professionals Continuing Education Meeting, "Outcome assessment of Initial Entry Training Soldiers' Presenting with Hip Pain," AMSUS, San Antonio, TX. (December 2015).
75. Kephart WC, Mobley CB, Fox CD, Santucci VA, Wilson TJ, Goodlett MD, **Sefton JM**, Pascoe D, Roberts MD, Martin JS. Experimental Biology, "Acute whole-leg pneumatic compression alters nerve growth factor mRNA and Akt-mTOR signaling in human skeletal muscle." (2015).
74. **Sefton JM.** "Common fitness screen can predict injury and injury type in Army basic training, infantry, armor, and cavalry Trainees," School of Kinesiology, Auburn University. (September 2015).
73. **Sefton JM.** Research Week - lightning round, "Warrior Research Center - collaborations for research," Auburn University. (September 2015).
72. Cherrington A (Presenter & Author), Hicks-Little CA (Author Only), **Sefton JM** (Author Only). 2015 NATA Clinical Symposia & AT Expo, "Double Nerve Transfer in a Recreational Alpine Skier: A Case

- Study," Nat Athletic Trainers Assoc, St Louis, MO. (June 2015).
71. Kephart WC, Mobley CB, Fox CD, Santucci VA, Wilson TJ, Goodlett MD, **Sefton JM**, Pascoe D, Roberts MD, Martin JS. Southeastern America College of Sports Medicine, "One bout of whole-leg pneumatic compression increases nerve growth factor gene expression in human skeletal muscle." (February 2015).
  70. **Sefton JM** (Presenter & Author), McAdam JS (Author Only), Burroughs S (Author Only), Lohse K (Author Only). EuroScience Conference, "Fitness Characteristics Affect Probability and Injury Classification In Initial-Entry Training Soldiers," EuroSci Con LTD, London, England. (June 2014).
  69. **Sefton JM** (Presenter & Author), Games K (Author Only), Lane AC (Author Only). NATA National Conference, "Assessment of an ankle sprain intervention in Army Basic Training," National Athletic Trainers Association, Indianapolis, IN. (June 2014).
  68. **Sefton JM** (Presenter & Author), Games K (Author Only), Kollock R (Author Only). NATA National Conference, "Influence of Muscle Strength on Knee Overuse Injuries: A Meta-Analysis," National Athletic Trainers Association, Indianapolis, IN. (June 2014).
  67. Kollock R (Presenter & Author), Games K (Author Only), **Sefton JM** (Author Only). NATA National Conference, "The Influence of Flexibility on the Development of Knee Overuse Injuries: A Meta-Analysis," National Athletic Trainers Association, Indianapolis, IN. (June 2014).
  66. **Sefton JM**. Military Operational Medicine Research Program, "Volunteer investigations for mounted and head-supported mass in dismounted operation," DOD, Fort Detrick, MD. (April 2014).
  65. **Sefton JM** (Presenter & Author), Games K (Author Only), Kollock R. 2nd World Congress on Controversies, Debates and, "Effects of Vehicle-Ride Exposure On Cervical Pathology," Congress Med, Brussels, Belgium. (November 2013).
  64. Games K (Presenter & Author), Kollock R (Author Only), **Sefton JM** (Author Only). 2nd World Congress on Controversies, Debates and, "High-Field MRI Characterization Of Tissue Changes During Operational Load Bearing" Congress Med, Brussels, Belgium. (November 2013).
  63. **Sefton JM** (Presenter & Author), Games K (Author Only), Kollock R. 2nd World Congress on Controversies, Debates and, "Meta-Analysis of Vehicle-Ride Exposure Effects on Spinal Injury" Congress Med, Brussels, Belgium. (November 2013).
  62. Games K (Presenter & Author), **Sefton JM**. American College of Sports Medicine Annual Meeting, "Effect of Therapeutic whole-body vibration on peripheral blood flow and muscle oxygenation: A meta-analysis," American College of Sports Medicine, Indianapolis, IN. (June 2013).
  61. Games K (Presenter & Author), **Sefton JM**. US Coast Guard command meeting, "Warrior Research Center - making helo pilots safer," US Coast Guard, Mobile, AL. (June 2013).
  60. **Sefton JM**. Auburn University Game Day Lecture Series, "Auburn University Warrior Research Center: Serving Those That Serve For Us," Auburn University Office of Communications and Marketing, Auburn University Alumni Center. (October 2012).
  59. **Sefton JM**. Military Operational Medicine Research Program, "Volunteer investigations for mounted and head-supported mass in dismounted operation," DOD, Fort Detrick, MD. (October 2012).
  58. **Sefton JM**. Southside Regional Medical Center Hospital Board Brief, "Auburn University Warrior

- Athletic Training Program," Southside Regional Medical Center, Southside Regional Medical Center, VA. (October 2012).
57. **Sefton JM.** Auburn University Board of Trustees, "Auburn University Warrior Research Center: Serving Those That Serve for Us," Auburn University, Auburn University Convention Center. (September 2012).
  56. **Sefton JM.** Veterans Town Hall Meeting, "Resources and needs for the AL Veteran," Home of the Brave/others, Opelika, AL. (February 2013).
  55. **Sefton JM.** AL Department of Mental Health/Veterans Health Symposium, "Programs and considerations for Veterans Health," AL Department of Mental Health and Veterans Affairs, Event Center, Opelika, AL. (October 2012).
  54. **Sefton JM.** Army Medical Command Brief, "Auburn University Warrior Athletic Training Program," Army Medical Command, Fort Lee, VA, Fort Lee Medical Command, Fort Lee, VA. (October 2012).
  53. **Sefton JM.** The Warriors Journey, "The Warriors Journey, Civilian to Soldier," Veterans Heart GA, National Infantry Museum, Fort Benning, GA. (September 2012).
  52. **Sefton JM.** National Leadership Council Retreat, "The Warrior Research Center: Serving Veterans," National Leadership Council, Conference Center, Newton GA. (July 2012).
  51. Keeler J (Presenter & Author), Coulton A (Author Only), **Games K** (Author Only), **Sefton JM** (Author Only). 63rd Annual Meeting and Clinical Symposium, "Atypical Stress Fracture in a Male Collegiate Track and Field Thrower", Oral Presentation," National Athletic Trainers' Association, St Louis, MO. (June 2012).
  50. **Sefton JM.** VCOM medical school administration brief, "Auburn University Warrior Research Center: Serving Those That Serve For Us," Auburn University VPR for Research, Auburn University MRI Center. (June 2012).
  49. Yarar C., **Sefton JM**, Gladden L, Pascoe D, Quindry J. American College of Sports Medicine National Meeting, "Whole body vibration effects on hemodynamics and oxygen consumption in individuals with spinal cord injury," American college of Sports Medicine, San Francisco. (May 2012).
  48. Yarar C, **Sefton JM.** Society for Neuroscience Annual Meeting, "Massage therapy produces long term modulation of postural control and sensorimotor measures in older persons," SfN, Washington DC. (November 2011).
  47. Games K, **Sefton JM.** Society for Neuroscience Annual Meeting, "The acute effects of whole body vibration on the soleus Hoffmann reflex and superficial skin temperature in the lower leg of healthy adults," SfN, Washington DC. (November 2011).
  46. **Sefton JM.** 192d Infantry Brigade - High Ground Rendezvous, "Top 10 Ways to Injure Soldiers," 192d Infantry Brigade, Fort Benning, GA. (October 2011).
  45. Yarar C, **Sefton JM** (Presenter & Author). American Massage Therapy Association (AMTA) Annual Meeting, "Massage therapy produces long-term modulation of postural control and sensorimotor measures in older persons," AMTA, Portland, OR. (October 2011).
  44. Yarar C (Author Only), **Sefton JM** (Presenter & Author). American Massage Therapy Association Annual Meeting, "Massage therapy produces short term improvements in balance, neurological and cardiovascular measures in older persons," American Massage Therapy Association, Portland, OR.

(October 2011).

43. Yarar C, **Sefton JM**. American Massage Therapy Association Annual Meeting, "Massage therapy produces short term improvements in balance, neurological and cardiovascular measures in older persons," American Massage Therapy Association, Portland, OR. (October 2011).
42. Yarar C. (Author Only), **Sefton JM** (Presenter & Author), American Massage Therapy Association Annual Meeting, "The effect of therapeutic massage on soleus motor neuron pool excitability in older individuals," American Massage Therapy Association, Portland, OR. (October 2011).
41. Yarar C, **Sefton JM** (Presenter & Author), American Massage Therapy Association Annual Meeting, "The Effect of Therapeutic Massage on Soleus Motor Neuron Pool Excitability in Older Individuals," American Massage Therapy Association, Portland, OR. (October 2011).
40. **Sefton JM**. PTSD, from disorder to growth, "Healing: Brain and Body," AL National Guard and others, Mobile AL. (November 2011).
39. Yarar C, **Sefton JM**. American College of Sports Medicine Annual Meeting, "The effect of weekly therapeutic massage on soleus motor neuron pool excitability in older individuals," ACSM, Denver, CO. (June 2011).
38. Burroughs S, **Sefton JM**. 36th Annual Southeast Athletic Trainers' Association Clinical Symposium & Members Meeting, "Success rate and removal time of face masks with the Quick Release™ face mask attachment system from used helmets," Southeast Athletic Trainers' Association, Atlanta, GA. (March 2011).
37. Burroughs S, **Sefton JM**. Auburn University Graduate Research Forum, "Success rate and removal time of face masks with the Quick Release™ face mask attachment system from used helmets," Auburn University Graduate College, Auburn, AL. (March 2011).
36. Yarar C, Pascoe D, Gladden L, **Sefton JM**. Auburn University Graduate Research Forum, "Modulation of blood flow, blood oxygenation and non-contact surface temperature after massage therapy," Auburn University Graduate School, Auburn University. (March 2011).
35. **Sefton JM**. Auburn Rotary Club meeting, "Auburn University Warrior Research Center - An Army-Auburn University Collaboration," Auburn Rotary Club, Auburn AL. (February 2011).
34. Yarar C, Pleuger M, **Sefton JM**. Society of Neuroscience Annual Meeting, "The effects of ankle bracing during a 6-week rehabilitation protocol on spinal reflex modulation during double and single legged stance," Society of Neuroscience, San Diego, CA. (November 2010).
33. **Sefton JM**. Army Safety Council, "Improving Soldier Safety and care - the Warrior Athletic Training Program approach," Fort Rucker, Fort Rucker, AL. (October 2010).
32. McKenrick T, **Sefton JM**. Army Initial Entry Training Command Conference, "Warrior Athletic Training Program - status and success," Training and Doctrine Command, Wash DC. (September 2010).
31. **Sefton JM**. Auburn University Congressional Delegation Brief, "Warrior Athletic Training Program - an Army-Auburn University Collaboration," Auburn University Center of Excellence, Auburn AL. (August 2010).
30. **Sefton JM**. SCRA - private corp. meeting, "Warrior Research Center - proposed future projects and collaborations," SCRA, Auburn AL. (August 2010).

29. Yarar C, **Sefton JM**. 57th Annual Meeting and inaugural World Congress on Exercise is Medicine, "Therapeutic massage effects on skin and muscle blood flow," ACSM, Baltimore, MD. (June 2010).
28. Rich J, **Sefton JM**. National Athletic Trainers' Association Annual Meeting, "Peripheral blood flow and temperature modulations with cryotherapy treatment variations," National Athletic Trainers' Association, Philadelphia, PA. (June 2010).
27. **Sefton JM**. Congressional visit, "Auburn University Military Research - serving those that serve for us," Auburn University, MRI Research Center, Auburn University. (May 2010).
26. **Sefton JM**. Highlighting Massage Therapy in Complementary and Integrative Medicine Research, "Massage Therapy Body of Knowledge - Final Release," Massage Therapy Foundation, NCCAM, NIH, Seattle. (May 2010).
25. **Sefton JM**, Yarar C, Carpenter D. Highlighting Massage Therapy in CIM Research, "Physiological and clinical changes after therapeutic massage of the neck and shoulders," Massage Therapy Foundation, NCCAM, NIH, Seattle. (May 2010).
24. Pluege MA, Jackson BN, **Sefton JM**. Southeast Athletic Trainers Association Annual Meeting, "The Effects of Ankle Braces on Rehabilitation," SEATA. (March 2010).
23. Brock S, Wadsworth D, Robinson L, **Sefton JM**. AAHPERD National Convention, "Accumulated during Interactive Gaming Versus Traditional Physical Education Activities," AAHPERD, Tampa, FL. (2009).
22. Yarar C, **Sefton JM**. The Society for Neuroscience Annual Conference, "The effect of therapeutic neck and shoulder massage on flexor carpi radialis motor neuron pool excitability," Society for Neuroscience, Chicago IL. (October 2009).
21. **Sefton JM**. American Massage Therapy - 2009 Annual Meeting, "Massage Therapy Body of Knowledge - initial Release," Massage Therapy Foundation, NCCAM, NIH, Seattle. (September 2009).
20. **Sefton JM**, Yarar C, Berry J, Pascoe D. American Massage Therapy Association Annual Conference, "Effect of Therapeutic Massage on Peripheral Blood Flow as Assessed by Skin Temperature Measures in the Neck and Shoulders," AMTA, Orlando, FL. (September 2009).
19. **Sefton JM**. Research Funding opportunities for DOD Projects, "Potential funding opportunities for collaborative research," United States Army Aeromedical Research Laboratory (USAARL), Fort Rucker, AL. (September 2009).
18. **Sefton JM**. (Presenter & Author), Hicks-Little, C. A. (Author Only), Kocaja, D. M. (Author Only), Cordova ML (Author Only), Society of Neuroscience Annual Meeting, "Does 6-Weeks of Balance Training Enhance Sensorimotor Function in Chronically Unstable Ankles?," Society of Neuroscience, Washington DC. (November 2008).
17. **Sefton JM** (Presenter & Author), Hicks-Little CA (Author Only), Kocaja DM (Author Only), Hubbard, T. J., Clemens, M. G., Yengo, C. M., Cordova, M. L. (Author Only), National Athletic Trainers Association Annual Meeting and Symposium. "Does short term reflex training enhance sensorimotor function in chronically unstable ankles?," NATA, St. Louis, MO. (June 2008).
16. **Sefton JM**. (Presenter & Author), Hicks-Little CA (Author Only), Kocaja DM (Author Only), Cordova ML (Author Only). Society of Neuroscience Annual Meeting, "Segmental Spinal Reflex Plasticity Associated with Chronic Ankle Instability," Society of Neuroscience, San Diego, CA. (November 2007)

15. **Sefton JM.** (Presenter & Author), Hicks-Little CA (Author Only), Koceja DM (Author Only), Hubbard TJ Clemens MG, Yengo CM, Cordova ML (Author Only). National Athletic Trainers Association Annual Meeting and Symposium. "Discriminant Analysis of Sensorimotor Measures in Chronically Unstable and Healthy Ankles," NATA, Orange County, CA. (June 2007).
14. **Sefton JM.** (Presenter & Author), Hicks-Little CA (Author Only), Cordova ML (Author Only). American College of Sports Medicine Annual Meeting, "Influence of Stance and Support Surface Variations on Soleus Presynaptic Inhibition," ACSM, Denver, CO. (June 2006).
13. Bernard LW (Presenter & Author) Au KK (Author), **Sefton JM** (Author), Stone MB (Author), Demchak TJ (Author), Cordova ML (Author).. Cryotherapy and ankle bracing effects on peroneus longus response after sudden inversion. June 17, 2006." NATA, Atlanta, GA. (June 2006).
12. **Sefton JM.** (Presenter & Author), Hicks-Little CA (Author Only), Cordova ML (Author Only). Human Movement Symposium, "Influence of Stance and Support Surface Variations on Soleus Presynaptic Inhibition," University of North Carolina - Chapel Hill, Chapel Hill, NC. (February 2006).
11. **Sefton JM.** (Presenter & Author), Ingersoll CD (Presenter & Author), McVey E (Presenter & Author), Cordova ML (Presenter & Author), Hertel JF (Presenter & Author). Southeast Conference American Academy of Sports Medicine, "Arthrogenic muscle inhibition and ankle injuries," Southeast Conference American Academy of Sports Medicine, Charlotte, NC. (February 2006).
10. **Sefton JM.** (Presenter & Author), Hicks-Little CA (Author Only), Cordova ML (Author Only), Society of Neuroscience Annual Meeting, "Influence of stance and support surface variations on soleus presynaptic inhibition," Society of Neuroscience, Washington DC. (November 2005).
9. **Sefton JM.** Athletic Training Graduate Research Showcase, "Modulation of soleus h-reflex by presynaptic spinal mechanisms during varying surface and ankle brace conditions," Indiana State University, Graduate School, Terre Haute, IN. (July 2005).
8. **Sefton JM.** (Presenter & Author), Hicks-Little, CA (Author Only), Cordova ML. (Author Only), American College of Sports Medicine Annual Meeting, "Effect of inversion perturbation and external support on Hoffmann reflex in the peroneus longus muscle," ACSM, Nashville, TN. (June 2005).
7. **Sefton JM.** Quarterly meeting - Indiana State University Health and Human Performance College Advisory Board, "Knowledge and reporting of concussions in collegiate football," Indiana State University Health and Human Performance College Advisory Board, ISU - Terre Haute, IN. (October 2004).
6. **Sefton JM.** Athletic Training Graduate Research Showcase, "Indiana State University," Indiana State University, Terre Haute, IN. (July 2004).
5. **Sefton JM,** Pirog K, Harackiewicz D, Cordova ML, Capitaio A. National Athletic Trainers Association Annual Meeting and Symposium, "Knowledge and reporting of concussions in collegiate football," NATA, Baltimore, MD. (June 2004).
4. **Sefton JM,** Piro, K, Harackiewicz D, Cordova ML, Capitaio A. Graduate/ Undergraduate Research Showcase, "Knowledge and reporting of concussions in collegiate football," Indiana State University, Terre Haute, IN. (April 2004).
3. **Sefton JM,** Piro, K, Harackiewicz D, Cordova ML, Capitaio A. Great Lakes Athletic Trainers Association Annual Meeting and Symposium, "Knowledge and reporting of concussions in collegiate



- football," GLATA, Chicago, IL. (March 2004).
4. **Sefton JM.**, Department of Physical Education and Health Sciences, "Knowledge and reporting of concussions in collegiate football," Central Connecticut State University, New Britain, CT. (May 2003).
  1. **Sefton JM**, Piro, K, Harackiewicz D, Cordova ML, Captao A. Graduate Research Symposium, "Knowledge and reporting of concussions in collegiate football," Central Connecticut State University, New Britain, CT. (May 2003).

Presentations Given – Military

*Military presentations (briefs) typically include peer-reviewed PowerPoint slides that are sent up the Command chain for review and action, depending on the content. Topics include research, education, wellness, special projects, interventions, or leader professional development. Audience ranges from smaller Command briefs (20 or so of the top Commanders) to large conference briefs for up to 300. I have included only the more important briefings here.*

**Sefton JM.** Air Force Command and Staff College, Air University, Maxwell Air Force Base. "Introduction to BOLT Human Performance Program. (August 16, 2024.)

**Sefton JM**, 1-47 Brigade Command and Staff Meeting, "Introduction to Soldier Fueling Research," Maneuver Center of Excellence, Fort Benning, GA. (February 2017).

**Sefton JM**, Army Human Performance Conference, "The Auburn University Warrior Research Center (WRC): Research and Outreach Overview," Washington, DC. (February 2017).

**Sefton JM**, Command General Azimuth Check, "Warrior Athletic Training Program Injury Prevention results presentation," Maneuver Center of Excellence, Fort Benning, GA. (December 2015).

**Sefton JM**, Bower, M., Commanders and Directors Training Conference (CDOT) meeting, "I-PREP (Initial Entry Training Physical Resiliency Enhancement Program)," Fort Benning, Fort Benning, GA. (November 2015).

**Sefton JM**, Army Commandants and Directors of Training Conference, "IPREP program progress brief," Maneuver Center of Excellence - Fort Benning, Maneuver Center of Excellence Head Quarters - Fort Benning. (October 2015).

**Sefton JM**, Maneuver Warfighters Conference, "Human Dimension - Physical Dominance," Maneuver Center of Excellence - Fort Benning, Maneuver Center of Excellence Head Quarters - Fort Benning. (October 2015).

**Sefton JM**, Command General Azimuth Check, "Warrior Athletic Training Program Injury Prevention results presentation," Maneuver Center of Excellence, Fort Benning, GA. (September 2015).

**Sefton JM**, Command General Azimuth Check, "IPREP Program results presentation," Maneuver Center of Excellence, Fort Benning, GA. (August 2015).

**Sefton JM**, Command General Azimuth Check, "Warrior Athletic Training Program Injury Prevention results presentation," Maneuver Center of Excellence, Fort Benning, GA. (April 2015).

**Sefton JM**, 2-58 Infantry Battalion Cadre Injury prevention initiative brief, "Injury prevention measures for Infantry One Station Unit Training (OSUT)," 2-58 Infantry Battalion, Fort Benning, GA. (January 2015).

**Sefton JM**, Sand Hill Medical Quarterly Brief for Commanders, "Injury and prevention initiatives," Fort

Benning, Fort Benning, GA. (January 2015).

**Sefton JM**, 316 Cavalry Brigade Injury Prevention Initiative, "Injury prevention measures for the 316 Cavalry," 316 Cavalry Brigade, Fort Benning, GA. (November 2014).

**Sefton JM**, Maneuver Center of Excellence I-PREP Conference, "Injury prevention in the Initial Entry Training Soldier," Maneuver Center of Excellence, Fort Benning, GA. (November 2014).

**Sefton JM**, Army Senior Leader Conference, "Fitness and Injury Prevention for Today's Soldier," Maneuver Center of Excellence - Fort Benning, Maneuver Center of Excellence Head Quarters - Fort Benning. (October 2014).

**Sefton JM**, Army Human Dimensions meeting, "Warrior Athletic Training Program best practices," Army, Washington DC. (September 2014).

**Sefton JM**, Warrior Athletic Training Program Measures of Effectiveness Working Group, "Warrior Athletic Training Program Measures of Effectiveness," Fort Benning, Fort Benning, GA. (December 2013).

**Sefton JM**, 1-19th Infantry Brigade - Command and Staff Conference, "1-19 Infantry Warrior Athletic Training Program - Way forward," Fort Benning, Fort Benning, GA. (November 2013).

**Sefton JM**, 1-81st Armor Brigade - Command and Staff Conference, "1-81 Armor Warrior Athletic Training Program - Progress and New Initiatives," Fort Benning, Fort Benning, GA. (November 2013).

**Sefton JM**, Senior Leader Professional Development - Fort Benning, "Care and Prevention of Athletic Injuries for the Army Senior Leader," Maneuver Center of Excellence - Fort Benning, Smith Gym, Fort Benning. (November 2013).

**Sefton JM**, 198th Infantry Brigade - Command and Staff Conference, "198th Warrior Athletic Training Program - Progress and New Initiatives," Fort Benning, Fort Benning, GA. (September 2013).

**Sefton JM**, 199th Infantry Brigade - Command and Staff Conference, "199th Warrior Athletic Training Program - Progress and New Initiatives," Fort Benning, Fort Benning, GA. (September 2013).

**Sefton JM**, MACH Hospital Command Brief, "Warrior Athletic Training Program - Army Medical Command interactions and way forward," Fort Benning, Fort Benning, GA. (September 2013).

**Sefton JM**, Warrior Athletic Training Program for Maneuver Center of Excellence - Fort Benning, "Warrior Athletic Training Program - way forward," Fort Benning, MCOE. (August 2013).

**Sefton JM**, Warrior Transition Battalion, "Adaptive Technology for Warriors project," Maneuver Center of Excellence Fort Benning, Fort Benning headquarters. (July 2013).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Trends in Soldier fitness, injuries and new initiatives," 192d Infantry Brigade, Fort Benning, GA. (May 2013).

**Sefton JM**, 2-47 Battalion Quarterly Training Brief - DOD, "Warrior Athletic Training Program quarterly brief," 2-47 Infantry Battalion, Fort Benning. (March 2013).

**Sefton JM**, Joint Chiefs visit, "Soldier Athlete - taking better care of Soldiers," Maneuver Center of Excellence Fort Benning, Fort Benning, GA. (March 2013).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "192d Progress and New Initiatives," 192d Infantry Brigade, Fort Benning, GA. (December 2012).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Warrior Athletic Training Program Injury

Reduction Protocols," 192d Infantry Brigade, Fort Benning, GA. (September 2012).

**Sefton JM**, Maneuver Center of Excellence Command General Briefing, "Warrior Athletic Training Program - not just stress fractures," Maneuver Center of Excellence, Fort Benning, Fr Benning, GA. (September 2012).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "192d – Auburn University Partnership," 192d Infantry Brigade, Fort Benning, GA. (April 2012).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Injuries; progress and way ahead," 192d Infantry Brigade, Fort Benning, GA. (January 2012).

**Sefton JM**, 192d Infantry Brigade - Command Update Briefing, "Warrior Athletic Training - command update," 192d Infantry Brigade, Fort Benning, GA. (July 2011).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Femoral Neck Hip Fracture: Prevention and Progress," 192d Infantry Brigade, Fort Benning, GA. (May 2011).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (April 2011).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (March 2011).

**Sefton JM**, 192d Brigade - BRAVO/2-47 Infantry Battalion Training Meeting, "Warrior Athletic Training Program - Gait Instruction Mentoring Program - introduction and implementation," 192d Brigade - BRAVO/2-47 Infantry Battalion, Fort Benning, GA. (February 2011).

**Sefton JM**, 192d Brigade - 2-46 Infantry Battalion Training Meeting, "Warrior Athletic Training Program - Femoral Neck Hip Fracture Prevention," 192d Brigade - 2-46 Infantry Battalion, Fort Benning, GA. (January 2011).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (January 2011).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Femoral Neck Hip Fracture Prevention Plan," 192d Infantry Brigade, Fort Benning, GA. (January 2011).

**Sefton JM**, Army Surgeons General Briefing, "Warrior Athletic Training Program - improving Soldier care," 192d Brigade, Fort Benning, GA. (January 2011).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (December 2010).

**Sefton JM**, Musculoskeletal Action Team Training, "Athletic Trainers' in the Military," Army – Training and Doctrine Command, Fort Jackson, SC. (December 2010).

**Sefton JM**, Musculoskeletal Action Team Training, "Warrior Athletic Training Program - design and progress," Army - Training and Doctrine Command, Fort Jackson, SC. (December 2010).

**Sefton JM**, National Video Teleconference Brief, "Auburn University-Army: innovative collaborations for improved medical services to Soldiers," Training and Doctrine Command – Medical Command, Fort Benning, GA. (December 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (November 2010).

**Sefton JM**, 197th Infantry Brigade Training Meeting, "Innovations in Initial Entry Training - use of Dartfish and movement analysis to address Army Soldier Training Initiative," 197th Infantry Brigade Command, Fort Benning, GA. (November 2010).

**Sefton JM**, Combatives School House - training meeting, "Innovations in Initial Entry Training - use of Dartfish and movement analysis in combatives instruction," Combatives School House - 197th Infantry Brigade, Fort Benning, GA. (November 2010).

**Sefton JM**, Major General Brown briefing, "Warrior Athletic Training Program - improving Soldier care," Maneuver Center of Excellence Head Quarters, Fort Benning, GA. (November 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (October 2010).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Injury Prevention and Injury Rates on Sand Hill," 192d Infantry Brigade, Fort Benning, GA. (October 2010).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "The New Army PRT - implementation and success on Sand Hill," 192d Infantry Brigade, Fort Benning, GA. (October 2010).

**Sefton JM**, Ranger Training Brigade - training meeting, "Innovations in Ranger Training - use of Dartfish for Battle Drill training," Ranger Training Brigade, Fort Benning, GA. (October 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (September 2010).

**Sefton JM**, Airborne Training Meeting, "Assessing the use of flexible ankle bracing in Airborne injury prevention," Airborne Training Brigade, Fort Benning, GA. (September 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (August 2010).

**Sefton JM**, Army Readiness and Safety Command Quarterly Brief, "Warrior Athletic Training Program - contributions to Soldier Safety," - Fort Benning Command Generals Decision Group Brief: Innovations in Initial Entry Training, Fort Rucker, AL. (August 2010).

**Sefton JM**, Fort Benning Command Generals Decision Group, "Innovations in Initial Entry Training," Command General - Fort Benning, Head Quarters Fort Benning, GA. (August 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (July 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (June 2010).

**Sefton JM**, 192d Brigade - 3-47 Infantry Battalion Training Meeting, "Warrior Athletic Training Program - status/update," 192d Brigade - 3-47 Infantry Battalion, Fort Benning, GA. (June 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (May 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (April 2010).

**Sefton JM**, Initial Entry Training Commanders Best Practices Brief - National Video Teleconference Brief, "Warrior Athletic Training Program - innovations in Initial Entry Training care," Training and Doctrine Command, Fort Benning, GA. (April 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (March 2010).

**Sefton JM**, 192d Brigade-3-47 Infantry Battalion Training Meeting, "Warrior Athletic Training Program - Gait Instruction Mentoring Program - introduction and implementation," 192d Brigade - 3-47 Infantry Battalion, Fort Benning, GA. (March 2010).

**Sefton JM**, 192d Infantry Brigade-1/378 Infantry Battalion Command & Staff, "Warrior Athletic Training Program/Cadre and Drill Brief," 192d Infantry Brigade, Fort Benning, GA. (2010).

**Sefton JM**, 192d Infantry Brigade - Heat Mitigation and Safety Training Brief, "Heat Mitigation - innovations and progress," 192d Infantry Brigade, Fort Benning, GA. (March 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (February 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Training Meeting, "Warrior Athletic Training Program - Gait Instruction Mentoring Program - introduction and implementation," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (February 2010).

**Sefton JM**, 192d Brigade - Bravo/2-47 Infantry Battalion Training Meeting, "Warrior Athletic Training Program - Gait Instruction Mentoring Program - introduction and implementation," 192d Brigade - Bravo/2-47 Infantry Battalion, Fort Benning, GA. (February 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (January 2010).

**Sefton JM**, 192d Infantry Brigade - High Ground Rendezvous, "Gait Instruction and Mentoring Program - implementation and use in the Initial Entry Training environment," 192d Infantry Brigade, Fort Benning, GA. (January 2010).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Cadre and Drill SGT Training Brief, "Warrior Athletic Training Program - integration into Initial Entry Training," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (December 2009).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (December 2009).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Cadre and Drill SGT Training Brief, "Warrior Athletic Training Program - integration into Initial Entry Training," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (November 2009).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (November 2009).

**Sefton JM**, 192d Brigade - 2-54 Infantry Battalion Command & Staff, "Warrior Athletic Training Program - status/update," 192d Brigade - 2-54 Infantry Battalion, Fort Benning, GA. (October 2009).

**Sefton JM**, 192d Infantry Brigade - Command Training Meeting, "Warrior Athletic Training Program – progress, status and way ahead," 192d Infantry Brigade, Fort Benning, GA. (October 2009).

**Sefton JM**, 192d Infantry Brigade – Medical Command Monthly Brief, "Warrior Athletic Training Program – Battalion Aide Station Integration," 192d Infantry Brigade, Fort Benning, GA. (October 2009).

**Sefton JM**, 192d Infantry Brigade - Training brief, "Warrior Athletic Training Program – Cadre and Drill Brief," 192d Infantry Brigade, Fort Benning, GA. (October 2009).

**Sefton JM**, 192d Infantry Brigade - Army Medical Command Monthly Brief, "Warrior Athletic Training Program – Integration with Medical Command," 192d Infantry Brigade, Fort Benning, GA. (September 2009).

Poster Presentations, Peer-reviewed

Bordonie NC, Agostinelli PJ, Robbins AM, Jones PL, Reagan LF, Mobley CB, Miller Mw, Murrah WM, **Sefton JM**. Effect of two acute exercise modalities on physiology and cognition in males and females during firefighting occupational tasks. Auburn University Research Symposium. Auburn, Alabama. March 2024.

Frick KA, Mobley CB, Swinford J, Harris M, Agostinelli PA, Bordonie N, Neal FK, **Sefton JM**. The cost of safety: Movements limited by police protective gear. Auburn University Research Symposium. Auburn, Alabama. March 2024. (Student Award Winner).

Neal FK, Bordonie NC, Miller MM, Agostinelli PA, **Sefton JM**. Validation of a Core Temperature Monitoring Tool for Tactical Athletes. Auburn University Research Symposium. Auburn, Alabama. March 2024.

Bordonie NC, Agostinelli PJ, Linder BA, Frick KA, Neal FK, **Sefton JM**. Physiological Impact of Firefighter Turnout Gear During Simulated Firefighting Activities. WRC Tactical Athlete Summit. Auburn, Alabama. September 26 – 28, 2023.

Frick KA, Mobley CB, Swinford J, Harris M, Agostinelli PA, Bordonie N, **Sefton JM**. Tactical wellness collaboration: Fitness of the force. Auburn University Research Symposium. Auburn, Alabama. March 2023. (Student research award winner).

Bordonie NC, Agostinelli PJ, Linder BA, Frick KA, Neal FK, **Sefton JM**. Physiological Impact of Firefighter Turnout Gear During Simulated Firefighting Activities. National American College of Sports Medicine Annual Meeting. May 30 – June 2, 2023.

Agostinelli PJ, Linder BA, Frick KA, Bordonie NC, Neal FK, **Sefton JM**. Validity of Heart-Rate Derived Core Temperature Estimation During Simulated Firefighting. National American College of Sports Medicine Annual Meeting. May 30 – June 2, 2023.

PJ. Agostinelli,\* Z Rightmire, F Neal,\* O Dademathews,\* **JM Sefton**. *Army Combat Fitness Test Performance Sex Differences in Reserve Officer Training Corps Cadets*. ACSM Annual Conference, San Diego, CA. Abstract #4137 (June 2022).

O Dademathews,\* PJ. Agostinelli,\* Z Rightmire, F Neal,\* **JM Sefton**. *Quality of life, device satisfaction, and functional status of lower limb prostheses clients*. Auburn University Graduate Research Symposium, Auburn, Alabama. (March 2022).COE Graduate Student Poster Award.

- McMillan, L., Wise, A., Krishnamurti, S., **Sefton JM**, Wofford, M., & Mullis, A. *Maximizing Rural Patient Engagement by Innovative Multidisciplinary Approaches to Effective Tinnitus Care*. Rural Training Track Collaborative Annual Meeting, Stevenson, Washington. (April 2022).
- Wise, A., McMillan, L., Krishnamurti, S., **Sefton JM** & Wofford, M. (Virtual) *An Audiology and Nursing Collaborative Approach to the Deep Dish of Tinnitus Management*. Joint Defense Veterans Audiology Conference (JDVAC), (April 2022).
- L. McMillan, S. Krishnamurti, L. Wise, J. M. Sefton. Tinnitus Severity, Reaction, and Intervention in Military Members and Veterans: Effects of Blast versus Non-Blast. Auburn University Research Symposium. (2021).
- McAdam J, McGinnis KD, **Sefton JM**, "Evaluation of Dietary Intake and Training Volume During Army Initial Entry Training" American College of Sports Medicine. (June 2018).
- McGinnis KD, McAdam JS, **Sefton JMEM**. Physiological Measures of Stress Can Predict Marksmanship Success in Basic Training Soldiers. Southeast American College of Sports Medicine. Chattanooga, AL. (February 2018).
- Winkelmann ZK, McGinnis KD, McAdam JS, Pascoe DD, **Sefton JM**, Games KE. The Effect of Environmental Heat Stress on Functional Balance in Firefighters. NATA 68th Clinical Symposium and AT Expo Certified Free Communication. Houston, TX. (June 2017).
- McAdam, J. S.\*Presenter & Author, **Sefton JM** Pascoe, D., Lohse, K., Banda, R. L.\*, Henault, C. B.\*, Cherrington, A. R., Southeast American College of Sports Medicine, "*Evaluation of two heat mitigation methods in army Trainees.*" (June 2016).
- Sefton JM**, Annual AMSUS Society of Federal Health Professionals Continuing Education Meeting, "*Outcome assessment of IET Soldiers' presenting with hip pain.*" AMSUS, San Antonio, TX. (December 2015).
- Cherrington, A.\*, Hicks-Little, C., **Sefton JM** 2015 NATA Clinical Symposia & AT Expo, "*Double nerve transfer in a recreational alpine skier: a case study.*" Nat Athletic Trainers Association, St Louis, MO. (June 2015).
- Sefton JM** Presenter & Author, Games, K.\*, Kollock, R., 2nd World Congress on Controversies, Debates and, "*Effects of vehicle-ride exposure on cervical pathology.*" Congress Med, Brussels, Belgium. (November 2013).
- Games, K.\* Kollock, R., **Sefton JM** 2nd World Congress on Controversies, Debates and, "*High-field mri characterization of tissue changes during operational load bearing.*" Congress Med, Brussels, Belgium. (November 2013).
- Sefton JM**, Games, K.\*, Kollock, R., 2nd World Congress on Controversies, Debates and, "*Meta-analysis of vehicle-ride exposure effects on spinal pathology.*" Congress Med, Brussels, Belgium. (November 2013).
- Yarar, C., **Sefton JM**, Gladden, L., Pascoe, D., Quindry, J., American College of Sports Medicine National Meeting, "*Whole body vibration effects on hemodynamics and oxygen consumption in individuals with spinal cord injury.*" American College of Sports Medicine, San Francisco. (May 2012).
- Yarar, C.\*, **Sefton JM**, Society for Neuroscience Annual Meeting, "*Massage therapy produces long term*

*modulation of postural control and sensorimotor measures in older persons."* SfN, Washington DC. (November 2011).

Games, K.\*, **Sefton JM**, Society for Neuroscience Annual Meeting, "*The acute effects of whole body vibration on the soleus Hoffmann reflex and superficial skin temperature in the lower leg of healthy adults.*" SfN, Washington DC. (November 2011).

Yarar, C.\*, J. Berry, **Sefton JM** American Massage Therapy Association Annual Meeting, "*Massage therapy produces long-term modulation of postural control and sensorimotor measures in older persons.*" American Massage Therapy Association, Portland, OR. (October 2011).

Yarar, C.\*, J. Berry, **Sefton JM** American Massage Therapy Association Annual Meeting, "Massage therapy produces short term improvements in balance, neurological and cardiovascular measures in older persons," American Massage Therapy Association, Portland, OR. (October 2011).

Yarar, C.\*, J. Berry, **Sefton JM**, American Massage Therapy Association Annual Meeting, "*Massage therapy produces short term improvements in balance, neurological and cardiovascular measures in older persons.*" American Massage Therapy Association, Portland, OR. (October 2011).

Yarar, C.\*, J. Berry, **Sefton JM** American Massage Therapy Association Annual Meeting, "*The effect of therapeutic massage on soleus motor neuron pool excitability in older individuals.*" American Massage Therapy Association, Portland, OR. (October 2011).

Yarar, C.\*, J. Berry, **Sefton JM** American Massage Therapy Association Annual Meeting, "*The Effect of Therapeutic Massage on Soleus Motor Neuron Pool Excitability in Older Individuals.*" American Massage Therapy Association, Portland, OR. (October 2011).

#### Roundtable, Peer-reviewed

**Sefton JM**, American Kinesiology Association, "Speaking their language: building kinesiology/military partnerships," Dallas, TX. (January 2017).

\*Also listed under Outreach

#### Roundtable, Invited

**Sefton JM**, "*The Warrior Research Center: making a difference.*" Army Special Operations Command, Auburn University. (January 2017).

\*Also listed under Outreach

**Sefton JM** Presenter & Author, Burkhardt, T. A. Presenter & Author, Homeland Security Brief, "*Warrior Research Center - research capabilities and programs.*" Auburn University, Auburn University. (June 2016).

**Sefton JM**, Command General Azimuth Check, "*IPREP Program results presentation.*" Maneuver Center of Excellence, Fort Benning, GA. (August 2015).

**Sefton JM**, Command General Azimuth Check, "*WAT Program Injury Prevention results presentation.*" Maneuver Center of Excellence, Fort Benning, GA. (April 2015).

\*Also listed under Outreach

**Sefton JM**, Maneuver Center of Excellence I-PREP Conference, "*Injury prevention in the IET Soldier.*" Maneuver Center of Excellence, Fort Benning, GA. (November 2014).



\*Also listed under Outreach

**Sefton JM**, National Leadership Council Retreat, "*The Warrior Research Center: Serving Veterans.*"  
National Leadership Council, Conference Center, Newton GA. (July 2012).

\*Also listed under Outreach, Teaching

#### Workshop, Invited

**Sefton JM**, "A Yankee's Approach to Managing Research Chaos." Bond University, Gold Coast, Australia.  
(March 2017).

\*Also listed under Outreach, Teaching

## 8. Grants and contracts.

### Funding Summary:

\$13,472,421 total funding. \$8,973,057 – contracts; \$4,291,924 – grants; \$207,500 – other

### Contracts

**Sefton, JM**, Miller MW. Real-Time Core Body Temperature Monitoring Via Smartwatch With Machine Learning For Command Level Situational Awareness, Army-W51701-23-C-0080. April –June 2023). \$62,999.

**Sefton, JM**. Sparta Science, DOD Phase I SBIR. Rapid mTBI Assessment Tool (RTAT). June 2022 – Feb 2023). \$65,606.

**Sefton, JM. CFD Research Corporation**, Exosense-Team Wide Physiological Status Monitoring, CFDR-PROJ 20026. DOD Phase II SBIR. (14 Feb 2022 – 14 Feb 2023). \$74,723.

Bartol F, Wadsworth D, Oliver G, Kluess H, **Sefton JM**, Neely K, Laggoner L, Lazarowski L, Singletary M, Angle T, Weimar W, Wang X. Detection Canine Applied R&D-Base Period Task 7.1-Understand Causes Of Early Retirement. DHS (Jan 2022 – Jan 2023). \$57,182.

Bartol F, Wadsworth D, Oliver G, Kluess H, **Sefton JM**, Neely K, Laggoner L, Lazarowski L, Singletary M, Angle T, Weimar W, Wang X. Detection Canine Applied R&D-Base Period Task 5-Develop Optimal Handler Characteristics & Training Approaches. DHS (Jan 2022 – Jan 2023). \$58,222.

Bartol F, Wadsworth D, Oliver G, Kluess H, **Sefton JM**, Neely K, Laggoner L, Lazarowski L, Singletary M, Angle T, Weimar W, Wang X. Detection Canine Applied R&D-Base Period Task 2.1-Optimize Early Dvlmt & Training Practices. DHS (Jan 2022 – Jan 2023). \$10,349.

**Sefton JM**, "Troup High School Athletic Trainer," (Jan. 2022 - May 2022). \$42,209. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM**. "LaGrange High School Athletic Trainer," (July 2021 - May 2023). \$42,209. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM**. "LaGrange High School Athletic Trainer," (January 2020 - May 2021). \$42,209. Funding to

provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2019 - May 2021). \$56,048. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Point University Athletic Trainer program," (May 2019 - May 2021). \$56,930. Funding to provide athletic training services to augment the full-time athletic trainers and to provide clinical learning experiences for graduate athletic training students. (Ending 12-31-19 due to unsafe location for student).

**Sefton JM** (Principal), Oliver, G. (Supporting), "Volunteer Investigations for Mounted and Head-Supported Mass in Dismounted Operations," Sponsored by DOD Contract W911NF-11-D-0001, \$91,000.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2018 - May 2019). \$26,421. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Point University Athletic Trainer program," (May 2017 - May 2019). \$110,104. Funding to provide athletic training services to augment the full time athletic trainers and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2017 - May 2018). \$25,894. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Battelle-Us001-0000294468 mounted/dismounted HSM," (October 2016 - June 2018). \$30,000. Supplement to continue work on forces associated with wearing head supported mass.

**Sefton JM.** "CFDRC-Sub No 20120295 Software tool to assess shoulder injury push/pull," (July 2015 - November 2017). \$117,000. Work to provide laboratory-based data with human subjects to support the development of a computer model to develop military equipment that reduces impact on the soldier.

**Sefton JM** (Co-Principal), Schall, M. C. (Co-Principal), "Auburn University's Injury Reduction and Wellness Intervention Program for Pilgrim's Employees," Sponsored by Pilgrim's, Private. (March 2017 - August 2017). \$16,422.

**Sefton JM** (Co-Principal), Schall, M. C. (Co-Principal). "Auburn University's Injury Reduction and Wellness Intervention Program for Pilgrim's Employees," Sponsored by Pilgrim's, Private. (March 2017 - August 2017). \$24,712.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2016 - May 2017). \$23,464. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Point University Athletic Trainer program," (May 2016 - May 2017). \$79,704. Funding to provide athletic training services to augment the full time athletic trainers and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "CFDRC-Sub No 20120975 Neck injury assessment tool," (April 2015 - March 2017). \$100,000. Work to provide laboratory-based data with human subjects to support the development of a

computer model to develop military equipment that reduces impact on the soldier.

Schall, M. C. (Co-Principal), **Sefton JM** (Co-Principal), "Auburn University's Injury Reduction and Wellness Intervention Program for Pilgrim's Employees," Sponsored by Pilgrim's, Private. (July 2016 - September 2016). \$26,957.

**Sefton JM.** "Army-W911sf-13-C-0020-2005," (November 2015 - July 2016). \$1,132,224. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Army-W911sf-13-C-0020-2001," (August 2015 - July 2016). \$300,000. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Point University Athletic Trainer program," (August 2015 - May 2016). \$45,567. Funding to provide athletic training services to augment full time athletic trainers and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2015 - May 2016). \$20,364. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Battelle-Us001-0000294468, research to assess the impact of head supported mass on mounted/dismounted Soldiers," (September 2011 - April 2016). \$335,782.

**Sefton JM.** "Army-W911sf-13-C-0020-1001aa," (July 2014 - October 2015). \$963,000. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Army-W911sf-13-C-0020-1004," (November 2014 - July 2015). \$168,673. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Army-W911sf-13-C-0020-1001ab," (August 2014 - July 2015). \$155,500. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2014 - May 2015). \$14,826. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "LaGrange High School Athletic Trainer program," (July 2014 - May 2015). \$16,246. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "CFDRC-SUB NO 20120424 Shoulder Injury Risk and Exertion Assessment Tool," (January 2014 - July 2014). \$12,583. Work to provide laboratory-based data with human subjects to support the

development of a computer model to develop military equipment that reduces impact on the soldier.

**Sefton JM.** "Army-W911sf-13-C-0020-0003," (October 2013 - July 2014). \$422,870. Funding to provide 33 athletic trainers, sports medicine coverage, gait assessment, wellness and injury prevention interventions, fitness training, and research for 5 training Brigades; Fort Benning, GA.

**Sefton JM.** "Army-W911sf-13-C-0020-0002," (September 2013 - July 2014). \$489,236. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Army-W911sf-13-C-0020-0004," (August 2013 - July 2014). \$3,000. Funding to provide 33 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2013 - May 2014). \$14,296. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM (Principal).** "Development of ankle sprain injury prevention protocols - continuation," Sponsored by 192d Infantry Brigade - Fort Benning, Federal, (September 2012 - September 2013). \$5,000.

**Sefton JM.** "Army-W911sf-13-C-0020-0001," (August 2013). \$28,509. Funding to provide 15 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Army-W911sf-09-C-0024," (September 2009 - August 2013). \$1,448,894. Funding to provide 10 athletic trainers to provide sports medicine coverage, gait assessment, wellness instruction, injury prevention interventions, fitness training, and research for 5 training Brigades across Fort Benning, GA.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2012 - May 2013). \$12,992. Funding to provide athletic training services to cover all sports at the high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM (Principal),** "Development of ankle sprain injury prevention protocols," Sponsored by 192d Infantry Brigade - Fort Benning, Federal, (September 2011 - September 2012). \$5,000.

**Sefton JM.** "Orthopedic Clinic Preventative Sports Medicine Coverage," (August 2011 - May 2012). \$25,510. Funding to provide athletic training services to cover sports at local high schools and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Troup High School Athletic Trainer," (August 2011 - May 2012). \$11,490. Funding to provide athletic training services to cover all sports at local high schools and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Orthopedic Clinic Preventative Sports Medicine Coverage," (August 2010 - May 2012). \$45,979. Funding to provide athletic training services at local high schools and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Southern Rehab & Sports Medicine," (August 2010 - May 2011). \$12,130. Funding to provide

athletic training services to cover all sports at the La Grange high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Orthopedic Clinic Preventative Sports Medicine Coverage," (January 2010 - May 2011). \$19,000. Funding to provide athletic training services at local high schools and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM** (Principal), "Development of Gait Instructional Training Methods," Sponsored by 192d Infantry Brigade - Fort Benning, Federal, (October 2009 - September 2010). \$5,000.

**Sefton JM.** "Southern Rehab & Sports Medicine," (October 2009 - May 2010). \$8,919. Funding to provide athletic training services to cover all sports at La Grange high school and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Kenny Howard Athletic Training Foundation," (September 2009 - December 2009). \$730. Funding to provide athletic training services at local high schools and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM.** "Orthopedic Clinic Preventative Sports Medicine Coverage," (September 2009 - December 2009). \$1,908. Funding to provide athletic training services at local high schools and to provide clinical learning experiences for graduate athletic training students.

**Sefton JM** (Supporting), Crumbly, D. (Supporting), Henderson, B. (Principal). " Unmanned Systems Teaming for Semi-Autonomous Casualty Extraction," Sponsored by Defense Health Agency (DHA) Small Business – Phase II. \$50,000, AU portion. November 2018.

**Sefton JM** (Principal), Robinson, J.. (Supporting), Murrah, W. (Supporting). "Tools for Leaders: Advancing Team Effectiveness Through Leader Development." DOD, Defense Health Program, Congressionally Directed Medical Research Programs, W81XWH-18-PHTBIRP-R2OE-TRA. (Sub-award to SAIC primary). \$1,086,161. November 2018.

**Sefton JM** (Supporting), Rolander, G. (Supporting), Hill, R. (Principal), Zabala, M. (Supporting), " Tools for Harvesting, Processing, Correlating, and Visualizing Data in the Initial Entry Training Environment," Sponsored by Defense Health Agency (DHA) Small Business – Phase I. \$50,000. February 2018.

#### Grants (Funded)

Mitra, C, **Sefton, JM.** Together AL: Preparing the Community for Extreme Weather. People's Justice Council. Aug 2024 – Dec 2026.

**Sefton JM.** Air University BOLT Human Performance Program at Maxwell AFB. Phase II Sept 1 2024 – May 2025. \$433,750K.

**Sefton JM.** Air University BOLT Human Performance Program at Maxwell AFB. Phase I. Aug 5 – Aug 31 2024. Grant G00017981. HII-LSN P000062282 \$61,250.

**Sefton JM.** Tactical Athlete Performance Optimization Through Biomagnetic Monitoring and Analysis. Air Force R&D Budget, STTR Proposal #: FX237E-TPCSO1-0214. \$109,690.27

Clanton T, **Sefton JM**, Brant J. Accessible Epigenetic Biomarkers for "Climate Readiness"-from Mouse to Human. DOD , HT9425-23-S-BAA1. (\$1,198, 357 total awarded - \$204,000 to Auburn)

**Sefton JM.** Real-Time Core Body Time Monitoring Via Smartwatch With Machine Learning For Command Level Situational Awareness. Army contract subaward, Army-W51701-23-C-0080. April – July 2023. \$62, 999.

**Sefton, JM. CFD Research Corporation,** Exosense-Team Wide Physiological Status Monitoring, CFDR-PROJ 20026. DOD Phase II SBIR. (Sub award). June 2022 – March 2023. \$74, 722.97.

**Sefton, JM.** Army SBIR, sub award. Sparta SCI – TBI assessment. Rapid TBI Assessment Tool. March 2023 (Sparta award June 2022 – March 2024. \$93,036.

Bush, B. (Principal), Crumbly, D., Cremashi L, **Sefton, J.** *EX4C: next generation blood and vaccine transport for combat, austere and challenging environments.* Auburn University Research Support Program # 1258-2021, 2021. \$49,974.

**Sefton, JM,** Weimar W, Klues H, Oliver G, Wadsworth D, Neely K. AU Canine Performance Center, Auburn Vet School. *DCSITE Grant; Canine Team Performance and Longevity Improvement Program*, 2021. \$50,000,000. Kinesiology award \$831,748.

McMillan L, Krishnamurti S, **Sefton JM,** Wise L. Tinnitus Severity, Reaction, and Intervention in Military Members and Veterans. Auburn University IGP. (2019 – 2021) \$25,000.

Roper, J. (PI), Zabala, M., **Sefton JM, Crumbly, D.,** (Supporting). "An Evidence-Based Approach to Optimizing Selection of Below the Knee Prosthetic Prescription" Sponsored by the Department of Defense orthotics and Prosthetics Outcomes Research Award. (2018 – 2020). \$500,000.

Birdsong, J. (Principal), **Sefton JM** (Supporting), Witte, J. (Supporting). " Retooling Pilot Workforce Development for Digital Natives," Sponsored by Federal Aviation Administration, Federal, (October 2018 - December 2021). (\$595,843,000, plus 595,843 matching funds from the Delta Airlines). Funding total \$1,194,686.

Suppiramaniam V, (Principal) **Sefton JM** (Supporting). Establishment of a Center for Neuroscience. AU PAIR program. January 2018.

**Sefton JM** (Supporting), Rolander, G. (Supporting), Hill, R. (Principal), Zabala, M. (Supporting), "System for Prosthetic Alignment Utilizing Real-time," Sponsored by Defense Health Agency (DHA) Small Business. (2017 - 2019). \$150,000 total, \$50,000 to Auburn University.

Witte, J. (Principal), **Sefton JM** (Advisor) Franco-Watkins, A. (Advisor), Birdsong, J. (Advisor), Lepper, B. (Supporting). " Impact of Technology on the ATC Retirement Age," Sponsored by Federal Aviation Administration, Federal, (September 2017 - June 2018). \$26,952 (plus 26,952 matching funds from the Department of Aviation).

Radzak, K. N. (Principal), **Sefton JM** (Consultant and coordinator/Site PI) "An Evaluation on the Prevalence and Effectiveness of Care Provided by Athletic Trainers in a Military Population", NATA Research & Education Foundation New Investigator Grant, Foundation, Current amount obligated: \$23,000. (August 15, 2017 - August 14, 2019).

**Sefton JM** (Principal), Wadsworth, D. (Supporting), Witte, J. (Supporting), Franco-Watkins, A. (Supporting), Birdsong, J. (Supporting). "Exploring use of gamification for training," Sponsored by Federal Aviation Administration, Federal, (October 2016 - March 2018). \$298,000 (plus 298,000 matching funds from the Department of Aviation).

**Sefton JM** (Co-Principal), Windham, J. (Co-Principal), "Creating Innovative Assistive Technology Solutions for Wounded Warriors," Sponsored by VPR, Auburn University. (2013 - 2014). \$42,873.

**Sefton JM** (Supporting), **Yarar, C.** (Principal), "Use of whole body vibration in cardiovascular rehabilitation for SCI patients," Sponsored by Auburn University Graduate School, Auburn University, (October 2010 - April 2011). \$1,000.

Games, K. (Principal), **Sefton JM** (Supporting). "To examine the acute effects of WBV on the peripheral blood flow, muscle oxygenation, monosynaptic spinal reflex, and nerve conduction velocity in the lower leg of healthy adults," Sponsored by Auburn University Graduate School, Auburn University, (August 2010 - April 2011). \$1,000.

**Sefton JM** (Supporting), Games, K. (Principal). "To examine the acute effects of WBV on the peripheral blood flow, muscle oxygenation, monosynaptic spinal reflex, and nerve conduction velocity in the lower leg of healthy adults," Sponsored by National Athletic Trainers' Association Graduate School Grant, Auburn University, (August 2010 - April 2011). \$2,000.

Games, K. (Principal), **Sefton JM** (Supporting). "Use of whole body vibration for improvement of peripheral circulation," Sponsored by Southeastern Athletic Trainers' Association Graduate School Grant, Auburn University, \$2,000. (2011)

Burroughs, S. (Principal), **Sefton JM** (Supporting). "Success rate and removal time of face masks with the Quick Release™ face mask attachment system from used helmets," Sponsored by Auburn University Graduate School, Auburn University, (October 2010 - March 2011). \$1,000.

Burroughs, S. (Principal), **Sefton JM** (Supporting). "Success rate and removal time of face masks with the Quick Release™ face mask attachment system from used helmets," Sponsored by National Athletic Trainers' Association Research Grant, Other, (August 2010 - February 2011). \$1,000.

Burroughs, S. (Principal), **Sefton JM** (Supporting). "Success rate and removal time of face masks with the Quick Release™ face mask attachment system from used helmets," Sponsored by Southeast Athletic Trainers' Association Research Grant, Other, (August 2010 - February 2011). \$1,970.

Yarar, C. (Principal), **Sefton JM** (Supporting). "Use of whole body vibration in SCI," Sponsored by Auburn University Center of Excellence Seed Grant, Auburn University, (November 2010). \$2,950.

**Sefton JM** (Principal), "The effect of therapeutic massage on postural control measures in older individuals," Sponsored by American Massage Therapy Association, Private, (June 2009 - June 2010). \$30,000.

Wadsworth, D. (Co-Principal), Brock, S. (Principal), Robinson, L. (Co-Principal), **Sefton JM** (Co-Principal), "Examining the effect of traditional and interactive gaining physical education activities," Sponsored by Education Discretionary Research Grant-in-Aid. Auburn University, Auburn University, (March 2008 - December 2008). \$1,330.

**Sefton JM** "Transcranial magnetic stimulation," Sponsored by Daniel F. Breeden Endowed Grant, Auburn University. (June 2008 - August 2008). \$3000. Funds to study TMS and develop a course supplement for the graduate neuromotor control course.

**Sefton JM**, "Society for Neuroscience Annual Meeting," Sponsored by College of Education, Auburn

University. (September 2007 - November 2007). \$500. Travel funding.

**Sefton JM**, "Sensorimotor influences in chronic ankle instability," Sponsored by UNCC Graduate Research Programs Grant, Other States and Local Governments (including any municipalities or county government such as Lee County, City of Auburn, etc.). (2005 - 2006). \$500.

**Sefton JM**, "2005 UNCC Graduate Programs Travel and Research Dissemination Grant," Sponsored by UNCC Graduate Programs Travel and Research Dissemination Grant, Other States and Local Governments (including any municipalities or county government such as Lee County, City of Auburn, etc.). (September 2005 - November 2005). \$500.

**Sefton JM**, "CAI and the sensorimotor system," Sponsored by ISU Office of Sponsored Programs Research Grant, Other States and Local Governments (including any municipalities or county government such as Lee County, City of Auburn, etc.). (2004). \$300.

#### Other

**Sefton JM**. Support for the 2023 Warrior Research Center Tactical Athlete Summit and WRC operations. Booze Allen Hamilton. \$25,000.

**Sefton JM**. Support for the 2023 Warrior Research Center Tactical Athlete Summit and WRC operations. Magellan Federal. \$10,000.

**Sefton JM**. Support for the 2021 Warrior Research Center Tactical Athlete Summit and WRC operations. Booze Allen Hamilton. \$25,000.

**Sefton JM**, "Evaluation of energy expenditure and impact of whey protein supplementation on fitness, injury rates and medical visits in army OSUT students," Sponsored by Bionutritional Research Group, Private, (October 2016 - October 2017). \$85,000.

**Sefton JM** (Principal), Yazar, C. (Supporting), "The effect of vibration treatment on the exercise pressor reflex in health and SCI individuals," Sponsored by Wave Manufacturing Inc, Private, (November 2009 - 2012). \$25,000.

**Sefton JM** (Supporting), Pleuger, M. (Principal), "Utilizing ankle bracing during rehabilitation in CAI individuals," Sponsored by ASO Bracing Inc., Private, (November 2009 - May 2010). \$2,000.

**Sefton JM** (Supporting), Franklin, L. (Principal), "Effect KinesoTape on shoulder blood flow, force and spinal reflexes in healthy individuals," Sponsored by KinesoTape Inc., Private, (October 2009 - May 2010). \$500.

#### Proposals in Review

Tsai, P-F, Bashir A., **Sefton, JM**, Want, C-H, Gramlich M, Deshpande G. RFA-AT-24-003 HEAL Initiative: Toward Developing Quantitative Imaging and Other Relevant Biomarkers of Myofascial Tissues for Clinical Pain Management (R61/R33, Clinical Trial Required). *"Identifying Objective Measures of Myofascial Pain Syndrome of The Back and Shoulders"*. \$4,189, 589.

Halvorson M, Williams L, Cargile N, Bradshaw E. **Sefton JM** subaward. Tactical Athlete Performance Optimization Through Biomagnetic Monitoring and Analysis. US Air Force Proposal #:



FX237E-TPCSO1-0214. Submitted 27 September 2023. \$109,690

**Sefton, JM.** Movella. Army BAA AFX23E-TPCSO1. *Immersive Preparation for Critical Tasks of Defense Forces*. Dec 1 2023 – Feb 29 2024. Aub 28 Sept 2023. \$33,000.

**Sefton, JM. CFD Research Corporation,** *Exosense-Team Wide Physiological Status Monitoring*. CFDRC-PROJ 20026. DOD Phase III SBIR.

## Outreach

### Impact:

Warrior Research Center (WRC) and Warrior Athletic Training programs have provided research, medical coverage, training, and education for thousands of Soldiers a year. The WRC has increased Auburn University collaborations and brought in millions of dollars in funding (see contracts/grants section).

Across 8 years, the Warrior Athletic Training Program provided:

Attendance at educational/training events (e.g., gait analysis, nutritional presentations, movement screenings, leader professional development)	<b>859,912 Soldiers</b>
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New Injuries treated	<b>510,000</b>
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Soldier Training hours saved	<b>1,692,872</b>
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Medical costs saved (after Warrior Athletic Training Program costs)	<b>\$30,518,419</b>
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**This does not include the ROTC WAT program savings and costs across 10 years.**

Overall outreach program graduate students funded	<b>89</b>
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12 years of Sports medicine coverage for local students and families	<b>Incalculable</b>
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<u>Warrior Research Center (WRC)</u>	<b>\$12,065,486 million dollars funding</b>
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### Overview

#### Outreach Overview

Outreach is fundamental to the land-grant mission of Auburn University and to the College of Education's commitment to building a better future for all.

My outreach, teaching, research and service are interrelated. The applied/transitional nature of my research requires that my projects are conducted both in the field and with laboratory support to improve the understanding and treatment of injuries and pathologies and to improve performance and quality of life and applying that knowledge to different populations from tactical athletes. My work is applied and most of my research can be considered outreach research.

**My outreach work also includes provision of sports medicine coverage to those that would be without – from Soldiers to student athletes. Thousands of students each year have sports medicine care that would not have had this protection** because of the contracts developed across 12 years that inserted graduate students into high schools and a local college. This also provides invaluable clinical experience and education necessary to inform my students' research and academic education as well as the clinical time needed to qualify for athletic training positions once they graduate. My masters' athletic training students have an outstanding record of moving into positions as assistant/head athletic trainers in the military, professional sports, college, and at the high school level. They have also been accepted at physical therapy, occupational therapy, physician assistant, and medical schools.

## Program Descriptions

### **Warrior Research Center**

March 2010 – Present



### **Mission:**

The joint mission of my outreach programs is to utilize my unique skills, the Warrior Research Center and the Neuromechanics Research Laboratory to improve the quality of life for all individuals in our communities and to help people fulfill their health and wellness goals. My focus is on the tactical athlete that serves his/her community and nation. Much of what we learn with this population can also assist other populations.

The Warrior Research Center (WRC) is the natural expansion of the outreach/research efforts of the Neuromechanics Research Laboratory and Warrior Athletic Training Program. The Warrior Athletic Training Program is a WRC program that provides identification, treatment, rehabilitation, and prevention of injuries in our military personnel, with an integral education/research program. Vital to this program is research on best practices for physical training, performance, Warrior training, equipment modifications, and injury recognition, evaluation, treatment and rehabilitation protocols. There has been a call for this research throughout the Military. Concurrent with these efforts is the research relationship with Fort Rucker US Army Aeromedical Research Laboratory, and local ROTC commands. This effort has expanded to include work with the Air Force, Marines, Navy, Homeland Defense, Special Forces, industry, Federal Aviation Administration, Redstone Arsenal, firefighters, and other organizations detailed in the WRC organizational figure below (Figure 1).

**OBJECTIVES:** The Warrior Research Center serves as a catalyst for collaboration between researchers, the military and tactical athletes to further develop and implement new knowledge in human factors. The center works to improve performance, resiliency and health and wellness while providing leadership through research, education and training to better serve our Warriors, Veterans, tactical athletes, families and the community.

The inspiration for the WRC came from a need I saw to bring together the resources of Auburn University to address the needs of our tactical personnel, families and veterans. Using my expertise in sports medicine, I developed a way of using the sports medicine model to provide care for Soldiers. This included extensive data collection to determine trends and develop injury prevention and performance enhancement programs. Research programs evolved to answer questions and improve care and training of service members. My ability to bring people together toward a common goal has resulted in the WRC being the go-to place for Auburn researchers, industry, small businesses, and government organizations to find the resources needed to solve problems. The development of the WRC has required all of my professional skills as an educator, researcher, outreach academic, networker, director, and at times a

politician to bring together the resources, funding, and end users to drive the WRC forward to meeting our mission. Most importantly, the work of the WRC is built on a foundation of solid, peer-reviewed, evidence-based science.

The work of the WRC has changed how the Army trains and cares for Soldiers. The Warrior Athletic Training Model, a WRC program, has been expanded to Army and Air Force training locations nation-wide. Overall training has been revised to reduce injuries, and new ways to keep Soldiers and Firefighters safe in the heat have been implemented based on WRC research. The work of the WRC has saved the military millions of dollars and hundreds of thousands of lost training hours. The work of the WRC has expanded (see Figure) to include local, government, industry, and international partners.

### **WRC Tactical Athlete Summit**

January 2017 - Present

The Warrior Research Center has sponsored a Tactical Athlete Human Factors Summit yearly or alternating years since 2017. This conference was the first of its kind in the intersection of health, technology, and innovation for our U.S. Armed Forces. Industry, academia, and government all come together to share novel ideas and report key findings to optimize tactical athlete performance. Keynote speakers include leaders from across the nation, from the Director of U.S. Army Natick Soldier Research, Development and Engineering Center in Natick, Massachusetts, Director of the US Army Aviation and Missile Research, Development, and Engineering Center at Redstone Arsenal, Alabama, and the Director of the US Army Research Institute of Environmental Medicine to leaders in the military including the US Marines Command Sergeant Major, Senior Military Advisor to the Secretary of Defense, and leaders in the Army Holistic Health and Fitness program.

Additionally, the Summit includes research presentations, expert panels, posters, vendor tables and more. Researchers and non-researchers, including athletic trainers, military personnel, police and fire divisions, and equipment manufacturers, as well as students attend. Presenters ranged from nationally known experts to Auburn University graduate and undergraduate researchers. Attendance typically ranges from 120-150 across 2 days. An evening reception, pre-Summit gathering, and other events are included to encourage networking. The Summit has resulted in new collaborations and funding opportunities for AU researchers.

### **Firefighter and Police Programs**

June 2016 - Present

This is a new extension of our work with the Military. We have completed research with the Auburn Fire Department, and are working to develop funding to imbed an athletic trainer at the firehouse to provide sports medicine care, fitness improvement, and injury prevention programs for local firefighters. This program has expanded to include research with firefighters in Queensland Australia.

In 2022 I developed a new collaboration with the AL Firefighters Academy.

In 2022 we developed a new program with Auburn police to improve wellness, fitness and health. This will begin with a screening of all police officers, development of a new fitness assessment and programs to improve health and wellness.

## **Warrior Athletic Training Program**

September 2009 - 2016

The Warrior Athletic Training Program (2009-2016) provided identification, treatment, rehabilitation, and prevention of injuries in our military personnel and includes an integral education/research program. Warrior Athletic Training Program provided sports medicine services to all training schools and the 5 Brigades at the Maneuver Center of Excellence, Fort Benning. I constructed 16 Sports Medicine rooms, one at each battalion/brigade and school; developing a coordination and communication plan with the Post Medical personnel; writing the Statement of Work and Standard Operating Procedures; developing databases to track data; hiring all personnel and originating all forms and procedures. Additionally, I worked with Post Cadre to guide the program through the contracting process for the initial project, and multiple modifications and extensions of the program. Implementation has required extensive time and development of support and communication at all Command levels at Fort Benning, the Training and Doctrine Command (Training and Doctrine Command), Safety Command, Medical Command, and others. Additionally, I provided treatment for Cadre and covered a GA position for a full term when required. The Warrior Athletic Training Program has become well known across Fort Benning, Training and Doctrine Command, other Army departments such as at West Point, and I have consulted with the Air Force and others to replicate the program at their units. This program currently served over 60,000 Soldiers and Cadre a year. The Warrior Athletic Training Program has also funded 10 - 18 new Graduate Assistant Positions a year and 3 Clinical Coordinator positions, as well as funding 65% of my time. The Warrior Athletic Training Program has saved the Army millions of dollars and an estimated hundred thousand hours of missed training time each year. The program has an average of 2.53 days in treatment prior to full return to duty and compared to 10-14 prior to our arrival. In the important area of the reduction of femoral neck hip fractures, we have worked with Commands to implement Maneuver Center of Excellence wide hip stress fracture reduction program. Our specially developed injury tracking system indicates a significant decrease in hip fractures and other injuries. We have developed/offered extensive leader professional development programs, Soldier education programs, gait analysis, self-care training, nutrition and other programs. Additional outreach initiatives have evolved from this program and will be detailed under the Warrior Research Center heading - and expansion of the Warrior Athletic Training Program. The Warrior Athletic Training Program provided extensive positive publicity for the School of Kinesiology, the College of Education, Auburn University and Fort Benning; and has hosted many guests and VIPs including President Gogue's visit hosted by the Command General of Fort Benning and his Command Staff, Training and Doctrine Command Commanding General, Command Sargent Major of the Army, Army Surgeons General Office, and others.

This outreach program funded more than 75 graduate students, 15 full time staff members and others. The program informed research in my Neuromechanics Research Laboratory and with the athletic training graduate students. It also was the impetus for the development of collaborations with Fort Rucker, Redstone Arsenal, and multiple Auburn Researchers with the goal of providing identification, treatment, rehabilitation, and prevention of injuries in our military personnel.

This program has served as a model for the Military on how to implement a sports medicine model to better take care of Soldiers. It has been replicated in the Air Force at Lackland Air Force Base, is being assessed by a joint DOD program that is looking to redesign military medicine, and is serving as a model program for integration in ROTC programs nation-wide. It has also served as a driving factor in the effort to achieve the integration and privileging of athletic trainers throughout the military.

The Warrior Athletic Training Program has received consistently outstanding reviews from the office of Army Contracting (yearly evaluations available).

The WAT program was the impetus and model for the Army's new Holistic Health and Fitness program (H2F). I worked behind the scenes with the writers of the doctrine to develop the program and ensure

athletic trainers are written in as part of the team.

### **Fort Rucker Collaboration**

August 2007 - 2017

I have worked with Fort Rucker Army Aeromedical Research Laboratory (USAARL) since 2007 to establish a working collaboration on research projects with the military. Army researchers have presented in my classes on topics of potential collaboration. I have established collaborations on developing prevention and therapies for chronic neck pathology in aviators, worked with the MRI Steering committee to establish a Fort Rucker collaboration to obtain congressional earmarks for additional MRI funding (\$7-10 million). We have had multiple funded collaborations (through Battelle) to research seating in UH-60 pilots, and vibration and shock in dismounted service members. We are also working to collaborate on injuries caused by head supported mass and other issues. The WRC continues a close collaborate with USAARL researchers.

### **Post-Certification Graduate Athletic Training Outreach Program**

August 2007 - 2016

Through my coordination of the Post-Certification Athletic Training Graduate Program I work with the Kenny Howard Foundation, RehabWorks, Orthopedic Clinic, Southern Rehabilitation, LaGrange High School, Troup High School, Point University, Army and other area clinics to provide clinical experiences and sports medicine coverage to thousands of students. Combined with classroom the knowledge, the result is a well-rounded program that touches lives now and will improve the quality of care provided to those served by our students in the future. Our Athletic Training research program established ties to improve research opportunities for our students, health care services to area athletics and Soldiers, and new experiences and opportunities for all involved.

Our graduate Athletic Training students that work with schools and clinics that serve local high schools that cannot afford to provide sports medicine care to their students. The athletic training program provides much needed sports medicine coverage for high/middle school teams, intramural sports, community soccer tournaments, and other events. The graduate athletic training research program also insures that each student will to contribute to the athletic training knowledge base in a direct way. Student research has produced multiple regional and national presentations, research manuscripts and student research grants and scholarships.

The Warrior Athletic Training Program was developed over 8 years and provided a model for changing how the military provides care to service members while providing a unique clinical experience for our students (see description above).

### **Tuskegee Outreach Program**

August 2007 - 2010

I also established a collaboration with the sports medicine department at Tuskegee university. Working with the Kenny Howard Foundation we added a GA ATC to work with the sports medicine staff at the University. Additionally, we hoped to enter into a research collaboration with the sports medicine staff focusing not only on clinical, and case studies, but also epidemiological work with their specific population. A proposal was presented to the Tuskegee Athletic Director and President to support 1-2 GA

positions. The proposal did not receive funding for fall term. However, one of my graduate athletic trainers was hired as the assistant athletic trainer as a result of this effort.

## **Outreach Scholarship:**

### Outreach Instructional Activities

2-Day WRC Tactical Athlete Summit. (20 hours). Led program and spoke on panels and other activities.

2-Day Workshop (10 hours). Army Special Forces Combat Medics Training. School of Kinesiology, Auburn University. (April 2019.)

Workshop, Soldier Maintenance, 14th Combat Support Hospital, Fort Benning, GA. (with Dr. Roberts, J McAdam, F. Dyke, K. McGinnis, Dr. Wadsworth) 200 participants, (April 2017).

Workshop, Gait Analysis Improvement Program, Maneuver Center of Excellence, Fort Benning, GA. 200 participants. (February 2010 - July 2016).

Workshop, Identification and prevention of stress fractures in Initial Entry Training Soldiers, 194th Armor Brigade, Maneuver Center of Excellence, Fort Benning, GA. 40 participants. (May 2016).

Seminar, Heat injury mitigation in Initial Entry Training Soldiers, Maneuver Center of Excellence, Fort Benning, GA. 50 participants. (April 2010 - April 2016).

Workshop, Body mechanics for performance optimization and injury reduction, 5-15 Cavalry Battalion, Maneuver Center of Excellence, Fort Benning, GA. 20 participants. (March 2016).

Workshop, Core fitness for Cadre, 194th Armor Brigade, Maneuver Center of Excellence, Fort Benning, GA. 30 participants. (January 2016).

Workshop, Leader Professional Development for 5-15 Cavalry Cadre, 5-15 Cavalry Battalion, 25 participants. (July 2015).

Workshop, Running shoe and gait assessment, Captains Career Course, Maneuver Center of Excellence, Fort Benning, GA. 50 participants. (July 2015). Dr. Weimar took the lead on providing a seminar and analysis.

Seminar, Initial Entry Training, what to expect, Maneuver Center of Excellence, Fort Benning, GA. 200 participants. (November 2009 - July 2015).

Workshop, Nutrition for IBOLC Soldiers, Maneuver Center of Excellence, Fort Benning, GA. 30 participants. (May 2015).

Workshop, Leader Professional Development for 5-15 Cavalry Cadre, 5-15 Cavalry Battalion, 25 participants. (July 2014).

Seminar, Hyponatremia: dangers of over hydration, Maneuver Center of Excellence, Fort Benning, GA. 30 participants. (June 2014).

Workshop, Running shoe and gait assessment, 194th Armor Brigade, Maneuver Center of Excellence, Fort Benning, GA. 30 participants. (November 2013). Dr. Weimar and students provided a seminar and analysis.

Workshop, Warrior Athletic Training Program Army Leader Professional Development - sports medicine self-care, Maneuver Center of Excellence, Fort Benning, GA. 40 participants. (November 2013).

Workshop, Nutrition and protein supplementation for Army Rangers, Airborne and Ranger Training Regiment, Maneuver Center of Excellence, Fort Benning, GA. 25 participants. (April 2013).

Seminar, Injury mitigation for Initial Entry Training Soldiers, 2-54 Infantry Brigade, 30 participants. (January 2011).

Seminar, Injury mitigation for Initial Entry Training Soldiers, 3-47 Infantry Brigade, 30 participants. (January 2011).

Workshop, Innovative training for Soldiers, Maneuver Center of Excellence, Fort Benning, GA. 30 participants. (November 2010).

Seminar, Warrior Athletic Training Program leader Professional Development programs brief, Maneuver Center of Excellence, Fort Benning, GA. 100 participants. (November 2009).

Seminar, Executing Effective Instruction, 2-47 Infantry Battalion, Maneuver Center of Excellence, Fort Benning, GA. 40 participants. (September 2009).

#### Technical Assistance

Sydney Police, Queensland Australia  
March 2017

Completed site visits and consultation on implementation of a musculoskeletal injury reduction and treatment program for city police.

Queensland Firefighter Training Center and Bond University Tactical Training Unit  
March 2017

Consulted on research and data collection on firefighters in a structural fire. Assisted with data collection.

2-47 Infantry Battalion  
July 2016 - February 2017

Provided research support, data, and data analysis for a new ability group physical training program. Assessed changes in musculoskeletal injuries in Army Trainees, and co-authored an Army white paper.

Fort Benning - Army  
February 2011 - 2016

Requested member of the Sand Hill Fort Benning Comprehensive Fitness and Resilience Team: a Training and Doctrine Command initiative. Standing member of new taskforce.

Army Military Operational Medicine Research Program (MOMRP)  
January 2016

Head Supported Mass Expert Panel Working Group, Fort Detrick, MD. Participated in an expert panel on the impact of helmets and other head supported mass on Service Member injuries.

Fort Benning - Sand Hill Medical Command  
October 2010 - 2016



Requested to consult with the re-structuring of Troop Medical Services to Initial Entry Training Soldiers. They used our simplified athletic training reporting, paperwork and services structure as a model to restructure how Trainees report to sick call and receive care.

Fort Benning - Combatives Program  
February 2010 - 2016

Developed and provided integrated sports medicine coverage for Sand Hill combatives tournament. Included Cadre and first responder training/integrating with other medical teams.

194 Armor Brigade/Training and Doctrine Command  
January 2014 - July 2016

Worked with the Maneuver Center of Excellence Commanding General to develop an injury prevention program for incoming recruits. This was an extensive program that provided screening of 50,000 Trainees a year, evaluated likelihood of injury, and a new 2-4 week pre-basic training fitness improvement program designed to reduce injury and improve success in entry level Army training. Presented at Training and Doctrine Command conferences on program outcomes. Wrote a white paper and manuscript for Army Training and Doctrine Command program evaluation. This program was rated as the top new Army initiative and is being looked at for implementation Army-wide.

75th Ranger Regiment and Maneuver Center of Excellence Human Factors Director  
October 2015 - June 2016

Developed a physical assessment of all 2016 Best Ranger Competitors. Conducted assessment, analyzed, and provided a report to support changes in future body composition requirements and measurement techniques used to assess body composition for all Army Soldiers.

Lackland Air Force Base  
March 2013 - December 2013

Consulted in the development and execution of an injury prevention and treatment program using athletic trainers from a local university to support Air Force training. Included site visits, calls and meetings. Program is running well and up for expansion to additional Air Force bases.

192d Infantry Brigade  
November 2011 - October 2013

Developed remedial cardiovascular fitness program designed to improve Army Physical Fitness Test run scores. Implemented in 4 training battalions and one rehabilitation battalion. Used daily.

192d Infantry Brigade  
October 2011 - October 2013

Developed remedial fitness program designed to improve Army Physical Fitness Test push up scores. Implemented in 4 training battalions and one rehabilitation battalion. Used daily.

192d Infantry Brigade  
September 2010 - October 2013

Developed stretching program, posters, and handouts for Initial Entry Training Soldiers. Used daily in 4 training and 1 rehabilitation battalions.

192d Infantry Brigade  
July 2010 - October 2013

Worked with command to develop a femoral neck stress fracture reduction program for Initial Entry Training Soldiers. Researched, collaborated with units across the country, and 192d Infantry Brigade Commander to develop, educate, and train new injury prevention protocols. This has been officially accepted as 192d Infantry Brigade policy, and a Fragmentary Order written (use of this program this is now a direct order that must be followed).

US Army - Training and Doctrine Command

December 2009 - October 2013

Provided a gait analysis - injury prevention program to 192d Infantry Brigade. Worked with Dr. Weimar to develop needs assessment and program design. Utilized the Dartfish program to train new Soldiers on a weekly basis.

192d Infantry Brigade

October 2009 - October 2013

Developed Initial Entry Training Soldier expectation brief for injuries and physical aspects of entry level training for all incoming Initial Entry Training Soldiers. Included education on what to expect during Army training, and what constitutes an injury, what needs to be reported and how to work with the Army medical system.

192 Infantry Brigade

2011 - 2012

Serving as subject matter expert on brigade comprehensive fitness and resiliency physical working group

2-54 Infantry Battalion

2011 - 2012

Serving as subject matter expert on battalion comprehensive fitness and resiliency physical working group.

Fort Lee, VA - Army

October 2012

Consulting on the development of an injury prevention and treatment program for Fort Lee Soldiers.

Fort Benning - Army

October 2010 - October 2011

Coordinated to bring in Auburn University expertise to the 192d Infantry Brigade. Brought in Auburn University Coach Davis to provide 3 seminars on resistance and fitness training for Army Cadre.

192d Infantry Brigade

February 2011 - September 2011

Developed remedial fitness program, posters, handouts and training designed to improve Army Physical Fitness Test sit up scores. Implemented in 4 training battalions and one rehabilitation battalion. Used daily.

192d Infantry Brigade

February 2011 - September 2011

Developed, designed, and printed stretching posters especially for Initial Entry Training Soldiers. Printed and posted 100 in training bays on Sand Hill. Used daily.

192d Infantry Brigade

November 2010 - September 2011

Consulting with command to assess Initial Entry Training Soldier training strategies and develop ways to improve Soldier training while reducing injury.

Fort Benning - Airborne School

October 2010 - September 2011

Assessed the Airborne Training Regiment injury prevention programs and policies. Worked with Cadre to learn Airborne training procedures and course progression. Spent time in the drop zone watching all aspects of training. Developed a research program suggestion to assess validity of current protocols and explore injury prevention ideas.

Fort Benning – Infantry Basic Leadership Course (IBOLC)

September 2010 - September 2011

Developed a sports medicine program including equipment and staffing requirements needed to provide adequate injury coverage and prevention for the school.

192d Infantry Brigade

February 2010 - July 2016

Developed nutritional brief for all incoming Initial Entry Training Soldiers, educating them on what to eat during training to improve physical fitness. Developed a second brief to teach them how to eat on their own once they have graduated.

US Army - Training and Doctrine Command

December 2009 - September 2011

Provided gait analysis training for Infantry Drill Sergeants instructing them how to watch Trainees running gait and help them improve to reduce injury.

Fort Benning - Ranger Training Brigade

September 2010 - December 2010

Goal was to transition from paper training of Soldier drills and tasks to a visual training using Dartfish or a similar program. Developed demonstrations with Dr. Weimar.

## TEACHING

**Teaching Summary:** Served on 18 doctoral dissertation committees, chaired 10; research mentor for 90+ masters' students, 25+ undergraduate students, 2 postdoctoral fellows, and 1 masters' research intern. Taught 20 different courses, and developed 10 new courses and one new graduate program.

## Teaching

### Teaching 2007 – 2022

Term	Course #	Course Topic	Credit Hours	# in Course
Fall 2023	KINE 8990	Research and Dissertation	7	2
Fall 2023	KINE 7980	Research in KINE	3	1
Fall 2023	KINE 3050	Care and Prevention of Injuries	3	24
Fall 2023	KINE 3000	Medical Terminology	3	46
Summer 2023	KINE 8990	Research and Dissertation	5	2
Spring 2023	KINE 8990	Research and Dissertation	5	2
Spring 2023	KINE 7980	Research in KINE	3	1
Spring 2023	KINE 4980	Undergraduate research	3	1
Spring 2023	KINE 4950	Massage Therapy Special Topics	3	20
Fall 2022	KINE 7980	Research Project in Kinesiology	1	
Fall 2022	KINE 3050	Care and Prevention of Injuries	3	
Fall 2022	KINE 3050	Care and Prevention of Injuries	3	

Fall 2022	PHED 1260	Military Fitness for Everyone	2	
Fall 2022	PHED 1260	Military Fitness for Everyone	2	
Fall 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Fall 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Fall 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Fall 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Fall 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Fall 2022	KINE 8990	Research and Dissertation	1	
Summer 2022	KINE 3050	Care and Prevention of Injuries		
Summer 2022	KINE 8990	Research and Dissertation	1	
Summer 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Summer 2022	KINE 7980	Research Project in Kinesiology	1	
Summer 2022	KINE 8970	Special Topics: Review of Literature	3	
Spring 2022	KINE 8900	Directed Studies	1	
Spring 2022	KINE 8990	Research and Dissertation	1	
Spring 2022	KINE 4980	Undergraduate Research	1	
Spring 2022	KINE 4970	Special Topics: Concepts of Massage Therapy	3	
Spring 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Spring 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Spring 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Spring 2022	KINE 3000	Medical Terminology for Allied Health Professions	3	
Spring 2022	KINE 3050	Care and Prevention of Injuries	3	
Spring 2022	KINE 3050	Care and Prevention of Injuries	3	
Spring 2021	KINE 3003	Medical Terminology for Allied Health Professions	3	
Spring 2021	KINE 4980	Undergraduate Research	1	
Spring 2021	KINE 4973	Special Topics: Therapeutic Massage: Past, Present & Future	3	
Fall 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Fall 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Fall 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Fall 2020	KINE 4980	Undergraduate Research	1	
Fall 2020	KINE 8990	Research and Dissertation	1	
Fall 2020	KINE 3053	Care and Prevention of Injuries	3	
Fall 2020	KINE 3053	Care and Prevention of Injuries	3	
Fall 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Fall 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Fall 2020	KINE 8910	Practicum	1	
Fall 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Summer 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Summer 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Summer 2020	KINE 3053	Care and Prevention of Injuries	3	
Summer 2020	KINE 8990	Research and Dissertation	1	
Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Spring 2020	PHED 1263	Military Fitness for Everyone	2	
Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	
Spring 2020	KINE 3053	Care and Prevention of Injuries	3	
Spring 2020	KINE 3053	Care and Prevention of Injuries	3	
Spring 2020	KINE 4980	Undergraduate Research	1	
Spring 2020	KINE 8990	Research and Dissertation	1	
Spring 2020	KINE 7910	Practicum	3	
Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3	

Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2020	PHED 1263	Military Fitness for Everyone	2
Spring 2020	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2019	KINE 4780	Exercise Science Research	3
Fall 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2019	PHED 1263	Military Fitness for Everyone	2
Fall 2019	KINE 8990	Research and Dissertation	1
Fall 2019	KINE 3053	Care and Prevention of Injuries	3
Fall 2019	KINE 3053	Care and Prevention of Injuries	3
Fall 2019	KINE 4980	Undergraduate Research	1
Fall 2019	KINE 7980	Research Project in Kinesiology	1
Fall 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2019	PHED 1263	Military Fitness for Everyone	2
Fall 2019	KINE 8320	Research Mentorship	3
Summer 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2019	KINE 8990	Research and Dissertation	1
Summer 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2019	KINE 3053	Care and Prevention of Injuries	3
Summer 2019	KINE 3053	Care and Prevention of Injuries	3
Summer 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2019	KINE 8300	Research in Kinesiology	3
Spring 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2019	KINE 7910	Practicum	3
Spring 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2019	KINE 4980	Undergraduate Research	1
Spring 2019	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2019	KINE 4780	Exercise Science Research	3
Fall 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2018	KINE 8990	Research and Dissertation	1
Fall 2018	KINE 4980	Undergraduate Research	1
Fall 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Fall 2018	KINE 8910	Practicum	1
Summer 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2018	KINE 7910	Practicum	1
Summer 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Summer 2018	KINE 3053	Care and Prevention of Injuries	3
Summer 2018	KINE 3053	Care and Prevention of Injuries	3
Summer 2018	KINE 8990	Research and Dissertation	1
Summer 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2018	KINE 3003	Medical Terminology for Allied Health Professions	3
Spring 2018	KINE 4980	Undergraduate Research	1
Spring 2018	KINE 8990	Research and Dissertation	1
Spring 2018	KINE 7910	Practicum	3

Summer 2017, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (28 enrolled).

Summer 2017, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (34 enrolled).

Summer 2017, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (26 enrolled). Fall 2016, KINE 3053, Care & Prevention of Injuries. (25 enrolled). (Spring Sabbatical)

Spring 2017, KINE 4980, Undergraduate Research. (1 enrolled). Summer 2016, KINE 3053, Care & Prevention of Injuries. (28 enrolled).

Fall 2016, KINE 3053, Care & Prevention of Injuries. (50 enrolled).

Summer 2016, KINE 7970, Special Topics, 3 credit hours. (9 enrolled).

Summer 2016, KINE 3053, Care & Prevention of Injuries. (7 enrolled).

Spring 2016, KINE 7970, Special Topics, 1 credit hours. (10 enrolled).

Fall 2015, KINE 7970, Spec Topics: Expressing Scientific Knowledge, 3 credit hours. (18 enrolled).

Summer 2015, KINE 7970, Special Topics: Research in Athletic Training, 3 credit hours. (13 enrolled).

Spring 2015, KINE 7970, Special Topics: Research in Athletic Training, 1 credit hours. (13 enrolled).

Fall 2014, KINE 7910, Practicum, 1 credit hours, Practicum. (2 enrolled).

Fall 2014, KINE 7950, Seminar: Sports Medicine, 3 credit hours, Seminar. (19 enrolled).

Fall 2014, PHED 1263, Military Fitness for Everyone, 2 credit hours. (61 enrolled).

Fall 2013, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (60 enrolled).

Fall 2013, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (60 enrolled).

Fall 2013, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (60 enrolled).

Fall 2013, KINE 7950, Sports Medicine Seminar, 3 credit hours, Discussion. (12 enrolled).

Fall 2013, KINE 7950, Seminar: Sports Medicine, 3 credit hours, Seminar. (12 enrolled).

Fall 2013, PHED 1263, Military Fitness for Everyone, 2 credit hours. (52 enrolled).

Summer 2013, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (40 enrolled).

Summer 2013, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (35 enrolled).

Summer 2013, KINE 7910, Practicum, 1 credit hours, Practicum. (10 enrolled).

Fall 2012, KINE 7950, Seminar: Sports Medicine, 3 credit hours, Seminar. (11 enrolled).

Summer 2012, KINE 8990, Research and Dissertation, 1 credit hours, Dissertation. (1 enrolled).

Spring 2012, KINE 7950, Seminar: Scientific Writing, 3 credit hours, Seminar. (11 enrolled).

Spring 2012, KINE 7970, Spec Topics: Clinical Applications Athletic Training, 1 credit hours. (4 enrolled).

Spring 2012, KINE 7980, Research Project in Kinesiology, 1 credit hours, Independent or Special Study. (2 enrolled).

Fall 2011, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (60 enrolled).

Fall 2011, KINE 3003, Medical Terminology for Allied Health Professions, 3 credit hours. (59 enrolled).

Fall 2011, KINE 7950, Seminar: Sports Medicine, 2 credit hours, Seminar. (13 enrolled).

Fall 2011, KINE 7950, Seminar: Research in Athletic, 1 credit hours, Seminar. (1 enrolled).

Fall 2011, KINE 7970, Special Topics: Athletic Training Clinical Experience, 1 credit hours. (14 enrolled).

Fall 2011, KINE 8970, Special Topics: Sports Med Journal Club, 2 credit hours. (9 enrolled).

Summer 2011, KINE 8900, Directed Studies, 1 credit hours, Independent or Special Study. (1 enrolled).

Spring 2011, KINE 7950, Seminar: Scientific Writing, 3 credit hours, Seminar. (9 enrolled).

Spring 2011, KINE 7950, Seminar: Research in Athletic Training 2, 3 credit hours, Seminar. (11 enrolled).

Spring 2011, KINE 7970, Spec Topics: Clinical Applications Athletic Training, 1 credit hours. (6 enrolled).

Spring 2011, KINE 7970, Special Topics: Journal Club, 3 credit hours. (7 enrolled).

Spring 2011, KINE 7980, Research Project in Kinesiology, 1 credit hours, Independent or Special Study. (5 enrolled).

Fall 2010, KINE 7950, Seminar: Sports Medicine, 2 credit hours, Seminar. (7 enrolled).

Fall 2010, KINE 7950, Seminar: Research in Athletic, 1 credit hours, Seminar. (7 enrolled).

Fall 2010, KINE 7970, Special Topics: Athletic Training Clinical Experience, 1 credit hours. (19 enrolled).

Fall 2010, KINE 8970, Special Topics: Sports Medicine Journal Club, 2 credit hours. (4 enrolled).

Summer 2010, KINE 3003, Medical Terminology for Allied Health Professions, 3.0 credit hours. (58 enrolled).

Summer 2010, KINE 3003, Medical Terminology for Allied Health Professions, 3.0 credit hours. (43 enrolled).

Spring 2010, KINE 7950, Seminar: Research in Athletic Training 2, 3.0 credit hours, Seminar. (2 enrolled).

Spring 2010, KINE 7970, Special Topics: Clinical Applications Athletic Training, 1.0 credit hours. (14 enrolled).

Spring 2010, KINE 7970, Special Topics: Journal Club, 3.0 credit hours. (10 enrolled).

Fall 2009, KINE 3620, Biomechanical Analysis of Human Movement, 4 credit hours, Lecture/Lab. (49 enrolled).

Fall 2009, KINE 7950, Seminar: Sports Medicine, 2 credit hours, Seminar. (2 enrolled).

Fall 2009, KINE 7950, Seminar: Research in Athletic, 1 credit hours, Seminar. (12 enrolled).

Fall 2009, KINE 7970, Special Topics: Athletic Training Clinical Experience, 1 credit hours. (15 enrolled).

Fall 2009, KINE 8970, Special Topics: Sports Med Journal Club, 2 credit hours. (5 enrolled).

Summer 2009, KINE 4970, Spec Topics: Medical Terminology, 3 credit hours. (48 enrolled).

Summer 2009, KINE 4970, Spec Topics: Medical Terminology, 3 credit hours. (38 enrolled).

Summer 2009, KINE 7660, Biomechanics of Sport Injury and Rehabilitation, 3 credit hours, Lecture. (30 enrolled).

Spring 2009, KINE 3620, Biomechanical Analysis of Human Movement, 4 credit hours, Lecture/Lab. (35 enrolled).

Spring 2009, KINE 7950, Seminar: Scientific Writing, 3 credit hours, Seminar. (5 enrolled).

Spring 2009, KINE 7970, Spec Topics: Youth Sport II, 1 credit hours. (4 enrolled).

Spring 2009, KINE 7990, Research and Thesis, 1 credit hours, Independent or Special Study. (1 enrolled).

Fall 2008, KINE 3620, Biomechanical Analysis of Human Movement, 4 credit hours, Lecture/Lab. (33 enrolled).

Fall 2008, KINE 7950, Seminar: Sports Medicine, 2 credit hours, Seminar. (4 enrolled).

Fall 2008, KINE 7970, Special Topics: Youth Sport I, 1 credit hours. (5 enrolled).

Fall 2008, KINE 7990, Research and Thesis, 1 credit hours, Independent. (5 enrolled).

Summer 2008, KINE 3620, Biomechanical Analysis of Human Movement, 4 credit hours, Lecture/Lab. (16 enrolled).

Summer 2008, KINE 4970, Special Topics: Manual Therapy, 3 credit hours. (5 enrolled).

Summer 2008, KINE 7660, Biomechanics of Sport Injury and Rehabilitation, 3 credit hours, Lecture. (10 enrolled).

Summer 2008, KINE 7970, Special Topics: Manual Therapy, 3 credit hours. (5 enrolled).

Spring 2008, HLHP 7730, Neuromotor Control, 3 credit hours, Lecture. (17 enrolled).

Spring 2008, HLHP 7950, Seminar: Scientific Writing, 1 credit hours, Seminar. (4 enrolled).

Spring 2008, HLHP 7970, Special Topics: Youth Sport II, 2 credit hours. (2 enrolled).

Fall 2007, HLHP 3620, Biomechanical Analysis Human Movement, 4 credit hours, Lecture/Lab. (30 enrolled).

Fall 2007, HLHP 7950, Seminar: Sports Medicine, 1 credit hours, Seminar. (5 enrolled).

## **Undergraduate Research Fellows**

Undergraduate Research Fellow, Department of Kinesiology. (Fall 2024 – Spring 2025).  
Advised: R. Boledovic. Student completing undergraduate honors research project:  
"The effectiveness of Microbreaks in On-Duty Patrol Officers."

Undergraduate Research Fellow, Department of Kinesiology. (Fall 2019 -Spring 2020).  
Advised: A. Campbell. Student completing undergraduate honors research project:  
"The Effect of Environmental and Exercise on Firefighter Cognitive Performance."

Undergraduate Research Fellow, Department of Kinesiology. (Fall 2019 -Spring 2020).  
Advised: A. Burns. Student completing undergraduate honors research project:  
"The Effect of Environmental and Exercise on Firefighter Physiological Performance."

Undergraduate Honors Thesis, Department of Kinesiology. (February 2016 - December 2017).  
Advised: S. Gordon. Student completed honors presentation this summer.  
*"The Effect of Whole Body Vibration on Stress Fracture Healing."*

## **Graduate Student Mentorship**

### **Dissertation Committee Chair**

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (July 2025 – August 2028).  
Advised: D. Anderson.

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (July 2024 – August 2025).  
Advised: K. Clouse.

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (Aug 2021 – May 2025).  
Advised: K. Frick. Tenure track faculty position at Mississippi State University.  
*"The Prevalence of Low-Level Exertional Rhabdomyolysis and Muscle Destruction During Military Field Training Exercises"*  
Award: Auburn University Student Research Symposium, Second Place for Poster Presentation in Human Sciences, Social Sciences, Creative Arts, Nursing and Humanities. Auburn, AL. April 2024.

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (Aug 2020 – May 2024).  
Advised: F. Neal. Graduated August 2024. Tenure-track faculty position at Spellman College.  
*"Effects of a Heated Environment on Firefighter Reaction Time and Gait: An Exploratory Analysis"*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (Aug 2020 – May 2024).  
Advised: P. Agostinelli. Graduated May 2024. Research job with Gatorade.  
*"The Effect of Two Acute Exercise Modalities on Physiological and Cognitive Performance During Simulated Firefighting"*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (Aug 2018 – May 2022).  
Advised: O. DadeMatthews. Graduated 2022. Clinical faculty position at LSU.  
*"Quality of Life, Functional Performance, and User Satisfaction of Lower Limb Prosthesis Clients"*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (May 2021 – August 2022).  
Advised: Z. Rightmire. Graduated August 2022. Clinical faculty position at University of Alabama.



*"The Effects of Cardiovascular Exercise on eSport Performance"*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (Aug 2018 – May 2021).

Advised: A. Parks.

*"Effects of fitness experts and state-of-the-art facilities on the physical fitness levels of tactical athletes at the unit level."*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (May 2015 - 2020).

Advised: K. McGinnis

*"The Effects of Whole Body Vibration on Low Back Pain During and After a Military Foot March and Foot March Performance."*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (May 2014 - 2018).

Advised: J. McAdam

*"Evaluation of Whey Protein Supplementation in Army Initial Entry Training Soldiers."*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (May 2011 - 2013).

Advised: K. Games.

*"Prolonged Restricted Sitting Effects in UH-60 Helicopters."*

Dissertation Committee Chair, Ph.D, Department of Kinesiology. (January 2008 - July 2011).

Advised: C. Yarar.

*"Influence of whole body vibration on cardiovascular measures in patients with spinal cord injury"*

**Dissertation Committee Member**

Dissertation Committee Member Department of Geosciences. (2025 - ).

Advised: Brandon Ryan.

Dissertation Committee Member Department of Geosciences. (2024 - ).

Advised: Brandon Ryan.

Dissertation Committee Member Department of Kinesiology. (2020 - 2022).

Advised: M. Merritt. Defended June 2022.

Dissertation Committee Member School of Engineering. (2020 – 2023).

Advised: A Duha

*"One-handed carrying on flat and inclined surfaces."*

Dissertation Committee Member Department of Kinesiology. (2015 - 2016).

Advised: A. Jaquodinsky.

*"The Effect of Ankle Bracing on Lower Extremity Coordination, Coordination Variability, and Neuromuscular Activity in Individuals with and without Chronic Ankle Instability."*

Dissertation Committee Member Department of Kinesiology. (2008 - 2012).

Advised: A. Sumner.

*"Influence of a Marching Snare Drum System on Joint Kinematics, Electromyography, and Contact Pressure."*

Dissertation Committee Member Department of Kinesiology. (2008 - 2009).

Advised: J. Shroyer.

*"Influence of Various Thong Style Flip-flops on Gait Kinematics and Lower Leg Electromyography."*

Dissertation Committee Member Department of Kinesiology. (2007 - 2008).

Advised: C. Angle.

*"An Evaluation of the Effects of Two Natural Surfaces on the Kinematics of the Canine Sprint Start."*

Dissertation Committee Member Department of Kinesiology. (2004 - 2008).

Advised: A. Knight.

*"Effects of Inversion Perturbation After Drop Landing on the Latency of the Ankle Musculature."*

#### **Dissertation Committee – Outside Reader**

Narelle Hall, Australian Catholic University. Defended November 2024

COL Kate Conkey, AU Department of Psychology. Defended May 2022.

Daniel Maupin, Bond University, Queensland Australia. Defended January 2022.

Niki Truitt; AU COE, Adult Education. Defended spring 2022.

Lin Lu; AU Department of Industrial and Systems Engineering, College of Engineering. April, 2019

*"Physical Fatigue at Work: prevalence and Interventions"*

Mohamed Badawy; AU Department of Industrial and Systems Engineering, College of Engineering. 2018

*"Evaluating Responses to One-handed Carrying among Older and Obese Individuals"*

#### **Master's Non-Thesis Committee Chair**

Master's Non-Thesis Committee Chair Department of Kinesiology. (May 2009 - 2011).

Advised: K. Games.

*"Whole-body vibration influences lower extremity circulatory and neurological function."*

#### **Master's Thesis Committee Member**

Master's Thesis Committee Member Industrial and Graphic Design. (2011 - 2015).

Advised: S. Tucholsky.

*"Design Guidelines for the Development of Mobility Products for Older Adults."*

#### **Master's Non-Thesis Committee Chair**

Master's Non-Thesis Committee Chair Department of Kinesiology. (2007 - 2017).

Research/academic adviser and **fully funded the following students:** L. Wells, B. Ciancio, J. Rich, M. Pleuger, M. Lackamp, L. Franklin, L. Douglas, J. Kiernicki, K. Fleck, C. Daugherty, K. Bisienere, L. Hermanns, S. Burroughs, L. Dogariu, Lauren, J. Keeler, A. Cherrington, T. Lores, A. Paris, M. Norris, B. Messner, E. Strube, L. Waples, M. Mizutani, M. Methvin, A. Pizzi, D. Spengler, M. Hickey, K. Games, D. Chestnut, H. Abe, J. Herrera, D. Webster, K. Dillon, M. Westbrook, A. Jaster, J. Hutzal, L. Young, A. Lane, C. Andrews, A. Ornella, A. Salinas, A. Hester, E. Kendrick, J. Kipetz, N. Parkinson, T. Elliott, G. Sheperty, A. Hausmann, B. Hardy, D. Snider, K. Sheridan, K. Cheke, N. Custar, R. Mahieu, Z. Hasekoester, S. Garnett, E. Wehner, C. Henault, C. Lewis, J. Zia, J. Nunemaker, L. Venglass, M. Spicola, N. Adams, R. Banda, S. Lamb, E. Hayes, A. Howard, J. Hale, K. Matthewson, L. Thomas, E. Minella, S. Garby, V. Lee, K. Sanfilippo, L. Miller, T. Richter, B. Richards, R. Okamura, T. Harned, M. Castaneda, D. Tchernev, M. Park, D. Bakken, D. Bryant, L. Wells, J. Nendze, R. Ory, B. Munz.

#### **Master's Non-Thesis Committee Member**

Master's Non-Thesis Committee Member. (August 2003 - May 2005).

Advised: L. Bernard, K. Au, Kira (doctoral student mentor).

*"The effects of cryotherapy and ankle bracing on peroneus longus response during sudden inversion."*

### Postdoctoral Supervision

Postdoctoral Supervision Department of Kinesiology.

Daniel Lawson	2024 – 2025	Industrial research position at Fitomics
Russell Lowell	2024 – 2025	Clinical Faculty position at University of Alabama
Hirshorne R.	2020 – 2021	Clinical Faculty position at LSU
Kollock R.	2011 – 2012	Tenure track faculty position at University of Tulsa

#### 3. Prior Students, did not finish

Dissertation Committee Chair, Department of Kinesiology. (August 2018 - 2019).

Advised: Nilophar Zandieh. First year of 4-year Ph.D. program. Student was been involved in several research projects, and determined to move back to a nutrition program.

#### 4. Courses and curricula developed.

Redesigned portions of KINE 4970-D1 introduction to massage therapy. Fall 2022 – SP 2023 to increase interactions in an on-line asynchronous course.

Undergraduate On-line Course: Introduction to Massage Therapy (first course in the introduction to allied health series)

This new course provides an introduction to the history and the profession of therapeutic massage and manual therapy. Course also provides an introduction to research literature and the peer review process, project development, and presentation of scientific projects. On-line course provides an introduction to research project development, scientific writing, development of scientific posters and developing project timelines and figures is included.

Undergraduate: Research in Exercise Science

Required for graduation in Kinesiology. Course provides an introduction to research writing, project development, and presentation of scientific projects. In classroom lectures, team work, project development, scientific writing, development of scientific posters and visual abstracts, and developing project timelines and figures is included. This also included a partner course for doctoral students on how to mentor research teams and writing. This course requires a great deal of time and effort for successful completion. Student outcomes are a scientific research paper, poster, and 2 in-class and one public presentation.

**Post-Certification Graduate Athletic Training Program** – this program was developed to fill the request from the Department of Kinesiology for a graduate athletic training program. The program was a research-based program designed to improve the scientific knowledge and research skills of certified athletic trainers. The program met all criteria set by the National Athletic Trainers' Association (NATA) for an athletic training graduate program. Three new classes were developed and taught for this program (see below) to walk students through the research process. All students completed research and developed a research portfolio that served as their comprehensive examinations. This program is nationally recognized as one of the top masters' athletic training programs, and the only program specializing in working with the military. **I found funding sources and developed contracts that fully funded all 85 graduate students who participated in the program.** Students completed clinical assignments with the military, Auburn University ROTC, high schools or local universities. Clinical experience and outreach was integrated with their academic and research experiences to provide a comprehensive experience. This program was ended July 2016 for 2 reasons; 1) the major

military funding contract was taken over by the Army and expanded to 4 other military posts; and 2) the NATA is moving towards an entry-level master's degree making a post-certification program unnecessary. We are now considering how to proceed with athletic training education at either the masters, doctoral, or diplomat level.

#### Undergraduate On-line Course: Care and Prevention of Sports Injury

This new course provides an introduction to simple sports medicine care for athletes, coaches, physically active, and anyone wishing to know more sports wellness. Topics include musculoskeletal injury, stretching, nutrition, resistance training, creating fitness programs, dealing with sprains, strains, fractures and other common injuries, and when to seek medical care. This course has been offered 2 terms with excellent response and has been expanded to 2 sections.

#### Undergraduate On-line Course: Medical Terminology

This course introduces medical terminology to those considering work in health care professions. This very popular course has expanded from 1 section to 3-4 per term. We have just improved this course by moving from my developed materials and textbook to a new system working with a new publisher.

#### Undergraduate On-line Course: Military Fitness for Everyone

This course introduces students to how the military physically trains service members. Goal setting, meeting goals and developing discipline provides a key part of this course. Students gain knowledge in self-care, nutrition, developing fitness programs for their own use, and making fitness activity a regular part of their life. Students participate in athletic events and the military physical fitness tests. This course provides funding to embed a certified athletic trainer in Auburn University's ROTC units.

#### Graduate Seminar: Sports Medicine

This course introduced students to the research literature and scientific presentation skills. Students chose 3-4 topics in evidence-based medicine and presented a review of the literature to classmates. Students were challenged to take and support positions in areas of current professional debate. The course served to help all students in the class keep up to date in current research in the sports medicine field.

#### Graduate Course: Research in Sports Medicine

This course introduced students to the research process. Initially the Post-Certification Graduate Athletic Training Program was a 2-year program and all students completed full research projects. We changed to a 1-year program in 2010 and put students on research teams. Students were required to gain experience with the IRB process, data collection, literature review, data analysis and manuscript writing. Each project was at a different point in the process allowing students to assist other teams and gain experience in all aspects of research. Students developed a research portfolio detailing all of their work and completed a final presentation on their research experience.

#### Graduate Seminar: Scientific Writing

This course introduced students to the scientific writing process. Students used their research project topic to learn to write a literature review, manuscript, grant and IRB protocol. The written products from this class were used as a part of their research project/portfolio. Students specifically learned how to write for different audiences.

#### Graduate Seminar: Scientific Communication

This course served to refine student's presentation, discussion, and debate skills. Students

researched and presented evidence-based medicine presentations, participated in a debate on a topic currently debated in the profession, and presented a Ted-Talk type presentation on a topic of their choosing relating to the profession.

**Graduate Course: Neuromotor Control**

This course provide an introduction to the nervous system and how it functions to control movement. Special emphasis was placed on sports performance and injury.

**Graduate Course: Manual Therapy**

This seminar was an introduction to different types of manual therapy. The importance of knowing the anatomy and being able to detect trigger points, spasms, and non-normal tissues was emphasized. Different types of treatments and the research behind the therapy was covered in lectures and hands-on practice.

5. Grants received related to teaching.

**Sefton JM** "Transcranial magnetic stimulation," Sponsored by Daniel F. Breeden Endowed Grant, Auburn University. (June 2008 - August 2008). \$3000. Funds to study TMS and develop a course supplement for the graduate neuromotor control course.

## **Continuing Education and Skill Development**

Research Data Management and Sharing – UNC/University of Edinburgh (14 hrs)

Data Visualization in Excel – Macquarie University – Sydney, Australia (14 hrs)

Effective Data Visualization: Transform Information into Art – Sonja Auijpers (5 hours)

## **Service**

### **Diversity and Inclusion**

Auburn University Presidential Task Force for Equity and Opportunity sub-committee for Center Development (2020 – 2022).

Institute subcommittee (2020-2021)

Graduate student subcommittee (2021-2022)

Co-Chair (2021 – present)

Invited Panel Moderator: "Leading Diverse Teams," Maneuver Center of Excellence, Ft Benning, GA, 198 IN BDE Panel for women's history month. (March 2022).

Invited Panel Moderator: "Pride in All Who Serve." Maneuver Center of Excellence, Ft Benning, GA, Airborne Ranger Training Brigade Panel for Pride month. (June, 2022)

### **University Service**

Auburn University Faculty Outreach and Engagement Council (FOEC) review committee. 2025  
Proposal reviews for the 2025 Outreach and Engaged Scholarship Symposium 2025: Catalytic

#### Engagement through Strategic Access, Opportunity & Collaboration

Auburn University Senate Competitive Research Grant Committee (2023 – 2026)  
Auburn University curriculum vitae review mentor (2019 – 2021)  
Auburn University Center for Neuroscience, Internal Advisory Committee (2018 – Present)  
Warrior Research Center, Director (2010 – Present)  
Warrior Research Center, Human Factors Summit (December 2016 – Present)  
Faculty Salaries and Welfare Committee, (August 2018 – August 2019) Chair  
Faculty Salaries and Welfare Committee, (August 2016 - 2019)  
Army ROTC Scholarship Board  
Steering Committee on Inter-professional Education, (November 2015 - 2018)  
IGP Committee, (January 2015 - Present)  
Coast Guard Auxiliary Faculty Advisor, (2014 - Present)  
Warrior Research Center Director, (2010 - Present)  
Military Appreciation Day, (August 2012 - October 2012)  
MRI Faculty Steering Committee, (2009 - 2011)  
Graduate Research Grants, (September 2009 - May 2010)  
Graduate Research Forum, (March 2010)

#### College of Education

College of Education Governance Committee, (2018 – 2023)  
College of Education Scholarship and Innovation Committee, (2018 – 2020)  
College of Education Assessment and Evaluation Committee, (2015 -2018)

#### Department/School of Kinesiology

Physical Therapy Program, Program Director Search Committee – chair (2021-2022)  
School of Kinesiology Tenure and Promotion Task Force 2022  
Physical Therapy Program Task Force (2020 - 2023)  
KINE Seed Grant Committee Chair (2019 – 2022)  
Faculty Search Committee, (May 2017 – November 2017)  
Kinesiology Graduate Advisory Committee, (October 2011 - 2014)  
Faculty Search Committee, (July 2016 - December 2016)  
Post Certification Graduate Athletic Training Program, (June 2007 – July 2016)

#### Professional Service

External Advisory Board, Mississippi Center for Human Movement, Health and Rehabilitation (MOVE) Center, University of Mississippi. 2025 - present  
External reviewer for promotion full professor for Dr. Joel Martin. School of Kinesiology, George Mason University. Summer 2025.  
External reviewer for tenure and promotion to associate professor for Dr. Neal Glaviano. Department of Kinesiology, University of Connecticut. Summer 2025.  
External reviewer for promotion to associate professor for Dr. Jacob Mota. Department of Kinesiology and Sport Management, College of Arts and Sciences at Texas Tech University. Summer 2025.  
External Reviewer for Promotion to full professor for Dr. Christopher Black. Department of Health and Exercise Science at the University of Oklahoma. Summer 2025.  
Outside Reviewer for Promotion to full professor for Dr Cleveland. Georgia Southern University. Summer

2025.

Bond University, Brisbane Australia – Thesis Examiner for Dustin Kidd. Thesis title: A Comparison of Overt and Covert Body Armour Systems. January 2025

Auburn University – External Reviewer for Tenure and Promotion, School of Aviation. Summer 2024.

External Reviewer – University of Arkansas, Assistant professor tenure and promotion review. Fall 2024

US Army Natick Soldier Systems Center - provided external review for their internal proposals. 2022, 2023

Alabama Agriculture Experiment Station (AAES) Hatch Proposal Review. Proposals dealing with military family support. May, 2023

Ergonomic project task force – Massage Therapy Research Foundation. SP 2023

Writing Committee – Massage Therapy Research Foundation. SP 2023- Present

External reviewer – Oregon State University. Associate clinical professor to full clinical professor promotion review. Spring 2022.

External reviewer – University of Wisconsin – Milwaukee Department of Rehabilitation Sciences and Technology. Associate clinical professor to full clinical professor promotion review. Spring 2022.

External reviewer – Bond University, Gold Coast Australia. Associate professor to full professor promotion review. Spring 2022.

External reviewer – University of Oklahoma. Assistant professor tenure and promotion review. Fall 2021.

External reviewer – University of North Florida. Associate professor to full professor promotion review. Fall 2021.

Proposal Reviewer- DOD – Natick Army Research Laboratories internal grant funding submissions. October 2022

Proposal Reviewer – National Athletic Training 2022 convention proposal review committee 2021.

National Athletic Trainers' Association 2023 Convention abstract review committee. 2022

National Athletic Trainers' Association Faculty Mentor. 2020 - 2023

Research Committee, NATA Research Foundation, National Athletic Trainers' Association (2019 – 2022)

Massage Therapy Foundation Research Committee (2018- present)

National Tactical Athlete Leadership Board – original member of international think tank (2019 – present)

Co-Editor Special Edition *International Journal of Environmental Research and Public Health*: Tactical Forces Injury Risk Management (2020 – Present) (IF 3.127)

Massage Therapy Foundation practice-based network task force (2020 – Present)

NATA Museum Curator – Athletic Trainers' Working with the Military and Tactical Athletes – project director (2020-present)

NATA Faculty Mentor Program – mentor (2020-present)

Tenure/Promotion reviewer, Bond University, Gold Coast, Australia (2020)

Chair, Sports Medicine Section; Warsaw, Poland. International Meeting of Orthopaedic Research. (September 2019.)

Chair, Sports Medicine Section; Warsaw, Poland. International Meeting of Orthopaedic Research. (September 2019.)

Delphi Expert Panelist on heat related injuries in the Military (2019 – present)

Session Moderator, Research in Military Populations. National Athletic Trainer' Association, Las Vegas, NV. (June 2019).

Chair - Massage Therapy Foundation's Research Grant Committee (2018 – Present)

Board of Trustee Member - Massage Therapy Foundation (2019 – 2021)

Executive Committee - Massage Therapy Foundation (2019 – 2021)

Grant Reviewer – DOD, U.S, Army Natick Soldier Research Development and Engineering Center. (2018).

Reviewer – International Massage Therapy Research Conference, Scientific Review Committee (2018 – Present)

Professional Setting Committee – Military representative. Alabama Athletic Training Association (2016 – 2021).

Reviewer, Conference Paper, International Massage Therapy Research Conference. (November 2015 - 2021)

Guest Editor Special Issue - Tactical Athlete, Journal of Athletic Training. (September 2014-2015)  
 Board of Advisors, Indiana State University's Post-Professional Athletic Training program, Terre Haute, IN.  
 (2014 - 2020)  
 Reviewer, Grant Proposal, Massage Therapy Research Foundation. (2014 - Present)  
 Chairperson, International Journal of Therapeutic Massage and Bodywork/e-journal committee.  
 (November 2013 - 2021)  
 Committee Member, National Athletic Trainers Association/CEPAT Military Working Group. (June 2013 -  
 2020)  
 Committee Member, National Athletic Trainers' Association Convention Education Committee. (February  
 2013 - 2020)  
 Editorial Review Board Member, Journal of Athletic Training. (2013 - Present)  
 Committee Member, National Athletic Trainers' Association Convention Education Committee. (February  
 2010 - Present)

Reviewer – peer reviewed journal examples (varies by year):

Reviewer, Journal Article, Athletic Training and Sports Health Care. (2010 - Present)  
 Reviewer, Journal Article, International Journal of Therapeutic Massage & Bodywork: Reviewer,  
 Journal Article, Top reviewer ranking - American Journal of Preventive Medicine. (2013 - Present)  
 Reviewer, Journal Article, Sports Physical Therapy. (October 2012 - Present)  
 Research, Education, & Practice. (2010 - Present)  
 Reviewer, Journal Article, Archives of Physical Medicine. (2009 - Present)  
 Reviewer, Journal Article, Journal of Sport Rehabilitation. (2009 - Present)  
 Reviewer, Journal Article, Medicine and Science in Sports and Exercise. (2009 - Present)  
 Reviewer, Journal Article, Sport Biomechanics. (2009 - Present)  
 Reviewer, Journal Article, Clinical Neurophysiology. (2008 - 2012)  
 Reviewer, Journal Article, Journal of Athletic Training. (2007 - Present)

Member, National Athletic Trainers' Association. (2000 - Present)  
 Conference-Related, 2017 Sport Science Summit, London. (June 2015 - 2017)  
 Chief Research Officer, National Leadership and Resiliency Congress for Veterans, Families and Children.  
 (December 2011 - 2015)  
 Guest Speaker, University of Tulsa, Student Athletic Training Club, Tulsa, OK. (February 2015)  
 Task Force Member, Department of the Army - Army Ready and Resilient Campaign, Washington, DC.  
 (December 2012 - 2014)  
 Committee Member, E-Journal Committee for International Journal of Massage and Bodywork.  
 (November 2010 - December 2014)  
 Society for Neuroscience. (2004 - 2012)  
 Member, American College of Sports Medicine. (2003 - 2021)  
 Member, American Massage Therapy Association. (1995 - 2012)  
 Committee Member, Massage Therapy Profession. (August 2009 - May 2010)  
 Committee Member, National Athletic Trainers' Association Convention Education Committee. (February  
 2009 - June 2009)  
 Free Communications Moderator - Annual meeting, National Athletic Trainers' Association, Atlanta, GA.  
 (June 2006)  
 Free Communications Moderator - Nutritional aspects of obesity in youths, National Athletic Trainers'  
 Association, Indianapolis, IN. (June 2005)  
 Free Communications Moderator - Splint following hand and wrist injuries, National Athletic Trainers'  
 Association, Indianapolis, IN. (June 2005)  
 Volunteer for annual meeting - general preparation and duties to put on meeting, National Athletic  
 Trainers' Association, Indianapolis, IN. (June 2005)  
 Guest Speaker, Ivy Technical College - Massage Therapy Course, Terre Haute, IN. (November 2004)  
 Guest Speaker, Ivy Technical College - Massage Therapy Course, Terre Haute, IN. (July 2004)  
 National Certification Exam Development Committee Member, National Certification Board for



Therapeutic Massage, Philadelphia, PA. (1997)

## **Community Service**

Volunteer – Lee County Literacy Council (2018)

Literacy tutor

Development of a Medical Literacy Curriculum

Volunteer – Auburn University Raptor Center (2018 - 2020)

Weekly service caring for injured and rehabilitated animals